

SEPTEMBER 2016	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
September 8,15, 22, & 29 Digital Literacy Class w/Adult Ed *FREE Class* 1-3 pm sign up w/Debra Learning how to use computers more effectively. Hands on activities focused on skill development.	Wednesday, September 21st Hot Springs Casino Trip Leave Center at 8:00 am Leave Casino at 4:00 pm Deadline to sign up is Sept 13th \$25.00 per person	2016 Faulkner County Fair Parade King & Queen Ron & Virginia Suhm Sept 20th 5:00pm Downtown	1 8:00 Yoga w/ Karen 9:00 Art Class w/Loretta "Water Colors" 10:30 Craft Project w/Laura 11:30 Announcements/Lunch 12-1 Line Dance Class	2 9:30 Strength Training Class 9:30 Hearing Screenings by Hear Life 11:30 Announcements/Lunch 12:15 Bingo **NO SILVER SNEAKER CLASS TODAY** 2-4 Creative Writing Group 6:30-9:00 DANCE/Snacks by Sr Center	
5 Holiday - Labor Day Centers Closed	6 8:30 Group Painting 9:00 BBB Sherwood-Sr Moments Here 10:15 BBB Sherwood-Shakers Here 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance 12:30 Grocery Shop *****No Dance Tonight*****	7 9:30 Strength Training Class 10:00 Move w/Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class w/Loretta "Water Colors" 12:30 Book Club	8 8:00 Yoga w/ Karen 9:00 Art Class w/Loretta "Water Color" 10:30 Services available to Seniors w/Center for Arkansas Legal Services 11:30 Announcements/Lunch 12-1 Line Dance Class 1-3 Digital Literacy-Adult Ed *Free Class*	9 9:30 Strength Training Class 11:00 St Andrews Nursing Facility Info 11:30 Announcements/Pledge/Lunch 12:15 Bingo/NO SILVER SNEAKERS 2-4 Creative Writing Group 6:30-9:00 PM-Dance"Rt 66 Band" w/ Dessert & Salad Night	
12 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30-1:30 Beginner Clogging Class w/Donna Bivins	13 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcement 12-1 Line Dance Class 12:30 Grocery Shopping 5:00 Dinner, Bingo, Coin Club Mtg Sponsored by Reliance Health Care	14 Sr Olympics-Hot Springs Leave at 7am 9:30 Strength Training Class 10:00 Move w/Balance 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class w/Loretta "Water Colors" 12:30 Book Club	15 8:00 Yoga w/ Karen 9:00 Art Class w/Loretta "Water Color" 10:30 Hurley Chiropractic Chair Massages \$50.00 Gift Card Give a way 11:30 Announcements/Lunch 12-1 Line Dance Class 1-3 Digital Literacy-Adult Ed *Free Class*	16 9:30 Strength Training Class 9:00 BBB Lonoke Shakers Here 10:15 BBB Lonoke Sr Moments Here 11:30 Announcements/Pledge/Lunch 12:15 Bingo-Prizes by Home Instead Sr Care 2-4 Writing Group***5:30 Disco Dance Lessons 6:30-9 DANCE Rt 66 Band Potluck	
19 9:30 Strength Training Class 10:00 BBB At Des Arc Sr Moments 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30-1:30 Beginner Clogging Class w/Donna Bivins	20 8:30 Group Painting 10:30 Gospel Singing 10:30 Fall Prevention, UCA Students 11:30 Announcements/Lunch 12-1 Line Dance Class 12:30 Grocery Shopping 5pm Faulkner Co Fair Parade Downtown	21 9:30 Strength Training Class 10:00 Move w/Balance 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class w/Loretta "Water Colors" 12:30 Book Club	22 8:00 Yoga w/ Karen 9:00 Art Class w/Loretta "Water Color" 10:00 BBB Des Arc Shakers Here 11:30 Announcements/Lunch 12-1 Line Dance Class 1-3 Digital Literacy-Adult Ed *Free Class*	23 9:30 Strength Training Class 10:30 "5 WISHES" w/Kelly Hillis Hospice Home Care 11:30 Announcements/Pledge/Lunch 12:15 Bingo/1:00 Silver Sneakers Classic 2 – 4 pm Creative Writing Group 6:30-9:00 PM-Dance"Rt 66 Band"	
26 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:30 Show & Tell Bring something to share NO SILVER SNEAKERS CLASS 11:30 Announcements/Lunch 12:30-1:30 Beginner Clogging Class	27 8:30 Group Painting 9:00 BBB Hayes Sr Moments Here 10:15 BBB Hayes Shakers Here 11:30 Announcements/Lunch 12-1 Line Dance Class 12:30 Grocery Shopping 6-8 pm Line Dance Party w/Libby \$5.00	28 9:30 Strength Training Class 10:00 Move w/Balance 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class w/Loretta "Water Colors" 12:30 Book Club	29 8:00 Yoga w/ Karen 9:00 Art Class w/Loretta "Water Color" 10:00 BBB Bowker Shakers There 11:30 Announcements/Lunch 12-1 Line Dance Class 1-3 Digital Literacy-Adult Ed *Free Class*	30 BRUNCH 9:45 Announcements/Brunch 10:00 BBB Bowker Sr Moments There 10:15 Bingo/1:00 Silver Sneakers Class 2-4 Creative Writing Group 5:30 Disco Dance Lessons 6:30-9:00pm DANCE "Rt 66 Band"	
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					