

DECEMBER 2014	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	No Dance Friday 5 th
1 Conway Christian Students Visit 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class with Sherri 10:30 Christmas Table Decorations 11:30 Announcements/Lunch 12:20 SignLanguageBasics w/Cathy Childers 1 – 4 Table Tennis	2 8:30 Art Class w/Dema Clark 10:30 Gospel Singing w/ Gene 11:30 Announcements/Lunch 12:00-1:00 LineDanceClass/12:15 GroceryShopping 1 – 4 Diabetes Self-Mngement Class 6:00 Christmas Lighting Ceremony @ Faulkner Co. Courthouse	3 9:15 Stréngth Training Exercise Class 10:00 Quiz Bowl Practice 10:00 Move w/Balance Class with Sherri 11:30 Announcements/Lunch 12:30 Acrylic Painting w/Loretta	4 8:00 Yoga w/Karen 8:30 Acrylic Painting w/Loretta 10:00 Blood Pressure Check by CRMC Homecare 10:30 Making Christmas DoorKnob Hangers 11:00 Music by Bobby Traffenstedt 11:30 Announcements/Lunch 5:30 – 8:00 Game Night / Coin Club&Meal	5 BRUNCH 8:30 Leisure Activities 9:15 Strength Training Exercises 9:45 Announcements/Pledge/Brunch 10:30 Bingo Center Closed after Bingo to Prepare for Pancake Breakfast
8 9:15StrengthTrainingExerciseClass 10:00 Move w/Balance Class with Sherri 10:30 Captel Captioned Telephones by Nancy Foster 11:30 Announcements/Lunch 12:20 SignLanguageBasics w/Cathy Childers 1 – 4 Table Tennis	9 8:30 Art Class w/Dema Clark 10:30 Gospel Singing w/ Gene 11:30 Announcements/Lunch 12:00-1:00 LineDanceClass/12:15 GroceryShopping 1 – 4 Diabetes Self-Mngement Class 5:00 DinnerBingoBySalemNursing&Rehab 6:15 Conway Women's Chorus	10 9:15 Strength Training Exercise Class 10:00 Quiz Bowl Practice 10:00 Move w/Balance Class with Sherri 11:00 Medicare Minutes w/Diane Fisher 11:30 Announcements/Lunch 12:30 Acrylic Painting w/Loretta	11 8:00 Yoga w/Karen 8:30 Acrylic Painting w/Loretta 10:30 Making Christmas Earrings w/Nelda 11:30 Announcements/Lunch 5:45 – Antioch Church – “Bethlehem Revisited”	12 9:15 Strength Training Exercise Class 10:30 AR Saves Stroke Program Conway Regional, Tim Vandiver 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2—4 Conway Creative Writing Group 6:30-9:00 PM Dance & Dessert Night
15 9:15StrengthTrainingExerciseClass 10:00 Move w/Balance Class with Sherri 10:30 House Fire Prevention w/Laura Taylor,Health Dept.(Free Give-aways!) 11:30 Announcements/Lunch 12:20 SignLanguageBasics w/Cathy Childers 1 – 4 Table Tennis	16 8:30 Art Class w/Dema Clark 10:30 Gospel Singing w/ Gene 11:30 Announcements/Lunch 12:00-1:00 Line Dance Class 12:15 Grocery Shopping 1 – 4 Diabetes Self-Mngement Class 5:30 ChristmasLights–Tour of Homes	17 9:15 Strength Training Exercise Class 10:45 Musical Entertainment by Chuck & Carol Price 10:00 Move w/Balance Class with Sherri 11:30 Announcements/Lunch 12:30 Acrylic Painting w/Loretta	18 8:00 Yoga w/Karen 8:30 Acrylic Painting w/Loretta 10:30 ILS Jammers Christmas Musical 11:30 Announcements/Lunch 12:30 – 1:30 Alaskan History with Ruthamae Karr 5:30 – 8:00 Game Night &Meal	19 9:15 StrengthTrainingExerciseClass 10:30 Stress & The Holidays, w/Hurley ChiropracticClinic;ChairMassages.SpinalScans 11:30 Announcements/Pledge/Lunch 12:05 MissToby'sTapClass /12:20 Bingo 1—4 Table Tennis/ 2—4 Conway Creative Writing 6:30-9:00 PM ChristmasDance&Potluck
22 9:15StrengthTrainingExerciseClass 10:00 Move w/Balance Class with Sherri 11:30 Announcements/Lunch 12:15 Grocery shopping 12:20 SignLanguageBasics with Cathy Childers 1 – 4 Table Tennis	23 8:30 Art Class w/Dema Clark Christmas Party & Special Visitor 10:30 GospelSinging & ChristmasCarols 11:30 Announcements/Lunch 12:15 Christmas Bingo – Prizes by Heritage Living Center 1:00 – 2:00 Line Dancing Class	24 Centers Closed Christmas Holidays		25 Dec. 24 – 26
29 9:15StrengthTrainingExerciseClass 10:00 Move w/Balance Class with Sherri 10:30 “Decorative Crosses” with Kathy 11:30 Announcements/Lunch 12:20 SignLanguageBasics w/Cathy Childers 1 – 4 Table Tennis	30 8:30 Art Class w/Dema Clark 10:30 Gospel Singing w/ Gene 11:30 Announcements/Lunch 12:00-1:00 Line Dance Class 12:15 Grocery shopping 1 – 4 Table Tennis	31 Centers Closed-New Years Eve Ring in the New Year with us! Dance: 8 – 12 Midnight \$10.00 in advance \$12.00 at the door Serving – Black-eyed Peas &		Saturday, December Pancake Breakfast & Bake Sale, Craft Sale 7 A.M. – Noon Cornbread
6th, Silent Auction Mon. – Fri. – DailyLeisureActivities: Cards Board Games; Craft room; Walking; Pool tables				
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				