

JUNE 2018	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>MENOPAUSE THE MUSICAL Murrays Dinner Theatre Wednesday, June 6th Cost is \$36.00 Covers the Buffet Play and Transportation Will leave at 10:00 am Please sign up with Debra</p>		<p>***Lunch is served at 11:30 each day. Please be here on time---Thanks</p> <p>BRUNCH is always the last day of the Month--It is served at 9:45</p>		<p>1 9:30 Strength Training Exercises 10:00 Seated Drums Alive 10:30 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Class 6:30-9:00 DANCE Midnight Express Food provided by Senior Center</p>	
<p>4 9:30 Strength Training Exercises 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 VET Meeting--12:30 Chair Volleyball 12:45 Tai Chi-1:30 Ping Pong</p>	<p>5 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/12:20 Grocery Shopping 1:15 Drums Alive 6:30-9 DANCE Randy Holland&Larry House</p>	<p>6 9:30 Strength Training Exercises 10:00 Murrays Dinner Theatre 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>7 8:00 Yoga w/ Karen 9:00 Art Class 10:00 Let's go to the FC Library 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling - Conway Family Bowl</p>	<p>8 9:30 Strength Training Exercises 10:00 BBB Shakers vs Carelink Away 10:00 Seated Drums Alive 10:30 Sherri's Boot Camp 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Class 6:30-9:00 DANCE Midnight Express</p>	
<p>11 9:30 Strength Training Exercises 10:00 Move w/Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 VET Meeting--12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong</p>	<p>12 8:00 Tai Chi--9:00 Group Painting 8:30 Guitar Class w/Bill Hathcote 10:00 BBB Sr. Moments vs Hays AWAY 10:30 Gospel Singing 11:30 LUNCH - 12:30 Grocery Shopping 12-1 Line Dance--1:15 Drums Alive 5:00 Dinner-Bingo-Coin Club-Game Night</p>	<p>13 9:30 Strength Training Exercises 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:00 Medicare Minutes 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>14 8:00 Yoga w/ Karen 9:00 Art Class 10:30 Inspirational Moments w/Laura 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling - Conway Family Bowl</p>	<p>15 9:30 Strength Training Exercises 10:00 Seated Drums Alive 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>18 9:30 Strength Training Exercises 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--12:30 Chair Volleyball 12:45 Tai Chi-1:30 Ping Pong</p>	<p>19 8:00 Tai Chi--9:00 Group Painting 8:30 Guitar Class w/Bill Hathcote 10:00 BBB Shakers vs Lonoke Home 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance/12:20 Grocery Shopping 1:15 Drums Alive</p>	<p>20 9:30 Strength Training Exercises 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 1:30 Ping Pong</p>	<p>21 8:00 Yoga w/ Karen 9:00 Art Class 10:00 Let's go to the FC Library 10:00 BBB Sr Moments vs Lonoke Home 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling - Conway Family Bowl</p>	<p>22 9:30 Strength Training Exercises 10:00 Seated Drums Alive 10:30 Sherri's Boot Camp 11:00 First Service Bank Travel Info/50 + 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Class 6:30-9:00 DANCE Double Barrel</p>	
<p>25 9:30 Strength Training Exercises 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 VET Meeting--12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong</p>	<p>26 8:00 Tai Chi--9:00 Group Painting 8:30 Guitar Class w/Bill Hathcote 10:00 BBB Shakers vs Hays AWAY 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance/12:20 Grocery Shopping 1:15 Drums Alive</p>	<p>27 9:30 Strength Training Exercises 10:00 Shopping at the GO Store 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong</p>	<p>28 8:00 Yoga w/ Karen 9:00 Art Class 10:00 Chair Volley Ball Practice 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 12:30 Bowling - Conway Family Bowl</p>	<p>29 BRUNCH 9:45 Announcements/Pledge/Lunch 10:15 Bingo 10:00 BBB Sr Moments vs Carelink Away 2 - 4 Creative Writing Group 6:30-9:00 PM Dance</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