

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

# November 2015

\*Upstairs  
 \*Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido 5:30-7:00 Advanced Directives seminar	3 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	4 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	5 9:30 Knitting & Quilting 2:00 Book club "All the Light We Cannot See" by Anthony Doerr 6:00 Aikido	6 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	7 Basement sale 10am-1pm  RESERVED 6-9 PM
8	9 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	10 10am-2pm Bridge 2:00 Board mtg. 6:00 Tai Chi 6:00 Al-Anon	11 VETERAN'S DAY  CLOSED	12 9:30 Knitting & Quilting 6:00 Aikido	13 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	14 Basement sale 10am-1pm
15	16 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	17 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	18 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 6-8 PM RESERVED 7:15 Tribal level 2	19 9:30 Knitting & Quilting 6:00 Aikido	20 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	21 Basement sale 10am-1pm  RESERVED 10AM-6PM
22	23 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Aikido	24 10am-2pm Bridge 6:00 Tai Chi 6:00 Al-Anon	25 10:00 Trash train 12:30 Gentle Yoga 6:00 Tribal level 1 7:15 Tribal level 2	26 HAPPY THANKSGIVING  CLOSED	27 CLOSED	28 Basement sale 10am-1pm
29	30 9:00 Bridge lessons 12:30 Dup. bridge 6:00 Community potluck and bingo 6:00 Aikido					