

*September  
2025*

# Boone County

SENIOR ACTIVITY & WELLNESS CENTER

1516 Rock Springs Rd • Harrison, AR 72601 | (870) 741-1505 | Fax: (870) 741-5094

## Tuesdays

**@ 10:00**

*Super Noggin,*

A new  
Exercise Class  
Starting

September 9th

**@ 10:00**

## Thursdays

**@ 10:00**

*Bean Bag  
Baseball with  
Virgil*

## Sept. 19th

*Beanbag  
Baseball World  
series @ 9:00  
AM*

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FRIDAY, SEPTEMBER 19, 2025 AT 9:00 AM  
(CHECK-IN BEGINS AT 8:30 AM)  
EAGLE HEIGHTS BAPTIST CHURCH  
703 WALTERS  
HARRISON, ARKANSAS



REGISTER BY SEPTEMBER 3, 2025 AT YOUR LOCAL SENIOR CENTER!  
(MINIMUM OF 5, MAXIMUM OF 10 PER TEAM)





***I would like to welcome Melvin Hankins, our transportation driver here at the Boone County Senior Activity and Wellness Center. I have two children and one grandson. In my free time, I enjoy operating amateur radio, fishing with my grandson, tending to my garden, and hiking.***

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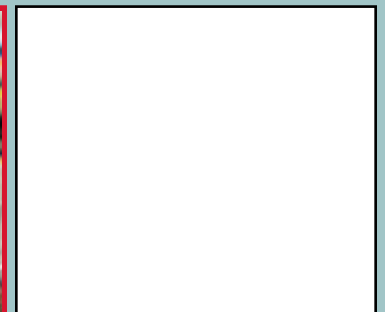
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Boone County Senior Activity & Wellness Center, Harrison, AR A 4C 01-1498



## Coming Events

**Join us on Wednesday Sept. 24, 2025**

**@ 11:00 AM**

**Fresh Conversation**

**We will talk about Whole Grains and  
create a skillet dessert.**



**We will not have any  
fundraisers**

**For the months of  
September**

**And October 2025**

**We will start back on  
November 7th Lucky Draw  
BINGO Fundraiser  
Sorry for any inconvenience**

**SUPPORT THE  
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Community!**



## April Search-A-Word

K	J	E	O	R	Y	S	K	N	C	P	L	T	Q	R
L	S	L	D	T	E	P	D	W	P	L	E	W	T	U
Q	A	H	G	S	H	T	V	X	P	W	A	I	S	P
R	C	K	O	R	I	B	N	Q	X	S	P	Y	W	H
D	Z	R	A	R	O	H	F	I	H	P	Y	F	E	G
I	T	Y	H	Z	T	U	H	I	W	Y	E	P	E	N
P	R	E	S	I	D	E	N	T	S	D	A	Y	T	I
U	I	Q	L	X	B	G	S	D	L	P	R	D	H	T
C	H	V	Z	A	T	V	Z	T	H	O	L	L	E	A
L	S	Q	R	O	L	X	U	K	M	O	V	U	A	K
N	I	T	N	L	O	C	N	I	L	O	G	E	R	S
S	E	T	A	L	O	C	O	H	C	G	N	Y	T	E
U	G	V	A	L	E	N	T	I	N	E	E	T	B	C
H	E	A	R	T	E	L	E	T	E	G	G	V	H	I
D	F	F	W	U	H	A	N	P	L	W	F	E	H	D

Valentine

Sweetheart

Heart

Presidents day

Lincoln

Shortest Month

Leap Year

Washington

Love

Cupid

Groundhog

Winter

Roses

Chocolates

Ice Skating

## LEARN THE RESEARCH

- ♥ Diet
- ♥ Sleep
- ♥ Exercise

## PRACTICE MAKES PERFECT

- ♥ Introducing Lifestyle Habits
- ♥ Building Social Connection
- ♥ Preventing Cognitive Decline

## TRACK YOUR RESULTS

Includes a **FREE**, comprehensive workbook with **12 MONTHS** of brain-healthy exercises!

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## Stay Sharp & Attend Our Brain Fitness Workshop!

Join us for a **fun and engaging workshop** designed to help keep your mind sharp, make smart lifestyle choices, and support lifelong brain health!

