

**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

# April 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>I</i> Basement sale 10am-1pm
2	3 <b>12:30 Dup. bridge</b> 6:00 Aikido	4 9:30 Gentle Yoga <b>10am-2pm Bridge</b> 6:00 Tai Chi <b>6:00 Al-Anon</b>	5 <b>10:00 Trash train</b> 12:30 Gentle Yoga 6:30 Aikido	6 <b>9:30 Knitting /quilting</b> <b>2:00 Book club</b> “Georgia: A novel of Georgia O’Keeffe” by Dawn Tripp 6:00 Warm Yin Yoga	7 9:30 Gentle yoga <b>10:00 Trash train</b> <b>8:00 NA meeting</b>	8 Basement sale 10am-1pm
9	10 8:15 Core/Flow Yoga <b>12:30 Dup. bridge</b> 6:00 Aikido	11 9:30 Gentle Yoga <b>10am-2pm Bridge</b> 6:00 Tai Chi <b>6:00 Al-Anon</b>	12 <b>10:00 Trash train</b> 12:30 Gentle Yoga 6:30 Aikido	13 <b>9:30 Knitting /quilting</b> <b>1:30 Board mtg.</b> <b>5:00 Social Singles</b> potluck dinner 6:00 Warm Yin Yoga	14 <b>GOOD FRIDAY</b> <b>CLOSED</b>	15 Basement sale 10am-1pm <b>RESERVED</b> 2:30-5:30
16 <b>HAPPY EASTER</b>	17 8:15 Core/Flow Yoga <b>12:30 Dup. bridge</b> 6:00 Aikido	18 9:30 Gentle Yoga <b>10am-2pm Bridge</b> 6:00 Tai Chi <b>6:00 Al-Anon</b>	19 <b>10:00 Trash train</b> 12:30 Gentle Yoga 6:30 Aikido	20 <b>9:30 Knitting/quilting</b> 6:00 Warm Yin Yoga	21 9:30 Gentle yoga <b>10:00 Trash train</b> <b>8:00 NA meeting</b>	22 Basement sale 10am-1pm
23 <b>NATIONAL VOLUNTEER APPRECIATION WEEK 23-29</b>	24 8:15 Core/Flow Yoga <b>12:30 Dup. bridge</b> 6:00 Aikido <b>6:00 Community</b> potluck and bingo	25 9:30 Gentle Yoga <b>10am-2pm Bridge</b> 6:00 Tai Chi <b>6:00 Al-Anon</b>	26 <b>10:00 Trash train</b> 12:30 Gentle Yoga <b>4-9 SCLT MTG.</b> 6:30 Aikido	27 <b>9:30 Knitting/quilting</b> 6:00 Warm Yin Yoga	28 9:30 Gentle yoga <b>10:00 Trash train</b> <b>8:00 NA meeting</b>	29 Basement sale 10am-1pm <b>RESERVED</b> 3:00-7:00
30	<i>To all our fabulous volunteers, We appreciate all you do for the Saluda community, Saluda Center and A Thrifty Barn and basement sales. THANK YOU!!</i>					