

SALADO SENIOR CENTER

FEBRUARY 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
9:30-11:00 | Canasta
9:00-3:00 | Pool Ball Challenge
9:00-3:00 | Open Pickleball Courts
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

MONDAY, FEBRUARY 2

- 11:00-12:00 | Beginner's Pickleball Lesson w/ Cindy
- 12:30-2:30 | Acrylic Pour Painting w/ Friends of Salado Public Library

WEDNESDAY, FEBRUARY 4

- 10:00-11:00 | "Improving Your Blood Glucose Control With Medication" w/ Bev Hodges, Texas A&M AgriLife Extension
- 12:00 | "Smoke Detectors & Fire Extinguishers" w/ Salado Volunteer Fire Department

THURSDAY, FEBRUARY 5

- 10:00-12:00 | Wooden Rose Bouquets & Valentine Stud Earrings w/ Joe
- 12:30-2:30 | Watercolor Class w/ Elizabeth

MONDAY, FEBRUARY 9

- 12:00-3:00 | Siamese Mahjong
- 11:30-12:30 | Birthday Luncheon (Bring a Friend You Love)

WEDNESDAY, FEBRUARY 11

- 10:00-11:00 | "Having Your Cake (or Snack) and Eating it Too" w/ Bev Hodges, Texas A&M AgriLife Extension
- 1:30-2:30 | "The Art of Rightsizing" w/ Caring Transitions of Ft. Hood, Temple & Waco

THURSDAY, FEBRUARY 12

- 10:00-11:15 | Make a Valentine Picture Frame w/ Salado Public Library
- 11:30-12:30 | Writing Class w/ Salado Public Library

MONDAY, FEBRUARY 16

CLOSED: President's Day

WEDNESDAY, FEBRUARY 18

- 11:30-12:30 | Simple Scrapbook Page Kit
- 1:00-2:00 | "What You Need to Know About Fraud" w/ PNC Bank Salado

THURSDAY, FEBRUARY 19

- 11:00-12:00 | Grill-Out (Burger & Hot Dog Lunch) w/ Sodalys Senior Living
- 12:00-1:00 | Book Club w/ Salado Public Library

MONDAY, FEBRUARY 23

- 12:00-2:00 | Pinochle Class

WEDNESDAY, FEBRUARY 25

- 1:00-2:30 | Arts & Crafts w/ Joan Smith

THURSDAY, FEBRUARY 26

- 10:00-11:00 | One-on-One Technology Time w/ Salado Public Library
- 12:30-2:30 | Watercolor Class w/ Elizabeth
- 3:30 | After Hours Wine Tasting at Bar 1859

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