

May 2023		Pope County Senior Wellness & Activity Center		Morning Activities	
Monday	Tuesday	Wednesday	Thursday	Friday	
1 9:30 T-Birds VB Practice 10:00 Quilting Class w/Flo 10:00 BINGO 11:00 Strong Women	2 Beanshooters @ Danville 9:00 Watercolor Painting Class 10:00 BINGO 11:00 Strong Women	3 9:00 3 Team Beanbag Tournament 10:00 BINGO 11:00 Strong Women	6 9:00 Exercise Group 9:00 Crochet Group 10:00 BINGO	5 8:30 Open Stitches Sewing 9:00 Volleyball Tournament 10:00 Bingo w/Brookdale 11:00 Strong Women	
8 9:30 T-Birds VB Practice 10:00 Quilting Class w/Flo 10:00 BINGO 11:00 Strong Women	9 Violet Rage @ Danville 9:00 Exercise Class 9:00 Watercolor Painting Class 10:00 BINGO 11:00 Drawing Class w/Janice There is no charge for the class.	10 10:00 Morrilton vs Beanshooters Eagles vs Clarksville 10:00 BINGO 11:00 Strong Women	11 8:00 Top of the Rock Trip 9:00 Crochet Group 9:00 Exercise Group 10:00 BINGO	12 8:30 Open Stitches Sewing 9:00 Homerun Derby 10:00 Mother's Day Bingo 11:00 Strong Women 11:30 Monthly BD Celebration	
15 9:30 T-Birds VB Practice 10:00 Quilting Class w/Flo 10:00 BINGO 11:00 Strong Women	16 Beanshooters @ Clarksville 9:00 Violet Rage vs Eagles 9:00 Exercise Group 9:00 Watercolor Painting Class 10:00 BINGO w/Aaron & Charli from River Valley Realty	17 10:00 Morrilton vs Eagles Beanshooters vs Violet Rage 10:00 Bingo 11:00 Strong Women	18 8:00 Pocola 9:00 Crochet Group 9:00 Exercise Group 10:00 BINGO	19 8:30 Open Stitches Sewing 9:00 Homerun Derby 10:00 BINGO w/Malisa from Humana 11:00 Strong Women	
22 9:30 T-Birds VB Practice 10:00 Quilting Class w/Flo 10:00 BINGO 11:00 Strong Women	23 Violet Rage @ Clarksville 9:00 Exercise Group 9:00 Watercolor Painting Class 10:00 Bingo w/Tiffany from Dardanelle Regional	24 9:00 Beanshooters vs Eagles 10:00 BINGO 11:00 Strong Women	25 9:00 Crochet Group 9:00 Exercise Group 10:00 BINGO	26 8:30 Open Stitches Sewing 10:00 Bingo w/Brookdale 11:00 Strong Women	
29 HAPPY MEMORIAL DAY! CENTER IS CLOSED	30 9:00 Exercise Group 10:00 Bingo	31 9:00 Beanshooters vs Eagles 10:00 Bingo 11:00 Strong Women			