

For Seniors 60 Years and Older
Monday

March 2019 Faulkner County Senior Citizens Center - Calendar of Events
Tuesday

Greenbrier Center
Friday

<p>Facebook Greenbrier Senior Citizens Center</p> <p>Visit our Website www.fcsejors.com Marie Laymon - Activity Coordinator Linda Green- Caille Draper- Jeanette Lawrence-Perry Holmes Jerry Seagraves</p>	<p>RECYCLED TEENAGERS 679-3103</p> <p>OPEN Monday thru Friday 8am to 2pm</p>	<p>Our neighbor center in Conway , as you can see is very vested in Exercise ... We are welcome to join in their activities... Some other things they do are Chair Volleyball, Dinner & Bingo, Line Dance Class, Pickle ball, Ping Pong, Bowling and a every Friday Night Dance and Band ...</p>	<p>you cannot heal in the same environment that made you sick</p>	<p>1 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 12:15 Bingo</p> <p>9:30 Strength Training-Conway 10:00 Drums Alive-Conway 10:40 Silver Sneakers Classic Class-Conway</p>
<p>4 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 9:30 Strength Training-Conway 10:00 Move with Balance-Conway 10:40 Silver Sneakers Classic Class-Conway 12:45 Tai Chi-Conway 1:30 Beginner Tia Chi</p>	<p>5 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 10:00 BBB Practice 12:15 Mardi Gras Bingo and King Cake by Centennial Bank 8:00 Tia Chi- Conway</p>	<p>6 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 11:00 Gospel Music</p> <p>9:30 Strength Exercise-Conway 10:00 Move with Balance-Conway 10:40 Sherri's Boot Camp-Conway</p>	<p>7 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch</p> <p>10:00 BBB Practice</p>	<p>8 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 12:15 Bingo</p> <p>9:30 Strength Training-Conway 10:00 Drums Alive-Conway 10:40 Silver Sneakers Classic Class-Conway</p>
<p>11 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 9:30 Strength Training-Conway 10:00 Move with Balance-Conway 10:40 Silver Sneakers Classic Class-Conway 12:45 Tai Chi-Conway 1:30 Beginner Tia Chi</p>	<p>12 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 10:00 BBB Practice</p> <p>8:00 Tia Chi- Conway</p>	<p>13 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 11:00 Gospel Music</p> <p>9:30 Strength Exercise-Conway 10:00 Move with Balance-Conway 10:40 Sherri's Boot Camp-Conway</p>	<p>14 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch</p> <p>10:00 BBB Game @ West Central Badgers 5:00 Game Night and Snacks</p>	<p>15 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch The ladies are at it again 10:00 St. Patricks Celebration 9:30 Strength Training-Conway 10:00 Drums Alive-Conway 10:40 Silver Sneakers Classic Class-Conway</p>
<p>18 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 9:30 Strength Training-Conway 10:00 Move with Balance-Conway 10:40 Silver Sneakers Classic Class-Conway 12:45 Tai Chi-Conway 1:30 Beginner Tia Chi</p>	<p>19 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 10:00 BBB Practice 10:30 Exercising thru Arthritis Pain by Baptist Health PT 8:00 Tia Chi- Conway</p>	<p>20 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 11:00 Gospel Music</p> <p>9:30 Strength Exercise-Conway 10:00 Move with Balance-Conway 10:40 Sherri's Boot Camp-Conway</p>	<p>21 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch</p> <p>10:00 BBB Practice</p>	<p>22 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 12:00 BBB Game @ Maumelle Stars</p> <p>9:30 Strength Training-Conway 10:00 Drums Alive-Conway 10:40 Silver Sneakers Classic Class-Conway</p>
<p>25 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 9:30 Strength Training-Conway 10:00 Move with Balance-Conway 10:40 Silver Sneakers Classic Class-Conway 12:45 Tai Chi-Conway 1:30 Beginner Tia Chi</p>	<p>26 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 10:00 BBB Practice 8:00 Tia Chi- Conway</p> <p>5:00 Game Night and Snacks</p>	<p>27 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch 11:00 Gospel Music</p> <p>9:30 Strength Exercise-Conway 10:00 Move with Balance-Conway 10:40 Sherri's Boot Camp-Conway</p>	<p>28 Dominoes / Table Games / Pool Table 11:30 Announcements / Pledge of Allegiance / Lunch</p> <p>10:00 BBB Practice</p>	<p>29 Dominoes / Table Games / Pool Table 9:45 Announcements / Pledge of Allegiance / Brunch In the event of inclement weather we will follow School Closings If Greenbrier Schools close, the Senior Center will be closed... Go to fcsejors.com for updates ...</p>