

SEPTEMBER 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day Holiday Center Closed	4 No 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 NO Drums Class 6:30-9 DANCE Larry House & Randy H	5 9:30 Strength Training Class NO Move with Balance Class NO Silver Sneakers Class 11:30 Announcements/Lunch NO Book Club Meeting Today 1:30 Ping Pong	6 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 Badgers Here 10:00 Grief Support Group Mtg 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class	7 9:30 Strength Training Class NO Drums Class--NO Boot Camp 11:30 Announcements/Pledge/Lunch 12-15 Bingo-2-4 Creative Writing Class 6:30-9 DANCE Midnight Express Band Your Welcome to bring your own snacks every Friday night
10 9:30 Strength Training Class 10-12 Ask the Experts-Select Physical 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	11 8:00 Tai Chi-9:00 Group Painting 8:30 Guitar Class--10:30 Gospel Singing 10:00 BBB Sr Moments vs Carelink Here 11:30 Announcements/Lunch 12-1 Line Dance/12:20 Grocery Shopping 1:15 Drums Alive Class 5:00 Dinner, Bingo & Coin Club	12 9:30 Strength Training Class 10:00 Move w/Balance Class 10:00 Move w/Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	13 8:00 Yoga w/ Karen 9:00 Art Class w/Jim Hayes 10:00 BBB Sr Moments vs Badgers Here 10:00 Grief Support Group Mtg 10:30 Inspirational Moments w/Laura 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class	14 **HAWAIIAN LUAU** 10:00 Entertainment by Carol and Rob Great Entertainment, wonderful food 11:30 Announcements/Pledge/Lunch 12-15 Bingo-2-4 Creative Writing Class 6:30-9 DANCE Midnight Express Band "Hawaiian Theme" Snacks by Center
17 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 Mtg--12:30 Chair Volleyball 12:45 Tai Chi 1:45 Ping Pong	18 8:00 Tai Chi-9:00 Group Painting 8:30 Guitar Class--10:30 Gospel Singing 10:00 BBB Shakers vs Sherwood Here 11:30 Announcements/Lunch 12-1 Line Dance/12:20 Grocery Shopping 1:15 Drums Alive Class FC Fair Parade Downtown 5:00pm	19 9:30 Strength Training Class 10:00 Move w/Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	20 8:00 Yoga w/ Karen 9:00 Art Class w/Jim Hayes 10:00 Let's go to the FC Library 10:00 BBB Sr Moments vs Sherwood Home 10:00 Grief Support Group Mtg 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class	21 8:00-12:00 Health & Information Fair-Come visit vendors, register for prizes and enjoy refreshments NO Exercise Classes today 11:30 Announcements/Pledge/Lunch 12-15 Bingo-2-4 Creative Writing Class 6:30-9 DANCE Double Barrel
24 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 Mtg--12:30 Chair Volleyball 12:45 Tai Chi 1:45 Ping Pong	25 8:00 Tai Chi-9:00 Group Painting 8:30 Guitar Class 10:00 BBB Sr Moments vs JAX There 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance/12:20 Grocery Shopping 1:15 Drums Alive Class	26 9:30 Strength Training Class 10:00 Move w/Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	27 8:00 Yoga w/ Karen 9:00 Art Class w/Jim Hayes 10:00 BBB Shakers vs JAX There 10:00 Grief Support Group Mtg 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class	28 9:45 Brunch 10:30 Bingo 11:30 Chair Volley Ball 2-4 Creative Writing Group 6:30-9 DANCE Double Barrel
	Every Thursday at 12:30 Bowling at Conway Family Bowl Discount Rates	Tuesday, September 18th Faulkner County Fair Parade Downtown Conway 5:00 p.m. Queen: Laura Spencer King: Fred Simmons		

