

# The Meeting Place- Green Creek

## August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10:00-Scrabble 11:00-Senior Fitness 11:30-Meal	<b>2</b> 10:00-Chair Zumba 10:30-Bingo 11:00-Meal	<b>3</b> 10:30 11:00-Senior Fitness 11:30-Meal	<b>4</b> 10:30-Bingo 11:30-Meal	<b>5</b>
<b>6</b>	<b>7</b> 10:00-Walk 10:30-Balloon Volleyball 11:00-Devotions 11:30-Meal	<b>8</b> 10:30-Mad Libs 11:00-Senior Fitness 11:30-Meal	<b>9</b> 10:00-Chair Zumba 10:30-Bingo 11:30-Meal	<b>10</b> 10:00- 11:00-Senior Fitness 11:30-Meal	<b>11</b> 10:30-Bingo 11:30-Meal	<b>12</b>
<b>13</b>	<b>14</b> 10:00-Walk 10:30-Balloon volleyball 11:00-Devotions 11:30-Meal	<b>15</b> 10:00-Scrabble 11:00-Senior Fitness 11:30-Meal	<b>16</b> 10:00-Chair Zumba 10:30-Bingo 11:30-Meal	<b>17</b> 10:00-Harrah's Trip 11:00-Senior Fitness 11:30-Meal	<b>18</b> 10:30-Bingo 11:30-Meal	<b>19</b>
<b>20</b>	<b>21</b> 10:30-National Senior Citizen's Day Luau and birthday celebration!	<b>22</b> 10:30-Mad Libs 11:00-Senior Fitness 11:30-Meal	<b>23</b> 10:00-Chair Zumba 10:30-Bingo 11:30-Meal	<b>24</b> 10:00-Bow making lessons 11:00-Senior Fitness 11:30-Meal	<b>25</b> 10:30-Bingo 11:30-Meal	<b>26</b>
<b>27</b>	<b>28</b> 10:00-Walk 10:30-Balloon Volleyball 11:00-Devotions 11:30-Meal	<b>29</b> 10:00-Scrabble 11:00-Senior Fitness 11:30-Meal	<b>30</b> 10:00-Chair Zumba 10:30-Bingo 11:30-Meal	<b>31</b> 10:00-Crafts w/Emily 11:00-Senior Fitness 11:30-Meal		

**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

# August 2017

64 Greenville St.  
(828) 749-9245  
saludacenter@hotmail.com  
Donna Carson, Director  
Center Hrs. 8:30-2:30

\*Upstairs  
\*Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	2 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	3 9:30 Knitting /quilting 2:00 Book club "The Boys in the Boat" by Daniel James Brown	4 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	5 Basement sale 10am-1pm
6	7 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido	8 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	9 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	10 9:30 Knitting /quilting 5:00 Social Singles potluck dinner 6:00 Warm Yin Yoga 6:30 Chocolates & Cleaning Workshop	11 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	12 Basement sale 10am-1pm <b>RESERVED</b> 5PM-
13	14 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido	15 9:30 Gentle Yoga 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	16 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	17 9:30 Knitting/quilting 6:00 Warm Yin Yoga	18 8:15 Core/Flow Yoga 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	19 Basement sale 10am-1pm
20	21 12:30 Dup. bridge 6:00 Aikido	22 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	23 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	24 9:30 Knitting/quilting	25 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	26 Basement sale 10am-1pm
27	28 8:15 Core/Flow Yoga 12:30 Dup. bridge 6:00 Aikido 6:00 Community potluck and bingo	29 9:30 Gentle Yoga 10am-2pm Bridge 6:00 AI-Anon	30 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	31 9:30 Knitting/quilting 6:00 Warm Yin Yoga		