

**February  
2026**

# Boone County

SENIOR ACTIVITY & WELLNESS CENTER

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

## Special Events

February 6

*Lucky Draw BINGO  
Fundraiser @ 6:00 PM*

February 13

*BBQ Chicken Dinner  
5:00 PM– 7:30 PM*

February 16

**CENTER CLOSED**  
**In Observance of  
Presidents Day**

February 20

*Fish Fry Fundraiser  
5:00 PM– 7:30 PM*

February 27

*Ridge Runner Cloggers  
@ 5:00 PM  
BBQ Pulled Pork  
Dinner 5:00 PM– 7:30  
PM*



## LUCKY DRAW BINGO FUNDRAISER

BOONE COUNTY SENIOR CENTER

FRIDAY

FEBRUARY 6, 2026

GET READY TO SHOUT "BINGO" AND WIN SOME AMAZING PRIZES AT THIS FUN-FILLED EVENT. \$10.00 PER PERSON WHICH WILL INCLUDE 10 GAMES OF BINGO INCLUDING ONE BLACKOUT GAME. ADDITIONAL BOOKS MAY BE PURCHASED FOR \$5.00 EACH.

### BLACKOUT WILL BE:

OUTVITA OUTDOOR PARTY TENT WITH SCREEN,  
10X30FT CANOPY SHELTER WITH NETTING SIDE WALLS  
AND 2PCS DOORS FOR EVENT YARD PATIO BBQ PICNIC  
PARTIES WHITE



**OPEN TO THE PUBLIC OF  
ALL AGES**



DOORS OPEN @ 5:30 PM  
GAME STARTS @ 6:00 PM  
CONCESSION AVAILABLE

ALL PROCEEDS  
GO TO THE  
MEALS ON  
WHEELS  
PROGRAM



**Thursday**  
**February 12, 2026**  
**Blood Pressure Checks/  
 Blood Sugar Check & Education with  
 Legacy Hospice**  
**11:30 –12:30 PM**



  
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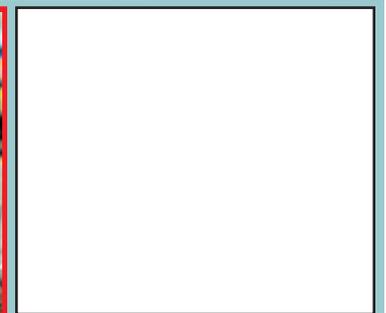
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## Unique Needs of People Ages 60+

- Enjoy a variety of foods from each food group to help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease.
- Choose foods with little to no added sugar, saturated fats, and sodium.
- Get enough protein during your day to maintain muscle mass.

Focus on the nutrients you need, including [potassium](#), [calcium](#), [vitamin D](#), [dietary fiber](#), and vitamin B12.

- With age, you may lose some of your sense of thirst. Drink water often. Low- or fat-free milk, including lactose-free options or fortified soy beverage and 100% juice can also help you stay hydrated. Limit beverages that have lots of added sugars or salt.
- Maintain a healthy weight or prevent additional weight gain by following a healthy dietary pattern and adopting an active lifestyle.

Learn how much to eat from all five food groups and find out how many calories you need each day to help you maintain energy using the [MyPlate Plan](#).

Try to prevent foodborne illness (food poisoning) by keeping food safe. Learn more about the four steps to safer food choices—Clean, Separate, Cook, and Chill—



