

**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

# April 2016

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

\*Upstairs  
\*Downstairs

| Sun                                            | Mon                                                                                                                    | Tue                                                                                           | Wed                                                                                                                       | Thu                                                                                                     | Fri                                                                                                                          | Sat                                 |
|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| A Thrifty Barn,<br>(828) 393-7891.             |                                                                                                                        |                                                                                               |                                                                                                                           |                                                                                                         | 1<br>8:00 Vinyasa Yoga<br>9:30 Gentle yoga<br><b>10:00 Trash train</b><br><b>12:00 Line dance</b><br><b>8:00 NA meeting</b>  | 2<br><br>Basement sale<br>10am-1pm  |
| 3                                              | 4<br><b>9:00 Bridge lessons</b><br><b>12:30 Dup. bridge</b><br>6:00 Aikido                                             | 5<br><b>10am-2pm Bridge</b><br>6:00 Tai Chi<br><b>6:00 Al-Anon</b>                            | 6<br><b>10:00 Trash train</b><br>12:30 Gentle Yoga<br><b>6:00 Aikido</b><br>6:00-8:00 Belly dance                         | 7<br><b>9:30 Knitting &amp; Quilting</b><br><b>2:00 Book club</b><br>"Nineteen Minutes" by Jodi Picoult | 8<br>8:00 Vinyasa Yoga<br>9:30 Gentle yoga<br><b>10:00 Trash train</b><br><b>12:00 Line dance</b><br><b>8:00 NA meeting</b>  | 9<br><br>Basement sale<br>10am-1pm  |
| 10<br><b>Volunteer Appreciation Week 10-16</b> | 11<br><b>9:00 Bridge lessons</b><br><b>12:30 Dup. bridge</b><br>6:00 Aikido                                            | 12<br><b>10am-2pm Bridge</b><br><b>2:30 Board mtg.</b><br>6:00 Tai Chi<br><b>6:00 Al-Anon</b> | 13<br><b>10:00 Trash train</b><br>12:30 Gentle Yoga<br><b>6:00 Aikido</b><br>6:00-8:00 Belly dance<br><b>RESERVED 6-9</b> | 14<br><b>9:30 Knitting &amp; Quilting</b>                                                               | 15<br>8:00 Vinyasa Yoga<br>9:30 Gentle yoga<br><b>10:00 Trash train</b><br><b>12:00 Line dance</b><br><b>8:00 NA meeting</b> | 16<br><br>Basement sale<br>10am-1pm |
| 17                                             | 18<br><b>9:00 Bridge lessons</b><br><b>12:30 Dup. bridge</b><br>6:00 Aikido                                            | 19<br><b>10am-2pm Bridge</b><br>6:00 Tai Chi<br><b>6:00 Al-Anon</b>                           | 20<br><b>10:00 Trash train</b><br>12:30 Gentle Yoga<br><b>6:00 Aikido</b><br>6:00-8:00 Belly dance                        | 21<br><b>9:30 Knitting &amp; Quilting</b>                                                               | 22<br>8:00 Vinyasa Yoga<br>9:30 Gentle yoga<br><b>10:00 Trash train</b><br><b>12:00 Line dance</b><br><b>8:00 NA meeting</b> | 23<br><br>Basement sale<br>10am-1pm |
| 24                                             | 25<br><b>9:00 Bridge lessons</b><br><b>12:30 Dup. bridge</b><br><b>6:00 Community potluck and bingo</b><br>6:00 Aikido | 26<br><b>10am-2pm Bridge</b><br>6:00 Tai Chi<br><b>6:00 Al-Anon</b>                           | 27<br><b>10:00 Trash train</b><br>12:30 Gentle Yoga<br><b>6:00 Aikido</b><br>6:00-8:00 Belly dance                        | 28<br><b>9:30 Knitting &amp; Quilting</b>                                                               | 29<br>8:00 Vinyasa Yoga<br>9:30 Gentle yoga<br><b>10:00 Trash train</b><br><b>12:00 Line dance</b><br><b>8:00 NA meeting</b> | 30<br><br>Basement sale<br>10am-1pm |