

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 \$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



August Menu

		T	<u> </u>	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUBJECT TO CHANGE				1 Pineapple Chicken Rice Stir Fry Vegetables Egg Roll Fruit
4 Chopped Steak w/ Mushroom Gravy Mashed Potatoes Collard Greens Wheat Roll Fruit	5 Breaded Fish Filet Dill Potatoes Mixed Vegetables Hushpuppies Fruit	6 Swedish Meatballs w/Noodles Green Beans Wheat Roll Fruit	7 Sweet and Sour Pork Steamed Rice Asian Blend Vegetables Egg Roll Cookie	8 Baked Ham Purple Hull Peas Sweet Potatoes Cornbread Fruit
Chicken Breast Wild Rice Carrots Wheat Roll Fruit	12 BBQ Beef On A Bun Pinto Beans Irish Potatoes Fruit	13 Ham & Beans Collared Greens Wheat Roll Fruit	14 Dilled Baked Fish Seasoned Rice Green Beans Wheat Roll Cookie	Beef Fritter Parslied Potatoes Peas & Mushrooms Biscuit Fruit
18 Baked Chicken Mashed Potatoes Green Beans Wheat Roll Fruit	19 Pork Carnitas Corn Black Beans Flour Tortillas Fruit	20 Corned Beef Irish Potatoes Peas & Carrots Wheat Roll Fruit	21 Ham Steak Diced Potatoes Navy Beans White Roll Cookie	22 Hot Dog On A Bun Pork N Beans Baked Fries Fruit
25 Kielbasa Beets Diced Potatoes Wheat Roll Fruit	26 Salisbury Steak w/ Gravy Mashed Potatoes Peas & Carrots White Roll Fig Bar	27 Pineapple Chicken Stir Fry Vegetables Egg Roll Fruit	28 Baked Ham Wild Rice Greens Biscuit Cookie	29 Chicken Salad Pasta Salad Grape Tomatoes Crackers Fruit





Get to know our new exercise instructor. Bo, "I've lived in NWA for 22 years and I believe it's my favorite place I've ever called home. I have three married adult children and 9 grandchildren.

I've been a health and fitness instructor for 18 years and I love to be around people."

Turning 65 or new to Medicare?

Local support to help you navigate your Medicare options



Call a licensed sales agent JENNIFER NOVEY 479-684-7826 (TTY: 711)

Humana

A more human way to healthcare™

# Retire Well. Retire Here.

All-Inclusive Independent **Retirement Living** 

Call today to learn more: 479-391-4145



# WE'RE HIRING

**AD SALES EXECUTIVES** 



BE YOURSELF. **BRING YOUR PASSION.** WORK WITH PURPOSE.

- · Paid training
- Some travel
- · Work-life balance
- · Full-Time with benefits



Contact us at careers@4lpi.com or

#### CRYSTAL BURNEY **INSURANCE** Licensed Medicare Expert

Serving Arkansas Missouri 👩 Oklahoma and Kansas

479-966-8808

crystal@localinsuranceservicesinc.com

www.localinsuranceservicesinc.com

## **NEVER MISS** OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

Schedule your in-person, phone or video

Health insurance made simple. Let's find the best plan for your lifestyle and budget.

appointment at arkbluecross.com/fayetteville.

