

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 2016

*Upstairs
 *Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	2 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	3 9:30 Knitting/quilting 2:00 Book club "The Passion of Artemisia" by Susan Vreeland	4 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	5 Basement sale 10am-1pm
6	7 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	8 Election Day 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	9 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	10 9:30 Knitting /quilting 1:30 Board mtg. 6:00 Social Singles potluck dinner	11 VETERAN'S DAY CLOSED	12 Basement sale 10am-1pm
13	14 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	15 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	16 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	17 9:30 Knitting/quilting	18 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	19 Basement sale 10am-1pm
20	21 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	22 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	23 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	24 THANKSGIVING DAY CLOSED	25 CLOSED	26 Basement sale 10am-1pm RESERVED 4-8 PM
27	28 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido 6:00 Community potluck and bingo	29 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	30 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido			