

NOVEMBER 2014	MAYFLOWER SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
3 8:30 Leisure Activities Blood Pressure Check by Conway Health & Rehab Learning to Quilt 11:30 Announcements/Lunch 12:00 Bingo	4 8:30 Leisure Activities 9:15 Exercise 10:30 Gospel Singing 11:30 Announcements/Lunch 12:00 Bingo	5	6 8:30 Leisure Activities 10:00 Art Class 10:15 Exercise 11:30 Announcements/Lunch 12:00 Bingo	7	
10 8:30 Leisure Activities Learning to Quilt 11:30 Announcements/Lunch 12:00 Bingo	11 8:30 Leisure Activities 9:15 Exercise 10:30 Gospel Singing 11:30 Announcements/Lunch 12:00 Bingo	12	13 8:30 Leisure Activities 9:45 Announcements/BRUNCH 10:30 Bingo 8:30 Leisure Activities	14	
17 8:30 Leisure Activities Learning to Quilt 11:30 Announcements/Lunch 12:00 Bingo	18 8:30 Leisure Activities 9:15 Exercise 10:30 Gospel Singing 11:30 Announcements/Lunch 12:00 Bingo	19	20 8:30 Leisure Activities 10:00 Art Class 10:15 Exercise 11:30 Announcements/Lunch 12:00 Bingo	21	
24 8:30 Leisure Activities Learning to Quilt 11:30 Announcements/Lunch 12:00 Bingo	25 8:30 Leisure Activities 9:15 Exercise 10:30 Gospel Singing 11:30 Announcements/Lunch 12:00 Bingo	26	27 Centers Closed Thanksgiving Holiday	28 Centers Closed Thanksgiving Holiday	
		##		Effective Nov 3rd The Suggested donation for meals will be \$3.00	
Center Phone: 501-450-3350 Open Monday, Tuesday, Thursday 8:00 AM — 3:30 PM Transportation Available Like us on Facebook! On the Web: fcseniors.com					