



Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30a- Chair Volleyball 10a- Table Tennis 11a- Ladies Bible Study 12p- Mah Jongg 12p-Happy Strummin Ukulele 12p- Card Games 12p- Stay Strong, Stay Healthy 1p- Beginner Dulcimer Group	3 9a-Breakfast 9:30a- Computer Class 10a- Art Class with Staff 10a- TOPS Group 11:30a- Line Dancing 1p- Crochet Class 5p- Open Bible Study CALL: 501-206-9770	4 8a-10a- Socializing and Puzzles 10a- BINGO w/ Laura's Table 10a-11a- Lunch 11:30a- Corn Hole 1:30p- UCDD Presentation 2p- Open Jam 6p- Line Dancing	5 8:30a- Chair Volleyball 9a-Breakfast 10a- Table Tennis 11a- Drums Alive 11:40a- Chair Yoga 12p- Mah Jongg 12:30p- Tai Chi (Dining Room) 1:30p- Beginner Tai Chi 1:30p- Chair Volleyball with Fentress County (Big Room) 6p- Plateau Corvette Club	6 8a-10a- Socializing and Puzzles 10a- BINGO w/ Eye Centers 10a-11a- Lunch 12p- Hand & Foot and Bridge 6p-Beginners Line Dancing 6:30- Line dancing
9 8:30a- Chair Volleyball 10a- Table Tennis 11a- Ladies Bible Study 12p- Mah Jongg 12p-Happy Strummin Ukulele 12p- Card Games 12p- Stay Strong, Stay Healthy 1p- Beginner Dulcimer Group	10 9a-Breakfast 9:30a- Computer Class 10a- TOPS Group 11:30a- Line Dancing 1p- Crochet Class 5p- HAM Radio Club	11 8a-10a- Socializing and Puzzles 10a- BINGO w/ Jason Reed 10a-11a- Lunch 11:30a- Corn Hole 2p- Open Jam 6p- Line Dancing	12 8:30a- Chair Volleyball 9a-Breakfast 10a- Table Tennis 11a- Drums Alive 11:40a- Chair Yoga 12p- Mah Jongg 12:30p- Tai Chi 1:30p- Beginner Tai Chi	13 8a-10a- Socializing and Puzzles 9:45a- Love Scams Seminar 10a- BINGO w/ Quality 10a-11a- Lunch 12p- Hand & Foot and Bridge 6p-Beginners Line Dancing 6:30- Line dancing
16 8:30a- Chair Volleyball 10a- Table Tennis 11a- Ladies Bible Study 12p- Mah Jongg 12p-Happy Strummin Ukulele 12p- Card Games 12p- Stay Strong, Stay Healthy 1p- Beginner Dulcimer Group	17 9a-Breakfast 9:30a- Computer Class 10a- TOPS Group 11:30a- Line Dancing 1p- Crochet Class 5p- Open Bible Study CALL: 501-206-9770	18 8a-10a- Socializing and Puzzles 10a- BINGO w/ Lil' Angels 10a-11a- Lunch 11:30a- Corn Hole 2p- Open Jam 6p- Line Dancing	19 8:30a- Chair Volleyball 9a-Breakfast 10a- Table Tennis 11a- Drums Alive 11:40a- Chair Yoga 12p- Mah Jongg 12:30p- Tai Chi 1:30p- Beginner Tai Chi 4:30p- After Hours Euchre	20 9a-10a- Game Day w/ Staff 10a- BINGO w/ Life Care 10a-11a- Lunch 12p- Hand & Foot and Bridge 6p-Beginners Line Dancing 6:30- Line dancing
23 8:30a- Chair Volleyball 10a- Table Tennis 11a- Ladies Bible Study 12p- Mah Jongg 12p-Happy Strummin Ukulele 12p- Card Games 12p- Stay Strong, Stay Healthy 1p- Beginner Dulcimer Group	24 9a-Breakfast 9:30a- Computer Class 10a- TOPS Group 11:30a- Line Dancing 1p- Crochet Class 5p- Open Bible Study CALL: 501-206-9770	25 8a-10a- Socializing and Puzzles 10a- BINGO w/ Quality 10a-11a- Lunch 11:30a- Corn Hole 2p- Open Jam 6p- Line Dancing	26 8:30a- Chair Volleyball 9a-Breakfast 10a- Table Tennis 11a- Drums Alive 11:40a- Chair Yoga 12p- Mah Jongg 12:30p- Tai Chi 1:30p- Beginner Tai Chi	27 8a-10a- Socializing and Puzzles 10a- BINGO w/ Exac Care 10a-11a- Lunch 12p- Hand & Foot and Bridge 6p-Beginners Line Dancing 6:30- Line dancing
		The Billiards Room is open Monday – Thursday from 8am to 4pm & Friday from 8a to 2p.		

