

# SALADO SENIOR CENTER

## JULY 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 — 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

### THURSDAY, JULY 3<sup>rd</sup>

\* 12:30-2:30 — Basic Watercolor  
w/ Elizabeth

### MONDAY, JULY 7<sup>th</sup>

9:00-10:00 — Beginner's Pickleball Lesson  
w/ Cindy  
\* 10:00-12:00 — Make "Diamond Painting  
Coasters" w/ Friends of the  
Library  
\* 1:00-2:00 — Praying in Color Card Project

### THURSDAY, JULY 10<sup>th</sup>

\* 10:00-11:15 — "Summer Flower Fabric  
Wall Art" w/ Salado  
Public Library  
\* 11:30-12:30 — Writing Class w/ Salado  
Public Library  
\* 1:00-2:00 — "Improving Your Blood  
Glucose Control With  
Activity" w/ Bev Hodges

### MONDAY, JULY 14<sup>th</sup>

9:00-11:00 — Chess Gathering (for anyone  
interested in playing)  
\* 11:30-12:30 — Simple Scrapbook Page Kit  
or Trio Card Kit

### THURSDAY, JULY 17<sup>th</sup>

\* 12:30-1:30 — Book Club w/ Salado  
Public Library

### MONDAY, JULY 21<sup>st</sup>

11:30-12:30 — Lunch/Birthday Celebration  
(Patriotic Theme)  
\* 1:00-2:30 — Arts & Crafts w/ Joan Smith

### THURSDAY, JULY 24<sup>th</sup>

\* 10:00-11:00 — One-on-One Technology  
Time w/ Salado Public  
Library  
\* 12:30-2:30 — Basic Watercolor  
w/ Elizabeth

### MONDAY, JULY 28<sup>th</sup>

\* 10:00-11:00 — Financial Protection Class  
w/ Cadence Bank

### THURSDAY, JULY 31<sup>st</sup>

10:00-12:00 — Chess Gathering (for  
anyone interested in playing)

\* 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.