

SEPTEMBER 2015	VILONIA SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
	1 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	2 Leisure Activities Blood Pressure Check by Conway Health & Rehab 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch 12:00 Bingo	3 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	4 Leisure Activities 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
7 Labor Day Holiday Centers Closed	8 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	9 Leisure Activities 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch 12:00 Bingo	10 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	11 Leisure Activities 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
14 Leisure Activities 10:00 Strength Training Exercise Class 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	15 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	16 Leisure Activities 10:00 Strength Training Exercise Class “Caregiver Workshop for FREE Grant Money” w/ Belinda Pedigo 11:30 Announcements/Lunch 12:00 Bingo	17 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	18 Leisure Activities 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
21 Leisure Activities 10:00 Strength Training Exercise Class 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	22 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	23 Leisure Activities 10:00 Strength Training Exercise Class 11:30 Announcements/Lunch 12:00 Bingo	24 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	25 Leisure Activities 10:00 Strength Training Exercise Class Game Night 6:00 — 10:00 Night Hawks	
28 Leisure Activities 10:00 Strength Training Exercise Class 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	29 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	30 9:45 Brunch Leisure Activities 9:45 Brunch 10:30 Strength Training Exercise Class 11:15 Bingo			
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					