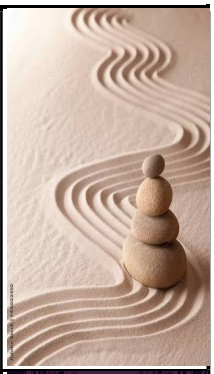
October 2026

Conway Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10a Flex Your Face 1030a Meditation 1230p w/Elisa 230p Guess the Object 330p The Holidays are coming 400p 70s Music	2 10a Jazzercise 1030a Swimming 1230p Solve the problem 230p Time Travel w/Elisa 330p Beats 400p Merengue	
4 SHARE theCARE™	5 10a Arms Up 1030a Word Smarts 1230p Order Up 230p Art of the Season w/Ileana 330p Paca Paca Dance 430p Can you beat me?	6 1015a Facialcize & Laughter Yoga 1230p Final Concert Rehearsal 100p CONWAY CONCERT w/ Orlando Sings 300p Mathletes 430p I played...	7 10a Twist & Shout 1030a Cranium Crunches 1230p My 20s 230p Make Me Laugh 330p Medieval Times 430p Line Dances	8 10a Get Up with Gospel 1030a Devotion w/Deslyn 1230p That's Debatable 300p Today in History 430p Harvest Time	9 10a Shake It Up 1030a Zenecction 1230p Vision Boards w/Aliria 230p Earth Facts w/Wanda 330p Interesting Facts 400p Ping Pong	
11 **Center Hours** Monday - Friday 7:00a - 6:00p **MEAL TIMES:** 7a-9:30a – Breakfast 11a-12:30p – Lunch	12 10a Brain & Body Wake 1030a Today's Thought 1230p Follow the Letter w/Wanda 230p Pile it On 330p Soccer 430p 80s Rewind	13 10a Twist it Out 1030a Devotional w/Yvette 1230p KAIROS KONNECTION – Painting w/Purpose 300p Open My On Business 430p One Last Call	14 10a Improved Moves 1030a Teach Me 1230p Surprise w/Enidia 230p Prove It 330p The Word Says... 430p Do you see?	15 10a Stretch it Out 1030a What's that mean? 1230p OCTOBER BIRTHDAYS 230p Pin It w/Ida 330p Best Friend Memories 430p Walk It Out	16 930a Zumba 10a Change your Mind 1230p Family Time 230p You've Got Mail 330p Brave Moments 430p I Spy	
18 **Wellness Domains:** Physical & Spiritual Expressive & Sensory Cognitive, Social & Community	19 10a Motown Mon 1030a October Fun Facts 1230p My Purpose w/Wanda 330p White after Labor Day? 430p Follow the Rainbow	20 10a Sit & Be Fit 1030a 1230p My Way w/Ida 230p Worth Collecting 330p You're Hired 430p Circle Time	21 10a Stretch Out 1030a Hot Potato 1230p NURSE Notes w/Jesse 230p Member Meeting w/La Donna 400p Louis Armstrong Music	22 930a Think About It 10a Fusion Fitness w/Dajah 1230p What's Different 230p w/Enidia 330p Opal & Tourmaline 430p Taboo	23 930a Rumba 10a I Value... 1230p Best Gifts 230p My Fears & Triumphs 330p Gem Stones 430p Date Night	
25 *Activities subject to change based on client needs &/or interests *	26 10a Flex Your Face 1030a Parachute 1230p Today I Feel 230p Parachute 330p Spell It 400p Water Sounds	27 10a Soca Fitness 1030a Hum a Mantra 1230p Queens of the Castle 230p Did you Know? 330p Happy Dance 430p Pictionary	28 10a Brain & Body Wake 1030a Call it Out 1230p Favorite Experiences w/Enidia 230p JERSEY FASHION SHOW 330p 430p 90s Music	29 10a Silver Sneakers 1030a Breathing 1230p Knights of the Round Table 230p Scorpios 300p Blind Object & Order w/Deslyn 430p Jazz Lounge	30 10a Get Loose 1030a Spooky Words 1230p PAJAMA PARTY 230p Story Telling 430p Strut Your Stuff	

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