
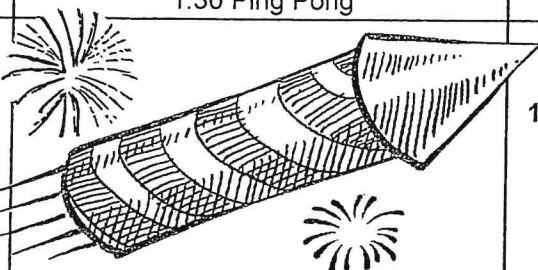


JULY 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Strength Training Exercise 10-12 Ask the Experts-Select Phy Therapy 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 VET Meeting--12:30 Chair Volleyball 12:45 Tai Chi--1:30 Ping Pong	3 <i>Wear Your Red, White & Blue today</i> 8:00 Tai Chi--9:00 Group Painting 8:30 Guitar Class--10:30 Gospel Singing 11:00 4th of July Program 11:30 Announcements/Lunch 12-1 Line Dance/12:20 Grocery Shopping 1:15 Drums Alive-- NO DANCE TONIGHT	4 HAPPY 4TH OF JULY CENTER CLOSED 	5 8:00 Yoga w/ Karen 9:00 Art Class with Joe Hayes 10:00 Let's go to the FC Library 10:30 Inspirational Moments w/Laura 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling--Conway Family Bowl	6 9:30 Strength Training Class NO Drums Class or Boot Camp today 11:30 Announcements/Pledge/Lunch 12:15 Bingo-Prizes by St Andrews NH & Rehab 2-4 Creative Writing Group 6:30-9:00 DANCE Midnight Express Food provided by the Senior Center
9 9:30 Strength Training Class 9:45 Program by John Lambert CVL22 10:00 Balance Class-10:40 Silver Sneakers 11:30 Announcements/Lunch 12:30 VET Meeting--12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong	10 8:00 Tai Chi--9:00 Group Painting 8:30 Guitar Class--10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance/12:20 Grocery Shopping 1:15 Drums Alive 5:00 Dinner, Bingo, Coin Club & Game Nite <i>Carnival Theme: Foot Long Corn Dogs</i>	11 9:30 Strength Training Class 9:45 Scrapbooking Class w/Emlly Hopp 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	12 8:00 Yoga w/ Karen 9:00 Art Class with Joe Hayes 9:45 Shopping at Target 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling--Conway Family Bowl	13 9:30 Strength Training Class 10:00 Seated Drums Alive 10:30 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Group 6:30-9:00 DANCE Midnight Express
16 9:30 Strength Training Class 9:45 Round & Out of this World-John Lambert 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 AARP--Speaker: Sherrif Ryals 12:30 VET Meeting--12:45 Tai Chi	17 8:00 Tai Chi--9:00 Group Painting 8:30 Guitar Class--10:30 Gospel Singing 9:45 Manicures by Angie 11:30 Announcements/Lunch 12-1 Line Dance Class 12:20 Grocery Shopping 1:15 Drums Alive	18 9:30 Strength Training Class 10-12 Ask the Experts-Select Phy Therapy 10:00 Murrays Dinner Theatre "GREASE" The Musical 10:00 Balance Class-10:40 Silver Sneakers 11:30 Announcements/Lunch 12:30 Book Club--1:30 Ping Pong	19 8:00 Yoga w/ Karen 9:00 Art Class with Joe Hayes 9:45 Manicures by Angie 10:00 Let's go to the FC Library 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling--Conway Family Bowl	20 9:30 Strength Training Class 10:00 Seated Drums Alive 10:30 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Group 6:30-9:00 DANCE Double Barrel
23 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 VET Meeting--12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong	24 8:00 Tai Chi--9:00 Group Painting 8:30 Guitar Class 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance Class 12:20 Grocery Shopping 1:15 Drums Alive	25 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 11:45 Medicare Minutes 12:30 Book Club 1:30 Ping Pong	26 8:00 Yoga w/ Karen 9:00 Art Class with Joe Hayes 11:00 LUNCH Sponsored by 1st Sec Bank 11:20-12:25 Program on Preventing Identity Theft, Fraud & Scams 1:00 Intermediate Line Dance Class 12:30 Bowling--Conway Family Bowl	27 9:30 Strength Training Class 10:00 Seated Drums Alive 10:30 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Group 6:30-9:00 DANCE Double Barrel
30 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 VET Meeting--12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong	31 BRUNCH 8:00 Tai Chi - 8:30 Group Painting 9:45 Announcements/Pledge/Brunch 10:30 Gospel Singing 10:30-11:45 SILVER SNEAKERS CLASS PARTY-Sign up with Sherri 12-1 Line Dance Class-1:15 Drums Alive			****LUNCH is served at 11:30 each day--Except on July 26th we will serve at 11:00 BRUNCH is always the last day of the Month--It is served at 9:45