

MAY 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Sunday, May 20th 2:30 pm <i>at the Conway Senior Center</i> RED CURTAIN THEATRE WILL PRESENT THE MUSICAL "SMOKE ON THE MOUNTAIN" TICKETS \$20.00 Silent Auction and Bake Sale</p>	<p>1 8:00 Tai Chi--9:00 Group Painting 8:30 Guitar Class w/Bill Hathcote 10:30 Gospel Singing 11:30 Announcements & Lunch 12-1 Line Dance Class 12:30 Grocery Shopping 1:15 Drums Alive</p>	<p>2 9:30 Strength Training Class 10:00 Move with Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements & Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>3 8:00 Yoga w/Karen 9:00 Art Class with Dema Clark 10:00 Lets 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</p>	<p>4 9:30 Strength Training Exercise Class 10:00 Seated Drums Alive Class 10:30 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4Creative Writing Class 6:30-9:00 DANCE Midnight Express Food provided by the Senior Center</p>	
<p>7 9:30 Strength Training Class 10-12 Ask the Experts-Select Phy Therapy 10:00 Move with Balance Class 11:30 Announcements/Lunch 12:30 VET Meeting 12:30 Chair Volley Ball 1:30 Ping Pong</p>	<p>8 8:30 Guitar Class with Bill Hathcote 9:00 Group Painting--10:30 Gospel Singing 11:30 Announcements & Lunch 12-1 Line Dance Class 12:30 Grocery Shop-1:15 Drums Alive 5:00 Dinner-Bingo-Coin Club-Game Night Sponsored by the Senior Center</p>	<p>9 9:30 Strength Training Class 10:00 Move with Balance Class 10:30 Shopping at the GO Store 11:30 Announcements & Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>10 8:00 Yoga w/ Karen 9:00 Art Class with Dema Clark 10:00 Grief Support Group w/Mary 11:30 Announcements & Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling--Conway Family Bowl</p>	<p>11 9:30 Strength Training Exercise Class 9:00-12:00" Have your hearing tested" Dr Briley, Hearing Life 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Class 6:30-9:00 DANCE Midnight Express</p>	
<p>14 9:30 Strength Training Class 10:00 Move with Balance Class 10:30 Inspirational Moments 11:30 Announcements/Lunch 12:30 VET Meeting 12:30 Chair Volley Ball 1:30 Ping Pong</p>	<p>15 8:00 Tai Chi--9:00 Group Painting 8:30 Guitar Class w/Bill Hathcote 10:00 BBB Moments vs Sherwood Away 10:30 Gospel Singing-- 11:30 Lunch 12-1 Line Dance Class 12:30 Grocery Shop-1:15 Drums Alive 6:30-9 DANCE SugarCreek Band</p>	<p>16 9:30 Strength Training Class 10-12 Ask the Experts-Select Phy Therapy 10:00 Move with Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements & Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>17 8:00 Yoga w/ Karen 9:00 Art Class with Dema Clark 10:00 Grief Support Group w/Mary 10:00 Lets go to the FC Library 11:30 Announcements & Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling--Conway Family Bowl</p>	<p>18 9:30 Strength Training Exercise Class 10:00 Seated Drums Alive Class 10:30 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Class 6:30-9:00 DANCE Double Barrel</p>	
<p>21 9:30 Strength Training Class 10:00 Move with Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 AARP speaker Jim Davidson 12:30 VET Meeting 12:30 Chair Volley Ball--1:30 Ping Pong</p>	<p>22 8:00 Tai Chi--9:00 Group Painting 8:30 Guitar Class w/Bill Hathcote 10:00 BBB Shakers vs Aldersgate Away 10:30 Gospel Singing-- 11:30 Lunch 12-1 Line Dance Class 12:30 Grocery Shopping 1:15 Drums Alive</p>	<p>23 9:30 Strength Training Class 10:00 Move with Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements & Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>24 8:00 Yoga w/Karen 9:00 Art Class with Dema Clark 10:00 BBB Moments vs Des Arc Away 11:00 Medicare Minutes 11:30 Announcements & Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling--Conway Family Bowl</p>	<p>25 9:30 Strength Training Exercise Class 10:00 Seated Drums Alive Class 10:30 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Class 6:30-9:00 DANCE Double Barrel</p>	
<p>28 MEMORIAL DAY All Centers Closed</p>	<p>29 8:00 Tai Chi--9:00 Group Painting 8:30 Guitar Class w/Bill Hathcote 10:00 BBB Moments vs Aldersgate Away 10:30 Gospel Singing-- 11:30 Lunch 12-1 Line Dance Class 12:30 Grocery Shopping 1:15 Drums Alive</p>	<p>30 9:30 Strength Training Class 10:00 Move with Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements & Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>31 8:00 Yoga with Karen 9:00 Art Class with Dema Clark 9:15 Bingo 9:45 BRUNCH 12-2 Intermediate Line Dance Class 12:30 Bowling--Conway Family Bowl</p>	<p>Don't Forget to Vote Voting at the Senior Center Polls open at 8:00am - 6:00 pm Friday May 11th Friday May 18th</p> 	