

AUGUST 2015		VILONIA SENIOR CITIZENS CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
3	4	5 Leisure Activities Blood Pressure Check by Conway Health & Rehab 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch 12:00 Bingo	6 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	7 Leisure Activities 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
10 Leisure Activities 10:00 Strength Training Exercise Class 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	11 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	12 Leisure Activities 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch 12:00 Bingo	13 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	14 Leisure Activities 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
17 Leisure Activities 10:00 Strength Training Exercise Class 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	18 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	19 Leisure Activities 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch 12:00 Bingo	20 Leisure Activities 9:45 Announcements/ Brunch 11:00 Music	21 Leisure Activities 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
24 Leisure Activities 10:00 Strength Training Exercise Class 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	25 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	26 Leisure Activities 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch 12:00 Bingo	27 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	28 Leisure Activities 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
31 BRUNCH Leisure Activities 9:45 Announcements/Brunch 11:00 Music 12:00 Learn to Knit & Crochet		##			
Center Phone: 501-796-4680 Open Monday — Friday 8:00 AM — 2:00 PM Transportation Available Like us on Facebook! On the Web: fcseiors.com					