## LOCATION

Boone County Senior Activity & Wellness Center

## DATE & TIME

Every Tuesday @ 10:00 AM starting on September 9, 2025

Ages 60 & older

If interested please stop by the senior center and sign up.

Hosted By

# Menu

# SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>CENTER CLOSED IN OBSERVANCE OF LABOR DAY</b>	Pork Cutlet Supreme Parslied Potatoes Peas & Mushrooms Wheat Roll Daffodil Angel Food Cake	Chicken & Dumplings Mashed Potatoes Green Beans Wheat Roll Grapes	BBQ Beef Brisket Sweet Potato Wedges Baked Beans Cornbread Oatmeal Raisin Cookie	Roast Turkey Dressing with Gravy Succotash Wheat Roll Blueberries & Peaches
8	9	10	11	12
Ham Steak Cream Cheese Corn Brussel Sprouts Medley Wheat Roll Chocolate Tango Pudding	Baked Ziti With Cheese Spinach Salad with Dressing Garlic Bread Fruit Salad	Pork Carnitas Refried Beans Tomato Corn Cilantro Salad Flour Tortilla Cinnamon Roll Cream Churro	Meatloaf Roasted Potatoes Broccoli Wheat Roll Mandarin Oranges	Baked Chicken Cornbread Dressing Spinach Wheat Roll Berry Cup
15	16	17	18	19
Kielbasa Potato Pancakes Beets Medley Wheat Roll Fruit Salad	Fish Tacos Black Bean & Corn Salad Fajita Vegetable Blend Melon Cubes	Roast Beef Au Jus Cheesy Potatoes Wheat Roll Banana Cream Pie	Salisbury Steak with Peppers Duchess Potatoes Herbed Zucchini Wheat Roll Rosey Apple Slices	Pineapple Chicken Fried Rice Stir Fry Vegetable Blend Vegetable Egg Roll German Chocolate Cake
22	23	24	25	26
Glazed Baked Ham Black-Eyed Peas Green Cornbread Fruited Gelatin Parfait	Swedish Meatballs Noodles Broccoli Florets Wheat Roll Blushing Pears	Cheese Enchiladas Fiesta Rice Pico De Gallo Sour Cream Strawberries With Topping	Mushroom Swiss Hamburger Lettuce & Tomato Tator Tots Ice Cream Sundae	Sweet & Sour Pork Steamed Rice Asian Vegetable Blend Wheat Roll Orange Pineapple Cream
29	30			
Chicken Club Sandwich Onion Rings Steamed Vegetable Sticks Chocolate Chip Bar	Beef With Roasted Vegetables Rissole Potatoes Wheat Roll Apricot Parfait			

**\*Menu Subject to Change\***



# SEPTEMBER 2025

# Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>CLOSED IN OBSERVANCE OF LABOR DAY</b>	<b>2</b> <b>Super Noggin @ 10:00 AM</b> <b>Dominos /Cards @ 1:00 PM</b>	<b>3</b> <b>Extension Get Fit 8:55 AM</b> <b>Ageless Grace 10:30 AM</b>	<b>4</b> <b>BINGO with Christina @ 12:30</b>	<b>5</b> <b>Dominos /Cards @ 1:00 PM</b>
<b>8</b> <b>Extension Get Fit 8:55 AM</b> <b>Ageless Grace 10:30 AM</b>	<b>9</b> <b>Super Noggin @ 10:00 AM</b> <b>Dominos /Cards @ 1:00 PM</b>	<b>10</b> <b>Extension Get Fit 8:55 AM</b> <b>Ageless Grace 10:30 AM</b>	<b>11</b> <b>Bing Bag Baseball @ 10:00 AM</b> <b>BINGO with Dawn @ 12:30</b>	<b>12</b> <b>Dominos /Cards @ 1:00 PM</b>
<b>15</b> <b>Extension Get Fit 8:55 AM</b> <b>Ageless Grace 10:30 AM</b>	<b>16</b> <b>Super Noggin @ 10:00 AM</b> <b>Dominos /Cards @ 1:00 PM</b>	<b>17</b> <b>Extension Get Fit 8:55 AM</b> <b>Ageless Grace 10:30 AM</b> <b>Fresh Conversation @ 11:00</b>	<b>18</b> <b>Bing Bag Baseball @ 10:00 AM</b> <b>BINGO with Christina @ 12:30</b>	<b>19</b> <b>Dominos /Cards @ 1:00 PM</b> <b>Beanbag Baseball @ 9:00 AM</b>
<b>22</b> <b>Extension Get Fit 8:55 AM</b> <b>Ageless Grace 10:30 AM</b>	<b>23</b> <b>Super Noggin @ 10:00 AM</b> <b>Dominos /Cards @ 1:00 PM</b>	<b>24</b> <b>Extension Get Fit 8:55 AM</b> <b>Ageless Grace 10:30 AM</b> <b>Fresh Conversation @ 11:00 AM</b>	<b>25</b> <b>Bing Bag Baseball @ 10:00 AM</b> <b>BINGO with Maria @ 12:30 PM</b>	<b>26</b> <b>Dominos /Cards @ 1:00 PM</b>
<b>29</b> <b>Extension Get Fit 8:55 AM</b> <b>Ageless Grace 10:30 AM</b>	<b>30</b> <b>Super Noggin @ 10:00 AM</b> <b>Dominos /Cards @ 1:00 PM</b>			

