

# FALL HEALTH FAIR

FAYETTEVILLE SENIOR ACTIVITY  
& WELLNESS CENTER

**OCTOBER 16, 2025**

**9:00-1:00**

**JOIN US FOR**

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**GUEST SPEAKERS**

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**FAYETTEVILLE SENIOR ACTIVITY**

**& WELLNESS CENTER**

**945 S. COLLEGE**



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Charitable Foundation, Inc.

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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 \$5 per meal/\$10 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

OH the places you'll see

10/07 **Tuesday** Hard Rock Casino

Tulsa 9:00 \$15.00

10/23 **THURSDAY** A&M Railroad Fall Foliage

Springdale 7:00am \$60.00



# October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Baked Ham Purple Hull Peas Greens Cornbread Fruit	2 Swedish Meatballs Noodles Green Beans Wheat Roll Cookie	3 Chicken Salad Pasta Salad Fruit Crackers Fruit
6 Bratwurst Link Diced Potatoes Green Beans Bun Fruit	7 Salisbury Steak w/Gravy Mashed Potatoes Veggie Blend Wheat Roll Fruit	8 Baked Chicken Carrots Green Peas Biscuit Fruit	9 Ham Corn Greens Cornbread Cookie	10 Teriyaki Chicken Rice Stir Fry Veggies Wheat Roll Fruit
13 Rosted Chicken w/ Poultry Gravy Wild Rice Mixed Veggie Wheat Roll Fruit	14 BBQ Pork On A Bun Corn Brussels Sprouts Fruit	15 Chopped Steak w/Gravy Mashed Potatoes Stewed Tomatoes Wheat Roll Fruit	16 Baked Fish Red Potatoes Green Peas Hushpuppies Cookie	17 Ranch Chicken Green Bens Carrots Wheat Roll Fruit
20 Sliced Baked Ham Wild Rice Cabbage Wheat Roll Fruit	21 Pulled Pork On A Bun Baked French Fries Pork n Beans Fruit	22 Meatloaf Red Potatoes Capri Veggies Blend Biscuit Fruit	23 Turkey & Veggie Stew Rice Pilaf Wheat Roll Cookie	24 Egg Salad Sandwich Grape Tomatoes Potato Chips Fruit
27 Baked Chicken Mashed Potatoes Peas Wheat Roll Applesauce	28 BBQ Beef On A Bun Diced Potatoes Succotash Fruit	29 Baked Fish Baked French Fries Cauliflower Hushpuppies Fruit	30 Ham Parmesan Noodle Brussels Sprouts Wheat Roll Cookie	31 Hot Dog On A Bun Green Beans Corn Fruit



Get your dabbers ready & mark your calendars for an

Evening filled with anticipation & fun

**FAYETTEVILLE SENIOR CENTER**

**& MEALS ON WHEELS**

**945 S COLLEGE**

**BINGO**

**★ NIGHT ★**

**AWESOME  
PRIZES  
OPEN TO  
ALL AGES**

**CONCESSIONS  
AVAILABLE**

**Friday November 14TH**

**Doors open 5:00 pm   Bingo Starts 6:00pm**

**\$10 per person to Enter receive a book of 10  
games & 1 Blackout card. Extra books can be  
purchased for \$5.00 Extra Blackout cards \$1.00**

**Raffle tickets 1 for \$5 or 3 for \$10**

**Winner wins 50% of the pot**



**As the cost of food just continues to increase. Beginning  
November 1, 2025, the suggested donation for a congregate  
meal will increase to \$5.00.**

**The cost of to-go-meals will increase to \$10.00**

Turning 65 or new to Medicare?

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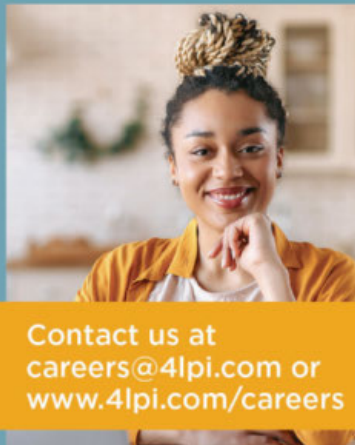
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Fayetteville Senior Activity and Wellness, Fayetteville, AR A 4C 01-2015



# Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>Line Dancing</b> <b>9:30</b>  <b>Water Color</b> <b>Group 10:00 am</b>  <b>WII Bowling/</b> <b>Beanbag baseball</b> <b>12:00 pm</b>	<b>2</b> <b>Bingo</b> <b>10:00 am</b>  <b>Mexican Train</b> <b>Dominos 11:45</b>  <b>Ping Pong 2:00 pm</b>	<b>3</b> <b>Triominos</b> <b>9:30 am</b>  <b>Movie 9:45 am</b>  <b>Ping Pong 2 pm</b>  <b>Line Dancing 3pm</b>
<b>6</b> <b>Bingo</b> <b>10:00 am</b>  <b>Card Making Group</b> <b>9:00 am</b>	<b>7</b> <b>Line Dancing</b> <b>9:30</b>  <b>Pool Tourney 9:00</b>  <b>Canasta (Hand &amp;</b> <b>Foot) 12:00</b>  <b>Ping Pong 2 pm</b>  <b>Tap Dancing 2:00</b>	<b>8</b> <b>Line Dancing</b> <b>9:30</b>  <b>Water Color</b> <b>Group 10:00 am</b>  <b>WII Bowling/</b> <b>Beanbag baseball</b> <b>12:00 pm</b>	<b>9</b> <b>Bingo</b> <b>10:00 am</b>  <b>Mexican Train</b> <b>Dominos 11:45 am</b>  <b>Ping Pong 2 pm</b>	<b>10</b> <b>Triominos</b> <b>9:30 am</b>  <b>Movie 9:45 am</b>  <b>Ping Pong 2 pm</b>  <b>Line Dancing 3pm</b>
<b>13</b>  <b>Bingo</b> <b>10:00 am</b>	<b>14</b> <b>Line Dancing</b> <b>9:30</b>  <b>Pool Tourney 9:00</b>  <b>Canasta (Hand &amp;</b> <b>Foot) 12:00</b>  <b>Ping Pong 2 pm</b>  <b>Tap Dancing 2:00</b>	<b>15</b> <b>Line Dancing</b> <b>9:30</b>  <b>Water Color</b> <b>Group 10:00 am</b>  <b>WII Bowling/</b> <b>Beanbag baseball</b> <b>12:00 pm</b>	<b>16</b> <b>Bingo</b> <b>10:00 am</b>  <b>Mexican Train</b> <b>Dominos 11:45 am</b>  <b>Ping Pong 2 pm</b>	<b>17</b> <b>Triominos</b> <b>9:30 am</b>  <b>Movie 9:45 am</b>  <b>Ping Pong 2 pm</b>  <b>Line Dancing 3pm</b>
<b>20</b> <b>Bingo</b> <b>10:00 am</b>	<b>21</b> <b>Line Dancing</b> <b>9:30</b>  <b>Pool Tourney 9:00</b>  <b>Canasta (Hand &amp;</b> <b>Foot) 12:00</b>  <b>Ping Pong 2 pm</b>  <b>Tap Dancing 2:00</b>	<b>22</b> <b>Line Dancing</b> <b>9:30</b>  <b>Water Color</b> <b>Group 10:00 am</b>  <b>WII Bowling/</b> <b>Beanbag baseball</b> <b>12:00 pm</b>	<b>23</b> <b>Bingo</b> <b>10:00 am</b>  <b>Mexican Train</b> <b>Dominos 11:45 am</b>  <b>Ping Pong 2 pm</b>	<b>24</b> <b>Triominos</b> <b>9:30 am</b>  <b>Movie 9:30</b>  <b>Ping Pong 2 pm</b>  <b>Line Dancing 3pm</b>
<b>27</b> <b>Bingo</b> <b>10:00 am</b>	<b>28</b> <b>Line Dancing</b> <b>9:30</b>  <b>Pool Tourney 9:00</b>  <b>Canasta (Hand &amp;</b> <b>Foot) 12:00</b>  <b>Ping Pong 2 pm</b>  <b>Tap Dancing 2:00</b>	<b>29</b> <b>Line Dancing</b> <b>9:30</b>  <b>Water Color</b> <b>Group 10:00 am</b>  <b>WII Bowling/</b> <b>Beanbag baseball</b> <b>12:00 pm</b>	<b>30</b> <b>Bingo</b> <b>10:00 am</b>  <b>Mexican Train</b> <b>Dominos 11:45 am</b>  <b>Ping Pong 2 pm</b>	<b>31</b> <b>Triominos</b> <b>9:30 am</b>  <b>Live Music 9:45 am</b>  <b>Ping Pong 2 pm</b>  <b>Line Dancing 3pm</b>



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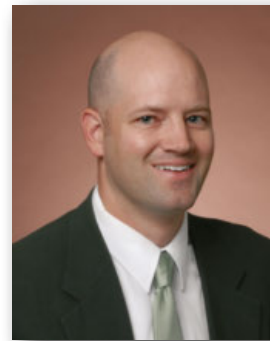


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Because senior citizens are the **#1 target** of healthcare fraud and scams, the Arkansas Senior Medicare Patrol (SMP) empowers seniors statewide to protect, detect and report! For a free educational presentation call **866-726-2916**

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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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 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	2:15 Strech & Chair Toning	1:15 Chair Yoga	
	12:30 Silver Sneakers Classic			
	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 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.**