

Fayetteville Senior Activity & Wellness Center

July

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 thn 48 hours prior to day of trip.

Lunch

Lunch is served between 11:30 am and 12 Noon.
The suggested donation is \$5 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

JULY TRIPS

**JULY 10- 8:30 SAUNDERS MUSEUM &
HIDDEN TRESURES ANTIQUE MALL
BERRYVILLE \$10**

**JULY 24-9:30 CHEROKEE CASINO
ROLAND \$15**

July Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUBJECT TO CHANGE	1 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans Biscuit Fruit	2 Pineapple Chicken w/ Rice Asian Veggies Egg Roll Cookie	3 Baked Ham Greens Sweet Potatoes Wheat Roll Fruit	
7 Breaded Fish Filet Wild Rice Mixed Veggies Hushpuppies Fruit	8 Chopped Steak w/Mushroom Gravy Diced Potatoes Green Beans Wheat Roll Fruit	9 Sweet & Sour Pork Steamed Rice Asian Blend Veggies Egg Roll Fruit	10 Swedish Meatballs Over Noodles Green Peas Wheat Roll Cookie	11 Baked Ham Black Beans Brussels Sprouts Wheat Roll Fruit
14 Chicken Breast Wild Rice Mixed Veggies Carrots Wheat Roll Applesauce	15 Lemon Dill Tilapia Parslied Potatoes Peas & Mushrooms White Roll Fruit	16 BBQ Beef On A Bun Pinto Beans Diced Potatoes Fruit	17 Pork Tips Seasoned Rice Brussels Sprouts Wheat Roll Cookie	18 Beef w/ Veggies Seasoned Potatoes White Roll Fruit
21 Corned Beef Irish Potatoes Steamed Cabbage Wheat Roll Fruit	22 Baked Chicken Mashed Potatoes Back Eyed Peas Biscuit Fruit	23 Pork Carnitas Mexican Rice Black Beans Tortillas Fruit	24 Italian Sausage Casserole Green Beans Wheat Roll Cookie	25 Chicken Salad Grape Tomatoes Pasta Salad Crackers Fruit
28 Kielbasa Irish Potatoes Beets White Roll Fruit	29 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit	30 Baked Ham Wild Rice Black Eyed Peas Cornbread Fruit	31 Roast Beef Au Jus Cheesy Potatoes Green Peas Wheat Roll Cookie	SUBJECT TO CHANGE



18 years

10 Kitchen Managers

7 Center Directors

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1 Gladys

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"Let'er rip tator chip"

"Thank you baby Jesus"

"Is it time to go home yet"

"What will be, will be"

"That's the way life is"

"A man's gotta do what a man's gotta do"

"I'm not ok, but I'll be alright"

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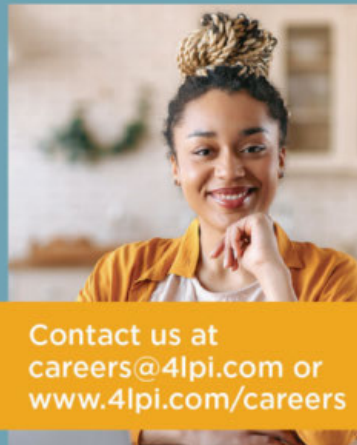
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For ad info. call 1-800-950-9952 • www.lpicomunities.com

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

Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Line Dancing 9:30 Pool Tourney 9:00 Canasta (Hand & Foot) 12:00 Ping Pong 2 pm Tap Dancing 2:00	2 Line Dancing 9:30 Water Color Group 10:00 am WII Bowling/ Beanbag baseball 12:00 pm	3 Bingo 10:00 am Mexican Train Dominos 11:45 Ping Pong 2:00 pm	
7 Bingo 10:00 am Card Making Class 9:00	8 Line Dancing 9:30 Pool Tourney 9:00 Canasta (Hand & Foot) 12:00 Ping Pong 2 pm Tap Dancing 2:00	9 Line Dancing 9:30 Water Color Group 10:00 am WII Bowling/ Beanbag baseball 12:00 pm	10 Bingo 10:00 am Mexican Train Dominos 11:45 am Ping Pong 2 pm	11 Triominos 9:30 am Movie 9:45 am Ping Pong 2 pm
14 Bingo 10:00 am	15 Line Dancing 9:30 Pool Tourney 9:00 Canasta (Hand & Foot) 12:00 Ping Pong 2 pm Tap Dancing 2:00	16 Line Dancing 9:30 Water Color Group 10:00 am WII Bowling/ Beanbag baseball 12:00 pm	17 Bingo 10:00 am Mexican Train Dominos 11:45 am Ping Pong 2 pm	18 Triominos 9:30 am Movie 9:45 am Ping Pong 2 pm
21 Bingo 10:00 am	22 Line Dancing 9:30 Pool Tourney 9:00 Canasta (Hand & Foot) 12:00 Ping Pong 2 pm Tap Dancing 2:00	23 Line Dancing 9:30 Water Color Group 10:00 am WII Bowling/ Beanbag baseball 12:00 pm	24 Bingo 10:00 am Mexican Train Dominos 11:45 am Ping Pong 2 pm	25 Triominos 9:30 am Live Music 9:45 Ping Pong 2 pm
28 Bingo 10:00 am	29 Line Dancing 9:30 Pool Tourney 9:00 Canasta (Hand & Foot) 12:00 Ping Pong 2 pm Tap Dancing 2:00	30 Line Dancing 9:30 Water Color Group 10:00 am WII Bowling/ Beanbag baseball 12:00 pm	31 Bingo 10:00 am Mexican Train Dominos 11:45 am Ping Pong 2 pm	



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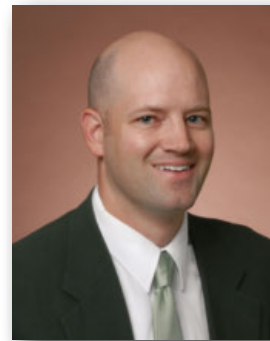


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For ad info. call 1-800-950-9952 • www.lpicommunities.com

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	** NOTE ** MONDAY & WEDNESDAY 12:15 SILVER SNEAKERS & 1:00 CHAIR YOGA CLASSES MAY CHANGE
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 12:15 Silver Sneakers Classic 1:00 Chair/ Standing Yoga	2:00 Yoga on the mat	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