Subject to change

## Daily Events

MONDAY	TUESDAY	WEDNESDAY
8:30 am– 4:30 pm Exercise Equipment Library Computer Room 8:55 am Extension Get Fit 10:30 am Ageless Grace 11:30 am- 12:00 pm Lunch	10:00 am– 11:00 am Bean Bag Baseball 11:30 am- 12:00 pm Lunch <b>1:00 pm</b> <b>Dominos/Cards</b>	8:30 am– 4:30 pm Exercise Equipment Library Computer Room 8:55 am Extension Get Fit 10:30 am Ageless Grace 11:30 am- 12:00 pm Lunch
THURSDAY	FRIDAY	
8:30 am– 4:30 pm Exercise Equipment, Library , Computer Room 10:00 am-11:00 am Bean Bag Baseball 11:30 am- 12:00 pm Lunch 12:30 pm—2:30 pm BINGO	8:30 am– 4:30 pm Exercise Equipment Library Computer Room 11:30 am- 12:00 pm Lunch 1:00 pm Dominoes	

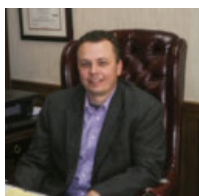
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Boone County Senior Activity & Wellness Center, Harrison, AR C 4C 01-1498



## How our Senior Center "Works"

The Boone County Senior Activity and Wellness Center is "An equal opportunity provider and employer."

We serve older adults of Boone County. We never charge a fee for our services for seniors age 60 or above, but we ask a donation for all of our services. We also don't turn anyone away for inability to give a donation for our services.

Our Center is funded 47% from State and Federal funding. The other 53% is from a variety of different sources. United Way of Boone County Inc. provides a portion of funding. Another portion is given from Boone County Quorum Court. The remainder of funding comes from clients giving contributions as they use our much needed services, outside donations and fundraisers done at the Center and in our community.

We ask a suggested donation of \$4 for Congregate and Home Delivered Meals and \$3-\$5 for transportation in town. There are also donation boxes in the exercise and computer rooms to help with costs of maintaining our equipment.

