

JANUARY 2016	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
UNITED WAY BEGINS IN January PLEASE HELP BY MAKING A DONATION !!	Mon – Fri 8:30 Daily Leisure Activities <u>Cards, Board Games, Walking, Craft Room, Pool Table, Coffee with a Friend! You Decide!</u>	<u>“Winter Weather”</u> <u>In the event of inclement weather, we will follow School Closings</u> <u>If Conway Schools close, the Senior Center will be closed</u>		¹ Happy New Year! Centers Closed	
⁴ 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 – 1:30 Clogging Class w/ Donna “Once a Month Class”	⁵ 8:30 Group Painting 9:30 Chair Volley Ball 10:00 Reiki Meditation Class w/ Wendy 10:30 Gospel Singing 11:30 Announcements/Lunch 12:10-00-LineDance Class/12:30 Grocery Shopping 6:30-9:00 – Dance – Midnight Express	⁶ 9:15 Strength Training Exercises 10:00 Move w/Balance Class/Sherri 10:00 Quiz Bowl Practice 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 ArtClass-WaterColors w/Loretta 12:30 Book Club	⁷ 8:00 Yoga w/ Karen 9:00 Art Class w/ Loretta <u>10:30 Surprise Bingo</u> 11:30 Announcements/Lunch 12:30 Card games, board games, Puzzles	⁸ 9:15 Strength Training Exercises 11:30 Announcements/Pledge/Lunch 12:15 Bingo 1:00 Silver Sneakers Classic Class 2-4 p.m. Creative Writing Group 6:30-9:00 PM Dance/Dessert Night	
¹¹ 9:15 Strength Training Exercise Class 9:30 – 11:30 Attorney General's Mobile Office -”Come for Information” 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch	¹² 8:30 Group Painting 9:30 Chair Volley Ball 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1:00-LineDance Class/12:30 Grocery Shopping 5:00 Dinner Bingo – Game Night - & Coin Club	¹³ 9:15 Strength Training Exercises 10:00 Move w/Balance Class/Sherri 10:00 Quiz Bowl Practice 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 ArtClass-WaterColors w/Loretta 12:30 Book Club	¹⁴ 8:00 Yoga w/ Karen 9:00 ArtClass w/ Loretta 10:00-Karaoke w/Debbie-Karen-Susan <u>♪ Singing-Dancing-Lots of Fun! ♪ ♪</u> 11:30 Announcements/Lunch 12:30 Card games, board games, Puzzles	¹⁵ 9:15 Strength Training Exercises 10:30 Rosewood Cremation & Funeral Services 11:30 Announcements/Pledge/Lunch 12:15 Bingo-Prizes by Rosewood Cremation & Funeral 1:00 Silver Sneakers Classic Class 2-4 p.m. Creative Writing Group 6:30-9:00 PM Dance/Pot luck	
¹⁸ <u>AARP Meeting Tuesday, January 19th</u> Martin Luther King Jr. Day Centers Closed Isle of Capri Casino Leave at 8:00 am \$25.00	¹⁹ 8:30 Group Painting 9:30 Chair Volley Ball 10:00 Reiki Meditation Class w/ Wendy 10:30 Gospel Singing 11:30 Announcements/Lunch 12:00 – 1:00 Line Dance Class 12:30 Grocery Shopping	²⁰ 9:15 Strength Training Exercises 10:00 Move w/Balance Class/Sherri 10:00 Quiz Bowl Practice 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 ArtClass-WaterColors w/Loretta 12:30 Book Club	²¹ 8:00 Yoga w/ Karen 9:00 ArtClass w/ Loretta <u>10:45 Inspirational Moments w/Sybil Williams</u> 11:30 Announcements/Lunch 12:30 Card games, board games, Puzzles	²² 9:15 Strength Training Exercises 10:00 Medicare Fraud w/ Kathleen Pursell Dept of Human Services 11:30 Announcements/Pledge/Lunch/12:15 Bingo 1:00 Silver Sneakers Classic Class 2-4 p.m. Creative Writing Group 6:30-9:00 PM Dance	
²⁵ 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch	²⁶ 8:30 Group Painting 9:30 Chair Volley Ball 10:30 Gospel Singing 11:30 Announcements/Lunch 12:00 – 1:00 Line Dance Class 12:30 Grocery Shopping 6:00 – 8:00 Line Dance w/ a KICK \$ 5.00	²⁷ 9:15 Strength Training Exercises 10:00 Move with Balance Class/Sherri 10:00 Murrays Dinner Theatre “Moonlight & Magnolias” \$35.00 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 ArtClass-WaterColors w/Loretta 12:30 Book Club	²⁸ 8:00 Yoga w/ Karen 9:00 Art Class w/ Loretta <u>10:00 Conway Shakers vs. Senior Moments</u> 11:30 Announcements/Lunch 12:30 Card games, board games, Puzzles	²⁹ BRUNCH 9:45 Announcements/Pledge/Brunch 10:30 Bingo 1:00 Silver Sneakers Classic Class 2-4 p.m. Creative Writing Group 6:30-9:00 PM Dance	

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