

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

November 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— Michael Teal 843-870-2175				1 9:00 Gentle yoga 9:30 Knitting and Sit & Stitch 2:00 Book club “A Paris Apartment” by Michelle Gabel 6-7 White Crane Karate	2 9:00 Gentle yoga 10-12 Beginners Basic Party Bridge 8:00 NA meeting	3 Basement sale 10am-1pm White Crane Karate 10am-11am-kids 11am-12pm-adults
4	5 12:30 Dup. bridge 6:00 Aikido 7:00 Carolina Preppers Network meeting	6 9:00 Gentle yoga 10am-2pm Advanced Bridge 6:00 Tai Chi 6:00 Al-Anon	7 9:00 Gentle Yoga 10:00 Trash train 6:00 Aikido	8 9:00 Gentle yoga 9:30 Knitting and Sit & Stitch 5:00 Saluda Singles potluck dinner 6-7 White Crane Karate	9 9:00 Gentle yoga 10-12 Beginners Basic Party Bridge 8:00 NA meeting	10 Basement sale 10am-1pm White Crane Karate 10am-11am-kids 11am-12pm-adults 2-5 RESERVED
11	12 Veteran's Day CLOSED	13 9:00 Gentle yoga 10am-2pm Advanced Bridge 6:00 Tai Chi 6:00 Al-Anon	14 9:00 Gentle Yoga 10:00 Trash train 1:30 Board mtg. 6:00 Aikido	15 9:00 Gentle yoga 9:30 Knitting and Sit & Stitch 6-7 White Crane Karate	16 9:00 Gentle yoga 10-12 Beginners Basic Party Bridge 8:00 NA meeting	17 Basement sale 10am-1pm White Crane Karate 10am-11am-kids 11am-12pm-adults
18	19 12:30 Dup. bridge 6:00 Aikido	20 10am-2pm Advanced Bridge 6:00 Tai Chi 6:00 Al-Anon	21 9:00 Gentle Yoga 10:00 Trash train 6:00 Aikido	22 Thanksgiving Day CLOSED	23 CLOSED	24 Basement sale 10am-1pm White Crane Karate 10am-11am-kids 11am-12pm-adults
25	26 12:30 Dup. bridge 6:00 Aikido 6:00 Community potluck and Safety Presentation w/ Jeff Brooks	27 9:00 Gentle yoga 10am-2pm Advanced Bridge 6:00 Tai Chi 6:00 Al-Anon	28 9:00 Gentle Yoga 10:00 Trash train 6:00 Aikido	29 9:00 Gentle yoga 9:30 Knitting and Sit & Stitch 6-7 White Crane Karate	30 9:00 Gentle yoga 10-12 Beginners Basic Party Bridge 8:00 NA meeting	