

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

# August 2015

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

\*Upstairs  
\*Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Basement sale 10am-1pm
2	3 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Dup. bridge 6:00 Aikido	4 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon	5 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido	6 9:30 Knitting 2:00 Book club "Wild" by Cheryl Strayed 5:30 Gentle Yoga	7 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	8 Basement sale 10am-1pm
9	10 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Dup. bridge 6:00 Aikido	11 10am-2pm Bridge 2:00 Board mtg. 6:00 Tai Chi 6:30 Al-Anon	12 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido	13 9:30 Knitting 5:30 Gentle Yoga	14 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	15 Basement sale 10am-1pm
16	17 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Dup. bridge 6:00 Aikido	18 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon	19 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido	20 9:30 Knitting 5:30 Gentle Yoga 6:00 Saluda Single Women potluck	21 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	22 Basement sale 10am-1pm
23	24 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Dup. bridge 6:00 Aikido	25 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon	26 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido	27 9:30 Knitting 5:30 Gentle Yoga	28 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	29 Basement sale 10am-1pm  Tupperware party fundraiser @ 3pm
30	31 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					