





FEBRUARY 2019	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday
<p>We will be electing "Two" Valentine Kings and Queens One couple for the Sweetheart Dance Feb 15th</p> <p>One Couple who attends the center during the daytime Feb 14th</p>	<p><b>***Winter Weather***</b></p> <p><u>In the event of inclement weather, we will follow School Closings</u></p> <p><u>If Conway Schools close, the Senior Center will be closed</u></p> <p>Go to <a href="http://fcseniors.com">fcseniors.com</a> for updates</p>	<p><i>Feb 21st Black History Month Program</i></p> <p><i>Every Thursday-12:30- Bowling</i></p> <p><i>12:30 Tues &amp; Thurs Class: Living a Healthy Life with Chronic Pain" by Sherri &amp; Dawn</i></p>	<p><b>**February 15th 10 am til Noon</b></p> <p>Attorney Generals Office will be set up in the lobby with information on Scams The Sherrifs office will be here for you to turn in prescription drugs you want to get rid of</p>	<p><b>1</b> 9:30 Strength Training Exercise Class 10:00 Drums Alive "Seated &amp; Standing" 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing</p> <p><b>6:30-9:00 DANCE</b></p> <p><b>Midnight Express Band</b></p>
<p><b>4</b> 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class <b>11:30 Lunch--12:00 AARP Meeting</b> 12:15 Chair Volleyball--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi 1:30 Ping Pong</p>	<p><b>5</b> 8:00 Tai Chi - 8:30 Group Painting 8:30 Guitar Class--10:30 Gospel Singing 11:30 Announcements/Lunch 12-1:30 Line Dance Class 12:30 Grocery Shopping--2:00 Pickleball 12:30 "Living a Healthy Life with Chronic Pain" Class w/Sherri &amp; Dawn</p>	<p><b>6</b> 9:30 Strength Training Exercise Class 10:00 Grief Support Group 12 weeks 10:00 Move w/Balance - 10:40 Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club Meeting 1:30 Ping Pong</p>	<p><b>7</b> 8:00 Yoga Class--9:00 Art Class w/Dema 9:15 BBB G'Brier vs Class Act &amp; Shakers HERE 10-11 FC Library--11:30 Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema--2:00 Pickleball 12:30 "Living a Healthy Life w/Chronic Pain" Class w/Sherri &amp; Dawn</p>	<p><b>8</b> 9:30 Strength Training Exercise Class 10:00 Drums Alive "Seated &amp; Standing" 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing</p> <p><b>6:30-9:00 DANCE</b></p> <p><b>Midnight Express Band</b></p>
<p><b>11</b> 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volleyball--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi 1:30 Ping Pong</p>	<p><b>12</b> 8:00 Tai Chi - 8:30 Group Painting 8:30 Guitar Class--10:30 Gospel Singing 11:30 Lunch--12:00-1:30 Line Dance Class 12:30 Grocery Shopping--2:00 Pickleball 12:30 "Living a Healthy Life with Chronic Pain" Class w/Sherri &amp; Dawn <b>5:00 Dinner, Bingo, Coin Club</b></p>	<p><b>13</b> 9:30 Strength Training Exercise Class 10:00 Grief Support Group 12 weeks 10:00 Move w/Balance - 10:40 Boot Camp 11:00 Crown Valentine King &amp; Queen 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club--1:30 Ping Pong</p>	<p><b>14</b>  <i>Happy Valentines Day</i>  8:00 Yoga w/Karen--9:00 Art Class w/Dema 10:00 Entertainment--11:00 Crown King &amp; Queen 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema--2:00 Pickleball 12:30 Chronic Pain Class w/Sherri &amp; Dawn</p>	<p><b>15</b> 9:30 Strength Training Exercise Class <b>**10:00 - 12:00 Attorney Generals Office**</b> 10:00 Drums Alive -- 10:40 Silver Sneakers 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing</p> <p><b>6:30-9:00 VALENTINES DANCE</b></p> <p> <b>Double Barrel Band</b> </p>
<p><b>18</b></p> <p><b>PRESIDENTS DAY CENTERS CLOSED</b></p>	<p><b>19</b> 8:00 Tai Chi - 8:30 Group Painting 8:30 Guitar Class--10:15 Gospel Singing 10:45 Osteoarthritis &amp; Its Treatments Dr Lawrence-AR Surgical Hosp Orthopedics 11:30 Lunch--12:00-1:30 Line Dance Class 12:30 Grocery Shopping--2:00 Pickle Ball 12:30 Chronic Pain Class w/Sherri &amp; Dawn</p>	<p><b>20</b> 9:30 Strength Training Exercise Class 10:00 Grief Support Group 12 weeks 10:00 Move w/Balance - 10:40 Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club Meeting 1:30 Ping Pong</p>	<p><b>21</b> 8:00 Yoga Class--9:00 Art Class w/Dema 10:00 "Black History Month" program w/Patricia Walker &amp; Laura Spencer 10-11 FC Library--11:30 Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema--2:00 Pickleball</p>	<p><b>22</b> 9:30 Strength Training Exercise Class <b>10:00 Arkansas Geological Treasures program by Debbie Steward</b> 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing</p> <p><b>6:30-9:00 Dance</b></p> <p><b>Double Barrel Band</b></p>
<p><b>25</b> 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volleyball--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi 1:30 Ping Pong</p>	<p><b>26</b> 8:00 Tai Chi - 8:30 Group Painting 8:30 Guitar Class--10:30 Gospel Singing 9:30 BBB Searcy vs Shakers &amp; Class Act HERE 11:30 Lunch--12:00-1:30 Line Dance Class 12:30 Grocery Shopping--2:00 Pickleball 12:30 "Living a Healthy Life with Chronic Pain" Class w/Sherri &amp; Dawn</p>	<p><b>27</b> 9:30 Strength Training Exercise Class 10:00 Grief Support Group 12 weeks 10:00 Move w/Balance - 10:40 Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club Meeting 1:30 Ping Pong</p>	<p><b>28</b> <b>BRUNCH</b> 8:00 Yoga w/Karen--9:00 Art Class w/Dema 9:45 Announcements/BRUNCH 10:30 Bingo 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema--2:00 Pickleball 12:30 Chronic Pain Class w/Sherri &amp; Dawn</p>	<p><b>UNITED WAY helps us!!</b></p> <p><b>Please help by making a DONATION TO THEM</b></p>
<p>Center Phone: 501-327-2895      Open Monday — Friday 8:00 AM — 4:00 PM    Transportation Available    Like us on Facebook!      On the Web <a href="http://fcseniors.com">fcseniors.com</a></p>				