

JUNE 2015		CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday		
1 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 11:30 Announcements/Lunch 12:10 Silver Sneakers Classic Class 12:30-1:30 Golden Age Clogging w/Donna B. 2:00-3:00-Beginner Clogging w/Donna B.	2 8:30-Group Painting 10:00 BBB – Badgers – There 10:30 Gospel Singing 11:30 Announcements/Lunch **12:00-1:00 Line Dance Class 12:30 Grocery Shopping * 7:00-9:30 Dance "Midnight Express"	3 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 Acrylic Class w/Loretta * Silent Auction – Wed. Thur. Fri.	4 8:00 Yoga w/ Karen 9:30 Acrylic Class w/Loretta 10:30 Craft Time 11:30 Announcements/Lunch 12:30 – Pinochle – Learn to Play! 5:30 – 8:00 Game Night ,Coin Club & Dinner	5 9:15 Strength Training Exercises 10:30 – British Tea Party w/ Heather 11:30 Announcements/Pledge/Lunch 12:15 Bingo-Prizes by WalGreen 2-4 Creative Writing Group 6:30-9:00 PM-Dance "Rt 66 Band" Sandwiches provided by Center		
8 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 11:30 Announcements/Lunch 12:10 Silver Sneakers Classic Class 12:30-1:30 Golden Age Clogging w/Donna B. 2:00-3:00-Beginner Clogging w/Donna B.	9 8:30-Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch **12:00-1:00 Line Dance 12:30 Grocery Shopping 5:00 Dinner & Bingo-Meal & Prizes Provided by: Conway Health & Rehab	10 9:15 Strength Training Exercises 10:00 Move w/Balance Class/Sherri 10:00 Quiz Bowl Practice ** 10:15 – Murray's Dinner Playhouse ** 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Acrylic Class w/Loretta	11 8:00 Yoga w/ Karen 9:30 Acrylic Class w/Loretta 10:00 – BBB – Willow House – There 10:45 Inspirational Moments w/Sybil Williams 11:30 Announcements/Lunch 12:30 – Pinochle – Learn to Play! 1:00 – BBB – Hayes Center – There	12 9:15 Strength Training Exercises 10:00 – BBB – Jacksonville– Here 11:30 Announcements/Pledge/Lunch 12:15 Bingo 2-4 Creative Writing Group 6:30-9:00 PM-Dance"Rt 66 Band" Dessert & Salad Night		
15 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 11:30 Announcements/Lunch 12:00 AARP Meeting 12:10 Silver Sneakers Classic Class 12:30-1:30 Golden Age Clogging w/Donna B. 2:00-3:00-Beginner Clogging w/Donna B.	16 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch **12:00-1:00 Line Dance 12:30 Grocery Shopping	17 9:15 Strength Training Exercises 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 Acrylic Class w/Loretta	18 8:00 Yoga w/ Karen 9:30 Acrylic Class w/Loretta 10:00 Senior Talent Show: Share your Talent! Sign up w/ Debra 11:30 Announcements/Lunch 12:30 – Pinochle – Learn to Play!	19 9:15 Strength Training Exercises 10:30 –The True Story of Moonlight Graham: A life Well Lived w/ Dr. Bob Reising 11:30 Announcements/Pledge/Lunch 12:15 Bingo-Everyone Playing bring a Prize! 2-4 Creative Writing Group 6:30-9:00 PM-Dance"Rt 66 Band"- "Pot Luck"		
22 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 11:30 Announcements/Lunch 12:10 Silver Sneakers Classic Class 12:30-1:30 Golden Age Clogging w/Donna B. 2:00-3:00-Beginner Clogging w/Donna B.	23 8:30 Group Painting 10:00 Chair Volleyball Demonstration By Russellville Senior Center 10:30 Gospel Singing 11:30 Announcements/Lunch **12:00-1:00 Line Dance 12:30 Grocery Shopping 6pm – 8 pm Line Dancing w/ a KICK w/Libby & Bernie \$5.00	24 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 Acrylic Class w/Loretta	25 8:00 Yoga w/ Karen 9:30 Acrylic Class w/Loretta 🎵 10:15 Music w/Bobby Traffenstedt 11:30 Announcements/Lunch 12:30 – Pinochle – Learn to Play!	26 9:15 Strength Training Exercises 10:45 - "Arthritis" w/ Rebecca Mounce West Central Center on Aging 11:30 Announcements/Pledge/Lunch 12:15 Bingo/ 2-4 Creative Writing Group 6:30-9:00 PM-Dance"Rt 66 Band" "Concessions" Available		
29 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 11:30 Announcements/Lunch 12:10 Silver Sneakers Classic Class 12:30-1:30 Golden Age Clogging w/Donna B. 2:00-3:00-Beginner Clogging w/Donna B.	30 8:30 Group Painting 9:45 Announcements/Brunch 10:30 Gospel Singing 11:00 Grocery Shopping **11:00-12:00 Line Dance	8:30 Daily – Mon – Fri Leisure Activities Cards, Board Games, Walking, Craft Room, Pool Table, Ping Pong Coffee with a Friend! You Decide!		** Tuesday Line Dance Classes Beginner – 12 – 12:30 Advanced – 12:30 – 1:00 * Tues. June 2-Concessions Available Featuring: BBQ Pork Sandwich For "Midnight Express Dance"	** Wed. June 10th – Murray's Dinner Playhouse "A Mighty Fortress" Leave @ 10:15 AM – Show Begins 12:45 \$ 34.00 includes Lunch	
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