


FEBRUARY 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Murrays Dinner Theatre Wednesday, February 21st The Show: "Never To Late"</p> <p>\$36.00 per person Includes: Show, Meal & Transportation Sign up with Debra</p>	<p>****Conway Family Bowl has allowed our group to bowl for the past few months for Free. There will now be a small fee to bowl \$1.00 per game \$2.69 for Shoe Rental Every Thursday @12:30</p>		<p>1 8:00 Yoga w/ Karen 9:15 Art Class w/Dema 9:30 Chair Volley Ball**West Central** Here 10--11 Lets go to the FC Library 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling at Conway Family Bow</p>	<p>2 9:30 Strength Training Exercise Class 9:00 Guitar Class--10:00 Seated Drums Alive 9:30 Chair Volleyball**Benton Center** Here 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing 6:30-9 DANCE-Snacks by Center Double Barrel Band w/Ed Lybarger</p>	
<p>5 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:45 Tai Chi 1:30 Ping Pong</p>	<p>6 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 6:30-9 DANCE Midnight Express Band</p>	<p>7 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 Meeting 1:30 Ping Pong</p>	<p>8 8:00 Yoga w/ Karen 9:15 Art Class w/Dema 10:30 Inspirational Moments w/Laura 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling at Conway Family Bowl</p>	<p>9 9:30 Strength Training Exercise Class 9:00 Guitar Class--10:00 Seated Drums Alive 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing 6:30-9 DANCE Route 66 Band Dessert Night</p>	
<p>12 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:45 Tai Chi 1:30 Ping Pong</p>	<p>13 8:00 Tai Chi - 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance -12:30 Walmart 1:15 Drums Alive 5:00 Dinner, Bingo, Coin Club Mardi Gras Theme</p>	<p>14 Happy Valentines Day 9:30 Strength Training Exercise Class 10 Balance Class--10:40 Silver Sneakers 11:00 Crown King & Queen-11:30 Lunch 12:30 Book Club 1:30 Ping Pong 6:30-9 Valentines Sweetheart Dance Featuring the "Double Barrel Band"</p>	<p>15 8:00 Yoga w/Karen-9:15 Art Class-Dema 10--11 Lets go to the FC Library 9:00 BBB Shakers vs Maumelle Here 10:15 BBB Sr Moments vs Maumelle Here 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling at Conway Family Bowl</p>	<p>16 9:30 Strength Training Exercise Class 9:00 Guitar Class--10:00 Seated Drums Alive 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing 6:30-9 DANCE Route 66 Band Potluck Night</p>	
<p>19</p> <p>PRESIDENTS DAY CENTERS CLOSED</p> <p>AARP Meeting will be Tuesday, February 21st</p>	<p>20 8:00 Tai Chi - 8:30 Group Painting 10:30 Gospel Singing 11:00 Medicare Minutes Information 11:30 Announcements/Lunch 12:00 AARP Meeting 12-1 Line Dance 12:30 Grocery Shopping 1:15 Drums Alive</p>	<p>21 9:30 Strength Training Exercise Class 10:00 Murrays Dinner Theatre Play & Meal 10:00 Move w/Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club Meeting 1:30 Ping Pong</p>	<p>22 8:00 Yoga w/ Karen 9:15 Art Class w/Dema 9:00 Chair Volley Ball @West Central Senior Moments 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling at Conway Family Bowl</p>	<p>23 9:30 Strength Training Exercise Class 9:00 Guitar Class with Bill 10:00 Seated Drums Alive Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing 6:30-9 DANCE Route 66 Band</p>	
<p>26 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:45 Tai Chi 1:30 Ping Pong</p>	<p>27 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance 12:30 Grocery Shopping 1:15 Drums Alive</p>	<p>28 BRUNCH 9:45 Announcements/BRUNCH 10:20 Bingo NO Strength Training, NO Move w/Balance, NO Silver Sneakers 12:30 Book Club 1:30 Ping Pong</p>	<p>We will be electing "Two" Valentine Kings and Queens One couple for the Sweetheart Dance & One Couple who attends the center during the daytime Details coming soon!!</p> <p>***Winter Weather*** <u>In the event of inclement weather, we will follow School Closings</u> <u>If Conway Schools close, the Senior Center will be closed</u> Go to fcseniors.com for updates</p>		
<p>Center Phone: 501-327-2895 Open Monday — Friday 8:00 AM — 4:00 PM Transportation Available Like us on Facebook! On the Web fcseniors.com</p>					