

JANUARY 2017		CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR			For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
2 Happy New Year Center Closed	3 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance 12:30 <i>Grocery Shopping</i> NO DANCE TONIGHT NEXT TUESDAY DANCE FEB 7TH	4 9:15 Strength Training Exercises 10:00 Move with Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class w/Loretta 12:30 Book Club 1:30 Ping Pong	5 8:00 Yoga w/Karen 9:00 Art Class w/ Loretta 10:00 Fun in the Craft Room 11:30 Announcements/Lunch 12-1 Line Dance	6 9:15 Strength Training Exercises 11:00 Beth Crowder APRN Arkansas Heart Hospital 11:30 Announcements/Pledge/Lunch 12:15 Bingo-NO Silver Sneakers 2-4 Creative Writer Group/6 pm Line Dancing 6:30-9:00pm DANCE/ Snacks by Sr Center	
9 9:00 Ways to Improve your Art Work and to Learn w/Dema Clark 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volley Ball-1:30 Ping Pong	10 8:30 Group Painting 9:30 Chair Volley Ball 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance 12:30 <i>Grocery Shopping</i> 5:00 Dinner, Bingo, Coin Club	11 9:15 Strength Training Exercises 10:00 Move with Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class w/Loretta 12:30 Book Club 1:30 Ping Pong	12 8:00 Yoga w/ Karen 9:00 Art Class w/ Loretta 10:15 Chair Volley Ball Game w/Jacksonville Senior Center Here 11:30 Announcements/Lunch 12-1 Line Dance 12:30 Movie & Popcorn (Media Room)	13 9:15 Strength Training Exercises 11:00 Info by St Andrews Nursing Facility 11:30 Announcements/Pledge/Lunch 12:15 Bingo - 1:00 Silver Sneakers 2-4 Creative Writing Group 6:00 Line Dancing	
16 Martin Luther King Jr. Day Centers Closed AARP Meeting will be Tuesday, January 17th	17 8:30 Group Painting 9:30 Chair Volley Ball 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance 12:30 <i>Grocery Shopping</i> 12:00 AARP Meeting	18 9:15 Strength Training Exercises 10:00 Move with Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class w/Loretta 12:30 Book Club 1:30 Ping Pong	19 8:00 Yoga w/ Karen 9:00 ArtClass w/ Loretta 10:30 Inspirational Moments with Laura Spencer 11:30 Announcements/Lunch 12-1 Line Dance *National Popcorn Day*	20 9:15 Strength Training Exercises 9:30 Pool Tournament 11:30 Announcements/Pledge/Lunch 12:15 Bingo - 1:00 Silver Sneakers 2-4 Creative Writing Group 6:00 Line Dancing	
23 9:00 Ways to Improve your Art Work and to Learn w/Dema Clark 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volley Ball-1:30 Ping Pong	24 8:30 Group Painting 9:30 Chair Volley Ball 10:30 Gospel Singing 11:00 Medicare Minutes 11:30 Announcements/Lunch 12-1 Line Dance 12:30 <i>Grocery Shopping</i>	25 9:15 Strength Training Exercises 10:00 Move with Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:00 Art Class w/Loretta 12:30 Book Club 1:30 Ping Pong	26 8:00 Yoga w/ Karen 9:00 ArtClass w/ Loretta 9-12 Quilt Show Display Bring a quilt that is special to you and tell us its story 11:30 Announcements/Lunch 12-1 Line Dance	27 9:15 Strength Training Exercises 9:30 Join us for Ping Pong (2 Tables) 11:30 Announcements/Pledge/Lunch 12:15 Bingo - 1:00 Silver Sneakers 2-4 Creative Writing Group 6:00 Line Dancing	
30 9:00 Ways to Improve your Art Work and to Learn w/Dema Clark 9:15 Strength Training Exercise Class 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:15 Chair Volley Ball-1:30 Ping Pong	31 8:30 Group Painting 9:15 Bingo 9:45 Announcements-BRUNCH 10:30 Gospel Singing 11:00 Grocery Shopping 12-1 Line Dance	32 ***** TRIP APRIL 23-28 ***** BILTMORE ESTATE & ASHEVILLE, NC \$499.00 PER PERSON DOUBLE OCCUPANCY 6 DAYS 5 NIGHTS SEE DEBRA FOR DETAILS	"Winter Weather" In the event of inclement weather, <u>we will follow School Closings</u> <u>If Conway Schools close, the</u> <u>Senior Center will be closed</u> go to fcseniors.com for updates	UNITED WAY CAMPAIGN BEGINS PLEASE HELP BY MAKING A DONATION !!	
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					