



HELLO
June

**Fayetteville Senior
Activity
&
Wellness Center**

2025

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/\$8 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



Where are we going?

6/11 BOTANICAL GARDENS OF THE
OZARKS \$15 10:00

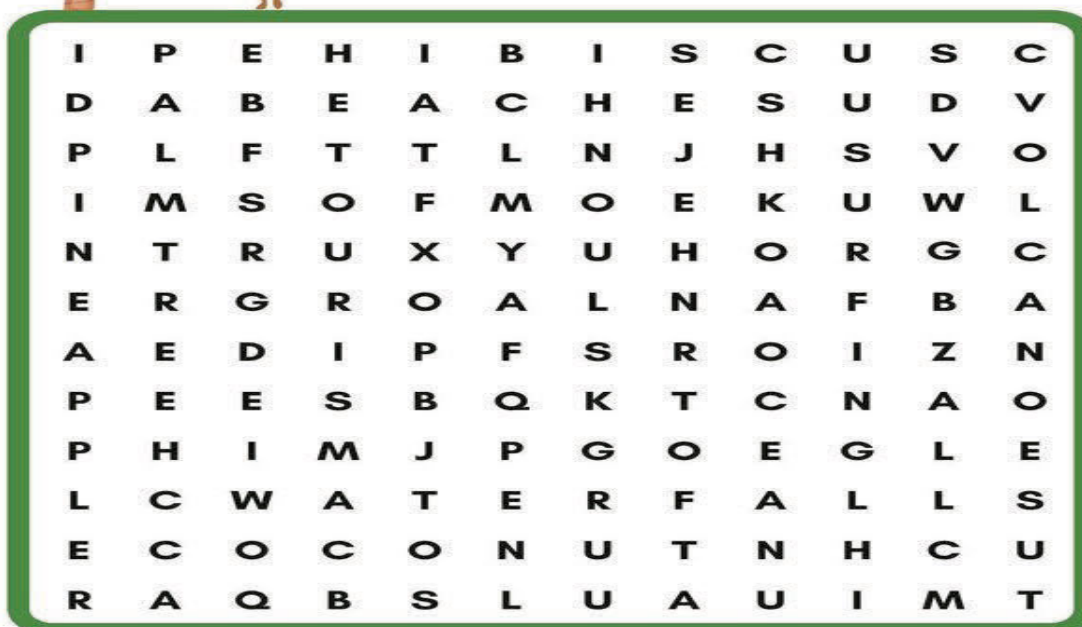
6/25 CHOCTAW POCOLA
\$15 9:30

June Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Brussels Sprouts Wheat Roll Applesauce</p>	<p>3</p> <p>Kielbasa Irish Potatoes Beets White Roll Fruit</p>	<p>4</p> <p>Baked Fish Wild Rice Mixed Veggies Hushpuppies Fruit</p>	<p>5</p> <p>Pineapple Chicken Over Rice Stir-Veggies Egg Roll Cookie</p>	<p>6</p> <p>Baked Ham Green Beans Diced Potatoes Cornbread Fruit</p>
<p>9</p> <p>Chopped Steak w/Mushroom Gravy Mashed Potatoes Green bean Wheat Roll Fruit</p>	<p>10</p> <p>Sweet & Sour Pork Steamed Rice Asian Vegetables Egg Roll Fruit</p>	<p>11</p> <p>Swedish Meatballs Noodles Green Beans Wheat Roll Fruit</p>	<p>12</p> <p>Baked Ham Black Eyed peas Sweet Potatoes Cornbread Cookie</p>	<p>13</p> <p>Breaded Fish Filet Wild Rice Mixed Vegetables Hushpuppies</p>
<p>16</p> <p>Lemon & Herb Fish Parslied Potatoes Peas & Mushrooms Wheat Roll Fruit</p>	<p>17</p> <p>Chicken Breast Diced Potatoes Carrots White Roll Fruit</p>	<p>18</p> <p>BBQ Beef Baked Beans Baked Fries Cornbread Fruit</p>	<p>19</p> <p>Ham & Beans Brussels Sprouts Wheat Roll Cookie</p>	<p>20</p> <p>Hot Dog On A Bun Pork & Beans Potato Chips Warm Fruit</p>
<p>23</p> <p>Pork Carnitas Black Beans Corn Flour Tortillas Fruit</p>	<p>24</p> <p>Corned Beef New Potatoes Steamed Cabbage Wheat Roll Fig Bar</p>	<p>25</p> <p>Ham Steak Corn Brussels Sprouts White Roll Fruit</p>	<p>26</p> <p>Breaded Pork Chop Wild Rice Lima Beans Cornbread Cookie</p>	<p>27</p> <p>Chicken Saled Grape Tomatoes Potato Salad Saltines Fruit</p>
<p>30</p> <p>Kielbasa Irish Potatoes Beets Wheat Roll Fruit</p>	<p>*SUBJECT* *TO* *CHANGE*</p>			



