

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

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

November 2017

*Upstairs
*Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	2 9:30 Knitting 2:00 Book club	3 9:30 Gentle yoga 8:00 NA meeting	4 Basement sale 10am-1pm RESERVED 10:30-12:30 AND 2:00-4:00
5	6 12:30 Dup. bridge 6:00 Aikido 7:00 Carolina Preppers Network meeting	7 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	8 10:00 Trash train 12:30 Gentle Yoga 1:30 Board mtg. 6:30 Aikido	9 9:30 Knitting 5:00 Social Singles potluck dinner	10 VETERAN'S DAY CLOSED 10-3 Health Informa- tion Program	11 Basement sale 10am-1pm
12	13 12:30 Dup. bridge 6:00 Aikido	14 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	15 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	16 9:30 Knitting	17 9:30 Gentle yoga 10-3 Health Informa- tion Program 8:00 NA meeting	18 Basement sale 10am-1pm
19	20 12:30 Dup. bridge 6:00 Aikido	21 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	22 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	23 THANKSGIVING CLOSED	24 CLOSED	25 Basement sale 10am-1pm
26	27 12:30 Dup. bridge 6:00 Aikido 6:00 Community potluck and bingo	28 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	29 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	30 9:30 Knitting		