

SALADO SENIOR CENTER

OCTOBER ACTIVITIES

EVERY MONDAY

- 9:00-10:00 — Exercise (Chair Yoga w/ Joette)
- 9:00-11:00 — Pinochle
- 9:00-11:30 — Rummikub
- 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

EVERY THURSDAY

- 9:00-10:00 — Exercise Class w/ Alice Cooper
- 9:00-11:00 — Cantasa
- 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

* 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.

POP-UP EVENTS

MONDAY, OCTOBER 7th

- 9:00-10:00 — Beginner's Pickleball Lesson w/ Cindy
- * 11:30-12:30 — Trivia w/ Dave
- * 1:00-2:30 — Halloween Card w/ Janice
- 1:00-2:00 — Golden Age Health Plans: Medicare

MONDAY, OCTOBER 14th

- 12:00-3:00 — Siamese Mahjong
- * 12:00-3:00 — Digital Literacy

MONDAY, OCTOBER 21st

- 11:30-12:30 — Lunch/Birthday Celebration
- * 1:00-2:30 — Crafting w/ Joan

MONDAY, OCTOBER 28th

- * 10:00-11:00 — Fraud Prevention Class w/ Cadence Bank
- * 12:00-3:00 — Digital Literacy

THURSDAY, OCTOBER 3rd

- * 11:30-12:30 — Simple Scrapbook Page Kit or Trio Card Kit
- * 1:00-2:00 — Introductory Writing Group

THURSDAY, OCTOBER 10th

- * 10:00-12:00 — "Witch's Hat" w/ Salado Public Library

THURSDAY, OCTOBER 17th

- * 10:00-12:00 — Pumpkin Decoration w/ Amanda
- * 12:30-1:30 — Book Club w/ Salado Public Library

THURSDAY, OCTOBER 24th

- * 10:00-11:00 — Technology Time w/ Salado Public Library
- * 11:30-12:30 — Mindfulness, Session 1: "Begin with the Breath" w/ Bev Hodges

THURSDAY, OCTOBER 31st (Halloween)

- Trick or Treat for PDO Kids
- * 11:30-12:30 — Basic Watercolor w/ Elizabeth
- 12:00-12:30 — Costume Contest