

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

February 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, (828) 393-7891.	1 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	2 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	3 10:00 Trash train 6:00 Aikido 6:30-7:30 Belly dance	4 9:30 Knitting & Quilting 2:00 Book club "1000 White Women" by Jim Fergus	5 10:00 Trash train 12:00 Line dance 8:00 NA meeting	6 Basement sale 10am-1pm
7	8 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	9 10am-2pm Bridge 2:30 Board mtg. 6:00 Tai Chi 6:00 Al-Anon	10 10:00 Trash train 6:00 Aikido 6:30-7:30 Belly dance	11 9:30 Knitting & Quilting	12 10:00 Trash train 12:00 Line dance 8:00 NA meeting	13 Basement sale 10am-1pm RESERVED 2-5 pm
14 VALENTINE'S DAY	15 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	16 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	17 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido 6:30-7:30 Belly dance	18 9:30 Knitting & Quilting 5:00 Social Singles potluck	19 10:00 Trash train 12:00 Line dance 8:00 NA meeting	20 Basement sale 10am-1pm
21	22 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	23 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	24 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido 6:30-7:30 Belly dance	25 9:30 Knitting & Quilting	26 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	27 Basement sale 10am-1pm
28	29 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Community potluck and bingo 6:00 Aikido					