



NOVEMBER 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Saturday, December 1st Pancake Breakfast Silent Auction & Bake Sale</p> <p>7 A.M. – Noon CONWAY SENIOR CENTER</p>	<p>Medicare Part D sign up Wednesday, November 7th Wednesday November 14th 8:30 am - 3:00 pm Call for an appointment 501-327-2895</p>		<p>1 8:00 Yoga w/ Karen 9:00 Art Class w/ Jim Hayes 9:30 VOTING at the Library 10:00 Grief Support Group 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling---2:00 Pickleball</p>	<p>2 9:15 Strength Training Exercise Class 9-1 AARP Bake & Book Sale 10:00 Seated Drums--10:30 Boot Camp 11:00 Jacklyn Lanier, DHS Information 11:30 Announcements/Pledge/Lunch 12:15 Bingo ** 2-4 Creative Writing 6:30-9 Dance w/Midnight Express</p>	
<p>5 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 12:30 VET Mtg-12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong</p>	<p>6 8:00 Tai Chi - 8:30 Group Painting 10:30 Entertainment Hinkle Family 11:30 Announcements/Lunch 12-1 Lince Dance Class 12:20 Grocery Shopping 1:15 Drums Alive Class 2:30 Pickleball</p>	<p>7 9:15 Strength Training Exercise 10:00 Murrays Dinner Theatre \$36.00 10:00 Move w/Balance Class/Sherri 10:30 Inspirational Moments w/Laura 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 12:30 Book Club--1:30 Ping Pong</p>	<p>8 8:00 Yoga 9:00 Art Class w/ Jim Hayes 10:00 Grief Support Group 10:30 HONORING OUR VETERANS 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling---2:00 Pickleball</p>	<p>9 10:00 "Seniors Got Talent" Come enjoy some GREAT entertainment Sponsored by Carelink 12:00 LUNCH, Announcements/Pledge Bingo After Lunch 2—4 Conway Creative Writing Group 6:30-9 Dance w/Midnight Express</p>	
<p>12 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 12:30 VET Mtg-12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong</p>	<p>13 8:00 Tai Chi - 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch 12:20 Grocery Shopping 12-1 Lince Dance Class 1:15 Drums Alive--2:30 Pickleball 5:00 Dinner, Bingo & Coin Club</p>	<p>14 9:30 Strength Training Exercise 10:00 Move with Balance Class 10:40 Silver Sneakers Class w/Sherri 11:00 Medicare Minutes 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>15 8:00 Yoga w/ Karen 9:00 Art Class w/ Jim Hayes 10:00-11:00 Faulkner County Library 10:00 Grief Support Group 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling---2:00 Pickleball</p>	<p>16 10:30 "Burn the Mortgage Celebration" Join us as we celebrate paying off our Mortgage-Entertainment & BBQ 11:30 Announcements/Pledge/Lunch Bingo After Lunch 6:30-9 DANCE Zyndall Raney Band</p>	
<p>19 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 12:30 VET Mtg-12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong</p>	<p>20 8:30 Group Painting 10:30 Gospel Singing 11:00 "What We're Thankful For" 11:30 Announcements/Lunch 12:20 Grocery Shopping 12-1 Lince Dance Class 1:15 Drums Alive--2:30 Pickleball</p>	<p>21 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>22 Thanksgiving Holiday Centers Closed</p> 	<p>23 Thanksgiving Holiday Centers Closed</p> <p>No Dance Tonight</p>	
<p>26 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 12:30 VET Mtg-12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong</p>	<p>27 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Lince Dance Class 12:20 Grocery Shopping 1:15 Drums Alive Class 2:30 Pickleball</p>	<p>28 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>29 8:00 Yoga w/ Karen 9:00 Art Class w/ Jim Hayes 11:30 Announcements/Lunch</p> <p>No Line Dance Today Setting up for Fundraiser 12:30 Bowling-NO Pickleball</p>	<p>30 BRUNCH 9:15 Bingo 9:45 Brunch Center closed after Brunch to set up for Saturday Fundraiser NO DANCE TONIGHT</p>	

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