

JUNE 2017	CONWAY SENIOR WELLNESS & ACTIVITY CENTER CALENDAR				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
Murrays Dinner Theatre Wednesday, June 14th leave the center at 10:00 am Cost is \$35.00 Covers the Buffet, Play and Transportation Please sign up with Debra	The Play is "Southern Crossroads" A joyous, funny and touching show set in the midst of the Great Depression Southern Crossroads follows a traveling family of singers, who despite	setbacks, persevere to bring entertainment to the locals regardless, treating them to an old-fashioned, high spirited Southern Jamboree.	1 8:00 Yoga w/ Karen 9:00 ART Class with Dema Clark 10:00 BBB Shakers vs Hayes Center-Away 11:30 Announcements/Lunch 12-1:30 Intermediate Line Dance Class	2 9:30 Strength Training Exercises 10:30 Inspirational Moments with Laura 11:30 Announcements/Pledge/Lunch 12:15 Bingo Prizes by St Andrews 1:00 Silver Sneakers Class 2-4 Creative Writing Group 6:30-9:00 pm Dance/Snacks by Sr Center	
5 9:30 Strength Training Exercises 10:00 Move with Balance Class 10:40 Silver Sneakers Classic Class 11:00 Medicare Minutes 11:30 Announcements/Lunch 1:30 Ping Pong	6 8:00 Tai Chi--8:30 Group Paint 10:00 BBB Shakers vs Sherwood Away 10:30 Gospel Singing 11:30 Announcements/Lunch 12-1 Line Dance-12:20 Grocery shopping 1:15 Tai Chi 6:30-9 DANCE Midnight Express	7 9:30 Strength Training Exercises 9:30 Art Class with Karen 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	8 8:00 Yoga w/ Karen 9:00 ART Class with Dema Clark 10:00 BBB Sr Moments vs Sherwood Away 11:30 Announcements/Lunch 12-1:30 Intermediate Line Dance Class	9 9:30 Strength Training Exercises 11:00 St Andrews Nursing Facility Info 11:30 Announcements/Pledge/Lunch 12:15 Bingo/1:00 Silver Sneakers Class 2-4 Creative Writing Group 6:30-9pm Dance/Dessert & Salad Night	
12 9:30 Strength Training Exercises 10:00 Move ww/Balance Class 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 1:30 Ping Pong	13 8:00 Tai Chi--8:30 Group Paint 10:00 BBB Shakers vs Lonoke Away 10:30 Gospel Singing--11:30 Lunch 12-1 Line Dance-12:20 Grocery shopping 1:15 Tai Chi 5:00 Dinner, Bingo, Coin Club Sponsor: Heritage Living Center	14 9:30 Strength Training Exercises 9:30 Art Class with Karen 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	15 8:00 Yoga w/ Karen 9:00 ART Class with Dema Clark 10:00 BBB Sr Moments vs Lonoke Away 11:30 Announcements/Lunch 12-1:30 Intermediate Line Dance Class	16 9:30 Strength Training Exercises 10:00 BBB Moments vs Bess Chisum -Away 10:30 Singing Entertainment with "The Belles" musical group 11:30 Lunch 12:15 Bingo 1:00 Silver Sneakers Classic Class 6:30-9pm Dance -Potluck-	
19 9:30 Strength Training Exercises 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 1:30 Ping Pong	20 8:00 Tai Chi 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch 12:00 - 1:00 Line Dance Class 12:20 Grocery Shopping 1:15 Tai Chi	21 9:30 Strength Training Exercises 9:30 Art Class with Karen 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	22 8:00 Yoga w/ Karen 9:00 ART Class with Dema Clark 10:15 Pre-Planning for the Future Roller McNutt Funeral Home 11:30 Announcements/Lunch 12-1:30 Intermediate Line Dance Class	23 9:30 Strength Training Exercises 9:00 BBB Benton vs Shakers Home 10:15 BBB Benton vs Moments Home 11:30 Announcements/Pledge/Lunch 12:15 Bingo/1:00 Silver Sneakers Class 2-4 Creative Writing Group 6:30-9:00 Dance Rt 66 Band	
26 9:30 Strength Training Exercises 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 1:30 Ping Pong	27 8:00 Tai Chi 8:30 Group Painting 10:30 Gospel Singing 11:30 Announcements/Lunch 12:00 - 1:00 Line Dance Class 12:20 Grocery Shopping 1:15 Tai Chi	28 9:30 Strength Training Exercises 9:30 Art Class with Karen 10:00 Move w/Balance Class/Sherri 10:40 Silver Sneakers Classic Class 11:30 Announcements/Lunch 12:30 Book Club 1:30 Ping Pong	29 8:00 Yoga w/ Karen 9:00 BBB Jacksonville vs Shakers Here 10:15 BBB Jacksonville vs Moments Here 11:30 Announcements/Lunch 12-1:30 Intermediate Line Dance Class	30 BRUNCH 9:45 Announcements/Pledge/Lunch 10:15 Bingo 1:00 Silver Sneakers Classic Class 2 - 4 Creative Writing Group 6:30-9:00 PM Dance Rt 66 Band	
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					