

October 2023		Pope County Senior Wellness & Activity Center			Morning Activities
Monday	Tuesday	Wednesday	Thursday	Friday	
2 10:00 Quilt Class w/Flo 10:00 BINGO FREE!! 11:00 Strong Women	3 9:00 Exercise Class 10:00 BINGO FREE!!!	4 9:00 3 Team Beanbag Tournament 9:00 Watercolor Class 10:00 BINGO 11:00 Strong Women	5 9:00 Crochet Group 9:00 Exercise Class 10:00 BINGO	6 9:00 3 Team VB Tourn. 8:30 Open Stitches Sewing 9:00 – 2:40 Massage by Theresa 10:00 BINGO 11:00 Strong Women	
9 10:00 Quilt Class w/Flo 10:00 BINGO 11:00 Strong Women	10 9:00 Exercise Class 10:00 BINGO 11:15 UAMS Nurses to speak regarding flu vaccines	11 8:00 - ? St Mary's will be here doing flu shots in puzzle room 9:00 Watercolor Class 10:00 BINGO 11:00 Strong Women	12 9:30 Trip to Oark General Store 9:00 Crochet Group 9:00 Exercise Group 10:00 BINGO	13 8:30 Open Stitches Sewing 10:00 BINGO 11:00 Strong Women	
16 10:00 Quilt Group w/Flo 10:00 BINGO 11:00 Strong Women	17 9:00 Exercise Group 10:00 BINGO	18 9:00 Watercolor Class 10:00 BINGO 11:00 Strong Women 11:30 BIRTHDAY LUNCH!	19 8:00 POCOLA (CASINO) 9:00 Crochet Group 9:00 Exercise Group 10:00 BINGO	20 8:30 Open Stitches Sewing 9:00 – 2:40 Massage by Theresa 10:00 BINGO 11:00 Strong Women	
23 10:00 Quilt Group w/Flo 10:00 BINGO 11:00 Strong Women	24 9:00 Exercise Group 10:00 BINGO	25 9:00 Watercolor 10:00 BINGO 11:00 Strong Women	26 9:00 Crochet Group 9:00 Exercise Group	27 8:30 Mary Gray w/Medicare will be here to answer ??? 8:30 Open Stitches Sewing 9:00 Massage by Theresa 10:00 BINGO 11:00 Strong Women	
30 10:00 Quilt Group w/Flo 10:00 BINGO 11:00 Strong Women	31 HALLOWEEN COSTUME CONTEST!! WEAR YOUR FAVORITE COSTUME!! 9:00 Crochet Group 9:00 Exercise Class 10:00 BINGO				