

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

June 2015

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

*Upstairs
*Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Saluda Mtn. Dup. bridge	<i>2</i> 10am-2pm Bridge 6:00 Tai Chi 6:30 AI-Anon	<i>3</i> 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	<i>4</i> 9:30 Knitting 2:00 Book club “Snow Flower and the Secret Fan” by Lisa See 5:30 Gentle Yoga	<i>5</i> 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	<i>6</i> Basement sale 10am-1pm
<i>7</i>	<i>8</i> 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Saluda Mtn. Dup. bridge	<i>9</i> 10am-2pm Bridge 2:00 Board mtg. 6:00 Tai Chi 6:30 AI-Anon	<i>10</i> 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	<i>11</i> 9:30 Knitting 5:30 Gentle Yoga	<i>12</i> 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	<i>13</i> Basement sale 10am-1pm
<i>14</i>	<i>15</i> 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Saluda Mtn. Dup. bridge	<i>16</i> 10am-2pm Bridge 6:00 Tai Chi 6:30 AI-Anon	<i>17</i> 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	<i>18</i> 9:30 Knitting 5:30 Gentle Yoga 6:00 Saluda Single Women potluck	<i>19</i> 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	<i>20</i> Basement sale 10am-1pm
<i>21</i> FATHER’S DAY	<i>22</i> 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Saluda Mtn. Dup. bridge	<i>23</i> 10am-2pm Bridge 6:00 Tai Chi 6:30 AI-Anon	<i>24</i> 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	<i>25</i> 9:30 Knitting 5:30 Gentle Yoga	<i>26</i> 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	<i>27</i> Basement sale 10am-1pm
<i>28</i>	<i>29</i> 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Saluda Mtn. Dup. bridge 6:00 Community potluck and bingo	<i>30</i> 10am-2pm Bridge 6:00 Tai Chi 6:30 AI-Anon				