



NATIONAL  
NUTRITION  
MONTH

# March 2017

THE MEETING PLACE

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Qi Gong each Wed. at 2pm						
5		6 10:00 Singing 11:00 Senior fitness 12:30 Beads & quilting	7 9:30 Ceramics 10:00 Walking w/Leslie 12-1 Sign language 12:30 Bingo	8 8:45 Tai Chi 9:00 Line dance 9:30 Ceramics 10:00 Senior fitness 10:30 Wacky Wed. 12:30 Bingo & Bridge	9 9:30 Ceramics 10:00 Devotions 10:30 Jimmi Buell- Nutrition program 1:00 Grocery shopping	10 10:00 Movie 12:30 Bingo	11
12		13 8:45 Tai Chi 10:00 Singing 11:00 Senior fitness 12:30 Bingo & quilting	14 9:30 Ceramics 10:00 Walking w/Leslie 12-1 Sign language 12:30 Bingo	15 9:00 Line dance 9:30 Ceramics 10:00 Senior fitness 10:30 Wacky Wed. 12:30 Bingo & Bridge	16 9:30 Ceramics 10:00 Devotions 10:00 Crafts w/ Emily 1:00 Grocery shopping	17 10:00 Movie 11:30 St. Patty's celeb. 12:30 Bingo	18
19		20 8:45 Tai Chi 10:00 Singing 11:00 Senior fitness 12:30 Beads & quilting	21 9:30 Ceramics 10:00 Walking w/Leslie 10:30 Hamrick's 12-1 Sign language 12:30 Bingo	22 9:00 Line dance 9:30 Ceramics 10:00 Senior fitness 10:30 Wacky Wed. 12:30 Bingo & Bridge	23 9:30 Ceramics 10:00 Devotions 1:00 Grocery shopping	24 10:00 Movie 12:30 Bingo	25
26		27 8:45 Tai Chi 10:00 Singing 11:00 Senior fitness 12:30 Bingo & quilting	28 9:30 Ceramics 10:00 Walking w/Leslie 10:30 Reminiscing 12-1 Sign language 12:30 Bingo	29 9:00 Line dance 9:30 Ceramics 10:00 Senior fitness 10:30 Wacky Wed. 12:30 Bingo & Bridge	30 9:30 Ceramics 10:00 Devotions	31 10:00 Movie 12:30 Bingo	

## SALUDA CENTER NEWS

### March is National Nutrition Month

The Saluda Center **Book Club** will meet on Thurs. Mar. 02 at 2pm to discuss The Summer Before the War by Helen Simonson.

*NEW YORK TIMES BESTSELLER* • “A novel to cure your *Downton Abbey* withdrawal . . . a delightful story about nontraditional romantic relationships, class snobbery and the everybody-knows-everybody complications of living in a small community.”—*The Washington Post*

The bestselling author of *Major Pettigrew's Last Stand* returns with a breathtaking novel of love on the eve of World War I that reaches far beyond the small English town in which it is set.

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY *THE WASHINGTON POST* AND NPR

The **Social Singles** of Saluda Potluck Dinner will be Thurs. Mar. 09 at 5pm. Our group is for men and women over the age of 40. If you have a partner or are separated, we consider you single. Just bring a dish of your choice for all of us to share. Call Anita Ogden Moore at 749-3335 for more information.

**S.L.I.P.** (Saluda Living in Place) will sponsor a program on Wed. Mar. 15 at 10:00 am.

**Community potluck and bingo** will be Mon. Mar. 27 at 6pm. Bring a dish and have fun.

An **art reception** for **Saluda School students** will be on Thurs. Mar. 30 from 4-6 pm. Please come and show your support.

**Medicare assistance** is available with a trained Medicare volunteer. Call 749-9245 to schedule an appointment.

Please contact Donna at 749-9245 or stop by if you are interested in **renting the Center** for your event or if you need **medical loan equipment**.

A **Thrifty Barn** is open Wed. through Sat. from 10:00 am-4:00 pm. Call **(828) 393-7891** to volunteer or for more information.

A **Thrifty barn basement sales** is open on Sat. from 10:00 am-1:00 pm and on Wed. from 10:00 am-4:00 pm. **Donations are accepted.**

Please contact Donna at [saludacenter@hotmail.com](mailto:saludacenter@hotmail.com) to be added to our email list.

