

# Pope County Senior Wellness & Activity Center

## Activity Calendar

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**6** 8:30 Philosophers  
9:00 Exercise Class  
9:00 Danville @ Beanshooters  
10:00 Bingo  
11:00 Yoga  
12:30 Spiritual Enrichment  
3:00 Line Dancing

**7** 8:30 Natalies Quilters  
9:00 Thunderbirds Practice  
10:00 Bingo  
11:00 Strong People  
1:00 Dementia Support Group  
1:15 Move w/Balance

**14** 8:30 Natalies Quilters  
9:00 Thunderbirds Practice  
10:00 Bingo  
11:00 Strong People  
1:15 Move w/Balance

**21** 8:30 Natalies Quilters  
9:00 Thunderbirds Practice  
10:00 Bingo  
11:00 Strong People  
1:15 Move w/Balance

**28** 8:30 Natalies Quilters  
9:00 Thunderbirds Practice  
10:00 Bingo  
11:00 Strong People  
1:15 Move w/Balance

**1** 8:30 Philosophers  
9:00 Exercise Class  
9:00 Danville @ Beanshooters  
10:00 Bingo  
11:00 Yoga  
12:30 Spiritual Enrichment  
3:00 Line Dancing

**8** 9:00 Exercise Class  
9:00 Danville @ Violet Rage  
10:00 Bingo  
11:00 Yoga  
12:30 Spiritual Enrichment  
3:00 Line Dancing

**15** 9:00 Exercise Class  
9:00 Clarksville @ Beanshooters  
9:00 Violet Rage V Eagles  
10:00 Bingo  
11:00 Yoga  
12:30 Spiritual Enrichment  
3:00 Line Dancing

**22** 9:00 Exercise Class  
9:00 Clarksville @ Violet Rage  
10:00 Bingo  
11:00 Yoga  
12:30 Spiritual Enrichment  
3:00 Line Dancing

**29** 9:00 Exercise Class  
10:00 Bingo  
11:00 Yoga  
12:30 Spiritual Enrichment  
3:00 Line Dancing

**2** 9:00 3 Team BBB Tournament  
9:00 Watercolor Group  
10:00 Bingo  
11:00 Strong People  
1:15 Move w/ Balance

**9** 9:00 Morrilton @ Beanshooters  
9:00 Watercolor Group  
10:00 Bingo  
11:00 Strong People  
1:15 Move w/ Balance  
1:00 Fun Bridge

**16** 9:00 Eagles @ Morrilton  
9:00 Beanshooters V Violet Rage  
9:00 Watercolor Group  
10:00 Bingo Sponsored by Duvall Insurance  
11:00 Strong People  
1:15 Move w/ Balance

**23** 9:00 Beanshooters V Eagles  
9:00 Watercolor Group  
10:00 Bingo  
11:00 Strong People  
1:00 Fun Bridge  
1:15 Move w/ Balance

**30** 9:00 Watercolor Group  
10:00 Bingo  
11:00 Strong People  
1:15 Move w/ Balance

**3** 9:00 Exercise Class  
9:00 Crochet Group  
10:00 Bingo  
10:00 Cross Stitch Group  
11:00 Yoga  
3:00 Line Dancing

**10** 9:00 Exercise Class  
9:00 Cornhole  
9:00 Crochet Group  
10:00 Bingo  
10:00 Cross Stitch Group  
11:00 Yoga  
3:00 Line Dancing

**17** 8:00 Pocola  
9:00 Exercise Class  
9:00 Crochet Group  
10:00 Bingo  
10:00 Cross Stitch Group  
11:00 Yoga  
3:00 Line Dancing

**24** 9:00 Cornhole  
9:00 Exercise Class  
9:00 Crochet Group  
10:00 Bingo  
10:00 Cross Stitch Group  
11:00 Yoga  
3:00 Line Dancing

**4** 8:00 Stitches Sewing  
9:00 4 team Volleyball Tournament  
10:00 Bingo  
11:00 Strong people  
1:15 Move w/ Balance  
2:30 Drums Alive

**11** 8:00 Stitches Sewing  
8:30 A-Z Trip  
10:00 Bingo  
11:00 Strong people  
1:15 Move w/ Balance  
2:30 Drums Alive

**18** 8:00 Stitches Sewing  
9:00 Homerun Derby  
10:00 Bingo Sponsored by Samantha Stanley  
11:00 Strong people  
1:15 Move w/ Balance  
2:30 Drums Alive

**25** 8:00 Stitches Sewing  
10:00 Bingo  
11:00 Strong people  
1:15 Move w/ Balance  
No Drums Alive Today

# April 2025