


SEPTEMBER 2019	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Labor Day Holiday</b>  <b>Center Closed</b>	<b>3</b> 8:00 Tai Chi-9:00 Group Painting 8:30 Guitar Class w/Bill Hathcote 10:30 Gospel Singing 10:00 Shakers-Class Act vs Hayes Here 11:30 Announcements/Lunch 12:30 Shop--12-1:30 Line Dance Class 1:30 Canasta-----2-4 Writing Group	<b>4</b> 9:30 Strength Training Class 10:00 Grief Support Group-Kindred Hospice 10:00 Move w/Balance Class 10:40 Boot Camp w/Sherri 11:30 Announcements/Lunch 12:15 Chair Volley Ball 12:30 Book Club--1:30 Ping Pong	<b>5</b> 8:00 Yoga w/ Karen 9:00 Art Class with Lois Giorgis 10:00 Shakers-Class Act vs Hayes Here 10:30 Inspirational Moments w/Laura 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling (Conway Family Bowl)	<b>6</b> 9:30 Strength Training Class 10:00 BBB Class Act vs Carelink Away 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing 6:30-9 DANCE Midnight Express Band
<b>9</b> 9:30 strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Veterans Meeting 12:30 Chair Volley Ball 12:45 Tai Chi--1:30 Ping Pong	<b>10</b> 8:00 Tai Chi-9:00 Group Painting 8:30 Guitar Class--10:30 Gospel Singing  11:30 Announcements/Lunch 12:30 Shop--12-1:30 Line Dance Class 1:30 Canasta-----2-4 Writing Group <b>5:00 Dinner, Bingo &amp; Coin Club</b>	<b>11</b> 9:30 Strength Training Class 10:00 Grief Support Group-Kindred Hospice <b>NO EXERCISE CLASSES TODAY</b> 10:00 Trip to Murrays Dinner Theatre 11:30 Announcements/Lunch 12:15 Chair Volley Ball 12:30 Book Club--1:30 Ping Pong	<b>12</b> 8:00 Yoga w/ Karen 9:00 Art Class with Lois Giorgis 10:00 Trip to the Faulkner County Library 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Photography Class--12:30 Bowling	<b>13</b> 9:30 Strength Training Class 10:00 BBB Shakers vs Greenbrier Away <b>NO EXERCISE CLASSES TODAY</b> 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing 6:30-9 DANCE Midnight Express Band
<b>16</b> 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Veterans Meeting 12:30 Chair Volley Ball 12:45 Tai Chi--1:30 Ping Pong	<b>17</b> 8:00 Tai Chi-9:00 Group Painting 8:30 Guitar Class--10:30 Gospel Singing 10:00 BBB Shakers vs Jax There 11:30 Announcements/Lunch 12:30 Shop--12-1:30 Line Dance Class 1:30 Canasta-----2-4 Writing Group <b>FC Fair Parade Downtown 5:00pm</b>	<b>18</b> 9:30 Strength Training Class 10:00 Grief Support Group-Kindred Hospice 10:00 Move w/Balance Class 10:40 Boot Camp w/Sherri 11:30 Announcements/Lunch 12:15 Chair Volley Ball 12:30 Book Club--1:30 Ping Pong	<b>19</b> 8:00 Yoga w/ Karen 9:00 Art Class w/Lois Giorgis 10:00 BBB Class Act vs Jax Away 10:15 Leather Work Demonstration/Connie 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling (Conway Family Bowl)	<b>20</b> 9:30 Strength Training Class 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing 6:30-9:00 DANCE Double Barrel ReLoaded
<b>23</b> 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Veterans Meeting 12:30 Chair Volley Ball 12:45 Tai Chi--1:30 Ping Pong	<b>24</b> 8:00 Tai Chi-9:00 Group Painting 8:30 Guitar Class w/Bill Hathcote 10:00 BBB Class Act vs Sherwood Here 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance/12:20 Grocery Shopping 1:30 Canasta-----2-4 Writing Group	<b>25</b> 9:30 Strength Training Class 10:00 Grief Support Group-Kindred Hospice 10:30 Heart Health w/Michael Forehand 10:00 Balance Class-10:40 Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volley Ball 12:30 Book Club--1:30 Ping Pong	<b>26</b> 8:00 Yoga w/ Karen 9:00 Art Class w/Lois Giorgis 10:00 BBB Shakers vs Sherwood Away 11:00 Medicare Minutes 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Photography Class--12:30 Bowling	<b>27</b> 9:30 Strength Training Class Todds 2nd Annual BBB Tournament@Hays 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing 6:30-9 DANCE Double Barrel ReLoaded
<b>30</b> BRUNCH 9:45 Brunch & Announcements 10:30 Bingo <b>NO EXERCISE CLASSES TODAY</b> 11:30 Chair Volleyball 12:30 Veterans Meeting 1:30 Ping Pong	<b>Dinner and Bingo</b> <b>Tuesday, September 10th</b> <b>Sponsored by Brookdale</b> <i>Menu:</i> <b>Pizza, Tossed Salad</b> <b>Dessert</b>	<b>Tuesday, September 17th</b> <b>Faulkner County Fair Parade</b> <b>Downtown Conway</b> <b>5:00 p.m.</b> <b>Queen: Johnitta Cudd</b> <b>King: LD Cudd</b>	<b>Wednesday, September 11th</b> 10:00 Murrays Dinner Theatre <b>"A Bad Year for Tomatoes"</b> <b>Sign up today</b> <b>\$35.00 Covers the Meal, the Play and transportation</b>	 <b>Don't miss Bingo</b>  <b>Every Friday!</b>
Center Phone: 501-327-2895      Open Monday — Friday 8:00 AM — 4:00 PM      Transportation Available      Like us on Facebook!      On the Web <a href="http://fcseniors.com">fcseniors.com</a>				