



**MAY
2024**

**FAYETTEVILLE
SENIOR
ACTIVITY
& WELLNESS
CENTER**



Fayetteville Senior Activity & Wellness Center

945 S. College Avenue

Fayetteville, AR. 72701

479-571-2920 Hours 8am to 4:30pm

EXERCISE CLASSES

\$4 requested donation per class

DAY TRIPS

Trip costs *must* be paid at sign up. No exceptions

Sign up for trips must happen no later than one week prior to trip.

No refunds for cancellations less than 48 hours prior to day of trip.

Lunch

Lunch is served between 11:30 am and 12 Noon.
The suggested donation is \$4 per meal/\$6.79 for take out meals.

TAXI SERVICES

When making your taxi reservation, please include your destination. Should your destination change, please advise the office 24 hrs prior to the reservation. Changing at the last minute could affect other taxi users.

Suggested Donation \$5.00 (One stop, roundtrip)

Additional stops must be requested at the time of the reservation.

Both taxi services have an additional requested donation of \$3 for each additional stop.

NO SAME DAY APPOINTMENTS

General Taxi: Monday-Friday
8:00 A.M. to 12:00 P.M.

Shopping Taxi: Tuesday & Thursday
Pickups begin at 8:00 am



MAY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MENU SUBJECT TO CHANGE	1 HERB CHICKEN PARMESAN POTATOES MIXED GREENS WHEAT ROLL FRUIT	2 HONEY HAM GLAZED SWEETPOTATOES SEASONED BEET WHITE ROLL COOKIE	3 CHICKEN SALAD POTATO SALAD GRAPE TOMATOES SALTINES FRUIT
6 CHICKEN & NOODLES GREEN PEAS WHEAT ROLL COBBLER	7 MEATLOAF MARINARA MASHED POTATOES GREEN BEANS WHITR ROLL FRUIT	8 HERBED PORK ROAST PORK GRAVY SWEET POTATOES BLACK EYED PEAS WHEAT ROLL FRUIT	9 CHICKEN TETRAZZINI LIMA BEANS WHITE ROLL COOKIE	10 TUNA SALAD SANDWICH PASTA SALAD POTATO CHIPS FRUIT SALAD
13 CHICKEN CORDON BLEU AU GRATIN POTATOES GREEN PEAS WHEAT ROLL FRUIT	14 HAMBURGER STEAK MASHED POTATOES MIXED VEGGIES BISCUIT FRUIT	15 BBQ PORK SANDWHICH PORK & BEANS CREAMY COLESLAW HOT FRUIT	16 BEEF TIPS W/ GRAVY OVER RICE BUTTERED CARROTS WHEAT ROLL COOKIE	17 CRUMB BAKED FISH DILL POTATOES BUTTERED CORN HUSHPUPPIES FRUIT
20 BAKED CHICKEN W/ BBQ SAUCE BABY BAKERS STEAMED CABBAGE WHEAT ROLL FRUIT	21 PORK CARNITAS SPANISH RICE MEXICAN CORN TORTILLAS FIG BAR	22 BEEF STROGANOFF EGG NOODLES GREEN BEANS WHEAT ROLL FRUIT	23 CHICKEN PARMESAN ITALIAN VEGGIES BREADSTICK COOKIE	24 CHICKEN POT PIE BUTTERED CARROTS WHEAT ROLL PEARS
27 CLOSED	28 CHOPPED STEAK MASH POTATOES CROWDER PEAS WHEAT ROLL FRUIT	29 POPCORN CHICKEN NEW RED POTATOES GREEN BEANS WHITE ROLL FRUIT	30 BAKED FISH WILD RICE STEAMED CABBAGE HUSHPUPPIES COOKIE	31 CHICKEN SOFT TACOS MEXICAN CORN BLACK BEANS FRUIT

Monday

BINGO

10:00

Tuesday

POOL TOURNEY 9:00

LINE DANCING 9:30

CANASTA 12:00

PING PONG 2:00

TAP DANCE 2:00

Wednesday

LINE DANCING 9:30

WATERCOLOR 10:00

**WHI BOWLING OR
BEAN BAG BASEBALL
12:30**

Thursday

BINGO 10:00

DOMINOS

11:45

PING PONG

2:00

Friday

MOVIE 9:30

TRIOMINOS 9:30

PING PONG 2:00

notes

THURSDAY

THOUGHTS GUEST

SPEAKER

05/15 @11AM

FRIDAY 31ST

LIVE MUSIC

9:30

ROAD TRIPS

SUBIACO ABBEY \$10

MAY 8, 8:30

CHEROKEE CASINO TAHLEQUAH \$15

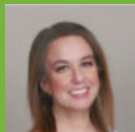
MAY 10, 9:00

BENTONVILLE SHOPPING \$10

MAY 15, 9:30

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HAPPY

Fiesta

DANCING & FOOD

**MAY 17
6PM-8PM**

**\$5 SUGGESTED
DONATION**

**FEATURING MUSIC BY
DJ SEÑOR PICKLEMAN**



**REGISTER IN
THE
OFFICE BY
MAY 14**



**FAYETTEVILLE SENIOR CENTER
945 S. COLLEGE 479-571-2920**



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cotnermonument.com

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Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Qigong 10:00 Tai Chi 12:15 Aerobic tone 1:00 Stretch/ Yoga Stand / Chair	8:00 Intermediate Pilates 9:00 Fun to Be Fit 9:30 Instructor Led Line Dancing 10:00 Intermediate Pilates 11:00 Use it or Lose it 12:15 Silver Sneakers 1:00 Chair Yoga 1:30 Energi-Chi	9:30 Instructor Led Line Dancing 11:00 Use it or Lose it 12:15-1:15 Beginning Pilates	8:00 Intermediate Pilates 9:00 Fun to be Fit 10:00 Intermediate Pilates 12:15 Silver Sneakers 1:00 Chair Yoga 1:30 Energi-Chi	12:15 Aerobic Tone 1:00 Yoga on the mat

Detailed description of classes can be found in the office or in the lobby.

Group exercise classes are appropriate for older adults who are looking to stay active while exercising their mind and body. Our classes give you options in order to find a good fit for your level, whether active or sedentary, familiar or unfamiliar with group exercise, or for those who may feel intimidated or who are entering post-rehabilitation programs.

We recommend the classes highlighted in blue for beginners,

but all classes are open to anyone who enjoys a positive, upbeat social environment.

All classes are open to the 60+ community of NWA. You do not have to be affiliated with Silver Sneakers® to participate in the Silver Sneakers class. *But* if you are a Silver Sneakers member, please scan your card on the small computer screen by the pool room door after you check in at the main computer.

PLEASE DONATE! We rely on your donations and the Silver Sneaker rebates to pay our wonderful instructor's