

SALADO SENIOR CENTER

SEPTEMBER 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 (2nd-5th
Wednesday only)
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, SEPTEMBER 2

- 10:00-11:00 | Beat the Texas Heat w/ Bev Hodges, Texas A&M AgriLife
- 12:00-1:00 | Senior's Guide to Gastroenterology w/ Wellstone Partners
- 12:00 | One-on-One Chess Lesson (1 spot available)
- 1:00-2:00 | Line Dancing w/ Betty Hartman
- 2:00-3:00 | The Basics of Reading Music w/ Charla Kelley

THURSDAY, SEPTEMBER 3

- 12:30-2:30 | Watercolor Class w/ Elizabeth
- 3:00-5:00 | After Hours at Axis Winery (\$10/person)

MONDAY, SEPTEMBER 7

- **CLOSED: Labor Day**

WEDNESDAY, SEPTEMBER 9

- 12:00 | One-on-One Chess Lesson (1 spot available)
- 1:00-2:00 | Line Dancing w/ Betty Hartman
- 2:00-3:00 | The Basics of Reading Music w/ Charla Kelley

THURSDAY, SEPTEMBER 10

- 10:00-11:15 | Gourd Painting Craft w/ Salado Public Library
- 11:30-12:30 | Writing Class w/ Salado Public Library

MONDAY, SEPTEMBER 14

- **8:00-2:00 | Salado Senior Center Benefit Golf Tournament**
- 8:30-9:30 | Beginner's Pickleball Lesson w/ Cindy
- 12:00-3:00 | Siamese Mahjong
- 12:30-2:30 | Beaded Garden Stake Craft w/ Friends of Salado Public Library

WEDNESDAY, SEPTEMBER 16

- 11:30-12:30 | Simple Scrapbook Page Kit
- 12:00 | One-on-One Chess Lesson (1 spot available)
- 2:00-3:00 | The Basics of Reading Music w/ Charla Kelley

THURSDAY, SEPTEMBER 17

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

MONDAY, SEPTEMBER 21

- 11:30-12:30 | Monthly Birthday Luncheon (Germanfest Theme)
- 1:00-2:00 | Karaoke

WEDNESDAY, SEPTEMBER 23

- 12:00 | One-on-One Chess Lesson (1 spot available)
- 1:00-2:30 | Arts & Crafts w/ Joan Smith
- 12:45-1:45 | Holistic Health Talks: Intro to Naturopathy w/ Dr. Angela Pinkerton
- 2:00-3:00 | The Basics of Reading Music w/ Charla Kelley

THURSDAY, SEPTEMBER 24

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

MONDAY, SEPTEMBER 28

- 12:00-2:00 | Pinochle Class

WEDNESDAY, SEPTEMBER 30

- 12:00 | One-on-One Chess Lesson (1 spot available)
- 2:00-3:00 | The Basics of Reading Music w/ Charla Kelley

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