

OCTOBER 2016	TWIN GROVES SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
3	4 Leisure Activities 9:30 Tapes & Gospel Music 11:30 Announcements/Lunch 12:00 Bingo	5	6	7 Leisure Activities 10:15 Exercise Quilting & Crafts 11:30 Announcements/Lunch 12:00 Bingo	
10	11 Leisure Activities 9:30 Tapes & Gospel Music 11:30 Announcements/Lunch 12:00 Bingo	12	13	14 Leisure Activities 10:15 Exercise Quilting & Crafts 11:30 Announcements/Lunch 12:00 Bingo	
17	18 Leisure Activities 9:30 Tapes & Gospel Music 11:30 Announcements/Lunch 12:00 Bingo	19	20	21 Leisure Activities 10:15 Exercise Class Blood Pressure Check by Conway Health & Rehab 11:30 Announcements/Lunch 12:00 Bingo	
24	25 Leisure Activities 9:30 Tapes & Gospel Music 11:30 Announcements/Lunch 12:00 Bingo	26	27	28 Leisure Activities 10:15 Exercise Quilting & Crafts 11:30 Announcements/Lunch 12:00 Bingo	
31		##			
Center Phone: 501-335-7733 Open Tuesday & Friday 8:00 AM — 2:30 PM Transportation Available Like us on Facebook! On the Web: fcseniors.com					