# SALADO SENIOR CENTER
## NOVEMBER 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 | Pilates-Style Exercise Class
11:30-12:30 | Yang-24 Tai Chi
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

**MONDAY, NOVEMBER 2**

- 9:00-10:00 | Beginner's Pickleball Lesson w/ Cindy
- 12:30-2:30 | Arts & Crafts w/ Friends of the Salado Public Library
- 12:00-1:30 | Advancing Breast Health in Central Texas: Women's Workshop

**WEDNESDAY, NOVEMBER 4**

- 12:00 | One-on-One Chess Lesson (1 spot available)

**MONDAY, NOVEMBER 9**

- 12:00-3:00 | Siamese Mahjohng
- 10:00 | Salado Senior Center Veterans Day Program
- 1:00-2:00 | Fraud Prevention Class w/ Horizon Bank

**WEDNESDAY, NOVEMBER 11**

**CLOSED - Veteran's Day**

**THURSDAY, NOVEMBER 12**

- 10:00-11:15 | Christmas Wreath Workshop w/ Salado Public Library
- 11:30-12:30 | Writing Class w/ Salado Public Library
- 3:30 | After Hours at The Sanctuary Clubhouse (free of charge)

**MONDAY, NOVEMBER 16**

- 11:30-12:30 | Monthly Birthday Luncheon (Thanksgiving Theme) w/ Performance by "The Singing Cowboy" Fred Fuller
- 12:30-1:30 | Adventure Awaits: A Presentation by Forward Point Travel

**WEDNESDAY, NOVEMBER 18**

- 11:30-12:30 | Simple Scrapbook Page Kit
- 12:00 | One-on-One Chess Lesson (1 spot available)
- 1:00-2:30 | Arts & Crafts w/ Joan Smith

**THURSDAY, NOVEMBER 19**

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

**MONDAY, NOVEMBER 23**

- 12:00-2:00 | Quilling w/ Margaret

**WEDNESDAY, NOVEMBER 25**

**CLOSED - Thanksgiving Holiday**

**THURSDAY, NOVEMBER 26**

**CLOSED - Thanksgiving Holiday**

**MONDAY, NOVEMBER 30**

- 10:00 | Decorate Snowflake Cookies w/ Julia Rampe
- 12:00-1:00 | "Stop the Bleed" w/ Baylor Scott & White Health
- 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) 997-1070