


JANUARY 2019	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p align="center">***Winter Weather***</p> <p><u>In the event of inclement weather, we will follow School Closings. If Conway Schools close, the Senior Center will be closed go to fcseniors.com for updates</u></p>	<p align="center">1</p> <p align="center">Happy New Year</p> <p align="center">Center Closed</p> 	<p>2 9:30 Strength Training Exercise Class 10:00 Move with Balance Class 10:30 Inspirational Moments w/Laura 10:40 Sherri's Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club 1:30 Ping Pong</p>	<p>3 Yoga w/Karen--9:00 Art Class w/Jim 9:15 BBB G'Brier vs Shakers & Moments Here 10-11 Lets go the the FC Library 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema Clark 12:30 Bowling--2:00 Pickleball</p>	<p>4 9:30 Strength Training Exercise 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Class 6:30-9:00 DANCE Midnight Express Band</p>	
<p>7 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volleyball--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi 1:30 Ping Pong</p>	<p>8 8:00 Tai Chi - 8:30 Group Painting 8:30 Guitar Class--10:30 Gospel Singing 11:30 Announcements/Lunch 12-1:30 Line Dance Class 12:30 Grocery Shopping--2:00 Pickleball 5:00 Dinner & Bingo 5:30 Coin Club Meeting</p>	<p>9 9:30 Strength Training Exercise Class 9:30 Chair Volleyball-Hayes Ctr There 10:00 Move with Balance Class 10:40 Sherri's Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 1:30 Ping Pong</p>	<p>10 Yoga w/Karen--9:00 Art Class w/Jim 9:30 Chair Volleyball-W Central HERE 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema Clark 12:30 Bowling at Conway Family Bowl 2:00 Pickleball</p>	<p>11 9:30 Strength Training Exercise 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Class 6:30-9:00 DANCE Midnight Express Band</p>	
<p>14 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volleyball--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi 1:30 Ping Pong</p>	<p>15 8:00 Tai Chi - 8:30 Group Painting 8:30 Guitar Class 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1:30 Line Dance Class 12:20 Grocery Shopping 2:00 Pickleball</p>	<p>16 9:30 Strength Training Exercise Class 10:00 Move with Balance Class 10:40 Sherri's Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club 1:30 Ping Pong</p>	<p>17 Yoga w/Karen--9:00 Art Class w/Jim 9:30 Chair Volleyball-W Central There 10-11 Lets go the the FC Library 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema Clark 12:30 Bowling--2:00 Pickleball</p>	<p>18 9:30 Strength Training Exercise 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Class 6:30-9:00 DANCE Double Barrel Band</p>	
<p align="center">21</p> <p align="center">CENTER CLOSED</p> <p align="center">MARTIN LUTHER KING HOLIDAY</p>	<p>22 8:00 Tai Chi - 8:30 Group Painting 8:30 Guitar Clas--10:30 Gospel Singing 11:00 Medicare Minutes 11:30 Announcements/Lunch 12-1:30 Line Dance Class 12:20 Grocery Shopping 2:00 Pickleball</p>	<p>23 9:30 Strength Training Exercise Class 10:00 Move with Balance Class 10:40 Sherri's Boot Camp 11:30 Announcements/Lunch 12:00 AARP Meeting 12:15 Chair Volleyball 12:30 Book Club--1:30 Ping Pong</p>	<p>24 Yoga w/Karen--9:00 Art Class w/Jim 9:30 Chair Volleyball-Hayes Ctr HERE 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema Clark 12:30 Bowling at Conway Family Bowl 2:00 Pickleball</p>	<p>25 9:30 Strength Training Exercise 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Class 6:30-9:00 DANCE Double Barrel Band</p>	
<p>28 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volleyball--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi 1:30 Ping Pong</p>	<p>29 8:00 Tai Chi - 8:30 Group Painting 8:30 Guitar Class 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1:30 Line Dance Class 12:20 Grocery Shopping 2:00 Pickleball</p>	<p>30 9:30 Strength Training Exercise Class 10:00 Move w/Balance 10:40 Sherri's Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club 1:30 Ping Pong</p>	<p align="center">31</p> <p align="center">BRUNCH</p> <p>9:45 Announcements/BRUNCH 10:30 Bingo 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema Clark 12:30 Bowling--2:00 Pickleball</p>	<p align="center">United Way Helps at the Senior Center</p> <p align="center">Please help by making a donation</p>	