

AUGUST 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p align="center"><i>50's Dance-Friday Night</i> <i>August 10th Midnight Express</i></p> <p align="center"><i>Wear your Poodle Skirts & Roll up your Jeans</i> <i>We promise a night full of fabulous 50's</i> <i>tunes with other favorite songs mixed in</i></p> <p align="center">Root Beer Floats</p>		<p>1 9:30 Strength Training Exercise 9:45 Scrapbooking 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</p>	<p>2 8:00 Yoga w/Karen 9:00 Art Class w/ Jim 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;</p>	<p>3 9:30 Strength Training Exercise 9-1 Christmas in August Sale 10:00 Seated Drums--10:30 Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo-2-4 Creative Writing Group 6:30-9 DANCE Midnight Express Food provided by the Senior Center</p>	
<p>6 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 Mtg--12:30 Chair Volleyball 12:45 Tai Chi--1:30 Ping Pong</p>	<p>7 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 6:30-9 DANCE W/Larry House & Randy H</p>	<p>8 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Let's Play Pool 12:30 Book Club 1:30 Ping Pong</p>	<p>9 8:00 Yoga w/ Karen 9:00 Art Class w/ Jim Hayes 10:00 BBB Shakers vs Hays #2 Here 10:00 BBB Sr Moments vs Hays #1 Here 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling--Conway Family Bowl;</p>	<p>10 9:30 Strength Training Exercise 10:00 Seated Drums--10:30 Boot Camp 11:00 Senior Placement Services Info 11:30 Announcements/Pledge/Lunch 12:15 Bingo-2-4 Creative Writing Group 50's DANCE Tonight 6:30-9 Midnight Express</p>	
<p>13 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 VET Mtg--12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong</p>	<p>14 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 Night</p>	<p>15 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 Book Club 1:30 Ping Pong</p>	<p>16 8:00 Yoga w/Karen 9:00 Art Class w/ Jim Hayes 10:00 Let's go to the FC Library 10:00 BBB Shakers vs Hays #1 Here 10:00 BBB Sr Moments vs Hays #2 Here 11:30 Announcements/Lunch 12-1 Intermediate Line Dance-12:30 Bowling</p>	<p>17 9:30 Strength Training Exercise 10:00 Seated Drums Class 10:30 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creating Writing Group 6:30-9 DANCE Double Barrel</p>	
<p>20 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12 AARP Mtg--Speaker:Conway Reg Hosp 12:30 VET Mtg--12:30 Chair Volleyball 12:45 Tai Chi--1:30 Ping Pong</p>	<p>21 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</p>	<p>22 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Let's Play Pool 12:30 Book Club 1:30 Ping Pong</p>	<p>23 8:00 Yoga w/ Karen 9:00 Art Class w/ Jim Hayes 10:00 BBB Shakers vs Des Arc Away 11:00 Medicare Minutes 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling--Conway Family Bowl;</p>	<p>24 9:30 Strength Training Exercise 10:00 Seated Drums Class 10:30 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creating Writing Group 6:30-9 DANCE Double Barrel</p>	
<p>27 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 VET Mtg--12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong</p>	<p>28 8:00 Tai Chi-9:00 Group Painting 8:30 Guitar Class-10:30 Gospel Singing 10:00 BBB Sr Moments vs DesArc Here 11:30 Announcements/Lunch 12-1 Line Dance Class 12:20 Grocery Shopping 1:15 Drums Alive</p>	<p>29 9:30 Strength Training Exercise 10:00 Move w/ Balance w/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Lets Play Pool 12:30 Book Club 1:30 Ping Pong</p>	<p>30 8:00 Yoga with Karen 9:00 Art Class w/ Jim Hayes 10:00 BINGO 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling--Conway Family Bowl;</p>	<p>31 ALL CENTERS CLOSED FOR ALL DAY STAFF AND VOLUNTEER TRAINING 8:00 AM-2:00 PM 6:30-9:00 DANCE SUGARCREEK BAND</p>	
<p align="center">Center Phone: 501-327-2895 Open Monday — Friday 8:00 AM — 4:00 PM Transportation Available Like us on Facebook! On the Web fcseniors.com</p>					