

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

October 2018

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
Board person of the month— Richard Mason 817-946-1285	1 12:30 Dup. bridge 6:00 Aikido 7:00 Carolina Preppers Network meeting	2 9:00 Gentle yoga 10am-2pm Advanced Bridge 6:00 Tai Chi 6:00 Al-Anon	3 9:00 Gentle yoga 10:00 Trash train 6:00 Aikido	4 9:00 Gentle yoga 9:30 Knitting and Sit & Stitch 2:00 Book club “Rent Collector” by Camron Wright 6-7 White Crane Karate	5 9:00 Gentle yoga 10-12 Beginners Basic Party Bridge 8:00 NA meeting	6 10-4 RESERVED Basement sale 10am-1pm White Crane Karate 11am-12pm-adults
7	8 12:30 Dup. bridge 6:00 Aikido	9 9:00 Gentle yoga 10am-2pm Advanced Bridge 6:00 Tai Chi 6:00 Al-Anon	10 9:00 Gentle Yoga 10:00 Trash train 1:30 Board mtg. 6:00 Aikido	11 9:00 Gentle yoga 9:30 Knitting and Sit & Stitch 5-8 RESERVED 6-7 White Crane Karate	12 9:00 Gentle yoga 10-12 Beginners Basic Party Bridge 8:00 NA meeting	13 Basement sale 10am-1pm White Crane Karate 10am-11am-kids 11am-12pm-adults
14	15 12:30 Dup. bridge 6:00 Aikido	16 9:00 Gentle yoga 10am-2pm Advanced Bridge 6:00 Tai Chi 6:00 Al-Anon	17 9:00 Gentle Yoga 10:00 Trash train 6:00 Aikido	18 9:00 Gentle yoga 9:30 Knitting and Sit & Stitch 5:00 Saluda Singles potluck dinner 6-7 White Crane Karate	19 9:00 Gentle yoga 10-12 Beginners Basic Party Bridge 8:00 NA meeting	20 Basement sale 10am-1pm White Crane Karate 10am-11am-kids 11am-12pm-adults
21	22 12:30 Dup. bridge 6:00 Aikido	23 9:00 Gentle yoga 10am-2pm Advanced Bridge 6:00 Tai Chi 6:00 Al-Anon	24 9:00 Gentle Yoga 10:00 Trash train 6:00 Aikido	25 9:00 Gentle yoga 9:30 Knitting and Sit & Stitch 6-7 White Crane Karate	26 9:00 Gentle yoga 10-12 Beginners Basic Party Bridge 8:00 NA meeting	27 10-4 RESERVED Basement sale 10am-1pm White Crane Karate 10am-11am-kids 11am-12pm-adults
28	29 12:30 Dup. bridge 6:00 Aikido 6:00 Community potluck and bingo	30 9:00 Gentle yoga 10am-2pm Advanced Bridge 6:00 Tai Chi 6:00 Al-Anon	31 9:00 Gentle Yoga 10:00 Trash train 6:00 Aikido			