




DECEMBER 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
3 9:30 Strength Training Class 10:00 Move with Balance NO Silver Sneakers Class 11:30 Announcements/Lunch 12:30 VET Mtg-12:30 Chair VolleyBall 12:45 Tai Chi 1:30 Ping Pong	4 NO Tai Chi--8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance Class 12:20Grocery Shopping NO DRUMS CLASS 2:30 Pickleball	5 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Chair VolleyBall 12:30 Book Club 1:30 Ping Pong	6 8:00 YOGA--9:00 Art Class w/Jim 10-11 Trip to the FC Library 10:15 Joint Replacement Seminar Dr Paul Edwards 11:30 Lunch 12:30 Art Class w/Dema Clark 12-2 Intermediate Line Dance Class 12:30 Bowling---2:00 Pickleball	7 9:30 Strength Training Class 10:00 Seated Drums 10:30 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group 6:30-9:00 DANCE with Midnight Express	
10 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 1:30 Ping Pong	11 8:00 Tai Chi - 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance--12:20 Grocery Shopping 1:15 Drums Alive Class -2:30 Pickleball NO DINNER & BINGO NO COIN CLUB	12 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Chair VolleyBall 12:30 Book Club 1:30 Ping Pong	13 8:00 Yoga w/Karen 9:00 Art class with Jim Hayes 10:30 Inspirational Moments w/Laura 11:30 Announcements/Lunch 12:30 Art Class w/Dema Clark 12-2 Intermediate Line Dance Class 12:30 Bowling---2:00 Pickleball	14 9:30 Strength Training Class 10:00 "Seated" Drums Alive Class NO BOOT CAMP CLASS 10:30 Music by ILS Jammers 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group 6:30-9:00 DANCE Midnight Express	
17 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 AARP Meeting 12:30 VET Mtg--12:30 Chair VolleyBall 1:30 Ping Pong	18 8:00 Tai Chi - 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance 12:20 Grocery Shopping 1:15 Drums Alive Class 2:30 Pickleball	19 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Chair VolleyBall 12:30 Book Club 1:30 Ping Pong	20 UGLY CHRISTMAS SWEATER DAY Prize for the most Unusual Sweater 8:00 Yoga--9:00 Art Class w/Jim 10:00 -11:00 Library 11:30 Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema Clark 12:30 Bowling---2:00 Pickleball	21 NO CLASSES TODAY 10:00 Christmas Variety Show and Christmas Party w/Heritage Living Ctr 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group 6:30-9:00 Christmas DANCE Double Barrel Band	
24 Centers Closed CHRISTMAS HOLIDAYS 	25 Centers Closed CHRISTMAS HOLIDAYS 	26 Centers Closed CHRISTMAS HOLIDAYS 	27 8:00 Yoga w/Karen 9:00 Art Class with Jim Hayes 10:30 Medicare Minutes 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema Clark 12:30 Bowling---2:00 Pickleball	28 9:30 Strength Training Class 10:00 Seated Drums 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 Band	
31 BRUNCH 9:45 Announcements/Pledge/Lunch 10:00 VET Meeting 10:00 Chair VolleyBall 12:45 Tai Chi 1:30 Ping Pong	