**THRIVE**  
LOCALLY



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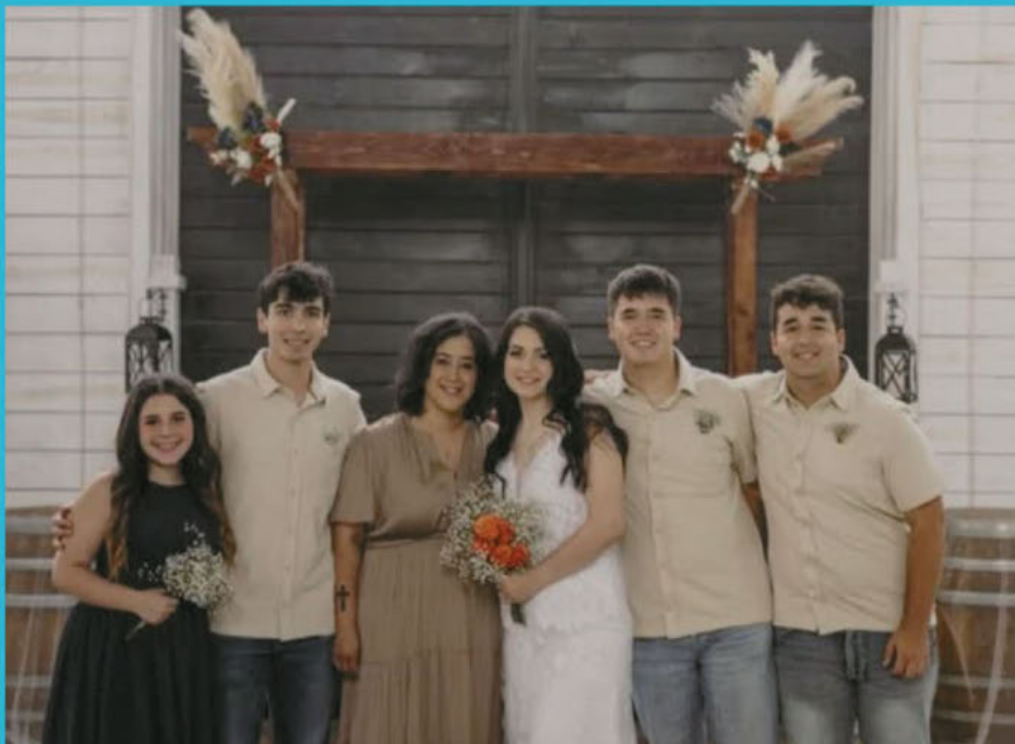
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Boone County Senior Activity & Wellness Center, Harrison, AR D 4C 01-1498



***I would like to welcome my new Food Service Manager!***

***Caroline Aquirre. Here is her story:***

***I have five beautiful children and two perfect grand babies. I love the most simple things in life. Spending time with my family and friends. Cooking and baking is my passion. Being able to do what I love everyday is the most rewarding feeling. I look forward to serving our community and getting to know everyone.***





**I would like to welcome my new Kitchen assistant. Genny Morris. 🍪**

**Here is her story:**

**I'm an animal lover at heart. I find peace and happiness in being outdoors and just taking in nature's beauty that God created. Family means everything to me, and I cherish the time I get to spend with them. At my core, I love helping others and being a positive presence in their lives.**

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Boone County Senior  
Activity & Wellness Center  
1516 Rock Springs Rd  
Harrison, AR 72601

(870) 741-1505

www.aaanwar.org

boonesc@aaanwar.org



Support received from:



## Meet our Staff:

**Director: Kelly Hunter**

**Program Assistant: Pat Gomes**

**Facility Assistant:**

**Food Service Manager: Caroline Aguirre**

**Kitchen Assistant: Genny Morris**

**Dishwasher:**

**Custodian:**

**HDM Driver: Alex Miller**

**HDM Driver: Linda Lutherbeck**

**HDM Driver: Jady Roberts**

**Transport Operator: Mel Hankins**

**Transport Operator: Alison Allen**

**Transport Operator: Brian Sorr**

## Boone County Senior Activity & Wellness Center

The center is open Monday-Friday, 8:00 am to 4:30 pm, serving a **Nutritious Meal** from 11:30 am to 12:00 pm for a suggested donation of \$4.00 for anyone 60+. Guests under 60 are welcome to enjoy a meal for only \$8.76. We also provide **Home Delivered Meals** to the senior citizens of Boone County. Need **Transportation**? A van is available Monday through Friday, 8 AM to 12:00 PM. Must be scheduled 24 hours in advance. Stop in and check out our beautiful facility. You can **relax** and **watch TV**, read the **newspaper**, get a book from our well-stocked **library**, use the **computer**, use our **Wi-Fi**, use the fitness room equipped with a variety of **exercise equipment**, join a **fitness class**, attend our **outings**, and make new **friends**. Stop by... We would love to meet you!

## Table of Contents

News .....	Pg 1
.....	Pg 2
Coming Event Details .....	Pg 3
Search-A-Word .....	Pg 4
.....	Pg 5
Menu .....	Pg 6
Event Calendar.....	Pg 7
Daily Events.....	Pg 8
How the Center "Works" ...	Pg 9
New Employee .....	Pg 10
New Employee.....	Pg 11
Center Info.....	Pg 12

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