

DES ARC SENIOR CENTER- SERVING LUNCH

11AM-ACTIVITIES 9AM -1PM

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 9am Games 10am AG 12 CVB	4 9am Games 10am CVB 12 TAI-CHI	5 9am Games h 10 Chair Dancing 12 TAI-CHI	6 9am Games 9:30 Super Noggin 12 Crock Pot Cooking/Sum	7 9am Games 10 am AG 12 CVB	8	9
10 9am Games 10am AG 12 CVB BETHANY...	11 9am Games 10amCVB 12 TAI-CHI	12 9am Games 10am SHIP Bingo Leona L.R. Meeting	13 9am Games 9:30 Super Noggin 12 TAI -CHI	14 9am Games 10am AG 12 CVB	15	16
17 9am Games 10am AG 12 CVB	18 9am Games 10am CVB 12 TAI- CHI	19 9am Games 10am Chair Dancing	20 9am Games 9:30 Super Noggin 12 Nutrition Ed	21 9am Games 10am AG 12 CVB	22	23
24 9am Games 10am AG 12 CVB	25 9am Games CVB-Des Arc vs. Lonoke	26 9am Games 10am Chair Dancing 12 TAI-CHI	27 9am Games 9:30 Super Noggin 12 TAI-CHI	28 9am Games 10am AG 1 2CVB	29	30
31 9am Games 10am AG 12 CVB						

Notes: