

SALADO SENIOR CENTER

NOVEMBER ACTIVITIES

EVERY MONDAY

9:00-10:00 — Exercise (Chair Yoga w/ Joette)
9:00-12:00 — 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 to Play Handbells w/ Wes Roach

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
10:00-12:00 — Learn to Play Mahjong
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, NOVEMBER 3rd

- 9:00-10:00 | Beginner's Pickleball Lesson w/ Cindy
- 10:00-12:30 | Make a "Tree Topper Bow" w/ Friends of the Library
- 10:00-11:00 | Financial Protection Class w/ Cadence Bank

THURSDAY, NOVEMBER 6th

- 12:30-2:30 | Make Wooden Turkey or Pilgrim w/ Joe
- 3:30 | After Hours Social Event: Margarita & Queso at Provecho (\$12/person)

MONDAY, NOVEMBER 10th

NO EXERCISE CLASSES

- 10:00-11:00 | Veteran's Day Program
- 12:00-1:00 | Salado ISD Update from Dr. Novotny
- 12:00-3:00 | Siamese Mahjong
- 1:30-2:30 | Pelvic Floor Physical Therapy w/ Integrity Rehab

THURSDAY, NOVEMBER 13th

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

MONDAY, NOVEMBER 17th

- 11:30-12:30 | Lunch/Birthday Celebration: "Fall in Love With Your Senior Center" Theme

THURSDAY, NOVEMBER 20th

- 10:00-11:00 | Diabetes T2 Class: "Are You Eating the Right Number of Carbohydrates?" w/ Bev Hodges
- 12:00-1:00 | Book Club w/ Salado Public Library

MONDAY, NOVEMBER 24th

- 11:30-12:30 | Simple Scrapbook Page Kit or Trio Card Kit
- 12:00-2:00 | Pinochle Class
- 1:00-2:30 | Arts & Crafts w/ Joan Smith

THURSDAY, NOVEMBER 27th

CLOSED: Thanksgiving Day

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.