

Off your seat and on your feet!

There's something for everyone at the Salter Community Center. Drop by, or give us a call!

The benefits are endless™...

Salter Center Book Club

Mon, May 21 10-11:30 am

Are you an avid reader? Would you like to meet with people who share your passion for the written word? This group, brought to you in cooperation with the Royal Oak Library, will meet on the third Monday to discuss a specific book. Coffee and light refreshments served. The book for this month is "*The Lacuna*" by Barbara Kingslover.

Drop-In Billiards

Monday-Friday 8:30-12 pm

Pool tables are located in the game room of the Salter Center. Adults may play pool during the day. Fee is **50¢** daily or **\$2.50** monthly for use of these or Senior Community Center tables.

Notable Folks...

CONGRATULATIONS, to the following walkers for successfully completing:

Robert Anders	100 miles
Pat Robertson	100 miles
Michael Colvin	300 miles
Sandy Kemp	300 miles
Susan Schreiber	600 miles
Pat Sipssock	600 miles
Sheila Colvin	700 miles
Carole Harris	1000 miles
Roy Beasley	1400 miles
Irene Vandeveld	1400 miles
Maria Krautner	1600 miles
Mike Krautner	2000 miles
Darlene Bowlin	2400 miles
Mikki Edwards	3100 miles
John Molloy	3200 miles
Janey Greene	4700 miles

Helping Hands

Fridays 9:30 am

Looking for "Helping Hands" interested in knitting, crocheting or sewing blankets for chemotherapy patients. The Rose Cancer Center at Beaumont has kits available or you can use your own materials to create squares which can then be assembled into blankets for patients. Call (248) 246-3180 for more information.

*****We are in need of 4-ply yarn, your donations would be gratefully accepted*****

Let's Walk!



Monday-Friday 8:30 am
Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! How? Join *Let's Walk!* and enjoy the four seasons briskly walking, at your own pace. Meet at the Salter Center for walking around the gymnasium or outdoors in the parks and neighborhoods. Track your progress by completing a mileage log sheet at the center.

Drop-In Pinochle

Wed & Fridays 1 pm
Drop in for an enjoyable game of pinochle, meet new friends. **\$1.**

Balance Training

Fri, Apr 27-June 1 12:30 pm
Feeling unsteady? Loss of balance often results in falling and bone fractures. This 30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun and innovative exercises keep you smiling and moving! **Jo Schirtzinger**, from Leisure Unlimited, has been teaching fitness classes since 1994. **\$24/6 wks.**