

NOVEMBER 2016	VILONIA SENIOR CITIZENS CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
8:30 Leisure Activities 10:00 Strength Training 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	1 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	2 8:30 Leisure Activities 10:00 Exercise Class Blood Pressure Check by Conway Health & Rehab 11:30 Announcements/Lunch 12:00 Bingo	3 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	4 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
7 8:30 Leisure Activities 10:00 Strength Training 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	8 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	9 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch 12:00 Bingo	10 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	11 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
14 8:30 Leisure Activities 10:00 Strength Training 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	15 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	16 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch 12:00 Bingo	17 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	18 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch Game Night 6:00 — 10:00 Night Hawks	
21 8:30 Leisure Activities 10:00 Strength Training 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	22 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	23 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch 12:00 Bingo	24 Centers Closed Thanksgiving Holiday	25 Centers Closed Thanksgiving Holiday	
28 8:30 Leisure Activities 10:00 Strength Training 11:00 Music 11:30 Announcements/Lunch 12:00 Learn to Knit & Crochet	29 8:30 Leisure Activities 11:00 Music 11:30 Announcements/Lunch	30 8:30 Leisure Activities 10:00 Exercise 11:30 Announcements/Lunch 12:00 Bingo		Conway Senior Center Pancake Breakfast, Silent Auction Bake Sale Saturday, December 3rd 7 am - 12 noon	
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					