

JULY 2016		CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
Friday, July 1st Brain Health Information <u>with Linda Bird, Brookdale Conway</u>	Wednesday, July 20th Murrays Dinner Playhouse <u>Seven Brides for Seven Brothers</u> Leave the center at 10:00 Sign up with Debra \$35.00 includes Lunch, Play and Transportation	 CHRISTMAS IN JULY FRIDAY, JULY 22ND 9:am - 2:00 pm  If you would like to bring items to sell please let Debra know \$10.00 per table	Friday, July 29th 11:30 Silver Sneakers Party & Bingo ****Win Prizes**** <u>Enjoy Healthy Snacks</u> Everyone who participates in Silver Sneaker Classes are Invited to attend	1 9:30 Strength Training Class <u>10:15 Brain Fit Program w/Linda Bird</u> 11:30 Announcements/Pledge/Lunch 12:15 Bingo/1:00 Silver Sneakers Class 2-4 Creative Writing Group 5:30 Latin Dance Lessons 6:30-9:00 DANCE/Snacks by Sr Center	
4 HAPPY 4TH OF JULY CENTER CLOSED	5 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch **12:00-1:00 Line Dance Class 12:30 Grocery Shopping 6:30 - 9:00 DANCE Midnight Express	6 9:30 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 "Oils" 12:30 Book Club	7 8:00 Yoga w/ Karen 9:00 Art Class w/Loretta "Oils" 10:15 Karaoke w/David Bostic 10:30 Crafts w/Laura & Marcie 11:30 Announcements/Lunch 12-1 Line Dance Class	8 9:30 Strength Training Class 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 -Bring Desserts	
11 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	12 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch **12:00-1:00 Line Dance Class 12:30 Grocery Shopping 5:00 Dinner, Bingo, Coin Club	13 CENTER CLOSED Staff Training Day	14 8:00 Yoga w/ Karen NO ART Class Today 10:30 Crafts w/Laura & Marcie 11:30 Announcements/Lunch 12-1 Line Dance Class	15 9:30 Strength Training Class 9:00:QuizBowl/Tourney/Jack'ville/Leave @ 7:45 10:15 Recovering from Grief, Leslie Thomas 11:30 Announcements/Pledge/Lunch 12:15 Bingo/1:00 Silver Sneakers Class 2:00 Writing Group/5:30 Latin Dance Lessons 6:30-9:00-Dance"Rt 66 Band"PotLuck	
18 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 AARP Meeting 12:30 -1:30 Beginner Clogging Class w/Donna Bivins	19 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch **12:00-1:00 Line Dance Class 12:30 Grocery Shopping 1:00-2:00 Diabetic Support Group Mtg	20 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri 10:00 Murrays Dinner Playhouse \$35.00 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class w/Loretta "Oils" 12:30 Book Club	21 8:00 Yoga w/ Karen 9:00 Art Class w/Loretta "Oils" 10:45 Inspirational Moments 11:00 Medicare Minutes 11:30 Announcements/Lunch 12-1 Line Dance Class	22 9:30 Strength Training Class 9-2 Christmas in July Lots of items for sale by vendors NO SILVER SNEAKERS CLASS 2 – 4 pm Creative Writing Group 6:30-9:00 Dance Route 66	
25 9:30 Strength Training Class 10:00 Move w/Balance Class/Sherri NO SILVER SNEAKERS CLASS 11:30 Announcements/Lunch 12:30 -1:30 Beginner Clogging Class w/Donna Bivins	26 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch **12:00-1:00 Line Dance Class 12:30 Grocery Shopping	27 9:30 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 "Oils" 12:30 Book Club	28 8:00 Yoga w/ Karen 9:00 Art Class w/Loretta "Oils" 9:00 & 10:15 BBB w/Morrilton Center 10:30 Crafts w/Laura & Marcie 11:30 Announcements/Lunch 12-1 Line Dance Class	29 <u>BRUNCH</u> 9:45 Announcements/Pledge/Brunch 10:30 Bingo 11:30 Silver Sneaker Party & Bingo 1:00 Silver Sneakers Class 2 – 4 pm Creative Writing Group 6:30-9:00 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