

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

March 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
			<i>1</i> 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	<i>2</i> 9:30 Knitting /quilting 2:00 Book club “The Summer Before the War” by Helen Simonson	<i>3</i> 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	<i>4</i> Basement sale 10am-1pm
<i>5</i>	<i>6</i> 12:30 Dup. bridge 6:00 Aikido	<i>7</i> 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	<i>8</i> 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	<i>9</i> 9:30 Knitting /quilting 1:30 Board mtg. 5:00 Social Singles potluck dinner	<i>10</i> 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	<i>11</i> Basement sale 10am-1pm
<i>12</i>	<i>13</i> 12:30 Dup. bridge 6:00 Aikido	<i>14</i> 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	<i>15</i> 10:00 SLIP program 12:30 Gentle Yoga 6:30 Aikido	<i>16</i> 9:30 Knitting/quilting	<i>17</i> 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	<i>18</i> Basement sale 10am-1pm
<i>19</i>	<i>20</i> 12:30 Dup. bridge 6:00 Aikido	<i>21</i> 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	<i>22</i> 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	<i>23</i> 9:30 Knitting/quilting	<i>24</i> 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	<i>25</i> Basement sale 10am-1pm RESERVED 9am-3pm
<i>26</i>	<i>27</i> 12:30 Dup. bridge 6:00 Aikido 6:00 Community potluck and bingo	<i>28</i> 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	<i>29</i> 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	<i>30</i> 9:30 Knitting/quilting 4-6 pm Art reception for Saluda students	<i>31</i> 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	