

SALADO SENIOR CENTER

AUGUST ACTIVITIES

* 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.

EVERY MONDAY

9:00-3:00 — Open Pickleball Courts

EVERY MONDAY & THURSDAY

9:00-3:00 — Cornhole

MONDAY, AUGUST 5th

9:00-10:00 — Beginner's Pickleball Lesson w/ Cindy
9:00-10:00 — Exercise (Chair Yoga w/ Joette)
9:00-11:00 — Pinochle
10:00-12:00 — Quilting w/ Lyna
10:00-12:00 — Dominoes 42 Game
10:15-11:15 — Stretching (Beginner Yoga w/ Gary)
11:00-12:30 — Crochet w/ Joette
12:00-3:00 — Bridge
1:00-2:00 — Dementia 101: Navigating Diagnosis & Symptoms

MONDAY, AUGUST 12th

9:00-10:00 — Exercise (Chair Yoga w/ Joette)
9:00-11:00 — Pinochle
10:00-12:00 — Quilting w/ Lyna
10:00-12:00 — Dominoes 42 Game
10:15-11:15 — Stretching (Beginner Yoga w/ Gary)
11:00-12:30 — Crochet w/ Joette
12:00-3:00 — Bridge
12:00-3:00 — Siamese Mahjong

MONDAY, AUGUST 19th

9:00-10:00 — Exercise (Chair Yoga w/ Joette)
9:00-11:00 — Pinochle
10:00-12:00 — Quilting w/ Lyna
10:00-12:00 — Dominoes 42 Game
10:15-11:15 — Stretching (Beginner Yoga w/ Gary)
11:00-12:30 — Crochet w/ Joette
11:30-12:30 — Lunch/Birthday Celebration
12:00-3:00 — Bridge

MONDAY, AUGUST 26th

9:00-10:00 — Exercise (Chair Yoga w/ Joette)
9:00-11:00 — Pinochle
* 10:00-11:00 — Fraud Prevention Class w/ Cadence Bank
10:00-12:00 — Quilting w/ Lyna
10:00-12:00 — Dominoes 42 Game
10:15-11:15 — Stretching (Beginner Yoga w/ Gary)
11:00-12:30 — Crochet w/ Joette
11:30-12:30 — Trivia w/ Dave
12:00-3:00 — Bridge
1:00-2:30 — Arts & Crafts w/ Joan Smith

THURSDAY, AUGUST 1st

9:00-10:00 — Exercise Class w/ Alice Cooper
10:00-12:00 — Dominoes 42 Game
10:00-12:00 — Learn to Play Mahjong
10:00-12:00 — Part 2: Sand Painting w/ Janice (must have done previous class)
10:15-11:15 — Chair Tai Chi w/ Richard Trautman
12:00-3:00 — Bridge
12:00-3:00 — Mahjong
1:00-2:30 — BINGO

THURSDAY, AUGUST 8th

9:00-10:00 — Exercise Class w/ Alice Cooper
10:00-12:00 — Dominoes 42 Game
10:00-12:00 — Learn to Play Mahjong
* 10:00-12:00 — Arts & Crafts w/ Salado Public Library
10:15-11:15 — Chair Tai Chi w/ Richard Trautman
12:00-3:00 — Bridge
12:00-3:00 — Mahjong
1:00-2:30 — BINGO

THURSDAY, AUGUST 15th

9:00-10:00 — Exercise Class w/ Alice Cooper
10:00-12:00 — Learn to Play Mahjong
10:00-12:00 — Dominoes 42 Game
10:15-11:15 — Chair Tai Chi w/ Richard Trautman
12:00-3:00 — Bridge
12:00-3:00 — Mahjong
* 12:30-1:30 — Book Club w/ Salado Public Library
1:00-2:30 — BINGO

THURSDAY, AUGUST 22nd

9:00-10:00 — Exercise Class w/ Alice Cooper
* 10:00-11:00 — Technology Time w/ Salado Public Library
10:00-12:00 — Learn to Play Mahjong
10:00-12:00 — Dominoes 42 Game
10:15-11:15 — Chair Tai Chi w/ Richard Trautman
12:00-3:00 — Bridge
12:00-3:00 — Mahjong
* 12:00-1:00 — "Be Well, Live Well" Nutrition Program: "Be Safe, Eat Safe" by Texas A&M Agrilife Extension
1:00-2:30 — BINGO

THURSDAY, AUGUST 29th

9:00-10:00 — Exercise Class w/ Alice Cooper
10:00-12:00 — Learn to Play Mahjong
10:00-12:00 — Dominoes 42 Game
10:15-11:15 — Chair Tai Chi w/ Richard Trautman
* 11:30-12:30 — Simple Scrapbook Page Kit OR Trio Card Kit
12:00-3:00 — Bridge
12:00-3:00 — Mahjong
1:00-2:30 — BINGO