



2024

HELLO

November

Fayetteville Senior Activity

& Wellness Center

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

NOVEMBER TRIPS

11/13 CHEROKEE CASINO  
SILOAM SPRINGS 9:30 \$15

11/20 MURALS TOUR  
SPRINGDALE 10:00 \$10

# November Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Fish Filet Pinto Beans Mixed Greens Hushpuppies Fruit
4 Salsbury Steak W/ Mushroom Gravy Mashed Potatoes Green Peas Wheat Roll Fruit	5 Chicken & Rice Casserole Mixed Veggie White Roll Fig Bar	6 Fish Filet Corn Brussels Sprouts Hushpuppies Fruit	7 Chicken Spaghetti Buttered Carrots Wheat Roll Cookie	8 Cheeseburger on A Bun Baked French Fries Green Beans Fruit Medley
 A sign for Veterans Day featuring a silhouette of a soldier saluting, the text 'VETERANS DAY HONORING ALL WHO SERVED', the date '11 NOV', and the words 'Closed Thank you'.	12 Breaded Pork Chop W/ Cream Gravy Mash Potatoes Lima Beans Wheat Roll Fruit	13 Hearty Chili Potato Wedges Mexican Corn Crackers Fruit	14 Breaded Chicken Breast Rice Pilaf Broccoli & Cauliflower Biscuit Cookie	15 Roast Beef W/ Brown Gravy Diced Potatoes Buttered Carrots Wheat Roll Pineapple
18 Breaded Chicken W/ Poultry Gravy Mash Potatoes Succotash Wheat Roll Fruit	19 Pasta & Meatballs Mixed Veggies White Roll Fruit	20 Baked Chicken Wild Rice Green Peas Wheat Roll Fruit	21 Homestyle Ham & Beans Potatoes & Onions Seasoned Greens Cornbread Cookie	22 Chopped Steak W/ Brown Gravy Black Eyed Peas Wheat Roll Fig Bar
25 Chicken Tetrizzini Seasoned Green Beans Wheat Roll Fruit	26 Beef Stew W/ Potatoes & Carrots Warm Spiced Peaches White Roll Cookie	27 Turkey W/ Cranberry Sauce Wild Rice Sweet Potatoes Croissant Pie	28  A sign for Thanksgiving featuring cartoon turkeys, pumpkins, and the text 'Happy Thanksgiving' and 'SORRY WE'RE CLOSED'.	29

**FAYETTEVILLE SENIOR ACTIVITY  
& WELLNESS CENTER**



**FALL  
CRAFT FAIR**

**WE ARE STILL ACCEPTING  
VENDORS**

**Thursday, November 21**

**Come out & Support our local seniors**

**945 S.  
COLLEGE**



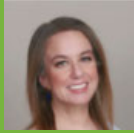
**9:00 AM-12:30 PM**  
Call: 479-527-2920

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# Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>Bingo</b> 10:00 am</p> <p><b>Mexican Train Dominos</b> 11:45</p> <p><b>Ping Pong</b> 2:00 pm</p>	<p><sup>1</sup> <b>Triominos</b> 9:30 am</p> <p><b>Movie</b> 9:45 am</p> <p><b>Ping Pong</b> 2 pm</p>
<p><sup>4</sup> <b>Bingo</b> 10:00 am</p> <p><b>Card Making Group</b> 9:00 am</p>	<p><sup>5</sup> <b>Line Dancing</b> 9:15</p> <p><b>Pool Tourney</b> 9:00</p> <p><b>Canasta (Hand &amp; Foot)</b> 12:30 pm</p> <p><b>Ping Pong</b> 2 pm</p> <p><b>Tap Dancing</b> 2:00</p>	<p><sup>6</sup> <b>Line Dancing</b> 9:15 am</p> <p><b>Water Color Group</b> 10:00 am</p>	<p><sup>7</sup> <b>Bingo</b> 10:00 am</p> <p><b>Mexican Train Dominos</b> 11:45 am</p> <p><b>Ping Pong</b> 2 pm</p>	<p><sup>8</sup> <b>Triominos</b> 9:30 am</p> <p><b>Movie</b> 9:45 am</p> <p><b>Ping Pong</b> 2 pm</p>
	<p><sup>12</sup> <b>Line Dancing</b> 9:15</p> <p><b>Pool Tourney</b> 9:00</p> <p><b>Canasta (Hand &amp; Foot)</b> 12:30 pm</p> <p><b>Ping Pong</b> 2 pm</p> <p><b>Tap Dancing</b> 2:00</p>	<p><sup>13</sup> <b>Line Dancing</b> 9:15 am</p> <p><b>Water Color Group</b> 10:00 am</p>	<p><sup>14</sup> <b>Bingo</b> 10:00 am</p> <p><b>Mexican Train Dominos</b> 11:45 am</p> <p><b>Ping Pong</b> 2 pm</p>	<p><sup>15</sup> <b>Triominos</b> 9:30 am</p> <p><b>Movie</b> 9:45 am</p> <p><b>Ping Pong</b> 2 pm</p>
<p><sup>18</sup> <b>Bingo</b> 10:00 am</p>	<p><sup>19</sup> <b>Line Dancing</b> 9:15</p> <p><b>Pool Tourney</b> 9:00</p> <p><b>Canasta (Hand &amp; Foot)</b> 12:30 pm</p> <p><b>Ping Pong</b> 2 pm</p> <p><b>Tap Dancing</b> 2:00</p>	<p><sup>20</sup> <b>Line Dancing</b> 9:15 am</p> <p><b>Water Color Group</b> 10:00 am</p>	<p><sup>21</sup> <b>Bingo</b> 10:00 am</p> <p><b>Mexican Train Dominos</b> 11:45 am</p> <p><b>Ping Pong</b> 2 pm</p>	<p><sup>22</sup> <b>Triominos</b> 9:30 am</p> <p><b>Movie</b> 9:45 am</p> <p><b>Ping Pong</b> 2 pm</p>
<p><sup>25</sup> <b>Bingo</b> 10:00 am</p>	<p><sup>26</sup> <b>Line Dancing</b> 9:15</p> <p><b>Pool Tourney</b> 9:00</p> <p><b>Canasta (Hand &amp; Foot)</b> 12:30 pm</p> <p><b>Ping Pong</b> 2 pm</p> <p><b>Tap Dancing</b> 2:00</p>	<p><sup>27</sup> <b>Line Dancing</b> 9:15 am</p> <p><b>Water Color Group</b> 10:00 am</p>	<p><sup>28</sup> <b>SORRY WE'RE CLOSED</b> <b>Happy Thanksgiving</b></p> 	<p><sup>29</sup> <b>SORRY WE'RE CLOSED</b> <b>Happy Thanksgiving</b></p> 



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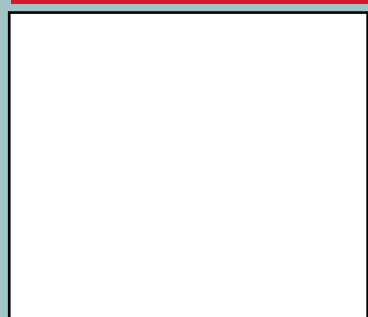
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**Call 1-800-224-6330**

**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
<b>*9:30 Qigong</b>	8:00 Intermediate Pilates	9:30 Instructor Led Line Dancing	8:00 Intermediate Pilates	12:15 Aerobic Tone
<b>*10:00 Tai Chi Beginners</b>	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
9:30 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			
	1:00 Chair/ Standing Yoga			

**Detailed description of classes can be found in the office or in the lobby.**

**\*ALL QIGONG & TAI CHI CLASSES NOVEMBER 18– MARCH 31 ARE CANCELLED. THERE WILL ONLY BE ADVANCED TAICHI ON MONDAY MORNINGS**

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 rebate to pay our wonderful instructors.**