

May  
2024

# Boone County

SENIOR ACTIVITY & WELLNESS CENTER

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

## Special Events 37th Annual Northwest Arkansas Senior Games

Thursdays @ 9:00  
PEPPI with Mary  
*Bean Bag Baseball @*  
*10:00 AM with Virgil*  
**MAY 1ST**

The Harvesters @  
11:00 AM  
**MAY 4TH**

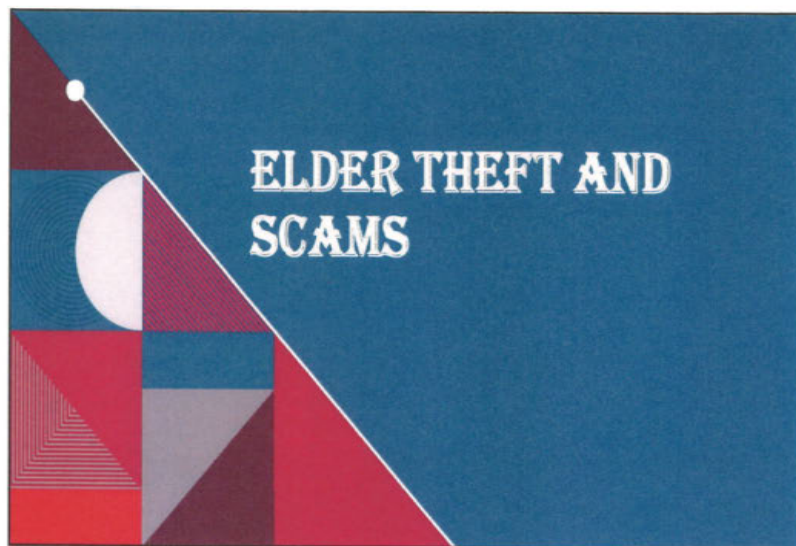
*Touch-A-Truck*  
**MAY 10TH**  
*Legacy Hospice*  
*guest speaker*  
*Victoria*

**MAY 22ND**  
*Legacy Assurance*  
*Guest speaker*  
*Richard Moran*

**MAY 23RD**  
*Lucky Draw BINGO*  
**COMING UP IN**  
**JUNE**

Baxter Health  
Mobile Imaging  
Mammogram here  
at the Center

3/25/2024



1



2

## Coming up Events

**Legacy Assurance**  
**Wednesday May 22**  
**10:00 AM**

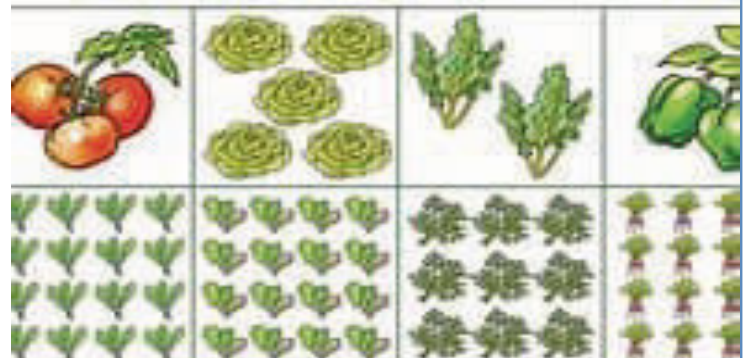
**Richard Moran**  
**Will speak about**

- ♦ Comprehensive Estate Planning
- ♦ Power of Attorney Advance Directives
- ♦ Ins & Outs of Elder Law
- ♦ Avoiding Nursing Home Expenses
- ♦ Protecting from Probate

**Tuesday May 14, 2024 10:00 AM – 11:30 AM**

**“Come join us for a University of Arkansas  
Division of Agriculture Presentation from our  
Boone County Extension office.”**

**May Conversations**  
**Simple gardening tips**



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



# BAXTER HEALTH

MOBILE MAMMOGRAPHY UNIT



**LOCATION:**  
**BOONE COUNTY SENIOR CENTER**

**DATE/TIME:**  
**JUNE 12TH 9:30 AM – 2:00 PM**

**FOR AN APPOINTMENT OR ADDITIONAL  
INFORMATION,  
CALL KELLY @ 870-741-1505**



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# Touch –A– Truck 2024

May 4th 10:00 AM –2:00 PM

Bring the whole family out to “Touch A Truck”

There will be an array of interesting and unique vehicles for everyone to explore, including Air Evac, construction equipment, emergency vehicles– just to name a few!!

Boone County Senior Activity & Wellness Center

1516 Rock Springs Road

Concession available Hamburgers, Hot dogs, chips, and drinks we would love to see you there!!

