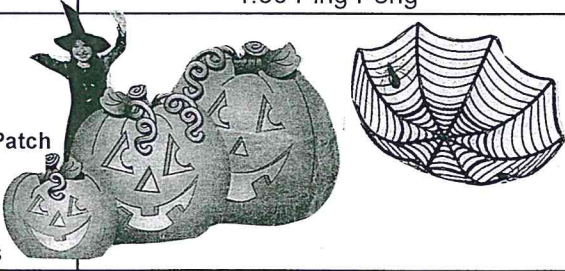


OCTOBER 2017	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:30 Strength Training Exercise 10:00 Move w/Balance Class 10:00 Trip to see Bridge@Beaverfork 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:45 Tai Chi 1:45 Ping Pong</p>	<p>3 8:00 Tai Chi -8:30 Group Painting 9:45 Volleyball Game w/Badgers Here 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance-12:30 Grocery Shop 1:15 Drums Alive Class 6:30-9 DANCE Midnight Express Band</p>	<p>4 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class 10:15 Scrapbooking w/Emily Hopp 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>5 8:00 Yoga w/Karen 9:15 Art Class w/Dema 9:30 Chair Volley Ball Practice 11:30 Announcements/Lunch 12-2 Line Dance Class 4pm-9pm "Out to Eat" Dixie Café Fundraiser</p>	<p>6 9:30 Strength Training Exercise Class 9-11:15 Flu Shots by Walmart Pharmacy 10:00 "Seated" Drums Alive Class 10:00 Guitar Lessons w/Bill Hathcote 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group 6:30-9:00 Dance-Center provides food</p>
<p>9 Centers Closed Columbus Day Holiday</p>	<p>10 8:00 Tai Chi -8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance 12:30 Grocery Shopping 1:15 Drums Alive Class 5:00 Dinner, Bingo, Coin Club</p>	<p>11 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>12 8:00 Yoga w/ Karen 9:15 Art Class w/Dema 10:30 Information from Hurley Chiropractic- Don't Miss !!!!!!! Lots of Prizes Given Away 11:30 Announcements/Lunch 12-2 Line Dance Class</p>	<p>13 9:30 Strength Training Exercise Class 10:00 "Seated" Drums Alive Class 10:00 Guitar Lessons w/Bill Hathcote 10:30 Inspirational Moments w/Laura 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group 6:30-9:00 DANCE-Dessert & Salad Night</p>
<p>16 8:30-3 Medicare Part D appts 9:30 Strength Training Exercise 10:00 Move w/Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 AARP Meeting 12:45 Tai Chi</p>	<p>17 8:00 Tai Chi -8:30 Group Painting 10:00 BBB Shakers vs Jacksonville- Away 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance 12:30 Grocery Shopping 1:15 Drums Alive Class</p>	<p>18 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class 10:15 Scrapbooking w/Emily Hopp 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>19 8:00 Yoga w/ Karen 9:15 Art Class w/Dema 10:00 BBB Moments vs Sherwood- Here 11:30 Announcements/Lunch 12-2 Line Dance Class</p>	<p>20 9-12 AARP Bake & Book Sale Chair Volleyball Tournament - Bryant Sr Center 9:30 Strength Training Exercise Class 10:00 Seated Drums Alive-10:00 Guitar Lessons 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group 6:30-9:00 DANCE - Pot Luck</p>
<p>23 9:30 Strength Training Exercise 10:00 BBB Shakers vs Benton Away 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>24 8:00 Tai Chi -8:30 Group Painting 10:00 BBB Moments vs Jacksonville-Away 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance 12:30 Grocery Shopping 1:15 Drums Alive Class</p>	<p>25 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class 10:30 Planting with a Purpose-UCA Students 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>26 8:00 Yoga w/ Karen 9:15 Art Class w/Dema 10:00 BBB Shakers vs Sherwood-Here 11:00 Medicare Minutes 11:30 Announcements/Lunch 12-2 Line Dance Class</p>	<p>27 9:30 Strength Training Exercise Class 10:00 "Seated" Drums Alive Class 10:00 Guitar Lessons w/Bill Hathcote 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group 6:30-9:00 Halloween Dance "Bring Treats" Halloween Party--Band Fundraiser</p>
<p>30 9:30 Strength Training Exercise 10:00 Moments vs Benton- Away 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>31 9:15 Halloween Bingo 9:45 BRUNCH 10:30 Gospel Singing 11:00 Ride the Bus to the Pumpkin Patch 12:30 Grocery Shopping 12-1 Line Dance Class 1:15 Drums Alive Class</p> 	<p>Medicare Part D sign up Monday, October 16th Thursday, November 9th Thursday, November 30th 8:30 am-3:00 pm Call for an appointment-327-2895</p>	<p>Niagra Falls & Toronto Trip October 7-15, 2017 Those signed up for the trip be at the Conway Senior Center by 7:30 am Saturday, Oct 7th Bus will depart at 8:00 am</p>	
<p>Center Phone: 501-327-2895 Open Monday — Friday 8:00 AM — 4:00 PM Transportation Available Like us on Facebook! Faulkner County Council on Aging On the Web fcseniors.com</p>				