

SALADO SENIOR CENTER

JANUARY 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 | Hand & Foot Canasta
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
10:30-11:30 | 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, JANUARY 5th

- 11:00-12:00 | Beginner's Pickleball Lesson w/ Cindy
- 12:30-2:30 | Arts & Crafts w/ Friends of Salado Public Library

WEDNESDAY, JANUARY 7th

- 11:30-12:30 | Addition of 3rd Day Party/Lunch/Birthday Celebration
- 12:30-1:30 | CPR Class w/ Salado Volunteer Fire Department

MONDAY, JANUARY 12th

- 12:00-3:00 | Siamese Mahjong

WEDNESDAY, JANUARY 14th

- 10:00-11:00 | "How Food Affects Your Blood Glucose" w/ Bev Hodges

THURSDAY, JANUARY 15th

- 10:00-11:15 | Arts & Crafts w/ Salado Public Library
- 11:30-12:30 | Writing Class w/ Salado Public Library

MONDAY, JANUARY 19th

CLOSED: Martin Luther King Jr. Day

WEDNESDAY, JANUARY 21st

- 10:00-11:00 | "Are You Eating the Right Number of Carbohydrates?" w/ Bev Hodges
- 11:30-12:30 | Simple Scrapbook Page Kit

THURSDAY, JANUARY 22nd

- 10:00 | Praying in Color
- 12:30-1:30 | Book Club w/ Salado Public Library
- 3:30 | After Hours Wine Social at The Local Vine (\$10/person)

MONDAY, JANUARY 26th

- 10:00-11:00 | Financial Protection Class w/ Cadence Bank
- 12:00-2:00 | Pinochle Class

WEDNESDAY, JANUARY 28th

- 10:00-11:00 | "Improving Your Blood Glucose With Physical Activity" w/ Bev Hodges
- 1:00-2:30 | Arts & Crafts w/ Joan Smith

THURSDAY, JANUARY 29th

- 10:00-11:00 | One-on-One Technology Time w/ Salado Public Library
- 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