

JANUARY 2020		CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
Winter Weather <u>In the event of inclement weather,</u> <u>we will follow School Closings</u> <u>If Conway Schools close, the</u> <u>Senior Center will be closed</u> <u>go to fcseiors.com for updates</u>	UNITED WAY HELPS HERE ! PLEASE GIVE TODAY <i>You may give it Debra</i>	1 HAPPY NEW YEAR CENTER CLOSED	2 NO YOGA TODAY 9:00 & 12:30 Art Class w/Dema 10:30 Faith Hargis--Saxophone Music 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 2-3 Kountry Kool Line Dance Practice 12:30 Bowling-Conway Family Bowl	3 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 Midnight Express Band	
6 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volleyball--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi 1:30 Ping Pong	7 8:00 Tai Chi 8:30 Guitar Class 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Beginner Line Dance Class 12:20 Grocery Shopping 1:30 Hand & Foot "Katherine's Rules" 2-4 Words on Paper w/Shirley Barham	8 9:30 Strength Training Exercise Class 10:00 Move w/Balance 10:40 Sherri's Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club 1:30 Ping Pong	9 8:00 Yoga w/Karen 9:00 & 12:30 Art Class w/Dema 10:00-11:00 Lets go to the Library 11:30 Announcements/Lunch 12:15 Photography Class--12:30 Bowling 12-2 Intermediate Line Dance Class 2-3 Kountry Kool Line Dance Practice	10 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 Midnight Express Band	
13 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volleyball--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi 1:30 Ping Pong	14 8:00 Tai Chi 8:30 Guitar Class 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance Class-12:20 Grociery Shop 1:30 Hand & Foot "Katherine's Rules" 2-4 Words on Paper w/Shirley Barham 5:00 Dinner, Bingo & Coin Club	15 9:30 Strength Training Exercise Class 10:00 Move with Balance Class 10:40 Sherri's Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club 1:30 Ping Pong	16 8:00 Yoga w/Karen 9:00 & 12:30 Art Class w/Dema 10:30 Inspirational Moments w/Laura 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 2-3 Kountry Kool Line Dance Practice 12:30 Bowling-Conway Family Bowl	17 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 Band	
20 CENTER CLOSED MARTIN LUTHER KING HOLIDAY	21 8:00 Tai Chi 8:30 Guitar Class 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Beginner Line Dance Class 12:20 Grocery Shopping 1:30 Hand & Foot "Katherine's Rules" 2-4 Words on Paper w/Shirley Barham	22 9:30 Strength Training Exercise Class 10:00 Move with Balance Class 10:40 Sherri's Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club 1:30 Ping Pong	23 8:00 Yoga w/Karen 9:00 & 12:30 Art Class w/Dema 10-11 Lets go to the Library 11:30 Announcements/Lunch 12:15 Photography Class--12:30 Bowling 12-2 Intermediate Line Dance Class 2-3 Kountry Kool Line Dance Practice	24 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 Band	
27 9:30 Strength Training Exercise Class 10:00 Move w/Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 AARP Meeting 12:15 Chair Volleyball--12:30 VET Mtg 12:45 Tai Chi--1:30 Beginner Tai Chi	28 8:00 Tai Chi 8:30 Guitar Class 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Beginner Line Dance Class 12:20 Grocery Shopping 1:30 Hand & Foot "Katherine's Rules" 2-4 Words on Paper w/Shirley Barham	29 9:30 Strength Training Exercise Class 10:00 Move w/Balance 10:40 Sherri's Boot Camp 11:30 Announcements/Lunch 12:15 Chair Volleyball 12:30 Book Club 1:30 Ping Pong	30 8:00 Yoga w/Karen 9:00 & 12:30 Art Class w/Dema 10:30 "DANCE" Music by Sherri the DJ 11:30 Announcements/Lunch 12-2 Intermediate Line Dance Class 2-3 Kountry Kool Line Dance Practice 12:30 Bowling-Conway Family Bowl	31 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 Zyndall Raney Band	
Center Phone: 501-327-2895		Open Monday — Friday 8:00 AM — 4:00 PM Transportation Available Like us on Facebook!			On the Web fcseiors.com