

**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

# April 2015

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

\*Upstairs  
\*Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
We have the <b>GREATEST</b> volunteers and deeply appreciate all their hard work and dedication to the Saluda Center, A Thrifty Barn & Basement, as well as, the community. <b>THANK YOU ALL SO MUCH!!!</b>			1 10:00 Trash train 12:30 Gentle Yoga 5:00 Drumming circle 6:00 Tribal level 1 7:15 Tribal level 2	2 9:30 Knitting 2:00 Book club "The Submission" by Amy Waldman 5:30 Gentle Yoga	3 <b>CLOSED</b> <b>GOOD FRIDAY</b>	4 10:00 Aikido Basement sale 10am-1pm
5 <b>HAPPY EASTER</b>	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 5:00 Drumming circle 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 10:00 Aikido Basement sale 10am-1pm
12 <b>VOLUNTEER APPRECIATION WEEK 12-18</b>	13 8:00 Vinyasa yoga 9:00 Bridge lessons 9:30 Chair exercise 12:30 Saluda Mtn. Dup. bridge	14 10am-2pm Bridge 2:30 Board mtg. 6:00 Tai Chi 6:30 Al-Anon	15 10:00 Trash train 12:30 Gentle Yoga 5:00 Drumming circle 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 10:00 Aikido 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 5:00 Drumming circle 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 10:00 Aikido 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 & bingo	28 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon	29 10:00 Trash train 12:30 Gentle Yoga 5:00 Drumming circle 6:00 Tribal level 1 7:15 Tribal level 2	30 9:30 Knitting 5:30 Gentle Yoga		