

APRIL 2022	HAWKS SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				Conway
Monday	Tuesday	Wednesday	Thursday	Friday	
	Mayflower Senior Center 1 Ashmore Drive, Mayflower Yard Sale Fundraiser April 8 & 9 8:00am - 3:00pm Rain or Shine		Support our Program by bidding on a Silent Auction item.	1 9:45 Strength Training Exercise Class 10:30 Drums Alive 11:30 Announcements/Pledge/Lunch 12:15 Bingo 1:00 Chair Volleyball 1:30 Table Tennis	
4 9:45 Strength Training Exercise Class 10:30 Silver Sneakers 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Group Painting 1:30 Table Tennis	5 9-11 Needleworks with Dorothy 9:45 Chair Yoga 10:00 Bean Bag Baseball 10:30 Drums Alive 11:30 Announcements/Lunch 12:15 Beginner's Line Dance 12:30 Shopping	6 9:45 Strength Training Exercise Class 10:00am Dr. Reed's UCA Class 10:30 Silver Sneakers 11:30 Announcements/Lunch 12:00 Guitar Class 12:15 Chair Volleyball 1:30 Table Tennis	7 Gym Time with Sherri 10:00 Bean Bag Baseball 11:30 Announcements/Lunch 1:30 Kountry Kool Line Dance	8 9:45 Strength Training Exercise Class 10:30 Drums Alive 11:30 Announcements/Pledge/Lunch 12:15 Bingo - Home Instead 1:00 Chair Volleyball 1:30 Creative Writing 1:30 Table Tennis	
11 9:45 Strength Training Exercise Class 10:30 Silver Sneakers 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Group Painting 1:30 Table Tennis	12 9-11 Needleworks with Dorothy 9:45 Chair Yoga 10:00 Bean Bag Baseball 10:30 Drums Alive 11:30 Announcements & Lunch 12:15 Beginner's Line Dance 12:30 Shopping	13 9:45 Strength Training Exercise Class 10:30 Silver Sneakers 11:15 Medicare Minutes 11:30 Announcements/Lunch 12:00 Guitar Class 12:15 Chair Volleyball 1:30 Table Tennis	14 10:00am EASTER THEMED GAMES with Prizes 11:30 Announcements/Lunch 1:30 Kountry Kool Line Dance	15 9:45 Strength Training Exercise Class 10:30 Drums Alive 11:30 Announcements/Pledge/Lunch 12:15 Bingo 1:00 Chair Volleyball 1:30 Table Tennis	
18 9:45 Strength Training Exercise Class 10:30 Silver Sneakers 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Group Painting 1:30 Table Tennis	19 9-11 Needleworks with Dorothy 9:45 Chair Yoga 10:00 Bean Bag Baseball 10:30 Drums Alive 11:30 Announcements & Lunch 12:15 Beginner's Line Dance 12:30 Shopping	20 9:45 Strength Training Exercise Class 10:30 Silver Sneakers 11:30 Announcements/Lunch 12:00 Guitar Class 12:15 Chair Volleyball 1:30 Table Tennis	21 Gym Time with Sherri 10:00 Bean Bag Baseball 11:30 Announcements/Lunch 1:30 Kountry Kool Line Dance	22 9:45 Strength Training Exercise Class 10:30 Drums Alive 11:30 Announcements/Pledge/Lunch 12:15 Bingo 1:00 Chair Volleyball 1:30 Creative Writing 1:30 Table Tennis	
25 9:45 Strength Training Exercise Class 10:30 Silver Sneakers 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Group Painting 1:30 Table Tennis	26 BRUNCH DAY 9:45 Announcements/Brunch 10:15 Bingo 12:15 Beginner's Line Dance	27 9:45 Strength Training Exercise Class 10:30 Silver Sneakers 11:30 Announcements/Lunch 12:00 Guitar Class 12:15 Chair Volleyball 1:30 Table Tennis	28 Gym Time with Sherri 10:00 Bean Bag Baseball Joke of the Day 11:30 Announcements/Lunch 1:30 Kountry Kool Line Dance	29 Please Attend: 10:30am Quilts of Valor Ceremony 11:30 Announcements/Pledge/Lunch 12:15 Bingo 11:00 Chair Volleyball 1:30 Table Tennis	
Center Phone: 501.327.2895 Open Monday — Friday 8:00 AM — 4:00 PM Transportation Available Facebook.com/fcSeniorsAR On the Web: fcSeniors.com					