

**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

# July 2015

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

\*Upstairs  
 \*Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	2 9:30 Knitting 2:00 Book club "Hush Now, Baby" by Angela Williams 5:30 Gentle Yoga	3 <b>CLOSED</b>	4 <b>HAPPY 4th</b>  Basement sale 10am-1pm
5	6 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Saluda Mtn. Dup. bridge	7 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon	8 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	9 9:30 Knitting 5:30 Gentle Yoga	10 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	11  Basement sale 10am-1pm
12	13 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Saluda Mtn. Dup. bridge	14 10am-2pm Bridge 2:00 Board mtg. 6:00 Tai Chi 6:30 Al-Anon	15 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	16 9:30 Knitting 5:30 Gentle Yoga 6:00 Saluda Single Women potluck	17 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	18  Basement sale 10am-1pm
19	20 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Saluda Mtn. Dup. bridge	21 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon	22 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	23 9:30 Knitting 5:30 Gentle Yoga	24 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	25  Basement sale 10am-1pm
26	27 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Saluda Mtn. Dup. bridge 6:00 Community potluck and bingo	28 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon	29 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	30 9:30 Knitting 5:30 Gentle Yoga	31 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	