**DONATIONS WILL BE ACCEPTED FUND PROGRAMS FOR  
BOONE COUNTY SENIORS**



**May 2024 FUNDRAISER**

## **LUCKY DRAW BINGO FUNDRAISER**



**Boone County Senior Center**

**Thursday May 23, 2024**

*1516 Rocks Springs RD, Harrison Arkansas*

*Doors open at 5:00pm Games start at 5:30pm*

**Bingo Open to the public.**

**Concessions available**

\$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 prize will be a **5-piece folding dining set.**



# BOONE Menu

## MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Homestyle Ham and Beans Mixed Greens Cornbread Margarine Hot spiced Peaches	Meatloaf W/ Ketchup topping Mashed potatoes Seasoned green beans Whole wheat roll Fruited Gelatin	Fish in dill sauce Baked potato Baby lima Beans Wheat roll Devils food cake W/ powdered sugar
6	7	8	9	10
Oven fried chicken Baked potato Seasoned corn Wheat bread Chilled pudding	Crumb baked fish Dill roasted potatoes Buttered corn Fruited gelatin	BBQ pulled pork sandwich Brown beans Creamy coleslaw Mandarin Oranges	Chicken Cordon Bleu Au gratin potatoes Green Beans Wheat Bread Chilled pudding	Sweet & Sour pork chops Rice pilaf Brussels sprouts Whole wheat roll Spiced apples
13	14	15	16	17
Dijon pork chop Roasted potatoes Buttered corn Whole wheat bread Peach crisp	Baked Chicken With BBQ Sauce Seasoned Baby Bakers Creamy Coleslaw Wheat Dinner Roll Banana Pudding	Pork Tenderloin Pork Gravy Roasted Potatoes Buttered Corn Whole Wheat Bread Peach Crisp	Spaghetti & Meat Sauce Broccoli Florets Bread Stick Chilled Pineapple	Chicken Parmesan Over Spaghetti Italian Vegetables Bread Stick Chilled Pineapple
20	21	22	23	24
Chicken Tenders Tater Tots Green Beans Wheat Dinner Roll Pineapple Upside Down Cake	Chopped steaks Au gratin potatoes Buttered carrots Wheat bread Fruit salad	Baked Fish Pasta Salad Coleslaw Wheat Bread Cherry Cobbler	Lasagna Tossed Salad Dressing Bread Stick Fruited Gelatin	Chicken soft tacos Mexican corn Sauteed zucchini Pineapple Upside Down Cake
27	28	29	30	31
<b>CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY</b>	Sloppy Joe on a bun Baked French fries Green peas & Carrots Banana Pudding	Italian baked chicken Fluffy white rice Baby Lima beans Wheat bread Fruited gelatin	Honey Baked ham Glazed Sweet potatoes Seasoned Beets Wheat bread Frosted cake	Fried fish on wheat bun Macaroni & Cheese Creamy Coleslaw Watermelon

Milk is included with each meal.

**MAY 2024**


**Events**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>The Harvesters</b> <b>@11:00</b>	<b>2</b> <b>PEPPI</b> <b>9:00-10:00</b>  <b>Bean Bag Baseball</b> <b>10:00</b>  <b>BINGO @ 12:30</b>	<b>3</b> <b>Scrabble @</b> <b>12:30</b>
<b>6</b> <i>Extension get fit</i> <b>8:55</b> <i>Ageless Grace</i> <b>10:30</b>	<b>7</b> <b>Dominos/ cards</b> <b>Games @ 1:00</b>	<b>8</b> <i>Extension get fit</i> <b>8:55</b> <i>Ageless Grace</i> <b>10:30</b>	<b>9</b> <b>PEPPI</b> <b>9:00-10:00</b>  <b>Bean Bag Baseball</b> <b>10:00</b>  <b>BINGO @ 12:30</b>	<b>10</b> <i>Victoria, Legacy</i> <i>Hospice @ 12:30</i>  <i>Scrabble @ 12:30</i>
<b>13</b> <i>Extension get fit</i> <b>8:55</b> <i>Ageless Grace</i> <b>10:30</b>	<b>14</b> <b>Farmers Market</b> <b>9:00 AM—</b> <b>12:00 PM</b>	<b>15</b> <i>Extension get fit</i> <b>8:55 AM</b> <i>Ageless Grace</i> <b>10:30 AM</b>	<b>16</b> <b>PEPPI</b> <b>9:00-10:00</b>  <b>Bean Bag Baseball</b> <b>10:00</b>  <b>BINGO @12:30</b>	<b>17</b> <i>Scrabble &amp;</i> <i>Ice Cream</i> <i>social @ 12:30</i>
<b>20</b> <i>Extension get fit</i> <b>8:55</b> <i>Ageless Grace</i> <b>10:30</b>	<b>21</b> <b>Dominos/ Cards</b> <b>games @ 1:00</b>	<b>22</b> <i>Extension get fit 8:55</i> <i>Legacy Assurance Plan</i> <b>10:00</b> <i>Ageless Grace</i> <b>10:30</b>	<b>23</b> <b>PEPPI 9:00-10:00</b> <b>BINGO</b> <b>@ 12:30</b>  <b>Lucky Draw BINGO</b> <b>Fundraiser</b> <b>Doors open 5:00</b> <b>Game starts</b> <b>5:30</b>	<b>24</b> <b>Scrabble</b> <b>@12:30</b>
<b>27</b> <b>CLOSED IN</b> <b>OBSERVANCE OF</b> <b>MEMORIAL DAY</b>	<b>28</b> <b>Dominos/ Cards</b> <b>games @ 1:00</b>	<b>29</b> <i>Extension get fit 8:55</i> <i>Ageless Grace @ 10:30</i>	<b>30</b> <b>PEPPI</b> <b>9:00-10:00</b> <b>Bingo @ 12:30</b>	<b>31</b>

