

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

September 2015

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

*Upstairs
*Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10am-2pm Bridge 1:00 Move 'n' Groove 2:30 Latin Heat Fitness 5:00 B.K. book club 6:00 Tai Chi 6:30 AI-Anon	2 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido 6:00 Tribal level 1 7:15 Tribal level 2	3 9:30 Knitting 2:00 Book club "The Husband's Secret" by Liane Moriarty 5:30 Gentle Yoga	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
6	7 Labor Day CLOSED	8 10am-2pm Bridge 1:00 Move 'n' Groove 2:00 Board mtg. 2:30 Latin Heat Fitness 6:00 Tai Chi 6:30 AI-Anon	9 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido 6:00 Tribal level 1 7:15 Tribal level 2	10 9:30 Knitting 5:30 Gentle Yoga	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	14 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Dup. bridge 6:00 Aikido	15 10am-2pm Bridge 1:00 Move 'n' Groove 2:30 Latin Heat Fitness 6:00 Tai Chi 6:30 AI-Anon	16 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido 6:00 Tribal level 1 7:15 Tribal level 2	17 9:30 Knitting 5:30 Gentle Yoga 6:00 Saluda Single Women potluck	18 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	19 Basement sale 10am-1pm RESERVED 12pm-3pm
20	21 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Dup. bridge 6:00 Aikido	22 10am-2pm Bridge 1:00 Move 'n' Groove 2:30 Latin Heat Fitness 6:00 Tai Chi 6:30 AI-Anon	23 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido 6:00 Tribal level 1 7:15 Tribal level 2	24 9:30 Knitting 5:30 Gentle Yoga	25 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	26 Basement sale 10am-1pm
27	28 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Dup. bridge 6:00 Community potluck and bingo 6:00 Aikido	29 10am-2pm Bridge 1:00 Move 'n' Groove 2:30 Latin Heat Fitness 6:00 Tai Chi 6:30 AI-Anon	30 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido 6:00 Tribal level 1 7:15 Tribal level 2			