

MARCH 2015		CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
2 9:00 Conway Christian Students 9:15 Strength Training Exercises 10:00 Move w/Balance Class/Sherri 10:00 Quilting Workshop 10:15 Alzheimers Seminar 11:30 Announcements/Lunch 12:10 Silver Sneakers Classic Class	3 8:30 Group Painting 9-2 Income Tax w/Paul Gannon-by Appt. only 10:30 Gospel Singing 11:30 Announcements/Lunch 12:00-1:00 Line Dance 12:30 Grocery Shopping 6:30-9:00 Dance w/Sunset Band	4 9:15 Strength Training Exercise Class 10:00 Vilonia Primary Melodies Singers 10:00 Move w/Balance Class/Sherri 10:00 Quiz Bowl Practice 11:30 Announcements/Lunch 12:00 WaterColor Class w/Loretta	5 8:00 Yoga w/ Karen 9:30 WaterColor Class w/Loretta <u>10:15 Music w/Bobby Traffenstedt</u> 11:30 Announcements/Lunch 12:10 Silver Sneakers Classic Class 1-3 Internet/Email Class w/Conway Adult Ed. 5:30 - 8:00 Game Night ,Coln Club & Dinner	6 9:15 Strength Training Exercise Class BBB - Maumelle- 10:00 Sr. Moments Play & 1:00 Conway Shakers Play 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2 - 4 Creative Writing Group 6:30-9:00 PM Dance/Dinner	
9 9:00 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:00 Quilting Workshop <u>Come & See! "Awesome Robots" designed</u> By High School Students 11:30 Announcements/Lunch 12:10 Silver Sneakers Classic Class	10 8:30 Group Painting 9-2 Income Tax w/Paul Gannon-by Appt. only 10:30 Gospel Singing 11:30 Announcements/Lunch 12:00-1:00 Line Dance 12:30 Grocery Shopping 5:00 Dinner & Bingo	11 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:00 Quiz Bowl Practice 11:00 Roy Johnson-"Lets Get Motivated" 11:30 Announcements/Lunch 12:00 WaterColor Class w/Loretta	12 8:00 Yoga w/ Karen 9:30 WaterColor Class w/Loretta <u>10:30 Card Making Class w/ Jen</u> 11:30 Announcements/Lunch 12:10 Silver Sneakers Classic Class 1-3 Internet/Email Class w/ Conway Adult Education	13 9:15 Strength Training Exercise Class 10:30 Conway Reg. Therapy Specialty Clinic w/ Sarah Conley 11:30 Announcements/Pledge/Lunch 12:15 Bingo-Prizes/Conway Reg. Specialty 2 - 4 Creative Writing Group 6:30-9:00 PM Dance/Dessert Night	
16 12:00 AARP Meeting 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:00 Quilting Workshop 10:00 BBB Mt.Ida Senior Moments/Conway Shakers 11:30 Announcements/Lunch 12:10 Silver Sneakers Classic Class	17 ♣ St. Patrick's Day ♣ 8:30 Group Painting 9-2 Income Tax w/Paul Gannon-by Appt. only 10:30 Gospel Singing 11:30 Announcements/Lunch 12:00-1:00 Line Dance 12:30 Grocery Shopping	18 9:15 Strength Training Exercise Class 10:00 Quiz Bowl Practice 10:00 Move w/Balance Class/Sherri 11:00 Medicare Minutes w/Diane Fisher 11:30 Announcements/Lunch 12:00 WaterColor Class w/Loretta 10 - 12 "Humana" Questions & Info.	19 8:00 Yoga w/ Karen 9:30 WaterColor Class w/Loretta <u>10:45 Inspirational Moments w/Sybil Williams</u> 11:30 Announcements/Lunch 12:10 Silver Sneakers Classic Class 1-3 Windows Computer Class w/ Conway Adult Ed. \$20. 4 weeks	20 9:15 Strength Training Exercise Class 10:30 "Safety Precautions" - Conway Police Dept. 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2 - 4 Creative Writing Group 6:30-9:00 PM Dance/Pot luck	
23 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:00 Quilting Workshop 11:30 Announcements/Lunch 12:10 Silver Sneakers Classic Class <u>10:45 Food Shopping Menu</u> <u>Planning by Erik McCarthy</u>	24 8:30 Group Painting 10:00 BBB Camp Aldersgate-here 9-2 Income Tax w/Paul Gannon-by Appt. only 10:30 Gospel Singing 11:30 Announcements/Lunch 12:00-1:00 Line Dance 12:30 Grocery Shopping	25 9:15 Strength Training Exercise Class 10:00 Quiz Bowl Practice 10:00 Move w/Balance Class/Sherri 11:30 Announcements/Lunch 12:00 WaterColor Class w/Loretta	26 9:30 WaterColor Class w/Loretta <u>10:30 Card Making Class w/ Jen</u> 11:30 Announcements/Lunch 12:10 Silver Sneakers Classic Class 1-3 Windows Computer Class w/ Conway Adult Ed. \$20. 4 weeks	27 9:15 Strength Training Exercise Class 10:30 Brian Zimmerman w/ Bank of the Ozarks 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2 - 4 Creative Writing Group 6:30-9:00 PM Dance/Pizza by ConwayHealth&Rehab	
30 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:00 Quilting Workshop 11:30 Announcements/Lunch 12:10 Silver Sneakers Classic Class <u>10:45 Eating out Strategies</u> <u>by Erik McCarthy</u>	31 8:30 Group Painting 9-2 Income Tax w/Paul Gannon-by Appt. only 9:45 BRUNCH 10:30 Gospel Singing 10:30 Line Dance 10:30 Grocery Shopping	8:30 Daily Mon. - Fri. Leisure Activities Cards, Board Games, Walking, Craft Room, Pool Table, Ping Pong Coffee with a Friend! You Decide!	March is Senior Nutrition Month March 23 Food Shopping/Menu Planning By Erick McCarthy @10:45 March 30 Eating Out Strategies By Erick McCarthy@10:45	** WINTER WEATHER ** <u>In the event of inclement weather,</u> <u>we will follow School Closings</u> <u>If Conway Schools close, the</u> <u>Senior Center will be closed</u>	
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