

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

December 2015

*Upstairs
*Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	2 10:00 Trash train 12:30 Gentle Yoga 6:30-7:30 Belly dance	3 9:30 Knitting & Quilting 2:00 Book club "The Girl on the Train" by Paula Hawkins 6:00 Aikido	4 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	5 Basement sale 10am-1pm RESERVED 5-9 PM
6	7 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	8 10am-2pm Bridge 2:00 Board mtg. 6:00 Tai Chi 6:00 Al-Anon	9 10:00 Trash train 12:30 Gentle Yoga 6:30-7:30 Belly dance	10 9:30 Knitting & Quilting 6:00 Aikido	11 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	12 Basement sale 10am-1pm
13 Annual Saluda Center Gala fundraiser 5-8 PM	14 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	15 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	16 10:00 Trash train 12:30 Gentle Yoga 6:30-7:30 Belly dance	17 9:30 Knitting & Quilting 5:00 Casual Singles Holiday Party 6:00 Aikido	18 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 3:00 RESERVED 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 Al-Anon	23 10:00 Trash train 12:30 Gentle Yoga	24 CLOSED	25 MERRY CHRISTMAS CLOSED	26 Basement sale 10am-1pm
27	28 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Community potluck and bingo 6:00 Aikido	29 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	30 10:00 Trash train 12:30 Gentle Yoga 6:30-7:30 Belly dance	31 9:30 Knitting & Quilting 6:00 Aikido		*A Thrifty Barn new phone number (828) 393-7891. Open Wed.-Sat. 10am-4pm