

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

January 2016

64 Greenville St.
 (828) 749-9245
 saludacenter@hotmail.com
 Donna Carson, Director

*Upstairs
 *Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 HAPPY NEW YEAR CLOSED	2 Basement sale 10am-1pm
3	4 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	5 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	6 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido 6:30-7:30 Belly dance	7 9:30 Knitting & Quilting 2:00 Book club "The One and Only Ivan" by Katherine Applegate	8 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	9 Basement sale 10am-1pm
10	11 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	12 10am-2pm Bridge 2:30 Board mtg. 6:00 Tai Chi 6:00 AI-Anon	13 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido 6:30-7:30 Belly dance	14 9:30 Knitting & Quilting	15 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	16 Basement sale 10am-1pm
17	18 MLK, JR. DAY CLOSED	19 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	20 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido 6:30-7:30 Belly dance	21 9:30 Knitting & Quilting 5:00 Social Singles potluck	22 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	23 Basement sale 10am-1pm
24	25 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Community potluck and bingo 6:00 Aikido	26 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	27 10:00 Trash train 6:00 Aikido 6:30-7:30 Belly dance	28 9:30 Knitting & Quilting	29 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	30 Basement sale 10am-1pm
31						A Thrifty Barn, (828) 393-7891.