

SALADO SENIOR CENTER

JULY ACTIVITIES

MONDAY, JULY 1st

9:00-10:00 — Beginner's Pickleball Lesson w/ Cindy
9:00-10:00 — Exercise (Chair Yoga w/ Joette)
9:00-11:00 — Pinochle
* 10:00-11:30 — Simple Scrapbook Page Kit -OR- Trio Card Kit
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

MONDAY, JULY 8th

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, JULY 15th

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 ("Patriotic" Theme)
12:00-1:00 — Dementia Enrichment Center Presentation
12:00-3:00 — Bridge

MONDAY, JULY 22nd

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
10:15-11:15 — Stretching (Beginner Yoga w/ Gary)
11:00-12:30 — Crochet w/ Joette
12:00-3:00 — Bridge
1:00-2:00 — Retire R.I.G.H.T. w/ Kevin Wade

MONDAY, JULY 29th

9:00-10:00 — Exercise (Chair Yoga w/ Joette)
9:00-11:00 — Pinochle
10:00-12:00 — 1st Part of Sand Painting w/ Janice
10:00-12:00 — Quilting w/ Lyna
10:15-11:15 — Stretching (Beginner Yoga w/ Gary)
11:00-12:30 — Crochet w/ Joette
12:00-3:00 — Bridge
1:00-2:30 — Arts & Crafts w/ Joan Smith

THURSDAY, JULY 4th

* CLOSED — Independence Day *

THURSDAY, JULY 11th

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
12:00-2:00 — Beginner/Refresher Bridge
12:00-3:00 — Bridge
12:00-3:00 — Mahjong
1:00-2:30 — BINGO

THURSDAY, JULY 18th

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
12:00-2:00 — Beginner/Refresher Bridge
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, JULY 25th

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
12:00-2:00 — Beginner/Refresher Bridge
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

EVERY MONDAY

9:00-3:00 — Open Pickleball Courts

EVERY MONDAY & THURSDAY

9:00-3:00 — Cornhole

* 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.