

OCTOBER 2016		CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR			For Seniors 60 & Over
Monday		Tuesday	Wednesday	Thursday	Friday
3 9:30-11:30 Flu Shots-Baker Drug 9:15 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 1:30 Ping Pong Every Monday & Wednesday		4 8:30 Group Painting 10:00 BBB Jacksonville vs Shakers There 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance 12:30 Grocery Shopping 6:30-9 DANCE Midnight Express Band	5 9:15 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:00 Quiz Bowl Practice 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class w/Loretta Water Colors 12:30 Book Club	6 8:00 Yoga w/Karen 9:00 Art Class w/Loretta Water Colors 10:00 BBB Jacksonville vs Sr Moments There 10:15 Craft Class 11:30 Announcements/Lunch 12-1 Line Dance Class 1-3 Computer Class w/Adult Education	7 9:15 Strength Training Class 10:00 Talent Show at Jacksonville Center 11:30 Announcements/Pledge/Lunch 12:15 Bingo/NO Silver Sneakers Class 2-4 Creative Writing Group 6:30-9:00 OCTOBERFEST DANCE The Center will be providing the FOOD
10 Centers Closed Columbus Day Holiday		11 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance 12:30 Grocery Shopping 5:00 Dinner, Bingo, Coin Club Prizes by Sr Networking Group	12 9:15 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:00 BBB Good Shepherd vs Sr Moments there 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class w/Loretta Water Colors 12:30 Book Club	13 8:00 Yoga w/ Karen 9:00 Art Class w/Loretta Water Colors 1-3 Computer Class w/Adult Education 10:15 BBB Badgers vs Sr Moments Here 11:30 Announcements/Lunch 12-1 Line Dance Class 1-3 Computer Class w/Adult Education	14 9:15 Strength Training Class 10:15 Hawaiian Luau 11:00 St Andrews Nursing Facility Info 11:30 Announcements/Pledge/Lunch 12:15 Bingo--1:00 Silver Sneakers Class 2-4 Creative Writing Group 6:30-9:00 DANCE-Dessert & Salad Night
17 9:15 Strength Training Class 10:00 Move w/Balance Class NO SILVER SNEAKER CLASS 11:30 Announcements/Lunch 12:00 AARP Meeting,Special Guest Speaker, Sheriff Matt Rice 1:30 Ping Pong		18 8:30 Group Painting 10:00 BBB Mid Delta vs Shakers There 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance 12:30 Grocery Shopping 12:30-2 Pumpkin Painting w/UCA Students	19 8:30-3 Medicare Part D By Appt Only 9:15 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class w/Loretta Water Colors 12:30 Book Club	20 8:00 Yoga w/ Karen 9:00 Art Class w/Loretta Water Colors 10:00 BBB Benton vs Sr Moments There 10:15 Craft Class 11:30 Announcements/Lunch 12-1 Line Dance Class 1-3 Computer Class w/Adult Education	21 9:15 Strength Training Class 10:30 BBB Mid Delta vs Sr Moments Here 11:30 Announcements/Pledge/Lunch 12-3 Honor & Duty Documentary 12:15 Bingo--1:00 Silver Sneakers Class 2-4 Creative Writing Group 6:30-9:00 DANCE - Pot Luck
24 9:15 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 1:30 Ping Pong		25 8:30 Group Painting 10:30 Gospel Singing 11:00 Medicare Minutes 11:30 Announcements/Lunch 12-1 Line Dance 12:30 Grocery Shopping 6-8 Line Dance Party w/Libby \$5.00	26 9:15 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:00 Murrays Dinner Theatre \$35.00 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class w/Loretta Water Colors 12:30 Book Club	27 8:00 Yoga w/ Karen 9:00 Art Class w/Loretta Water Colors 10:15 BBB Benton vs Shakers There 10:15 Craft Class 11:30 Announcements/Lunch 12-1 Line Dance Class 1-3 Computer Class w/Adult Education	28 9:15 Strength Training Class 10:30 Medication Safety, FC Health Dept 11:30 Announcements/Pledge/Lunch 12:15 Bingo 1:00 Silver Sneakers Class 2-4 Creative Writing Group 6:30 - 9:00 DANCE
31 HAPPY HALLOWEEN 9:15 Halloween Bingo 9:45 BRUNCH 10:15 Move With Balance 11:00 Silver Sneakers 1:30 Ping Pong Who will have the BEST Costume??		October 14th Hawaiian Luau Join us for our Hawaiian Luau We will have games, prizes and FABULOUS food Wear your grass skirts and Hawaiian clothing	October 21st 12:00 - 3:00 Screening of Honor & Duty: The Mississippi Delta Chinese	October 6th, 13th, 20th, 27th **Windows 10** 1:00 - 3:00 Computer Class with Conway Adult Education \$20.00 for 4 classes Sign up with Debra	October 26th 10:00 Leave for Murrays Dinner Theatre \$35.00 Includes Dinner Buffet, Show and Transportation Agatha Christie's Murder Mystery **And Then There Were None** Sign up with Debra
Phone: 501-327-2895 Open Monday — Friday 8:00 AM — 4:00 PM Transportation Available Like us on Facebook! On the Web fcseniors.com					

