


APRIL 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
2 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 VET Meeting 12:45 Tai Chi 1:30 Ping Pong	3 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 Class	4 9:30 Strength Training Exercise Class 10:00 Move w/Balance w/Sherri 10:40 Silver Sneakers Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	5 8:00 Yoga Class--9:00 Art w/Dema 10:00 Let's go to the FC Library 10:00 Grief Support Group w/Mary 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling-Conway Family Bowl	6 9:30 Strength Training Exercise Class 8:30 Guitar Class - 10:00 Seated Drums Alive 10:30 Silver Sneakers Classic Class 11:30 Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Class 6:30-9:00 DANCE Midnight Express Food provided by the Senior Center	
9 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 VET Meeting 12:45 Tai Chi 1:30 Ping Pong	10 8:00 Tai Chi-9:00 Group Painting 10:00 BBB Moments vs Badgers Away 10:30 Gospel Singing 11:30 LUNCH 12-1 Line Dance - 1:15 Drums Alive 5:00 Dinner, Bingo, Coin Club Sponsored by UCA Nutrition Students 6:00 Conway Womens Chorus Performance	11 9:30 Strength Training Exercise Class 10:00 Move w/Balance w/Sherri 10:40 Silver Sneakers Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	12 8:00 Yoga Class--9:00 Art w/Dema 10:00 BBB Shakers vs Badgers Away 10:00 Grief Support Group w/Mary 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling-Conway Family Bowl	13 9:30 Strength Training Exercise Class 8:30 Guitar Class - 10:00 Seated Drums Alive 10:30 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Group 6:30-9:00 DANCE Midnight Express Band	
16 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 AARP MEETING 12:30 Vet Meeting--12:45 Tai Chi 1:30 Ping Pong	17 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 Class 6:30-9:00 DANCE Luke Erwin & The Cool Hand Band	18 9:30 Strength Training Exercise Class 10-12 Ask the Experts-Select Phy Therapy 10:00 Move w/Balance w/Sherri 10:40 Silver Sneakers Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	19 8:00 Yoga Class--9:00 Art w/Dema 10:00 BBB Shakers vs Jacksonville Home 10:00 Let's go to the FC Library 10:00 Grief Support Group w/Mary 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling-Conway Family Bowl	20 9:30 Strength Training Exercise Class 9:00-1:00 AARP Bake Sale & Book Sale 8:30 Guitar CL--10:00 Seated Drums CL 10:00 BBB Moments vs Benton Home 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Group 6:30-9 DANCE Double Barrel Band	
23 9:30 Strength Training Exercise Class 10:30 Inspirational Moments w/Laura 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Vet Meeting--12:45 Tai Chi 1:30 Ping Pong	24 8:00 Tai Chi-9:00 Group Painting 10:00 BBB Shakers vs Sr Moments 10:30 Gospel Singing 11:30 Announcements & Lunch 12-1 Line Dance Class 12:30 Grocery Shopping 1:15 Drums Alive Class	25 9:30 Strength Training Exercise Class 10:00 Move w/Balance w/Sherri 10:40 Silver Sneakers Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	26 8:00 Yoga Class--9:00 Art w/Dema 10:00 Grief Support Group w/Mary 11:00 Medicare Minutes 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling-Conway Family Bowl	27 9:30 Strength Training Exercise Class 8:30 Guitar Class - 10:00 Seated Drums Alive 10:00 BBB Shakers vs Benton Home 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Group 6:30 - 9:00 DANCE Double Barrel Band	
30 BRUNCH 9:45 Announcements/BRUNCH 10:15 Bingo 11:00 Chair Volleyball 12:30 VET Meeting 12:45 Tai Chi 1:30 Ping Pong		<p align="center">*****ATTENTION***** April 20th 10:30-12:00 Brown Bag Special <i>Bring all your medications in a brown bag and let the Pharmacist assist you with any questions.</i> Hartland Pharmacy</p>		<p align="center">**Every Friday Night this Month** Country Dance Lessons Fridays, 5 pm - 5:55 pm with Bill and Willie Nowell</p> <p align="center">Line Dancing w/Libby 6 pm - 6:25 pm and at the Break</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