

MARCH 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p align="center">EVERY Thursday @ 12:30 Bowling Conway Family Bowl Senior Day</p> <p align="center">\$1.00 per game \$2.69 Shoe Rental</p>	<p align="center">Join us on Wednesdays for Diabetic Self Management Class Starts at 12:30 beginning 3/7/18 You DO NOT have to be a Diabetic to participate in the classes Sign up with Debra or Sherri</p>		<p>1 8:00 Yoga & 9:00 Art Class w/Dema 10:00 Let's go to the FC Library 10:00 Grief Counseling & Recovery Mary Lovett, Grief Counselor 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class with Judy</p>	<p>2 9:30 Strength Training Exercise Class 9:00 Guitar Class-10:00 Seated Drums Alive 11:30 Announcements/Pledge/Lunch 12:15 Bingo by St Andrews Nursing Home 2-4 Creative Writing Class 6:30-9 DANCE w/Midnight Express Snacks provided by the Center</p>	
<p>5 9:30 Strength Training Exercise Class 10-12 Ask the Experts-Select Physical Therapy 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-9:00 Group Painting 10:30 Gospel Singing 11:30 Announcements & Lunch 12-1 Line Dance Class 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/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club (Media Room) 12:30-2:30 Diabetic Self Mgmt Class 1:30 Ping Pong</p>	<p>8 8:00 Yoga & 9:00 Art Class w/Dema 10:00 Grief Counseling & Recovery Mary Lovett, Grief Counselor 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class with Judy</p>	<p>9 9:30 Strength Training Exercise Class 9:00 Guitar Class-10:00 Seated Drums Alive 11:00 Nutrition Info by Conway Rehab 11:30 Announcements/Pledge/Lunch 12:15 Bingo-2-4 Creative Writing Class 6:30-9:00 DANCE Double Barrel Band</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-9:00 Group Painting 10:30 Gospel Singing 11:30 Announcements & Lunch 12-1 Line Dance 12:30 Grocery Shopping 1:15 Drums Alive 5:00 Dinner, Bingo & Coin Club Sponsored by Brookdale</p>	<p>14 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club (Media Room) 12:30-2:30 Diabetic Self Mgmt Class 1:30 Ping Pong</p>	<p>15 8:00 Yoga & 9:00 Art Class w/Dema 10:00 Let's go to the FC Library 10:00 Grief Counseling & Recovery Mary Lovett, Grief Counselor 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class with Judy</p>	<p>16 9:30 Strength Training Exercise Class 9:00 Guitar Class-10:00 Seated Drums Alive 10:00 BBB Bowker House Here 11:30 Announcements/Pledge/Lunch 12:15 Bingo - 2-4 Creative Writing Class 6:30-9:00 DANCE Double Barrel Band</p>	
<p>19 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>20 8:00 Tai Chi-9:00 Group Painting 10:30 Gospel Singing 11:00 Medicare Minutes 11:30 Announcements & Lunch 12-1 Line Dance 12:30 Grocery Shopping 1:15 Drums Alive</p>	<p>21 9:30 Strength Training Exercise Class 10-12 Ask the Experts-Select Physical Therapy 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club (Media Room) 12:30-2:30 Diabetic Self Mgmt Class</p>	<p>22 8:00 Yoga & 9:00 Art Class w/Dema 10:00 Grief Counseling & Recovery Mary Lovett, Grief Counselor 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class with Judy</p>	<p>23 9:30 Strength Training Exercise Class 9:00 Guitar Class-10:00 Seated Drums Alive 10:00 BBB Bowker House Here 11:30 Announcements/Pledge/Lunch 12:15 Bingo - 2-4 Creative Writing Class 6:30-9:00 DANCE Sugar Creek 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 12:15 Chair Volleyball 1:30 Ping Pong</p>	<p>27 8:00 Tai Chi-9:00 Group Painting 10:00 BBB Sherwood Away 10:30 Gospel Singing 11:30 Announcements & Lunch 12-1 Line Dance 12:30 Grocery Shopping 1:15 Drums Alive</p>	<p>28 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club (Media Room) 12:30-2:30 Diabetic Self Mgmt Class 1:30 Ping Pong</p>	<p>29 8:00 Yoga & 9:00 Art Class w/Dema 10:00 Grief Counseling & Recovery Mary Lovett, Grief Counselor 10:00 BBB Sherwood Away 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class with Judy</p>	<p align="center">BRUNCH</p> <p>9:45 Announcements/Pledge/Lunch 9:00 Guitar Class w/Bill 10:15 Bingo 2 – 4 Creative Writing Group 6:30-9:00 DANCE Paul Tull & The Red Neckties</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>					