

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

May 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 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido	2 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	3 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	4 9:30 Knitting /quilting 2:00 Book club “ <i>Being Mortal</i> ” by Atul Gawande 6:00 Warm Yin Yoga	5 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	6 Basement sale 10am-1pm
7	8 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido	9 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	10 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	11 9:30 Knitting /quilting 1:30 Board mtg. 5:00 Social Singles potluck dinner 6:00 Warm Yin Yoga	12 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	13 Basement sale 10am-1pm
14 MOTHER'S DAY	15 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido	16 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	17 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	18 9:30 Knitting/quilting 6:00 Warm Yin Yoga	19 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	20 Basement sale 10am-1pm
21	22 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido	23 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	24 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	25 9:30 Knitting/quilting 6:00 Warm Yin Yoga	26 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	27 Basement sale 10am-1pm
28	29 Memorial Day CLOSED 6pm-Annual com- munity meeting	30 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	31 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido			