

FAYETTEVILLE SENIOR ACTIVITY & WELLNESS CENTER

OCTOBER

2024



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 \$4 per meal/\$6.79 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

HOP IN LETS GO
OCTOBER TRIPS

10/9 HARD ROCK TULSA
8:30am \$15

10/16 RETAIL/RESALE SHOPPING
ROGERS 9:30am \$10

10/23 FORT SMITH NATIONAL
HISTORIC SITE &
MUSEUM OF HISTORY
9am \$16



October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE	1 Chicken & Dumplings Mixed Veggies Mixed Greens Wheat roll Fruit	2 Fish Filet Corn Cabbage Hushpuppies Citrus Fruit	3 Chicken & Rice Casserole Mixed Veggies Wheat Roll Cookie	4 Cheeseburger On A Bun Baked Fries Green Beans Fruit Medley
7 Boneless Chicken Wings Rice Pilaf Broccoli & Cauliflower Dinner Roll Fruit	8 Breaded Pork Chop W/ Cream Gravy Mash Potatoes Lima Beans Biscuit Fruit	9 Beef Stroganoff Parslied Noodles Steamed Beets Wheat Roll Fruit	10 Chicken Pot Pie Cali Mixed Veggies White Roll Cookie	11 Hearty Chili Potato Wedges Mexicorn Crackers Fruit
14 Breaded Chicken Filet w/ Poultry Gravy Diced Potatoes Succotash Wheat Roll Fruit	15 Homestyle Ham & Beans Potatoes & Onions Seasoned Greens Cornbread Fruit	16 Baked Chicken Wild Rice Green Peas Dinner Roll Fruit	17 Spaghetti & Meatballs Broccoli Florets Green Beans Garlic Cheese Biscuit Cookie	18 BBQ Chicken On A Bun Black-eyed Peas Potato Salad Cobbler
21 Chicken Tetrzzini Seasoned Green Beans Wheat Roll Fruit	22 Meatloaf Mashed Potatoes Mixed Veggies White Roll Fruit	23 Teriyaki Chicken W/ Rice Asian Veggies Egg Roll Fruit	24 Meatball Sub Baked French Fries Peas & Carrots Cookie	25 Fried Eggs Diced Potatoes Brussel Sprouts Biscuit
28 Lemon Pepper Chicken Dill Potatoes Buttered Corn Wheat Roll Fruit	29 BBQ Pulled Pork Sandwich Potato Wedges Pork & Beans Fruit	30 Boneless Chicken Wings Rosemary Potatoes Buttered Cauliflower Wheat Roll Fruit	31 Sloppy Joe On Garlic Bread Green Peas & Carrots Baked Fries Cookie	

Fayetteville Senior Center

Fall Health Fair

October 17th 9:00 am - 12:30 pm 945 S College Ave

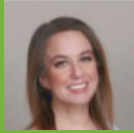
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Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Line Dancing 9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand & Foot) 12:30 pm</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p>	<p>2 Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p>	<p>3 Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45</p> <p>Ping Pong 2:00 pm</p>	<p>4 Triominos 9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>7 Bingo 10:00 am</p> <p>Card Making Group 9:00 am</p>	<p>8 Line Dancing 9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand & Foot) 12:30 pm</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p>	<p>9 Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p>	<p>10 Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	<p>11 Triominos 9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>14 Bingo 10:00 am</p>	<p>15 Line Dancing 9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand & Foot) 12:30 pm</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p>	<p>16 Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p>	<p>17 Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	<p>18 Triominos 9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>21 Bingo 10:00 am</p>	<p>22 Line Dancing 9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand & Foot) 12:30 pm</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p>	<p>23 Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p>	<p>24 Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	<p>25 Triominos 9:30 am</p> <p>Live Music 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>28 Bingo 10:00 am</p>	<p>29 Line Dancing 9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand & Foot) 12:30 pm</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p>	<p>30 Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p>	<p>31 Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	 <p>31 HALLOWEEN COSTUME CONTEST STARTS AT 11:00</p>



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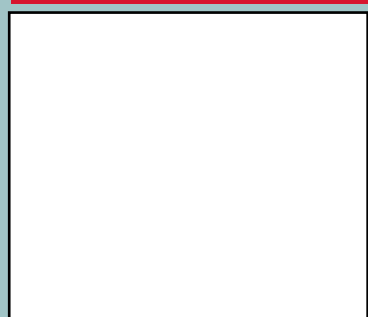
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AR State Health Insurance Information Assistance program

Understanding Comparing Options

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

Completed the enrollment process

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Qigong	8:00 Intermediate Pilates	9:30 Instructor Led Line Dancing	8:00 Intermediate Pilates	12:15 Aerobic Tone
10:00 Tai Chi Beginners	9:00 Fun to Be Fit	11:00 Use it or Lose it	9:00 Fun to be Fit	1:00 Yoga on the mat
10:45 Advanced Tai Chi	9:30 Instructor Led Line Dancing	Rosen Movement 12:15-1:15	10:00 Intermediate Pilates	
12:15 Aerobic tone	10:00 Intermediate Pilates		12:15 Silver Sneakers Classic	
1:00 Stretch/Yoga Standing /Chair	11:00 Use it or Lose it		1:00 Chair/ Standing Yoga	
	12:15 Silver Sneakers Classic		1:30 Silver Sneakers Energi-Chi	
	1:00 Chair/ Standing Yoga			
	1:30 Silver Sneakers Energi-Chi			

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.