

**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

# July 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 Basement sale 10am-1pm
2	3 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido	4 CLOSED	5 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	6 9:30 Knitting /quilting 2:00 Book club "La's Orchestra Saves the World" by Alexan- der McCall Smith 6:00 Warm Yin Yoga	7 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	8 Basement sale 10am-1pm
9	10 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido	11 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	12 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	13 9:30 Knitting /quilting 1:30 Board mtg. 5:00 Social Singles potluck dinner 6:00 Warm Yin Yoga	14 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	15 Basement sale 10am-1pm RESERVED 1-4 pm
16	17 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido	18 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	19 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	20 9:30 Knitting/quilting 6:00 Warm Yin Yoga	21 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	22 Basement sale 10am-1pm
23	24 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido	25 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	26 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	27 9:30 Knitting/quilting 6:00 Warm Yin Yoga	28 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	29 Basement sale 10am-1pm
30	31 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido 6:00 Community potluck and bingo					