

Fayetteville Senior
Activity & Wellness
Center

November



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 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

NO TRIPS FOR THE MONTH OF NOVEMBER.

**PANCAKES
WITH A PURPOSE**



**A Community Breakfast Fundraiser benefiting
Meals on Wheels of Fayetteville**

**SATURDAY, DECEMBER 13, 2025
8:00 AM- 11:00 AM**

**945 S. College
Fayetteville**

JOIN US FOR BREAKFAST

Enjoy a morning filled with good food, friendly faces & community spirit- all in support of **Meals on Wheels.**

BREAKFAST MENU

**FLUFFY PANCAKES
POTATOES
CRISPY BACON & SAUSAGE
BISCUITS & GRAVY**

EVENT HIGHLIGHTS

**SILENT AUCTION
DOOR PRIZES
BUY YOUR TICKETS
EARLY AND SAVE**

**All Ages
Welcome
ADULTS \$10
KIDS 5-10 \$5
UNDER 5 -FREE**

**TOGETHER WE CAN MAKE
SURE EVERY MEAL MATTERS**

November Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak W/Gravy Mashed Potatoes Stewed Tomatoes Wheat Roll Fruit	4 Kielbasa Diced Potatoes Green Beans Bun Fruit	5 Baked Chicken Carrots Green Peas Biscuit Fruit	6 Teriyaki Beef Rice Stir Fry Veggies Wheat Roll Cookie	7 Diced Ham Corn Greens Cornbread Fig Bar
10 BBQ Pork On A Bun Baked French Fries Pork N Beans Fruit		12 Chicken & Dump- lings Mixed Veggies Wheat Roll Fruit	13 Turkey Sandwich Potato Salad Cranberry Sauce Cookie	14 Cheese Pizza Broccoli Cauliflower Fruit
17 BBQ Pulled Pork On A Bun Baked French Fries Pork N Beans Fruit	18 Roast Beef W/ Au Jus Mashed Potatoes Carrots Wheat Roll Fruit	19 Meatloaf Diced Potatoes Capri Veggie Blend Biscuit Fruit	20 Swedish Meatballs Oven Pasta Green Beans Wheat Roll Cookies	21 Gumbo Rice Steamed Okra White Roll Fig Bar
24 BBQ Beef On A Bun Dilled Potatoes Succotash Cookie	25 Baked Chicken Mashed Potatoes Green Peas Wheat Roll Fruit	26 Pit Ham Wild Rice Black eyed Peas Cornbread Fruit		
MENU SUBJECT TO CHANGE		MENU SUBJECT TO CHANGE		MENU SUBJECT TO CHANGE

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 each

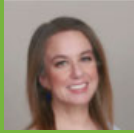
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Winner wins 50% of the pot



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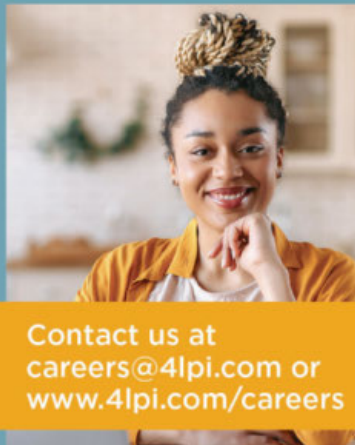
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Monday–Saturday, 9 a.m. - 6 p.m.

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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
3 Bingo 10:00 am Card Making Group 9:00 am	4 Line Dancing 9:30 Pool Tourney 9:00 Canasta (Hand & Foot) 12:00 Ping Pong 2 pm Tap Dancing 2:00	5 Line Dancing 9:30 Water Color Group 10:00 am WII Bowling/ Beanbag baseball 12:00 pm	6 Bingo 10:00 am Mexican Train Dominos 11:45 Ping Pong 2:00 pm	7 Triominos 9:30 am Movie 9:45 am Ping Pong 2 pm Line Dancing 3pm
10 Bingo 10:00 am	11 	12 Line Dancing 9:30 Water Color Group 10:00 am WII Bowling/ Beanbag baseball 12:00 pm	13 Bingo 10:00 am Mexican Train Dominos 11:45 am Ping Pong 2 pm	14 Triominos 9:30 am Movie 9:45 am Ping Pong 2 pm Line Dancing 3pm
17 Bingo 10:00 am	18 Line Dancing 9:30 Pool Tourney 9:00 Canasta (Hand & Foot) 12:00 Ping Pong 2 pm Tap Dancing 2:00	19 Line Dancing 9:30 Water Color Group 10:00 am WII Bowling/ Beanbag baseball 12:00 pm	20 Bingo 10:00 am Mexican Train Dominos 11:45 am Ping Pong 2 pm	21 Triominos 9:30 am Movie 9:45 am Ping Pong 2 pm Line Dancing 3pm
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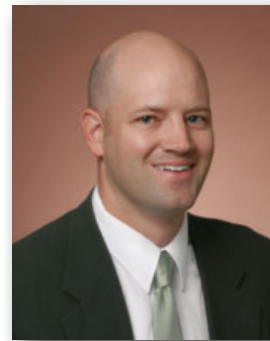
OUR COMMUNITY NEWSLETTER
 OCTOBER EDITION



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

Understanding Comparing Options

Completed the enrollment process



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	
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.