

# SALADO SENIOR CENTER

## JULY ACTIVITIES

### **EVERY MONDAY**

9:00-10:00 | Chair Yoga w/ Joette  
9:00-11:00 | Pinochle  
9:00-3:00 | Open Pickleball Courts  
9:00-3:00 | Cornhole  
10:00-12:00 | Dominoes 42 Game  
10:15-11:15 | Stretching  
(Beginner Yoga w/ Gary)  
11:00-12:30 | Hooks & Needles w/ Joette  
12:00-3:00 | Bridge  
1:30-2:30 | Learn Handbells  
w/ Wes Roach

### **EVERY WEDNESDAY**

8:30-9:15 | Functional Fitness &  
Stretching w/ Lisa Gilpin  
9:00-11:00 | Canasta  
9:00-3:00 | Open Pickleball Court  
9:00-3:00 | Pool Ball Challenge  
9:30-10:15 | Strength Training w/ Gary  
9:30-12:00 | Learn to Play Mahjong  
10:00-12:00 | Mexican Train Dominoes  
10:30-11:15 | Drumming Workout  
w/ Lisa Gilpin  
12:00-2:00 | Chicken Foot Dominoes  
12:00-3:00 | Pinochle  
12:00-3:00 | Bridge

### **EVERY THURSDAY**

9:00-10:00 | Pilates-Style Exercise Class  
9:00-11:00 | Hand & Foot Canasta  
9:00-3:00 | Cornhole  
10:00-12:00 | Dominoes 42 Game  
10:15-11:15 | Chair Tai Chi  
w/ Richard Trautman  
12:00-3:00 | Mahjong  
12:00-3:00 | Bridge  
1:00-2:30 | BINGO

### **POP-UP EVENTS**

#### **WEDNESDAY, JULY 1**

- 12:00-1:00 | "The Art of Aging Well": A Conversation About Optimal Aging w/ Wellstone Partners
- 1:00-2:00 | Line Dancing w/ Betty Hartman

#### **THURSDAY, JULY 2**

- 12:30-2:30 | Watercolor Class w/ Elizabeth

#### **MONDAY, JULY 6**

- 9:00-10:00 | Beginner's Pickleball Lesson w/ Cindy
- 11:30-12:30 | Ice Cream Social
- 12:30-2:30 | Crepe Paper Flower Workshop w/ Friends of Salado Public Library

#### **WEDNESDAY, JULY 8**

- 1:00-2:00 | Line Dancing w/ Betty Hartman

#### **THURSDAY, JULY 9**

- 10:00-11:15 | Fabric Decoupage Trinket Bowls w/ Salado Public Library
- 11:30-12:30 | Writing Class w/ Salado Public Library

#### **MONDAY, JULY 13**

- 12:00-3:00 | Siamese Mahjong
- 11:30-12:30 | Monthly Birthday Luncheon: "Patriotic Theme"

#### **WEDNESDAY, JULY 15**

- 11:30-12:30 | Simple Scrapbook Page Kit

#### **THURSDAY, JULY 16**

- 12:00-1:00 | Book Club w/ Salado Public Library

#### **MONDAY, JULY 20**

- 10:00-11:00 | Financial Protection Class w/ Huntington Bank
- 1:00-2:00 | Hospice Information Session & Rock Painting Craft w/ Aspen Hospice

#### **WEDNESDAY, JULY 22**

- 12:00-1:00 | "Staying Sharp Behind the Wheel" w/ Texas A&M AgriLife Extension

#### **THURSDAY, JULY 23**

- 10:00-11:00 | One-on-One Technology Time w/ Salado Public Library
- 12:30-2:30 | Watercolor Class w/ Elizabeth

#### **MONDAY, JULY 27**

- 10:30-12:00 | Praying in Color
- 12:00-2:00 | Pinochle Class

To ensure sufficient supplies, this event requires participants to RSVP at the Senior Center registration desk or contact the Senior Center the week prior on Monday or Thursday during the hours of 9:00-3:00.

JOIN US!

Salado United Methodist Church  
Youth Activity Center (650 Royal St)

CONTACT US, LEARN MORE, OR GIVE A GIFT:

saladoseniorcenter.org  
(254) 271-2415