

# SALADO SENIOR CENTER

## APRIL 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 | Men's Exercise Class  
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, APRIL 1

- 10:00-11:00 | "Stress Less With Mindfulness: Mindful Eating" w/ Bev Hodges
- 1:00-2:00 | Line Dance Social w/ Betty Hartman

#### THURSDAY, APRIL 2

- 10:00-12:00 | Easter Egg Holder Craft w/ Joe
- 12:30-2:30 | Watercolor Class w/ Elizabeth

#### MONDAY, APRIL 6

- 11:00-12:00 | Beginner's Pickleball Lesson w/ Cindy
- 12:30-2:30 | Paracord Craft w/ Friends of the Salado Public Library

#### WEDNESDAY, APRIL 8

- 10:00-11:00 | "Stress Less With Mindfulness: Mindful Walking & Thought Surfing" w/ Bev Hodges
- 1:00-2:00 | Line Dance Social w/ Betty Hartman

#### THURSDAY, APRIL 9

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

#### MONDAY, APRIL 13

- 8:30-9:30 | Volunteer Breakfast
- 10:00-11:30 | Financial Protection Class w/ Cadence Bank
- 12:00-3:00 | Siamese Mahjong

#### WEDNESDAY, APRIL 15

- 10:00-11:00 | "Stress Less With Mindfulness: Be Kind to Your Mind" w/ Bev Hodges
- 11:30-12:30 | Simple Scrapbook Page Kit

#### THURSDAY, APRIL 16

- 10:00-11:30 | Praying in Color
- 12:00-1:00 | Book Club w/ Salado Public Library

#### MONDAY, APRIL 20

- 11:30-12:30 | Monthly Birthday Luncheon: "April Showers/Spring" Theme
- 12:30-1:30 | Smartphone Essentials Class w/ Michael Moore
- 3:30 | After Hours at The Shed

#### WEDNESDAY, APRIL 22

- 10:00-11:00 | "Stress Less With Mindfulness: Begin with a Breath" w/ Bev Hodges
- 1:00-2:30 | Arts & Crafts w/ Joan Smith

#### THURSDAY, APRIL 23

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

#### MONDAY, APRIL 27

- 12:00-2:00 | Pinochle Class

#### WEDNESDAY, APRIL 29

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

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