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 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 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	2 9:30 Knitting/quitting 2:00 Book club "The Summer Before the War" by Helen Simonson	3 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	4 Basement sale 10am-1pm
5 12:30 Dup. bridge 6:00 Aikido	6 12:30 Dup. bridge 6:00 Aikido	7 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	8 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	9 9:30 Knitting/quitting 1:30 Board mtg. 5:00 Social Singles potluck dinner	10 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	11 Basement sale 10am-1pm
12	13 12:30 Dup. bridge 6:00 Aikido	14 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	15 10:00 SLIP program 12:30 Gentle Yoga 6:30 Aikido	16 9:30 Knitting/quitting	17 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	18 Basement sale 10am-1pm
19	20 12:30 Dup. bridge 6:00 Aikido	21 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	22 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	23 9:30 Knitting/quitting	24 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	25 Basement sale 10am-1pm <b>RESERVED</b> 9am-3pm
26	27 12:30 Dup. bridge 6:00 Aikido 6:00 Community potluck and bingo	28 10am-2pm Bridge 6:00 Tai Chi 6:00 AI-Anon	29 10:00 Trash train 12:30 Gentle Yoga 6:30 Aikido	30 9:30 Knitting/quitting 4-6 pm Art reception for Saluda students	31 9:30 Gentle yoga 10:00 Trash train 8:00 NA meeting	

## MEETING PLACE 2 – GREEN CREEK

### *Micki's Musings.....*

#### *Blessings of Spring*

The arrival of Spring, along with Daylight Savings time, is always a time of renewal and refreshment. Even though weather-wise, Spring arrived in February, there is just something exciting about the designated day!

We are ready, aren't we, for the full beauty of flowers and trees in bloom, the land being readied for planting of summer crops, more sunshine and longer days.... The blessings of spring are plentiful!

Spring blessings are about hope, renewal and rejuvenation. The earth renews itself every year, bringing hope of brighter tomorrows and an appreciation for the natural rejuvenation which occurs after dark days of winter.

I'm celebrating the coming of Spring, how about you?

#### **GENERAL INFO**

Micki will be off the week of March 6<sup>th</sup>, for vacation time. Asking everyone to pitch in and help Betty this week!

**Thursday, March 16<sup>th</sup>, Cindy Gibson will be here at 11am** for a presentation on Senior Life Solutions.

#### **REMINDERS**

We continue to enjoy **Balloon Volleyball on Mondays at 10:30**. It's a fun way to get in some exercise at the beginning of the week!

Brain Games are every **Tuesday at 10:30** before Exercise at 11:00. Brain Games works wonders for keeping us sharp and helping ward off dementia.

St. Patrick's Day is on Friday, March 17<sup>th</sup>. We will celebrate March Birthdays. Be sure to wear Green, so you don't get pinched. 😊

March Calendar

Meeting Place II – Green Creek

March 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 10:30 BINGO!	<b>2</b> 11:00 Exercise w/Helen	<b>3</b> 10:30 BINGO!	<b>4</b>
<b>5</b>	<b>6</b> 10:30 Balloon Volleyball 11:00 Devotions	<b>7</b> 10:30 Brain Games 11:00 Exercise w/Helen	<b>8</b> 10:30 BINGO!	<b>9</b> 11:00 Exercise w/Helen	<b>10</b> 10:30 BINGO!	<b>11</b>
<b>12</b> DAYLIGHT SAVINGS TIME BEGINS SET YOUR CLOCKS FORWARD!	<b>13</b> 10:30 Balloon Volleyball 11:00 Devotions	<b>14</b> 10:30 Brain Games 11:00 Exercise w/Helen	<b>15</b> 10:30 BINGO!	<b>16</b> 11:00 Cindy Gibson w/Senior Life Solutions presentation	<b>17</b> St. Patrick's Day and Birthday Celebration 10:30 BINGO!	<b>18</b>
<b>19</b>	<b>20</b> First Day of Spring 10:30 Balloon Volleyball 11:00 Devotions	<b>21</b> 10:30 Brain Games 11:00 Exercise w/Helen	<b>22</b> 10:30 BINGO!	<b>23</b> 11:00 Exercise w/Helen	<b>24</b> 10:30 BINGO!	<b>25</b>
<b>26</b>	<b>27</b> 10:30 Balloon Volleyball 11:00 Devotions	<b>28</b> 10:30 Brain Games 11:00 Exercise w/Helen	<b>29</b> 10:30 BINGO!	<b>30</b> 11:00 Exercise w/Helen	<b>31</b> 10:30 BINGO!	<b>Notes:</b>