

Fayetteville Senior Activity  
& Wellness Center

HELLO

February

2026

To all those who are reading this.  
I hope something good happens for  
you this month.





# February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>BBQ Pork Platter Corn Brussels Sprouts Wheat Roll Fruit</p>	<p>3</p> <p>Baked Chicken w/ Poultry Gravy Rice Mixed Veggies Wheat Roll Fruit</p>	<p>4</p> <p>Chopped Steak w/Gravy Mashed Potatoes Green Beans Biscuit Fruit</p>	<p>5</p> <p>Chicken &amp; Dumplings Green Peas Wheat Roll Cookie</p>	<p>6</p> <p>Beef Over Rice Prince Edward Veggies Wheat Roll Fruit</p>
<p>9</p> <p>Country Fried Steak w/ Gravy Rice Green Beans Biscuit Fruit</p>	<p>10</p> <p>BBQ Pulled Pork Sandwich Steamed Cabbage Baked French Fries Fruit</p>	<p>11</p> <p>Lemon Pepper Fish Wild Rice Green Beans Hushpuppies Fig Bar</p>	<p>12</p> <p>Beef Stroganoff Over Noodles Green Peas Wheat Roll Cookie</p>	<p>13</p> <p>Chicken Salad Potato Salad Pasta Salad Crackers Fruit</p>
<p>16</p> 	<p>17</p> <p>Baked Chicken Mashed Potatoes Greens Wheat Roll Fruit</p>	<p>18</p> <p>Pit Ham Brussels Sprouts Corn Cornbread Fruit</p>	<p>19</p> <p>BBQ Turkey Sandwich Wild Rice Mixed Veggies Cookie</p>	<p>20</p> <p>Hot Dog On A Bun Baked French Fries Pinto Beans Fruit</p>
<p>23</p> <p>Kielbasa On A Bun Diced Potatoes Green Beans Fruit</p>	<p>24</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Prince Edward Veggies Wheat Roll Fruit</p>	<p>25</p> <p>Teriyaki Chicken Rice Asian Veggies Wheat Roll Fruit</p>	<p>26</p> <p>Smothered Beef Cutlet Diced Potatoes Capri Veggies White Roll Cookie</p>	<p>27</p> <p>Ham, Cheese &amp; Broccoli Soup Green Peas Wheat Fruit</p>
	<p><b>SUBJECT TO CHANGE</b></p>		<p><b>SUBJECT TO CHANGE</b></p>	

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

# SHOPPING TRIP

## 2/11 A-Z ALMA

### 9:30 \$15



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FEBRUARY  
13

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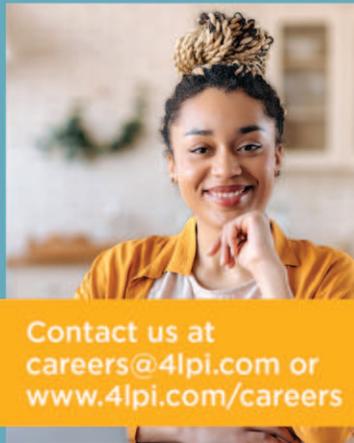
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### Michael McLaughlin

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Monday–Saturday, 9 a.m. - 6 p.m.

