

OCTOBER 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
1 9:30 Strength Training Exercise 10:00 Move w/Balance Class 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	2 8:00 Tai Chi--9:00 Group Painting 10:00 BBB Shakers vs Carelink Here 8:30 Guitar Class-10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance-12:30 Grocery Shop 1:15 Drums Alive Class 6:30-9 DANCE Larry House & Randy H	3 9:30 Strength Training Exercise 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	4 8:00 Yoga w/Karen 9:00 Art Class w/Jim Hayes 10:00 BBB Sr Moments vs Benton Away 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling--Senior Discount 2:00 Pickleball	5 9:30 Strength Training Exercise Class 9:30-11:30 Flu Shots by Baker Drug 10:00 "Seated" Drums Alive Class 10:30 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group 6:30-9 DANCE Midnight Express	
8 Centers Closed Columbus Day Holiday	9 8:00 Tai Chi--9:00 Group Painting 10:00 BBB Sr Moments vs DesArc Here 8:30 Guitar Class-10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance-12:30 Grocery Shopping 1:15 Drums Alive Class 5:00 Dinner, Bingo, Coin Club	10 9:30 Strength Training Exercise 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	11 8:00 Yoga w/ Karen 9:00 Art Class w/Jim Hayes 10:00 BBB Shakers vs Bowker Away 10:30 Inspirational Moments w/Laura 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling--2:00 Pickleball	12 BBB Tournament--Hays Center 9:30 Strength Training Exercise Class 10:00 Seated Drums-10:30 Boot Camp 10:45 Bledsoe Chiropractic Clinic 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group 6:30-9 DANCE Midnight Express	
15 9:30 Strength Training Exercise 10:00 Move w/Balance Class 10:40 Silver Sneakers Classic Class 11:30 Lunch--12:00 AARP Meeting 12:30 VET Mtg--12:30 Chair V-Ball 12:45 Tai Chi 1:30 Ping Pong	16 8:00 Tai Chi--9:00 Group Painting 10:00 BBB Shakers vs Benton Away 8:30 Guitar Class-10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance--12:20 Grocery Shop 1:15 Drums Alive Class 2:30 Pickleball	17 8:30-3 Set up your appt for help with Medicare Part D by Carelink 9:30 Strength Training Exercise 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	18 8:00 Yoga w/ Karen 9:00 Art Class w/Jim Hayes 10:00 BBB Sr Moments vs Bowker Away 10:00 Let's go to the FC Library 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling--2:00 Pickleball	19 9:30 Strength Training Exercise Class 10:00 "Seated" Drums Alive Class 10:30 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Group 6:30-9 DANCE Double Barrel	
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 VET Mtg-12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong	23 8:00 Tai Chi--9:00 Group Painting 8:30 Guitar Class-10:30 Gospel Singing 11:00 Medicare Minutes 11:30 Announcements/Lunch 12-1 Line Dance--12:20 Grocery Shop 1:15 Drums Alive Class 2:30 Pickleball	24 9:30 Strength Training Exercise 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	25 8:00 Yoga w/ Karen 9:00 Art Class w/Jim Hayes 11:00 Medicare Minutes 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling-Senior Discount 2:00 Pickleball	26 Chair V-Ball Tournament-Jacksonville 9:30 Strength Training Exercise Class 10:00 "Seated" Drums Alive Class 10:40 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group 6:30-9:00 HALLOWEEN DANCE Double Barrel Band ***Bring Treats to Share*** Prize for the BEST COSTUME	
29 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	30 8:00 Tai Chi--9:00 Group Painting 10:00 BBB Shakers vs Sr Moments 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance--12:20 Grocery Shop 1:15 Drums Alive Class 2:30 Pickleball	31 HAPPY HALLOWEEN 9:45 BRUNCH 10:15 Halloween Bingo <i>Prize for the BEST Costume</i> 11:00 Chair VolleyBall 12:30 Book Club 1:30 Ping Pong	Medicare Part D sign up Wednesday, October 17th Wednesday, November 7th Wednesday, November 14th 8:30 am-3:00 pm Call for an appointment-327-2895	Let's Celebrate Halloween Early	

