

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

March 2015

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

*Upstairs
*Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:00 Vinyasa yoga 9-11am Beginning bridge lessons 9:30 Chair exercise 12:00 Better bellies 12:30 Saluda Mtn. Dup. bridge	3 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon	4 10:00 Trash train 12:30 Gentle Yoga 5:00 Drumming circle 6:00 Tribal level 1 7:15 Tribal level 2	5 9:30 Knitting 2:00 Book club "Still Life with Bread Crumbs" Anna Qunidlen 5:30 Gentle Yoga	6 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	7 10:00 Aikido Basement sale 10am-1pm
8	9 8:00 Vinyasa yoga 9-11am Beginning bridge lessons 9:30 Chair exercise 12:00 Better bellies 12:30 Saluda Mtn. Dup. bridge	10 10am-2pm Bridge 2:00 Reiki circle 2:30 Board mtg. 6:00 Tai Chi 6:30 Al-Anon	11 10:00 Trash train 12:30 Gentle Yoga 5:00 Drumming circle 6:00 Tribal level 1 7:15 Tribal level 2	12 9:30 Knitting 5:30 Gentle Yoga	13 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	14 10:00 Aikido Basement sale 10am-1pm
15	16 8:00 Vinyasa yoga 9-11am Beginning bridge lessons 9:30 Chair exercise 12:00 Better bellies 12:30 Saluda Mtn. Dup. bridge	17 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon	18 10:00 Trash train 12:30 Gentle Yoga 5:00 Drumming circle 6:00 Tribal level 1 7:15 Tribal level 2	19 9:30 Knitting 11:30 Saluda Single women w/ have lunch at Bay Breeze, meet @ 11 5:30 Gentle Yoga	20 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	21 10:00 Aikido Basement sale 10am-1pm
22	23 8:00 Vinyasa yoga 9:30 Chair exercise 12:00 Better bellies 12:30 Saluda Mtn. Dup. bridge	24 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon	25 10:00 Trash train 12:30 Gentle Yoga 5:00 Drumming circle 6:00 Tribal level 1 7:15 Tribal level 2	26 9:30 Knitting 5:30 Gentle Yoga	27 8:00 Vinyasa Yoga 9:30 Gentle yoga 10:00 Trash train 12:00 Line dance 8:00 NA meeting	28 10:00 Aikido Basement sale 10am-1pm
29	30 8:00 Vinyasa yoga 9:30 Chair exercise 12:00 Better bellies 12:30 Saluda Mtn. Dup. bridge 6:00 Community Potluck & bingo	31 10am-2pm Bridge 6:00 Tai Chi 6:30 Al-Anon				