

# SALADO SENIOR CENTER

## SEPTEMBER ACTIVITIES

\* **MONDAY, SEPTEMBER 2nd — CLOSED: Labor Day \***

### MONDAY, SEPTEMBER 9th

9:00-10:00 — Beginner's Pickleball Lesson w/ Cindy  
9:00-10:00 — Exercise (Chair Yoga w/ Joette)  
9:00-11:00 — Pinochle  
10:00-11:00 — Golden Age Health Plans Medicare Presentation  
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 — Simple Scrapbook Page Kit OR Trio Card Kit  
12:00-3:00 — Bridge  
12:00-3:00 — Siamese Mahjong  
1:30-2:30 — CPR/Fire Extinguisher/Safety Class w/ Salado VFD

### MONDAY, SEPTEMBER 16th

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  
\* 1:30-2:30 — Fall/Halloween Wreath w/ Amanda

### MONDAY, SEPTEMBER 23rd

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  
10:00-12:00 — 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  
12:00-3:00 — Bridge

### MONDAY, SEPTEMBER 30th

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 — Trivia w/ Dave  
12:00-3:00 — Bridge

\* 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.

### THURSDAY, SEPTEMBER 5th

9:00-10:00 — Exercise Class w/ Alice Cooper  
9:00-11:00 — Learn to Play Canasta w/ Margaret  
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 — Bridge  
12:00-3:00 — Mahjong  
1:00-2:30 — BINGO

### THURSDAY, SEPTEMBER 12th

9:00-10:00 — Exercise Class w/ Alice Cooper  
9:00-11:00 — Learn to Play Canasta w/ Margaret  
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  
12:00-3:00 — Bridge  
12:00-3:00 — Mahjong  
1:00-2:30 — BINGO

### THURSDAY, SEPTEMBER 19th

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  
\* 11:30-12:30 — "Mindfulness" Presentation by Dr. Lakshmi Mahadevan  
11:30-1:30 — Free Blood Pressure Checks w/ Cornerstone  
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, SEPTEMBER 26th

9:00-10:00 — Exercise Class w/ Alice Cooper  
9:00-11:00 — Learn to Play Canasta w/ Margaret  
\* 10:00-11:00 — Technology Time w/ Salado Public Library  
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 — Bridge  
12:00-3:00 — Mahjong  
1:00-2:30 — BINGO

#### EVERY MONDAY

9:00-3:00 — Open Pickleball Courts

#### EVERY MONDAY & THURSDAY

9:00-3:00 — Cornhole