SCHEDULE CHANGES ARE HIGHLIGHTED FOR YOUR CONVENIENCE!

Fair Park Activity Center

There are no strangers here, just friends you haven't met.

February Special Events & Activities

Artfully Aging with Fair Park- To stay up to date with the newest Art Classes, ask any of our front desk staff or volunteers!

Tuesday, February 3rd – 10am - Join Fair Park Staff for our February Art Class as we create Valentine-themed decorative cutting boards! This fun, hands-on project is perfect for adding a festive touch to your home or gifting to someone special. The cost of the class is \$5 per person, due at the time of registration. Space is limited, so be sure to sign up soon!

Friday, February 27th – 1pm - Join us for our February Art Class with the FFG Art Guild and enjoy a fun, hands-on creative experience as participants make simple necklaces and bracelets. This class is perfect for beginners and anyone interested in exploring their artistic side in a relaxed and welcoming environment. The cost of the class is \$10, with payment due at the time of registration—NO EXCEPTIONS. Registration closes on February 15th, and space is limited to 12 participants, so early sign-up is encouraged. Please note that if you cancel after February 15th, a refund will only be issued if your spot can be filled.

Special Events & Seminars for February-

Join us on **Friday, February 13th at 9:45am** for an informative presentation on **Love Scams**, presented by **Alicia**. This educational session will help you recognize common warning signs of online dating and romance scams and learn ways to protect yourself and your personal information. The presentation will be **followed by BINGO**, so stay and enjoy some fun after learning something important!

Join us on **Wednesday, February 4th at 1:30pm** for an informative presentation on the wide range of services offered by the **Area Agency on Aging and Disability**. This session will provide valuable information on programs and resources designed to help older adults and individuals with disabilities live independently, stay healthy, and remain active in the community.

During the presentation, participants will also complete the **Aging Well Survey**, which helps identify needs, preferences, and resources that can support healthy aging. Whether you are interested in assistance with home services, transportation, nutrition programs, caregiver support, or wellness initiatives, this session is a great way to learn what's available and how to access these important services. Stay informed, ask questions, and take a proactive step toward **aging well and maintaining your independence!**

Program Highlight: Line Dancing

Looking for a fun way to stay active, improve coordination, and enjoy great music with friends? Our Line Dancing classes offer something for everyone, with options throughout the week for all skill levels.

Start your week with our Tuesday daytime class at 11:30am, led by Carla Arlig and Ann Weaver. This upbeat session is welcoming to both beginners and experienced dancers and features a mix of classic and modern line dances.

If evenings work better, join Janet Parke on Wednesdays at 6:00pm for our regular line dancing class. On Fridays, beginners are invited to start at 6:00pm, followed by the regular line dancing class at 6:30pm, where dancers of all levels can join in the fun.

Whether you're looking to learn something new, stay active, or enjoy time with friends, our line dancing classes are a great way to move, laugh, and have fun together.

A Special Thank You to Our Sponsors!



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