

APRIL 2019	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
1 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--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi 1:30 Ping Pong	2 8:00 Tai Chi-9:00 Group Painting 8:30 Guitar Class 10:30 Gospel Singing 11:30 Announcements & Lunch 12-1:30 Line Dance Class 12:30 Grocery Shopping 2:00 Pickleball	3 9:30 Strength Training Exercise Class 10:00 Grief Support Group 10:00 Move w/Balance--10:40 Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club Meeting 1:30 Ping Pong	4 8:00 Yoga Class w/Karen 9:00 Art Class w/Dema 10:00 Let's go to the FC Library 11:30 Announcement/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema--12:30 Bowling 2:00 Pickleball	5 9:30 Strength Training Exercise Class 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers 10:45 Fall Prevention-UCA Students 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Group 6:30-9:00 DANCE Midnight Express	
8 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--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi 1:30 Ping Pong	9 8:00 Tai Chi-9:00 Group Painting 8:30 Guitar Class 10:30 Gospel Singing 11:30 Announcements & Lunch 12-1:30 Line Dance Class 12:30 Grocery Shop-2:00 Pickleball 5:00 Dinner, Bingo, Coin Club	10 9:30 Strength Training Exercise Class 10:00 Grief Support Group 10:00 Move w/Balance--10:40 Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club Meeting 1:30 Ping Pong	11 8:00 Yoga Class--9:00 Art w/Dema 10:00 BBB Shakers vs W Central AWAY 10:00 Inspirational Moments w/Laura 11:30 Announcement/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema--12:30 Bowling 2:00 Pickleball	12 9:30 Strength Training Exercise Class 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Group 6:30-9:00 DANCE Midnight Express	
15 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--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi 1:30 Ping Pong	16 8:00 Tai Chi-9:00 Group Painting 10:30 Gospel Singing 10:00 BBB Shakers vs Bowker HERE 11:30 Announcements & Lunch 12-1:30 Line Dance Class 12:30 Grocery Shopping 2:00 Pickleball	17 9:30 Strength Training Exercise Class 9:30 Sr Day-Travelers Baseball Game NO BALANCE CLASS OR BOOT CAMP 10:00 Grief Support Group 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club --1:30 Ping Pong	18 8:00 Yoga Class--9:00 Art w/Dema 10:00 BBB Class Act vs W Central AWAY 10:00 Let's go to the FC Library 11:30 Announcement/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema--12:30 Bowling 2:00 Pickleball	19 9:30 Strength Training Exercise Class 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers 11:15 Air Evac Life Team Presentation 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Group 6:30-9 DANCE Double Barrel Reloaded	
22 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--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi 1:30 Ping Pong	23 8:00 Tai Chi-9:00 Group Painting 10:30 Gospel Singing 10:00 BBB Shakers vs Sherwood AWAY 11:30 Announcements & Lunch 12-1:30 Line Dance Class 12:30 Grocery Shopping 2:00 Pickleball	24 9:30 Strength Training Exercise Class 10:00 Grief Support Group 10:00 Move w/Balance--10:40 Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club Meeting 1:30 Ping Pong	25 8:00 Yoga Class--9:00 Art w/Dema 10:00 BBB Class Act vs Sherwood AWAY 11:00 Medicare Minute 11:30 Announcement/Lunch 12-2 Intermediate Line Dance Class 12:30 Art Class w/Dema--12:30 Bowling 2:00 Pickleball	26 9:00-12:00 AARP Bake & Book Sale 9:30 Strength Training Exercise Class 10:00 Drums Alive-10:40 Silver Sneakers 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Group 6:30-9 DANCE Double Barrel Reloaded	
29 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--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi 1:30 Ping Pong	30 BRUNCH 9:20 BINGO 9:45 Announcements/BRUNCH 10:00 BBB Class Act vs Bowker HERE 11:00 Chair Volleyball 12-1:30 Line Dance Class 2:00 Pickle Ball		April 9th <i>UCA Nutrition Class will be preparing the meal for our Dinner and Bingo Night</i> Theme: Night at the Drive Inn Hamburger, Salad, Roasted Potatoes, Ambrosia, Cookie	April 17th <i>SENIOR DAY AT DICKY STEPHENS PARK</i> 11:00 Travelers Game Buffet \$13.50 Sign up and pay Sherri Limited to 10 people	

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

Faulkner County Council on Aging