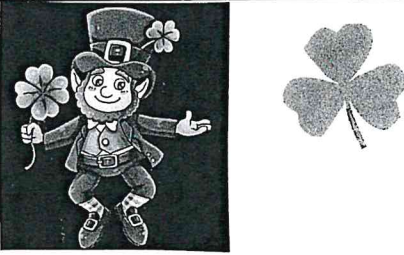


MARCH 2020	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
2 9:30 Strength Training Exercise Class 10:00 Move with Balance 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volleyball—12:30 VET Meeting 12:15 Tai Chi 1:30 Ping Pong	3 8:00 Tai Chi 8:30 Guitar Class 10:30 Gospel Singing 11:30 Announcements/Lunch 12:20 Grocery Shopping 12-1 Beginner Line Dance Class 1:00 Music Appreciation w/Gilbert Baker 1:30 Hand & Foot—2:00 Words on Paper	4 9:30 Strength Training Exercise Class 10:00 Move with Balance 10:40 Sherri's Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club—1:30 Ping Pong 4-5 French Lessons @ Hendrix College	5 8:00 Yoga with Karen 10:00 BBB Shakers vs DesArc Home 10:00 Trip to the Faulkner County Library 11:30 Announcements/Lunch 12:15 Art Class 12-2 Intermediate Line Dance Class 12:30 Bowling-Conway Bowling Alley	6 9:30 Strength Training Exercise 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 **Midnight Express Band**	
9 9:30 Strength Training Exercise Class 10:00 Move with Balance 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volleyball—12:30 VET Meeting 12:15 Tai Chi 1:30 Ping Pong	10 8:00 Tai Chi 8:30 Guitar Class 10:00 BBB Class Act vs West Central Away 10:30 Gospel Singing—11:30 Lunch 12:20 Shop—1:00-2 Beginner Line Dance 1:00 Music Appreciation w/Gilbert Baker 1:30 Hand & Foot—2:00 Words on Paper 5:00 Dinner & Bingo	11 9:30 Strength Training Exercise Class 10:00 Move with Balance 10:40 Sherri's Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club 1:30 Ping Pong	12 8:00 Yoga w/Karen 10:00 BBB Shakers vs West Central Away 10:30 Inspirational Moments w/Peggy 11:30 Announcements/Lunch 12:15 Photography Club—12:15 Art Class 12-2 Intermediate Line Dance Class 12:30 Bowling-Conway Bowling Alley	13 9:30 Strength Training Exercise Class 9-12 Hearing Life-Dr Briley FREE Hearing Tests 10:00 Drums Alive 10:40 Silver Sneakers 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing 6:30-9:00 DANCE **Midnight Express Band**	
16 9:30 Strength Training Exercise Class 10:00 Move with Balance 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volleyball—12:30 VET Meeting 12:15 Tai Chi 1:30 Ping Pong	17 8:00 Tai Chi 8:30 Guitar Class 10:30 Gospel Singing 11:30 Announcements/Lunch 12:20 Grocery Shopping 12-1 Beginner Line Dance Class 1:00 Music Appreciation w/Gilbert Baker 1:30 Hand & Foot—2:00 Words on Paper	18 9:30 Strength Training Exercise Class 10:00 Move with Balance 10:40 Sherri's Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club—1:30 Ping Pong 4-5 French Lessons @ Hendrix College	19 8:00 Yoga w/Karen 10:00 Chair Volleyball 11:30 Announcements/Lunch 12:15 Art Class 12-2 Intermediate Line Dance Class 12:30 Bowling-Conway Bowling Alley 2-3 Kountry Kool Line Dance Practice	20 9:30 Strength Training Exercise 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 St. Patricks Day DANCE **Sugar Creek Band**	
23 9:30 Strength Training Exercise Class 10:00 Move with Balance 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volleyball—12:30 VET Meeting 12:15 Tai Chi 1:30 Ping Pong	24 8:00 Tai Chi 8:30 Guitar Class 10:00 BBB Shakers vs Maumelle Home 10:30 Gospel Singing—11:30 Lunch 12:20 Grocery Shopping 12-1 Beginner Line Dance Class 1:00 Music Appreciation w/Gilbert Baker 1:30 Hand & Foot—2:00 Words on Paper	25 9:30 Strength Training Exercise Class 10:00 Move with Balance 10:40 Sherri's Boot Camp 11:00 Medicare Minutes 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club—1:30 Ping Pong	26 8:00 Yoga w/Karen 10:15 "Ways to Prevent Opioid Addiction w/Donna Moses UAMS 10:45 Let's Dance—11:30 Lunch 12:15 Art Class—12:30 Bowling 12-2 Intermediate Line Dance Class 2-3 Kountry Kool Line Dance Practice	27 9:30 Strength Training Exercise Class 10:00 BBB Class Act vs DesArc Away 10:00 Drums Alive 10:40 Silver Sneakers 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing 6:30-9:00 DANCE *Greg Ward & the Good Times Band*	
30 9:30 Strength Training Exercise Class 10:00 Move with Balance 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volleyball—12:30 VET Meeting 12:15 Tai Chi 1:30 Ping Pong	31 8:00 Tai Chi 8:30 Guitar Class 9:45 BRUNCH 10:30 BBB Class Act vs Maumelle Home 11:00 Grocery Shopping 12-1 Beginner Line Dance Class 1:00 Music Appreciation w/Gilbert Baker 1:30 Hand & Foot—2:00 Words on Paper			Tuesday, March 17th HAPPY ST. PATRICKS DAY <hr style="border-top: 1px dashed black;"/> FRIDAY, MARCH 20TH ST. PATRICKS DANCE-6:30-9 Sugar Creek Band DON'T FORGET TO WEAR GREEN	
