

Activities/Programs/Services/Special Events

Ongoing Weekly Activities

	Morning	Afternoon	Evening
Monday	8:30 Woodshop 8:30 Lapidary 8:30 Beginning Jewelry 8:30 Pool/Billiards 8:30-9:30 Blogging 9:00 Flexibility & Function Footcare 9:15 Yoga 10:00 SilverSneakers® 10:30 Travel Desk 10:00 Silver Sneakers Circuit 11:30 Lunch	Woodshop Lapidary Travel Desk 11:30 Lunch 12:00 Silversmithing/Jewelry 12-4 Tech 50+ Q & A 1:00 Cards 3:00 Living Stronger & Younger	5:30 Woodshop Lapidary Total Body Circuit
Tuesday	8:30 Woodshop 8:30 Lapidary 8:30 Ladies Pool/Billiards 9:00 Karate 9-2 Hand/Foot Care & Haircuts 10:00 SilverSneakers Yoga Line Dancing 10-6 Massage 11:00 Tone Your Bones Respite Care 11:30 Lunch	Woodshop Lapidary 11:30 Lunch 12:00 Tai Chi Level 1 12:30-2:30 Genealogy Assistance 1:00 Tai Chi Level 2 1:30 Line Dancing (Beginning) 4-6 Tech 50+ Q & A	6:30 Woodshop Lapidary Table Tennis
Wednesday	7:00 Sunrise Rotary 8:30 Woodshop 8:30 Lapidary 8:30 Pool/Billiards 9:00 Woodcarving Class 9:00 SHIBA (by appt) Flexibility & Function 9:15 Yoga 10:00 SilverSneakers® 11:00 Silver Sneakers Circuit Respite Care 11:30 Lunch	Woodshop Lapidary 11:30 Lunch 1:00 Writing Class 3-5 Genealogy Assistance	5:30 Woodshop Lapidary Total Body Circuit

**For More Information Call: 503-588-6303
or visit [www.cityofsaalem.net/center 50+](http://www.cityofsaalem.net/center50+)**

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Ongoing Weekly Activities

	Time	Morning	Time	Afternoon	Time	Evening
Thursday	8:00	Woodshop		Woodshop		Woodshop
	8:30	Lapidary		Lapidary		Lapidary
	8:30	Pool/Billiards		Travel Desk	6:30	Table Tennis
	8:30	Sewing		11:30	Lunch	
	8:45	Line Dancing (Intermediate)		12:00	Ladies Pool/Billiards	
	9:00	Karate			Tai Chi Level 1	
	10:00	Line Dancing (Beginning)		1:00	Bingo	
		Silver Sneakers Yoga			Tai Chi Level 2	
	10-6	Massage		3:00	Living Stronger & Younger	
	10:30	Travel Desk				
	11:00	Tone Your Bones				
		Memory Group				
	11:30	Lunch				
Friday	8:00	Woodshop		Woodshop		
	8:30	Lapidary		Lapidary		
	8:30	Pool/Billiards		11:30	Lunch	
	9:00	Watercolor Studio		1:00	Cards/Games	
	9:15	Yoga		1:00	Woodcarving	
	10-4	Massage				
	11:00	Respite Care				
	11:30	Lunch				
Saturday	8:30	Lapidary		Lapidary		
		Pool/Billiards				

(Dimensions: See instructor/group leader for designation)

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Many of the activities listed below are groups or clubs that rent the facilities at Center 50+. While they are not closed to the public, Center 50+ does not oversee the operation of the clubs and has limited information on their activities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week One		SCAC 9:00 a.m. Diabetes in Balance 2:00-3:00 p.m.	Sunrise Rotary 7:00 a.m. SHIBA 9:00—12:00 Sewing Guild 1:00—4:00	WAMS 6:30—9:00 p.m. Grow & Show 7:00 p.m.	Spanish Club 2:00 p.m.	Veteran's Meeting 10:00—12:00 p.m.
Week Two	AARP Driver Safety 1:00 p.m.	Book Club 1:30 p.m. Anglers Club 6:30 p.m.	Sunrise Rotary 7:00 a.m. SHIBA 9:00-12:00 Movie & Popcorn 1:15 p.m. FREE (Thanks Atrio!)	Lapidary Club 9:00 a.m. AARP Driver Safety 1:00 p.m. First Aid/CPR Cert 2:00 p.m. Wood Turners 6:00 p.m. Garden Club Board 7:00 p.m.	ACBO Mtg 1:00 p.m.	
Week Three		Needlepoint Club 12:30—4:00 p.m. Iris Society 6:30—9pm Garden Club 7-9 p.m.	Sunrise Rotary 7:00 a.m. SHIBA 9:00-12:00 Living Gluten Free 1-2 p.m.	Alzheimer's Support Group 2:00—4:00 p.m. Capital Arrangers 7:00 p.m.	Birthday Party 12:00 Lunchroom Spanish Club 2:00 p.m.	
Week Four	Fuchsia Club 7:00 p.m.	Townhouse Board Meeting 1:30 p.m. Woodcarvers Meeting 7:00 p.m.	Sunrise Rotary 7:00 a.m. SHIBA 9:00-12:00 Movie & Popcorn 1:15 p.m. FREE (Thanks Atrio!) SREA 2:00 p.m.	Friends Board Meeting 9:00 a.m.		

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