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**Community!**



**February Fundraiser**

**BOONE COUNTY SENIOR  
CENTER FUNDRAISER  
FRIDAY**

**FEBRUARY 13, 2026  
5:00 PM - 7:30 PM**

**ENTER  
FOR A  
CHANCE  
TO WIN A  
STEAM  
CLEANER**

**\$10.00**

**BBQ CHICKEN,**

**AUGRATIN  
POTATOES,**

**GREEN BEANS,**

**ROLL,**

**CHEESECAKE**

**&  
KARAOKE**

**ALL**

**PROCEEDS GO  
TO THE MEALS  
ON WHEELS  
PROGRAM**



# Boone County Senior Center

## Fish Fry Fundraiser!

Friday

February 20, 2026

4:00 PM- 7:30PM

**\$12.00**

Hand Breaded Fish, or

Chicken Strips

Hushpuppies,

Brown Beans,

Enjoy Dinner and Music with

Ethan Walsh

**ENTER TO  
WIN A  
DOOR  
PRIZE**

**All proceeds go  
towards the  
Meals on Wheels  
program**



# Menu

# FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Lemon Pepper Tilapia Brown Rice Green Beans Wheat Roll Tropical Fruit	BBQ Pulled Pork Sandwich Potato Wedges Calico Coleslaw Chocolate Pudding Parfait	Beef Lo Mein Asian Vegetable Blend Wheat Roll Pears	Italian Meat Loaf Roasted Garlic Red Potatoes Capri Vegetable Blend Wheat Roll Blueberry Vanilla Cake	Sliced Baked Ham White Cheddar Mac & Cheese Braised Red & Green Cabbage Wheat Roll Peaches
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Vegetable Lasagna Garden Salad Wheat Roll Italian Cream Cake	Baked Chicken Sour Cream Mashed Potatoes Green Peas Wheat Roll Apple Betty	Cheese Enchiladas Black Beans and Couscous Wheat Roll Pineapples	Beef Brisket Macaroni & Cheese Succotash Wheat Roll Berry Cup	Braised Stew Beef Tips W/ Gravy Potatoes & Carrots Wheat Roll Bananas
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>CENTER CLOSED</b> In observance of <b>Presidents' Day</b>	Beef Chili With Beans Baked Potato Tossed Salad Wheat Roll Assorted Ice Cream	Turkey a La King Egg Noodles Baby Carrots with Oregano Wheat Roll Scalloped Cinnamon Peaches	Teriyaki Beef Fried Rice Sugar Snap Peas Vegetable Egg Roll Apples	Maple Glazed Ham Corn Pudding Greens Wheat Roll Pear Ginger Upside Down cake
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Four Cheese Pasta Italian Vegetable Blend Wheat Roll Grapes	Herbed Pork Chops Parlsied Potatoes Orange Glazed Beets Wheat Roll Apple Crumb Cake	Honey Mustard Chicken Battered Corn Nuggets Green Beans Wheat Roll Pears	BBQ Pork Platter Corn Casserole Wheat Roll Brussel Sprouts Medley Wheat Roll Coconut Bread Pudding	Beef Bourguignonne Egg Noodles Baby Carrots Wheat Roll Tropical Fruit

**Menu Subject to Change**

# FEBRUARY 2026

## Events

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><b>Extension Get Fit</b> 8:55</p> <p><b>Ageless Grace</b> 10:30</p>	<p><b>Bean Bag Baseball</b> @ 10:00 AM</p> <p><b>Dominos /cards</b> @ 1:00 PM</p>	<p><b>Extension Get Fit</b> 8:55</p> <p><b>Ageless Grace</b> 10:30</p>	<p><b>Bean Bag Baseball</b> @ 10:00 AM</p> <p><b>Bingo with April</b> @ 12:30 PM</p> <p><b>Dominos /cards @</b> 1:00 PM</p>	<p><b>Dominos /cards</b> @ 1:00 PM</p> <p>Lucky Draw BINGO Fundraiser @ 6:00 PM</p>
9	10	11	12	13
<p><b>Extension Get Fit</b> 8:55</p> <p><b>Ageless Grace</b> 10:30</p>	<p><b>Bean Bag Baseball</b> @ 10:00 AM</p>	<p><b>Extension Get Fit</b> 8:55</p> <p><b>Ageless Grace</b> 10:30</p>	<p><b>Bean Bag Baseball</b> @ 10:00 AM</p> <p><b>Bingo with Christina</b> @ 12:30 PM</p> <p><b>Blood Pressure Checks/ Sugar Check &amp; Education with Hospice</b> 11:30 –12:30 PM</p>	<p><b>Dominos /cards</b> @ 1:00 PM</p> <p><b>BBQ Chicken Dinner Fundraiser</b> 5:00 PM– 7:30 PM</p>
16	17	18	19	20
<p><b>CENTER CLOSED</b></p> <p><b>In observance of Presidents Day</b></p>	<p><b>Bean Bag Baseball</b> @ 10:00 AM</p> <p><b>Dominos /cards</b> @ 1:00 PM</p>	<p><b>Extension Get Fit</b> 8:55</p> <p><b>Ageless Grace</b> 10:30</p>	<p><b>Bean Bag Baseball</b> @ 10:00 AM</p> <p><b>Bingo with Maria</b> @ 12:30 PM</p> <p><b>Dominos /cards @</b> 1:00 PM</p>	<p><b>Dominos /cards</b> @ 1:00 PM</p> <p><b>Fish Fry Fundraiser</b> 4:00 PM– 7:30 PM</p>
23	24	25	26	27
<p><b>Extension Get Fit</b> 8:55</p> <p><b>Ageless Grace</b> 10:30</p>	<p><b>Bean Bag Baseball</b> @ 10:00 AM</p> <p><b>Presentation with Ashley with U of A</b> @ 11:30 AM</p> <p><b>Dominos /cards</b> @ 1:00 PM</p>	<p><b>Extension Get Fit</b> 8:55</p> <p><b>Ageless Grace</b> 10:30</p>	<p><b>Bean Bag Baseball</b> @ 10:00 AM</p> <p><b>Bingo with Dawn</b> @ 12:30</p> <p><b>Dominos /cards @</b> 1:00 PM</p>	<p><b>Monthly Birthday Party</b> @ 12:00 PM</p> <p><b>Ridge Runner Cloggers</b> @ 5:00 PM <b>BBQ Pulled Pork Dinner</b> 5:00 PM—7:30 PM</p>

