

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/\$8.76 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.

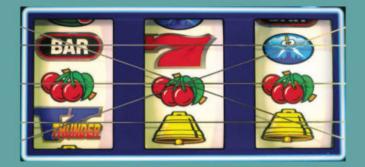
**NO SAME DAY APPOINTMENTS** 

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

Shopping Taxi: Tuesday & Thursday

Pickups begin at 8:00 am

# Trips



Wednesday 9/24 Choctaw Casino Pocola 9:30 \$15



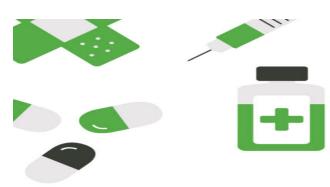
Antique, Rustic & Vintage-Style Goods!

SATURDAY 9/13 Van Buren 9:30 \$10

LIMITED SPACE AVAILABLE

## September Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 Chicken Salad Potato Salad Saltines Fruit	3 Chopped Steak w/ Mushroom Gravy Mashed Potatoes Multi Colored Cauliflower Wheat Roll Fruit	4 BBQ Pork on A Bun Pork & Beans Wild Rice Cookie	5 Breaded Fish Filet Mixed Vegetables Diced Potatoes Hush Puppies Fruit
8 Beef Fritter w/ Gravy Parslied Potatoes Peas Wheat Roll Fruit	9 Braised Pork Tips w/Gravy Rice Brussels Sprouts White Roll Fruit	10 Chicken Breast Parmesan Noodles Carrots Bread Stick Fruit	11 Ham & Beans Collared Greens Wheat Roll Cookie	12 BBQ Beef On A Bun Pinto Beans Irish Potatoes Fruit
15 Pork Carnitas Corn Black Beans Tortillas Fruit	16 Baked Chicken Mashed Potatoes Green Beans Wheat Roll Fruit	17 Corned Beef Red Potatoes Cabbage Wheat Roll Fruit	18 Ham Steak Wild Rice Brussels Sprots Biscuit Cookie	19 Breaded Beef Fritter w/Gravy Steamed Rice Butter Beans Wheat Roll Fruit
22 Kielbasa Diced Potatoes Beets Wheat Roll Fruit	23 Salisbury Steak w/Gravy Mashed Potatoes Green Peas Wheat Roll Fruit	24 Sweet & Sour Chicken Steamed Rice Stir Fry Vegetables Egg Roll	25 Chicken & Dumplings Green Beans Wheat Roll Fruit	26 Chicken Salad Pasta Salad Crackers Tropical Fruit
29 Sweet & Sour Pork Steamed Rice Asian Vegetable Blend Egg Roll Fruit	30 Chopped Steak w/Mushroom Gravy Mashed Potatoes Multi Colored Cauliflower Wheat roll Fruit			SUBJECT TO CHANGE







FAYETTEVILLE SENIOR ACTIVITY & WELLNESS CENTER

## FALL HEALTH FAIR

Various healthcare related booths will be present to share information about their services and products. Guest Speakers, Games, Door Prizes!

THURSDAY OCTOBER 16<sup>™</sup>, 2025 9 AM - 1 PM 945 S COLLEGE, FAYETTEVILLE 72701

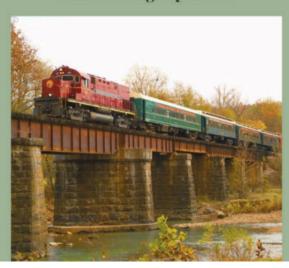
For any further questions contact us at 479-571-2920 or hmcosker@uark.edu



Mary Boswell has accepted the position of Director at the Fayetteville Senior center. She first joined the Fayetteville Senior Center as an intern and has since served as Facility Assistant and Program Assistant.

With her experience and strong familiarity with our operations and clients, we anticipate a smooth transition and continued success at the Senior Center. Congratulations on your new role. Mary:

Join us Thursday October 23 for a trip
through the mountains and enjoy all
the beautiful colors of fall. We will
stop in Van Buren where we will
spend 3 hour. Have lunch, browse the
shop & enjoy the downtown area.
Then back to the station.
For our trip home
\$60 this includes your train ticket
Limited Space Available
Deadline to sign up is 10/17



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appointment at arkbluecross.com/fayetteville.

### Michael McLaughlin

mcmclaughlin@arkbluecross.com

479-379-5180

Licensed agent, NPN# 17679924

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



## Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SORRY WERE	2 Line Dancing 9:30 Pool Tourney 9:00 Canasta (Hand & Foot) 12:00	3 Line Dancing 9:30 Water Color Group 10:00 am	4 Bingo 10:00 am  Mexican Train Dominos 11:45	5 Triominos 9:30 am Movie 9:45 am
BUT STILL AWESOME	Foot) 12:00 Ping Pong 2 pm Tap Dancing 2:00	WII Bowling/ Beanbag baseball 12:00 pm	Ping Pong 2:00 pm	Ping Pong 2 pm Line Dancing 3pm
8	9	10	11	12
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	WII Bowling/ Beanbag baseball	Ping Pong 2 pm	Ping Pong 2 pm Line Dancing 3pm
	Tap Dancing 2:00	12:00 pm		
15	16	17	18	19
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		D. D	Ping Pong 2 pm
	Ping Pong 2 pm	WII Bowling/ Beanbag baseball	Ping Pong 2 pm	Line Dancing 3pm
	Tap Dancing 2:00	12:00 pm		
22	23	24	25	26
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		
29 Bingo 10:00 am	30 Line Dancing 9:30			
10.00 uiii	Pool Tourney 9:00			
	Canasta (Hand & Foot) 12:00			
	Ping Pong 2 pm			
	Tap Dancing 2:00			



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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







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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 it	9:00 Fun to be Fit	
10:45 Advanced Tai Chi	9:30 Instructor Led Line Dancing	Rosen Movement 12:00-1:00	10:00 Intermediate Pilates	
12:15 Dance Fit	10:00 Intermediate Pilates	1:15 Dance Fit	12:30 Silver Sneakers Classic	
1:00 Strech & Chair Toning	11:00 Use it or Lose it 12:30 Silver Sneakers Classic 1:15 Chair Yoga	2:00 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.