

**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

# May 2016

**OLDER AMERICANS MONTH-"BLAZE A TRAIL"**

\*Upstairs  
 \*Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 12:30 Dup. bridge 6:00 Aikido	3 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	4 10:00 Trash train 12:30 Gentle Yoga 5:30 Belly dance 6:30 Aikido	5 9:30 Knitting & Quilting 2:00 Book club "The Aviator's Wife" by Melanie Benjamin	6 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	7 Basement sale 10am-1pm
8 MOTHER'S DAY	9 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	10 10am-2pm Bridge 2:30 Board mtg. 6:00 Tai Chi 6:00 AI-Anon	11 10:00 Trash train 12:30 Gentle Yoga 5:30 Belly dance 6:30 Aikido	12 9:30 Knitting & Quilting	13 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	14 Basement sale 10am-1pm
15	16 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	17 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	18 10:00 Trash train 12:30 Gentle Yoga 5:30 Belly dance 6:30 Aikido	19 9:30 Knitting & Quilting	20 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	21 Basement sale 10am-1pm
22	23 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	24 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	25 10:00 Trash train 12:30 Gentle Yoga 5:30 Belly dance 6:30 Aikido	26 9:30 Knitting & Quilting 6:00 Artist reception	27 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	28 Basement sale 10am-1pm  RESERVED 4-9 pm
29	30 MEMORIAL DAY CLOSED  6:00 Community potluck and bingo	31 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon		The art work of Ray Pague will be on exhibit the end of May through June.		A Thrifty Barn, (828) 393-7891