

OUR MISSION at the Saluda Center is to enhance the quality of life for seniors and those who will be seniors in Saluda, Polk County and surrounding areas, by providing programs and activities that promote wellness, education/learning opportunities, personal fulfillment, socializing, community involvement and self esteem.

SALUDA CENTER ACTIVITIES

August 2017

64 Greenville St.
(828) 749-9245
saludacenter@hotmail.com
Donna Carson, Director
Center Hrs. 8:30-2:30

*Upstairs
*Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	2 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	3 9:30 Knitting /quilting 2:00 Book club "The Boys in the Boat" by Daniel James Brown	4 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	5 Basement sale 10am-1pm
6	7 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido	8 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	9 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	10 9:30 Knitting /quilting 5:00 Social Singles potluck dinner 6:00 Warm Yin Yoga 6:30 Chocolates & Cleaning Workshop	11 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	12 Basement sale 10am-1pm RESERVED 5PM-
13	14 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido	15 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	16 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	17 9:30 Knitting/quilting 6:00 Warm Yin Yoga	18 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	19 Basement sale 10am-1pm
20	21 12:30 Dup. bridge 6:00 Aikido	22 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	23 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	24 9:30 Knitting/quilting	25 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	26 Basement sale 10am-1pm
27	28 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido 6:00 Community potluck and bingo	29 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Al-Anon	30 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	31 9:30 Knitting/quilting 6:00 Warm Yin Yoga		