

SALADO SENIOR CENTER

MARCH 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

MONDAY, MARCH 2

- 11:00-12:00 | Beginner's Pickleball Lesson w/ Cindy
- 12:30-2:30 | Acrylic Tulip Painting w/ Friends of Salado Public Library & Artist Helen Alexander

WEDNESDAY, MARCH 4

- 1:00-2:30 | "The Life of a Honeybee," a Presentation by Salado Creek BeeWorks

THURSDAY, MARCH 5

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

MONDAY, MARCH 9

- 12:00-3:00 | Siamese Mahjong

WEDNESDAY, MARCH 11

- 1:00-2:00 | Line Dance Social w/ Betty Hartman

THURSDAY, MARCH 12

- 10:00-11:15 | Make a St. Patrick's Day Bracelet w/ Salado Public Library
- 11:30-12:30 | Writing Class w/ Salado Public Library

MONDAY, MARCH 16

- 11:30-12:30 | Monthly Birthday Luncheon (St. Patrick's Theme) & Maurine Nathanson Kitchen Dedication

WEDNESDAY, MARCH 18

- 11:30-12:30 | Simple Scrapbook Page Kit

THURSDAY, MARCH 19

- 12:00-1:00 | Book Club w/ Salado Public Library
- 3:30 | After Hours Gathering at Empresario Wines (\$12/person)

MONDAY, MARCH 23

- 12:00-2:00 | Pinochle Class

WEDNESDAY, MARCH 25

- 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, MARCH 26

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

MONDAY, MARCH 30

- 10:00-11:30 | Decorate a Butterfly Cookie w/ Julia

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