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# Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p><b>Card Making Class</b> 9:00 am</p> <p><b>Bingo</b> 10:00 am</p> <p><b>Beanbag Baseball</b> 12:30 pm</p>	<p><b>3</b></p> <p><b>Line Dancing</b> 9:30</p> <p><b>Pool Tourney 9:00</b></p> <p><b>Canasta (Hand &amp; Foot) 12:00</b></p> <p><b>Ping Pong 2 pm</b></p> <p><b>Tap Dancing 2:00</b></p>	<p><b>4</b></p> <p><b>Line Dancing</b> 9:30</p> <p><b>Water Color Group 10:00 am</b></p> <p><b>Beanbag baseball</b> 12:30 pm</p>	<p><b>5</b></p> <p><b>Bingo</b> 10:00 am</p> <p><b>Mexican Train Dominos 11:45 am</b></p> <p><b>Ping Pong 2 pm</b></p>	<p><b>6</b></p> <p><b>Triominos</b> 9:30 am</p> <p><b>Movie 9:45 am</b></p> <p><b>Ping Pong 2 pm</b></p> <p><b>Line Dancing 3pm</b></p>
<p><b>9</b></p> <p><b>Card Making Class</b> 9:00 am</p> <p><b>Bingo</b> 10:00 am</p> <p><b>Beanbag Baseball</b> 12:30 pm</p>	<p><b>10</b></p> <p><b>Line Dancing</b> 9:30</p> <p><b>Pool Tourney 9:00</b></p> <p><b>Canasta (Hand &amp; Foot) 12:00</b></p> <p><b>Ping Pong 2 pm</b></p> <p><b>Tap Dancing 2:00</b></p>	<p><b>11</b></p> <p><b>Line Dancing</b> 9:30</p> <p><b>Water Color Group 10:00 am</b></p> <p><b>Beanbag baseball</b> 12:30 pm</p>	<p><b>12</b></p> <p><b>Bingo</b> 10:00 am</p> <p><b>Mexican Train Dominos 11:45 am</b></p> <p><b>Ping Pong 2 pm</b></p>	<p><b>13</b></p> <p><b>Triominos</b> 9:30 am</p> <p><b>Movie 9:45 am</b></p> <p><b>Ping Pong 2 pm</b></p> <p><b>Line Dancing 3pm</b></p>
<p><b>16</b></p>  <p><small>CLOSED 16 FEBRUARY</small></p> <p><b>PRESIDENTS DAY</b></p>	<p><b>17</b></p> <p><b>Line Dancing</b> 9:30</p> <p><b>Pool Tourney 9:00</b></p> <p><b>Canasta (Hand &amp; Foot) 12:00</b></p> <p><b>Ping Pong 2 pm</b></p> <p><b>Tap Dancing 2:00</b></p>	<p><b>18</b></p> <p><b>Line Dancing</b> 9:30</p> <p><b>Water Color Group 10:00 am</b></p> <p><b>Beanbag baseball</b> 12:30 pm</p>	<p><b>19</b></p> <p><b>Bingo</b> 10:00 am</p> <p><b>Mexican Train Dominos 11:45 am</b></p> <p><b>Ping Pong 2 pm</b></p>	<p><b>20</b></p> <p><b>Triominos</b> 9:30 am</p> <p><b>Movie 9:45 am</b></p> <p><b>Ping Pong 2 pm</b></p> <p><b>Line Dancing 3pm</b></p>
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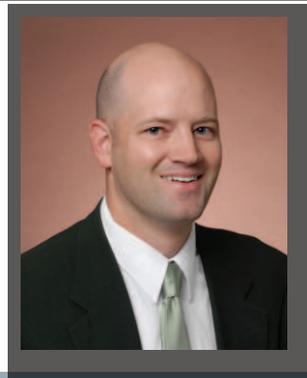
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Fayetteville Senior Activity and Wellness, Fayetteville, AR B 4C 01-2015

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Qigong	8:00 Intermediate Pilates	9:30 Instructor Led Line Dancing	8:00 Intermediate Pilates	9:00 Zumba Gold
10:00 Tai Chi Beginners	9:00 Fun to Be Fit	11:00 Use it or Lose it	9:00 Fun to be Fit	9:45 Toning
10:45 Advanced Tai Chi	9:30 Instructor Led Line Dancing	Rosen Movement 12:00-1:15	10:00 Intermediate Pilates	
12:00 1/2 Silver Sneakers & 1/2 Standing Aerobics	10:00 Intermediate Pilates	1:15 1/2 Silver Sneakers & 1/2 Standing Aerobics	12:30 Silver Sneakers Classic	
12:45 Toning	11:00 Use it or Lose it		1:15 Chair Yoga	
	12:30 Silver Sneakers Classic	2:00 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 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.**