HAWAII WORD SEARCH



ALOHA

PINEAPPLE

VOLCANOS

COCONUT

BEACHES

SURFING

WATERFALLS

LUAU

OCEAN

TOURISM

PALM TREE

HIBISCUS

ALOHA!
Join us for a
Summer Luau
06 June
5:30-7:30

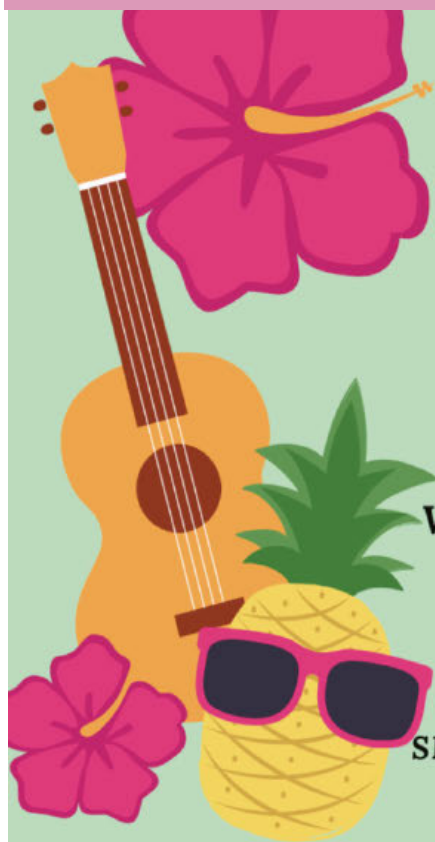
JOIN US FOR A NIGHT OF
DANCING, FOOD, FUN & FRIENDS

Wear your best "Hawaiian" outfit
for a chance to win a prize

DINNER & DRINKS PROVIDED
POTLOCK DESSERT

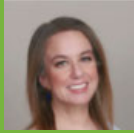
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MEAL TICKET

DEADLINE IS June 4th



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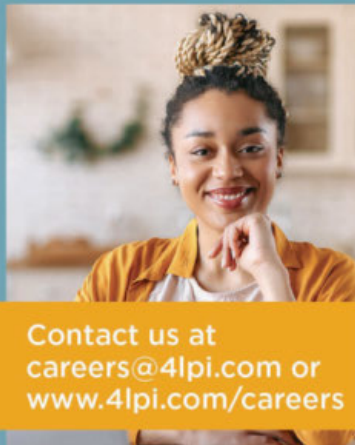
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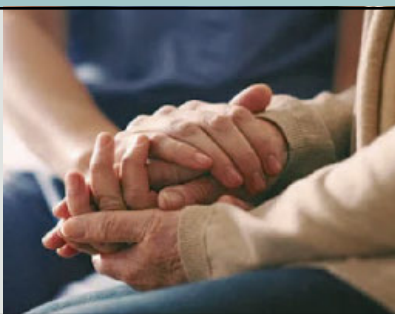
Fayetteville Senior Activity and Wellness, Fayetteville, AR A 4C 01-2015

June Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bingo 10:00 am Card Making Class 9:00	3 Line Dancing 9:30 Pool Tourney 9:00 Canasta (Hand & Foot) 12:00 Ping Pong 2:00 Tap Dancing 2:00	4 Line Dancing 9:30 Water Color Group 10:00 WII Bowling/ Beanbag baseball 12:00	5 Bingo 10:00 Mexican Train Dominos 11:45 Ping Pong 2:00	6 Triominos 9:30 Movie 9:45 Ping Pong 2:00 Line Dancing 3:00
9 Bingo 10:00	10 Line Dancing 9:30 Pool Tourney 9:00 Canasta (Hand & Foot) 12:00 Ping Pong 2:00 Tap Dancing 2:00	11 Line Dancing 9:30 Water Color Group 10:00 WII Bowling/ Beanbag baseball 12:00	12 Bingo 10:00 Mexican Train Dominos 11:45 Ping Pong 2:00	13 Triominos 9:30 Movie 9:45 Ping Pong 2:00 Line Dancing 3:00
16 Bingo 10:00	17 Line Dancing 9:30 Pool Tourney 9:00 Canasta (Hand & Foot) 12:00 Ping Pong 2 pm Tap Dancing 2:00	18 Line Dancing 9:30 Water Color Group 10:00 WII Bowling/ Beanbag baseball 12:00	19 Bingo 10:00 am Mexican Train Dominos 11:45 Ping Pong 2:00	20 Triominos 9:30 Movie 9:45 Ping Pong 2:00 Line Dancing 3:00
23 Bingo 10:00	24 Line Dancing 9:30 Pool Tourney 9:00 Canasta (Hand & Foot) 12:00 Ping Pong 2:0 Tap Dancing 2:00	25 Line Dancing 9:30 Water Color Group 10:00 WII Bowling/ Beanbag baseball 12:00	26 Bingo 10:00 Mexican Train Dominos 11:45 Ping Pong 2:00	27 Triominos 9:30 Live Music 9:45 Ping Pong 2:00 Line Dance 3:00
30 Bingo 10:00				



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Fayetteville Senior Activity and Wellness, Fayetteville, AR B 4C 01-2015

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Qigong	8:00 Intermediate Pilates	9:30 Instructor Led Line Dancing	8:00 Intermediate Pilates	
10:00 Tai Chi Beginners	9:00 Fun to Be Fit	11:00 Use it or Lose it	9:00 Fun to be Fit	
10:45 Advanced Tai Chi	9:30 Instructor Led Line Dancing	Rosen Movement 12:00-1:15	10:00 Intermediate Pilates	
12:15 Aerobic tone	10:00 Intermediate Pilates	1:15 Aerobic Tone	12:15 Silver Sneakers Classic	
1:00 Stretch/Yoga Standing / Chair	11:00 Use it or Lose it	2:00 Yoga on the mat	1:00 Chair/ Standing Yoga	
	12:15 Silver Sneakers Classic			
	1:00 Chair/ Standing Yoga			

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, 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 Sneakers rebates to pay our wonderful instructors.