

JULY 2015	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
8:30 Daily – Mon. – Fri. <u>Leisure Activities</u> <u>Cards, Board Games, Walking,</u> <u>Craft Room, Pool Table, Ping Pong</u> <i>Coffee with a Friend!</i> <i>You Decide!</i>	<u>Tues. July 7, Concessions Available for Dance 6:30 – 9:00 – Featuring: BBQ Pork Sandwich, Nachos, etc.</u> ** Tuesday Line Dance Classes Beginner – 12 – 12:30 Advanced – 12:30 – 1:00	1 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:30 BBB Meeting-Interested?Come on! 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class-Oil Colors w/Water w/Loretta	2 8:00 Yoga w/ Karen 9:30 Art Class-Oil Colors w/Water w/Loretta <u>Wear your Red, White & Blue – Ice Cream Social & Trivia by Tom New-United Healthcare</u> 11:30 Announcements/Lunch 12:30 – Pinochle – Learn to Play! 5:30 – 8:00 Game Night ,Coin Club & Dinner	3 ~~** All Centers Closed **~~ ** Dance 6:30 – 9:00 p.m. Wear your Red, White & Blue! ** Join Us for our 4th of July ** ** Star Spangled Dance ** Bring Snacks to Share	
6 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 Golden Age Clogging w/Donna B. 1:30 – 2:30-Beginner Clogging w/Donna B.	7 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 ✕ Larry House Band ✕	8 9:15 Strength Training Exercise 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-Oil Colors w/Water w/Loretta	9 8:00 Yoga w/ Karen 9:30 Art Class-Oil Colors w/Water w/Loretta <u>🎵 10:00 Karaoke w/ Debbie & Karen Singing & Dancing! Join the fun! 🎵</u> 11:30 Announcements/Lunch 12:30 – Pinochle – Learn to Play!	10 9:00:QuizBowlTourney/Jack'ville/Leave @ 7:45 9:15 Strength Training Exercise Class 10:40 Silver Sneakers Classic Class 12:15 Bingo-Prizes by Walgreen's 2-4 Creative Writing Group 6:30-9:00 PM-Dance"Rt 66 Band" w/ Dessert & Salad Night	
13 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 Golden Age Clogging w/Donna B. 1:30-2:30-Beginner Clogging w/Donna B.	14 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch **12:00-1:00 Line Dance 12:30 Grocery Shopping	15 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:00 Quiz Bowl Practice 10:40 Silver Sneakers Classic Class 11:00 Medicare Minutes w/ Diane Fisher 11:30 Announcements/Lunch 12:00 Art Class-Oil Colors w/Water w/Loretta	16 8:00 Yoga w/ Karen 9:30 Art Class-Oil Colors w/Water w/Loretta <u>🎵 10:15 Music w/Bobby Traffenstedt</u> 10:30 Craft Time 11:30 Announcements/Lunch 12:30 – Pinochle – Learn to Play!	17 9:15 Strength Training Exercise Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo-Prizes byBrightstar Home Care w/ Shannon & Keri 2 – 4 pm Creative Writing Group 6:30-9:00-Dance"Rt 66 Band"PotLuck	
20 9:15 Strength Training Exercise Class 10:00 Move w/Balance 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 AARP Meeting/Craig O'Neill Speaker 1:00-2:30 Clogging w/ Donna Bivens	21 8:30 Group Painting 9:00 Team Puzzle Contest – Prize for Winning Team 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance – 12:30 Grocery Shop 5:00 Dinner&Bingo-Meal & Prizes by: Brookdale (formerly Trillium)	22 9:15 Strength Training Exercise Class 9:30 BBB @ Russellville Sr. Center 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-Oil Colors w/Water w/Loretta	23 8:00 Yoga w/ Karen 9:30 Art Class-Oil Colors w/Water w/Loretta <u>10:45 Inspiational Moments w/Sybil Williams</u> 11:30 Announcements/Lunch 12:30 – Pinochle – Learn to Play! 1:30 – 3:30 Atty. General's Public Protection Mobile Office	24 9:15 Strength Training Exercise Class 10:00 Chair Volley Ball 10:40 Silver Sneakers Classic Class 12:15 Bingo-PrizesDeervlewHealth&Rehab 2 – 4 pm Creative Writing Group 6:30-9:00-Dance"Rt66Band"Concessions	
27 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 Golden Age Clogging w/Donna B. 1:30-2:30-Beginner Clogging w/Donna B.	28 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch **12:00-1:00 Line Dance 12:30 Grocery Shopping 6-8 pm - "Line Dancing w/ A Kick" with Libby & Bernie \$ 5.00	29 ** All Centers Closed** Staff Training Day at Conway Sr. Center	30 8:00 Yoga w/ Karen 9:30 Art Class-Oil Colors w/Water w/Loretta 11:30 Announcements/Lunch 12:30 – Pinochle – Learn to Play!	31 <u>BRUNCH</u> 9:15 Strength Training Exercise Class 9:45Announcements/Pledge/Brunch/10:30Bingo 11:00 Silver Sneakers Classic Class 2 – 4 pm Creative Writing Group 6:30-9:00-Dance"Rt66Band"Concessions	
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