**Subject to change**



## Daily Events

MONDAY	TUESDAY	WEDNESDAY
<b>8:30 am — 4:30 pm</b> Exercise Equipment Library Computer Room <b>8:55 am</b> Extension Get Fit <b>10:30 am</b> Ageless Grace <b>11:30 am — 12:00 pm</b> Lunch	<b>10:00 am — 11:00 am</b> Fresh Conversation (2nd Tuesday) <b>1:00 pm — 2:00 pm</b> Grief Support (3rd Tuesday) <b>1:00 pm</b> Dominos /Cards /Games <b>11:30 am — 12:00 pm</b> Lunch	<b>8:30 am — 4:30 pm</b> Exercise Equipment Library Computer Room <b>8:55 am</b> Extension Get Fit <b>10:30 am</b> Ageless Grace <b>11:30 am — 12:00 pm</b> Lunch
THURSDAY	FRIDAY	
<b>8:30 am — 4:30 pm</b> Equipment Library Computer Room <b>10:00 am — 11:00 am</b> Bean Bag baseball <b>11:30 am — 12:00 pm</b> Lunch <b>12:30pm</b> Bingo	<b>8:30 am — 4:30 pm</b> Exercise Equipment Library Computer Room <b>11:30 am — 12:00 pm</b> Lunch	



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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 \$4 for Congregate and Home Delivered Meals and \$3-\$5 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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Boone County Senior Activity & Wellness Center, Harrison, AR D 4C 01-1498



**2024**

## **Senior Farmers Market Nutrition Program**

### **Coupon Book Sign-Up**

**Tuesday, May 14, 2024**

**9:00 am to 12:00 pm**

**Boone County  
Senior Activity and Wellness Center**

<b><u>Income Limits:</u></b>	<b><u>Requirements:</u></b>
<b>\$2,322 – 1 person</b>	<b>*Bring Proof of Household Income*</b>
<b>\$3,152 – 2 people</b>	<b>*Bring Photo ID*</b>
<b>\$3,981 – 3 people</b>	<b>Age 60 or older</b>
<b>\$4,810 – 4 people</b>	<b>1 coupon per household</b>

**Public Benefits Screening and Nutritional Information will be provided.**

- ✓ Be prepared to show Proof of Income for everyone in your household.
- ✓ No coupons will be issued to anyone under Age 60 regardless of disability status.



## PEPPI CLASS

PEPPI class is BACK!!!

**What is PEPPI class you ask?**

PEPPI (Peer Exercise Program Promotes Independence) is a physical activity program specifically designed for older adults ages 60+, as well as disabled adults. The goal of the program is to maintain or improve a person's level of fitness and independence.



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Boone County Senior  
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: Sandy Johnson**

**Facility Assistant: Leighann Anderson**

**Food Service Manager: Mike Reeves**

**Kitchen Assistant: Marge Bell**

**Dishwasher: Debbie Strong**

**Custodian: Tammy Fogger**

**HDM Driver: Lew Fraker**

**HDM / Transport Driver: Linda Lutherbeck**

**HDM /Transport Driver: Jadyne Roberts**

**Transport Operator: Alex Miller**

**Transport Operator: Bobby Lowery**

**Transport Operator: Alyssa Richardson**

## 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 \$4.00 for anyone 60+. Guests under 60 are welcome to enjoy a meal for only \$6.97. 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 4:30 PM. Must be scheduled 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!

## Table of Contents

News .....	Pg 1
Touch A Truck.....	Pg 2
Coming Event Details .....	Pg 3
Search-A-Word .....	Pg 4
PEPPI class .....	Pg 5
Menu .....	Pg 6
Event Calendar.....	Pg 7
Daily Events.....	Pg 8
How the Center "Works" ...	Pg 9
Senior Games .....	Pg 10
April Fundraiser .....	Pg 11
Center Info.....	Pg 12

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