

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.
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 saludacenter@hotmail.com
 Donna Carson, Director

May 2015

*Upstairs
 *Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
May is Older Americans Month Theme, "Get Into the Act"					1 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	2 Basement sale 10am-1pm
3	4 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Saluda Mtn. Dup. bridge	5 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon	6 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	7 9:30 Knitting 2:00 Book club "The Orchardist" by Amanda Coplin 5:30 Gentle Yoga	8 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	9 Basement sale 10am-1pm
10 MOTHER'S DAY	11 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Saluda Mtn. Dup. bridge	12 10am-2pm Bridge 2:30 Board mtg. 6:00 Tai Chi 6:30 Al-Anon	13 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	14 9:30 Knitting 5:30 Gentle Yoga	15 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	16 Basement sale 10am-1pm
17	18 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Saluda Mtn. Dup. bridge	19 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon	20 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	21 9:30 Knitting 5:30 Gentle Yoga 6:00 Saluda Single Women potluck	22 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	23 Basement sale 10am-1pm
24	25 Memorial Day CLOSED 6:00 Community potluck and bingo	26 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon	27 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	28 9:30 Knitting 5:30 Gentle Yoga	29 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	30 Basement sale 10am-1pm
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