## Daily Events

MONDAY	TUESDAY	WEDNESDAY
8:30 am—4:30 pm Exercise Equipment Library Computer Room 8:55 am Extension Get Fit 10:30 -Ageless Grace 11:30 am –12:00 pm Lunch	10:00 AM-11:00 AM Bean Bag Baseball Lunch 11:30 AM –12:00 PM 1:00 pm Dominos/Cards/ Games	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 12:30 pm Dominos/ Cards	

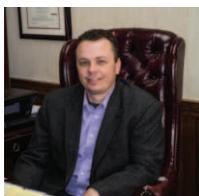
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Boone County Senior Activity & Wellness Center, Harrison, AR C 4C 01-1498

## 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 **\$5.00** for congregate and Home Delivered Meals and **\$4.00** for transportation in town. There are also donation boxes in the exercise and computer rooms to help with costs of maintaining our equipment.**



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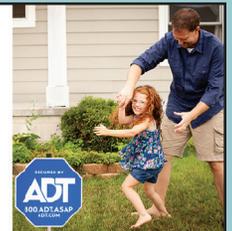
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Boone County Senior Activity & Wellness Center, Harrison, AR D 4C 01-1498

February Fundraiser

# Boone County Senior Center Fundraiser

**Friday February 27, 2026**

**Ridge Runner Cloggers**

**4:30 PM- 7:30 PM**

**\$10.00**

**Open to the  
public  
of all ages**

**BBQ Pulled Pork  
Sandwich  
Potato Salad,  
Cole Slaw  
Baked Beans,  
Peach Cobbler**



**All proceeds  
go to the  
Meals On  
Wheels  
Program**



## Presentation

with Ashley, from

U Of A on **Feb. 24,**  
**@ 11:30 AM**

Healthy Food, Healthy  
Brain. And a tasting of  
food

## Boone County Senior Center Fundraiser

Do you have shoes laying around  
you no longer wear? Bring them to  
the Boone County Senior Center.

1516 Rock Springs RD

With your help we can  
hopefully fill 100  
bags! and receive  
**\$1,000.00**



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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: Ruth Jordan**

**Food Service Manager: Caroline Aguirre**

**Kitchen Assistant: Genny Morris**

**Dishwasher:**

**Custodian:**

**HDM Driver: Linda Lutherbeck**

**HDM Driver: Alex Miller**

**HDM Driver: Jady Roberts**

**Transport Operator: Melvin Hankins**

**Transport Operator: Brian Sorrell**

**Transport Operator:**

## 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 **\$5.00** for anyone 60+. Guests under 60 are welcome to enjoy a meal for only **\$10.97**. 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 1 PM but must be scheduled at least 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!

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