### Michael McLaughlin

mcmclaughlin@arkbluecross.com

479-379-5180

Licensed agent, NPN# 17679924

arkansas blue 🐞 関



3013 N. College Ave. | Fayetteville, AR Monday-Saturday, 9 a.m. - 6 p.m.



# Happenings

				1
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Bingo 10:00 am	2 Triominos 9:30 am
			Mexican Train Dominos 11:45	Movie 9:45 am
			Ping Pong 2:00 pm	Ping Pong 2 pm
				Line Dancing 3pm
4	5	6	7	8
Bingo 10:00 am	Line Dancing 9:30	Line Dancing 9:30	Bingo 10:00 am	Triominos 9:30 am
Card Making Group	Pool Tourney 9:00	Water Color Group 10:00 am	Mexican Train Dominos 11:45 am	Movie 9:45 am
9:00 am	Canasta (Hand & Foot) 12:00		Ping Pong 2 pm	Ping Pong 2 pm
	Ping Pong 2 pm	WII Bowling/		Line Dancing 3pm
	1 mg 1 ong 2 pm	Beanbag baseball		
	Tap Dancing 2:00	12:00 pm		
11	12	13	14	15
Bingo	Line Dancing 9:30	Line Dancing 9:30	Bingo 10:00 am	Triominos 9:30 am
10:00 am	Pool Tourney 9:00	Water Color Group 10:00 am	Mexican Train Dominos 11:45 am	Movie 9:45 am
	Canasta (Hand & Foot) 12:00	WII Bowling/	Ping Pong 2 pm	Ping Pong 2 pm
	Ping Pong 2 pm	Beanbag baseball		Line Dancing 3pm
	Tap Dancing 2:00	12:00 pm		
18	19	20	21	22
Bingo 10:00 am	Line Dancing 9:30	Line Dancing 9:30	Bingo 10:00 am	Triominos 9:30 am
	Pool Tourney 9:00	Water Color Group 10:00 am	Mexican Train Dominos 11:45 am	Movie 9:30
	Canasta (Hand & Foot) 12:00	WII Bowling/	Ping Pong 2 pm	Ping Pong 2 pm
	Ping Pong 2 pm	Beanbag baseball		Line Dancing 3pm
	Tap Dancing 2:00	12:00 pm		
25	26	<b>2</b> 7	28	29
Bingo 10:00 am	Line Dancing 9:30	Line Dancing 9:30	Bingo 10:00 am	Triominos 9:30 am
	Pool Tourney 9:00	Water Color Group 10:00 am	Mexican Train Dominos 11:45 am	Live Music 9:45 am
	Canasta (Hand & Foot) 12:00	WII Bowling/	Ping Pong 2 pm	Ping Pong 2 pm
	Ping Pong 2 pm Tap Dancing 2:00	Beanbag baseball		Line Dancing 3pm
	Tup Dancing 2.00	12:00 pm		



2961 N. Point Circle 479-225-9016 addus.com



# DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit Ipicommunities.com



#### PROTECT. DETECT. REPORT.

Because senior citizens are the #1 target of healthcare fraud and scams, the Arkansas Senior Medicare Patrol (SMP) empowers seniors statewide to protect, detect and report! For a free educational presentation call 866-726-2916

If you have questions about charges on your Medicare statement, are interested in volunteering, or would like to schedule a free speaker call or email the Arkansas SMP - 866-726-2916 Kathleen.Pursell@arkansas.gov







85 S Double Springs Rd Farmington, AR 72730 479-267-2020

deeseinsurance.com

# LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME Rich Fernbach** 

rfernbach@lpicommunities.com (800) 477-4574 x3675

## **IF YOU LIVE ALONE**

MDMed*Alert*!™

At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family "STAY SAFE in the GPS & Fall Alert

HOME YOU LOVE!" CALL NOW!







**AYETTEVILLE PODIATRY** WE OFFER TOTAL

FOOT AND ANKLE CARE FOR ALL AGES 509 East Millsap Road, Suite 101

Fayetteville, AR 72703 Phone 479.587.0171 Fax 479.587.0885



Senior Health Insurance Information Program

Call 1-800-224-6330

**AR State Health Insurance Information Assistance program** 

AR SHIIP can Help with one-on-one, unbiased Guidance

**Understanding Comparing Options** 

Completed the enrollment process



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	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 Dance Fit	10:00 Intermediate Pilates	1:15 Dance Fit	12:30 Silver Sneakers Classic	
1:15 Strech & Chair Toning	11:00 Use it or Lose it 12:30 Silver Sneakers Classic 1:15 Chair Yoga	2:15 Strech & Chair Toning	1:15 Chair 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 <u>do not</u> have to be affiliated with Silver Sneakers® to participate in the Silver Sneakers class. *But* if you <u>are</u> 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.