

NOVEMBER 2019	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
Saturday, December 7th Pancake Breakfast Silent Auction & Bake Sale 7 A.M. – Noon CONWAY SENIOR CENTER	Medicare Part D sign up Wednesday, November 6th Wednesday, November 13th 8:30am -2:00pm Call for an appointment 501-327-2895	NOVEMBER 8TH AARP BAKE SALE AND BOOK SALE 9:00 AM--12:30 PM	Are you interested in a job working for the US Census? Hiring Event for the US Census 2020 Friday, November 8th 10:00 - 12:00	1 9:30 Strength Training Exercise 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group *** HALLOWEEN DANCE *** 6:30-9 Dance w/Midnight Express	
4 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 12:30 VET Mtg-12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong	5 8:00 Tai Chi - 8:30 Group Painting 8:30 Guitar Class---10:15 Gospel Singing 10:15 Gospel Singing w/ Frank Burgess Group 11:30 Announcements & Lunch 12-1 Beginner Line Dance 12:30 Grocery Shopping 1:30 Canasta--2-4 Writing Group w/Shirley	6 9:15 Strength Training Exercise 10:00 "Book Club" to Little Rock Zoo 10:00 Move w/Balance Class/Sherri 10:30 Inspirational Moments w/Laura 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 1:30 Ping Pong	7 8:00 Yoga w/Karen 9:00 Chair Volleyball @ West Central 10:15 Disaster Preparedness for Srs/UAMS 11:30 Announcements/Lunch 12-2 Libby's Intermediate Line Dance 2-3 Kountry Kool Line Dance Practice 12:30 Art Class w/Dema 12:30 Bowling	8 9:30 Strength Training Exercise 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group *** 50's DANCE *** 6:30-9 Dance w/Midnight Express	
11 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 12:15 Celebrating our Veterans 12:45 Chair Volleyball--12:45 Tai Chi 1:30 Ping Pong	12 8:00 Tai Chi - 8:30 Group Painting 8:30 Guitar Class---10:15 Gospel Singing 11:30 Announcements & Lunch 12-1 Beginner Line Dance--12:30 Shopping 1:30 Canasta--2-4 Writing Group w/Shirley 5:00 Dinner, Bingo & Coin Club Provided by: UCA Nutrition Students	13 9:30 Strength Training Exercise 10:00 Move with Balance Class 10:40 Silver Sneakers Class w/Sherri 11:00 Medicare Minutes 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	14 8:00 Yoga w/Karen 9:00 and 12:30 Art Class w/Dema 11:30 Announcements/Lunch 12:15 Photography Club 12-2 Libby's Intermediate Line Dance 2-3 Kountry Kool Line Dance Practice 12:30 Art Class w/Dema 12:30 Bowling	15 9:30 Strength Training Exercise 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group 6:30- 9:00 DANCE DOUBLE BARREL RELOADED	
18 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 12:00 AARP Meeting 12:30 VET Mtg-12:30 Chair Volleyball 12:45 Tai Chi--1:30 Ping Pong	19 8:00 Tai Chi - 8:30 Group Painting 8:30 Guitar Class---10:15 Gospel Singing 11:30 Announcements & Lunch 12-1 Beginner Line Dance 12:30 Grocery Shopping 1:30 Canasta 2-4 Writing Group w/Shirley	20 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	21 8:00 Yoga w/Karen 9:00 Chair Volley Ball @ West Central 10:30 Safety Guidelines-UCA Students 11:30 Announcements/Lunch 12-2 Libby's Intermediate Line Dance 2-3 Kountry Kool Line Dance Practice 12:30 Art Class w/Dema 12:30 Bowling	22 9:30 Strength Training Exercise 10:00 Drums Alive "Seated & Standing" 10:40 Silver Sneakers Classic Class 11:30 Announcements/Pledge/Lunch 12:15 Bingo--2-4 Creative Writing Group 6:30- 9:00 DANCE DOUBLE BARREL RELOADED	
25 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 12:30 VET Mtg-12:30 Chair Volleyball 12:45 Tai Chi 1:30 Ping Pong	26 8:00 Tai Chi - 8:30 Group Painting 8:30 Guitar Class---10:15 Gospel Singing 11:30 Announcements & Lunch 12-1 Beginner Line Dance 12:30 Grocery Shopping 1:30 Canasta 2-4 Writing Group w/Shirley	27 9:30 Strength Training Exercise 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Class w/Sherri 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	28 Thanksgiving Holiday Centers Closed	29 Thanksgiving Holiday CENTER CLOSED DURING THE DAY *** We Will Dance Tonight *** 6:30-9:00 Greg Ward & the Good Time Band with David Garner	
Center Phone: 501-327-2895	Open Monday — Friday 8:00 AM — 4:00 PM Transportation Available Like us on Facebook!				On the Web fcseniors.com