

NOVEMBER 2015	VILONIA SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
2 8:30 Leisure Activities 10:00 Strength Training 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	3 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	4 8:30 Leisure Activities 10:00 Exercise Class Blood Pressure Check by Conway Health & Rehab 11:30 Announcements/Lunch 12:00 Bingo	5 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	6 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
9 8:30 Leisure Activities 10:00 Strength Training 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	10 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	11 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch 12:00 Bingo	12 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	13 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
16 8:30 Leisure Activities 10:00 Strength Training 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	17 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	18 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch 12:00 Bingo	19 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	20 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
23 8:30 Leisure Activities 10:00 Strength Training 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	24 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	25 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch 12:00 Bingo	26 Centers Closed Thanksgiving Holiday	27 Centers Closed Thanksgiving Holiday	
30 BRUNCH 8:30 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: fcseniors.com					