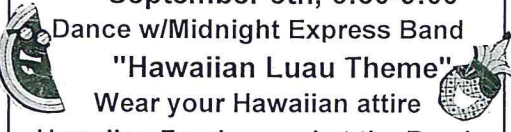
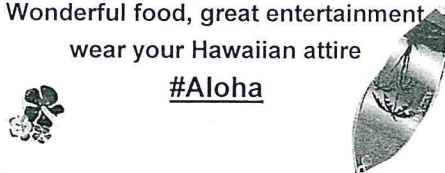
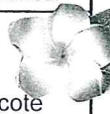


SEPTEMBER 2017	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>September 5th, 6:30-9:00</b>  Dance w/Midnight Express Band  <b>"Hawaiian Luau Theme"</b>  Wear your Hawaiian attire  Hawaiian Food served at the Break  Drawings for Prizes at the Break  The Center will provide the Leis</p>	<p><b>September 6th</b>  Murrays Dinner Theater  <b>"The Sunshine Boys"</b>  \$35 Includes: Meal, Show and Transportation</p> <p>Sign Up with Debra</p>	<p><b>September 8th</b>  Hawaiian Luau  Wonderful food, great entertainment  wear your Hawaiian attire  <b>#Aloha</b></p> 	<p>2017 Conway Senior Center  <b>Fair Parade</b>  <b>King &amp; Queen</b></p> <p><b>Paula &amp; Buddy Preston</b>  September 19th 5:00 pm  Downtown Conway</p>	<p>1 9:30 Strength Training Class  9:45 Chair Volley Ball @Hayes Center  10:00 Guitar Lessons w/Bill Hathcote  11:30 Announcements/Pledge/Lunch  12:15 Bingo No Silver Sneakers Class  2-4 Creative Writing Group  6:30-9:00 DANCE/Snacks by Sr Center</p>
<p>4</p> <p><b>Holiday - Labor Day</b></p> <p><b>Centers Closed</b></p>	<p>5 No Tai Chi-8:30 Group Painting  10:30 Gospel Singing  11:30 Announcements/Lunch  12-1 Line Dance Class  12:30 Grocery Shopping  6:30-9:00 DANCE w/Midnight Express  Hawaiian Luau Night ---\$6.00 per person</p>	<p>6 9:30 Strength Training Class  10:00 Move w/Balance Class  10:15 Murrays Dinner Theater (Sign Up)  10:40 Silver Sneakers Classic Class  11:30 Announcements/Lunch  12:30 Book Club  1:30 Ping Pong</p>	<p>7 8:00 Yoga w/ Karen  9:00 Art Class w/Dema  10:00 BBB Bowker vs Moments Away  10:00 Drums Alive  10:30 Inspirtational Moments w/Laura  11:30 Announcements/Lunch  12-2 Line Dance Class</p>	<p>8 <b>**HAWAIIAN LUAU**</b>  9:30 Strength Training Class  10:00 Guitar Lessons w/Bill Hathcote  11:30 Announcements/Pledge/Lunch  12:15 Bingo/NO SILVER SNEAKERS  2-4 Creative Writing Group  6:30-9:00 DANCE/Bring Dessert or Salad</p> 
<p>11 9:30 Strength Training Class  10:00 Move w/Balance Class/Sherri  10:40 Silver Sneakers Classic Class  11:30 Announcements/Lunch  12:30 Scrapbooking w/Emily  12:45 Tai Chi  1:45 Ping Pong</p>	<p>12 8:00 Tai Chi---8:30 Group Painting  10:30 Gospel Singing  11:30 Announcements/Lunch  12-1 Line Dance Class  12:30 Grocery Shopping  1:15 Drums Alive Class  <b>5:00 Dinner, Bingo &amp; Coin Club</b></p>	<p>13 Senior Olympics Little Rock (Time TBA)  9:30 Strength Training Class  10:00 Move w/Balance  10:40 Silver Sneakers Classic Class  11:30 Announcements/Lunch  12:30 Book Club  1:30 Ping Pong</p>	<p>14 8:00 Yoga w/ Karen  9:00 Art Class w/Dema  10:00 Drums Alive  11:00 Medicare Minutes  11:30 Announcements/Lunch  12-2 Line Dance Class</p>	<p>15 9:30 Strength Training Class  10:00 Guitar Lessons w/Bill Hathcote  10:00 BBB Carelink vs Moments Here  11:30 Announcements/Pledge/Lunch  12:15 Bingo/NO SILVER SNEAKERS  2-4 Creative Writing Group  <b>6:30-9 DANCE Rt 66 Band Potluck</b></p>
<p>18 9:30 Strength Training Class  10:00 Trip to Pickles Gap (sign up)  10:00 Move w/Balance Class/Sherri  10:40 Silver Sneakers Classic Class  11:30 Announcements/Lunch  12:45 Tai Chi  1:45 Ping Pong</p>	<p>19 8:00 Tai Chi---8:30 Group Painting  10:00 BBB Hayes vs Sr Moments Here  10:30 Gospel Singing  11:30 Announcements/Lunch  12-1 Line Dance Class  12:30 Grocery Shopping  1:15 Drums Alive Class</p>	<p>20 9:30 Strength Training Class  10:15 Scrapbooking w/Emily  10:00 Move w/Balance  10:40 Silver Sneakers Classic Class  11:30 Announcements/Lunch  12:30 Book Club  1:30 Ping Pong</p>	<p>21 8:00 Yoga w/ Karen  9:00 Art Class w/Dema  10:00 BBB Bowker vs Shakers Away  10:00 Drums Alive  11:30 Announcements/Lunch  12-2 Line Dance Class</p>	<p>22 9:30 Strength Training Class  10:00 Guitar Lessons w/Bill Hathcote  10:00 BBB Carelink vs Shakers Here  11:30 Announcements/Pledge/Lunch  12:15 Bingo/NO SILVER SNEAKERS  2 - 4 pm Creative Writing Group  <b>6:30-9:00 PM-Dance"Rt 66 Band"</b></p>
<p>25 9:30 Strength Training Class  10:00 Trip to see New Bridge@Beaverfork  10:00 Move w/Balance Class/Sherri  10:40 Silver Sneakers Classic Class  11:30 Announcements/Lunch  12:45 Tai Chi  1:45 Ping Pong</p>	<p>26 8:00 Tai Chi---8:30 Group Painting  10:00 BBB Hayes vs Shakers Here  10:30 Gospel Singing  11:30 Announcements/Lunch  12-1 Line Dance Class  12:30 Grocery Shopping  1:15 Drums Alive Class</p>	<p>27 9:30 Strength Training Class  10:00 BBB Mid Delta vs Moments Away  10:00 Move w/Balance  10:40 Silver Sneakers Classic Class  11:30 Announcements/Lunch  12:30 Book Club  1:30 Ping Pong</p>	<p>28 8:00 Yoga w/ Karen  9:00 Art Class w/Dema  10:00 Drums Alive  11:30 Announcements/Lunch  12-2 Line Dance Class</p>	<p>29 <b>BRUNCH</b>  9:45 Announcements/Brunch  10:10 Bingo  10:45 Guitar Lessons w/Bill Hathcote  <b>10:45 BBB Mid Delta vs Shakers Here</b>  <b>NO Silver Sneakers-2-4 Creative Writing</b>  <b>6:30-9:00pm DANCE "Rt 66 Band"</b></p>
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>				