

MERRY
Christmas

FAYETTEVILLE SENIOR
ACTIVITY
& WELLNESS CENTER

DECEMBER
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

Christmas
SLEIGH RIDES
(TRIPS)

**DECEMBER 11TH, 4PM FORT SMITH DINNER &
CHRISTMAS LIGHT TOUR \$10**

**DECEMBER 13TH 9AM CHEROKEE CASINO
TAHLEQUAH \$15**



DECEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Hearty Chili Baked Potato Wedges Mexican Corn Crackers Fruit</p>	<p>3</p> <p>Oven Baked Chicken Rice Pilaf Brussel's Sprouts Wheat Roll Fruit</p>	<p>4</p> <p>Beef Stroganoff Parslied Noodles Green Beans Wheat Roll Fruit</p>	<p>5</p> <p>Breaded Pork Chop w/ Cream Gravy Diced Potatoes Lima Beans Biscuit Cookie</p>	<p>6</p> <p>Roast Beef w/ Brown Gravy Mash Potatoes Buttered Carrots Wheat Roll Pineapple</p>
<p>9</p> <p>Baked Chicken Wild Rice Green Peas Dinner Roll Fruit</p>	<p>10</p> <p>Pasta & Meatballs Italian Veggies Wheat Roll Fruit</p>	<p>11</p> <p>Breaded Chicken Filet w/ Poultry Gravy Mashed Potatoes Succotash White Roll Fruit</p>	<p>12</p> <p>Homestyle Ham & Beans Potatoes & Onions Seasoned Greens Cornbread Cookie</p>	<p>13</p> <p>Hot Dog On A Bun Pork & Beans Baked French Fries Fruit</p>
<p>16</p> <p>Chicken Tetrizzini Seasoned Green beans Wheat Roll Fruit</p>	<p>17</p> <p>BBQ Pork New Red Potatoes Lima Beans White Roll Fruit Medley</p>	<p>18</p> <p>Meatloaf Mash Potatoes Mixed Veggies Wheat Roll Fruit</p>	<p>19</p> <p>Teriyaki Chicken & Rice Asian Veggies Egg Roll</p>	<p>20</p> <p>Beef Stew w/ Potatoes & Carrots Mixed Greens Wheat Roll Fig Bar</p>
<p>23</p> <p>Lemon Pepper Chicken Dill Potatoes Buttered Corn Wheat Roll Fruit</p>	 <p>DECEMBER 24 SANTA'S COMING TONIGHT CLOSED</p>	 <p>CLOSED FOR Christmas DECEMBER 25 WE WILL REOPEN ON DECEMBER 26TH MERRY CHRISTMAS AND HAPPY HOLIDAYS!</p>	<p>26</p> <p>Fish Filet Pinto Beans Mixed Greens Hushpuppies Cookie</p>	<p>27</p> <p>Pulled Pork Sandwich Baked Potatoes Wedges Cali Medley Fig Bar</p>
<p>30</p> <p>Chicken & Dumplings Mixed Veggies Mixed Greens Wheat Roll Fruit</p>	<p>31</p> <p>Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Peas Fruit</p>			

MEALS ON WHEELS FUNDRAISER

07 DECEMBER 2024
10 am - 12 pm
945 S. College

JOIN US FOR LUNCH, LIVE MUSIC, DOOR PRIZES
AND A SILENT AUCTION
ALL PROCEEDS WILL BENEFIT MEALS ON WHEELS

Let's play a game! Chase our Director is hidden somewhere in the newsletter can you find him? The first person to spot him wins a prize

Fayetteville Senior
Activity & Wellness
Center

Enjoy music, hot and cold
cider, and BINGO for
fabulous prizes!



December 13th

9:30 AM - 1:00 PM
Bingo at 10:00 AM

16th Annual

Senior Giving Tree

Holiday Celebration



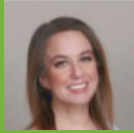
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Christmas Outfit**

Contest!

Contest Sign-Up
9:45 AM - 10:00 AM at the
Event!

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Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Bingo 10:00 am</p> <p>Card Making Group 9:00 am</p>	<p>3 Line Dancing 9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand & Foot) 12:00</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p>	<p>4 Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p>	<p>5 Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45</p> <p>Ping Pong 2:00 pm</p>	<p>6 Triominos 9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>9 Bingo 10:00 am</p> <p>Card Making Group 9:00 am</p>	<p>10 Line Dancing 9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand & Foot) 12:00</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p>	<p>11 Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p>	<p>12 Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	<p>13 Triominos 9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>16 Bingo 10:00 am</p>	<p>17 Line Dancing 9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand & Foot) 12:00</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p>	<p>18 Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p>	<p>19 Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	<p>20 Triominos 9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>23 Bingo 10:00 am</p>	<p>24 Line Dancing 9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand & Foot) 12:00</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p>	<p>25 Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p>	<p>26 Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	<p>27 Triominos 9:30 am</p> <p>Live Music 9:45</p> <p>Ping Pong 2 pm</p>
<p>30 Bingo 10:00 am</p>	<p>31 Line Dancing 9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand & Foot) 12:00</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p>			



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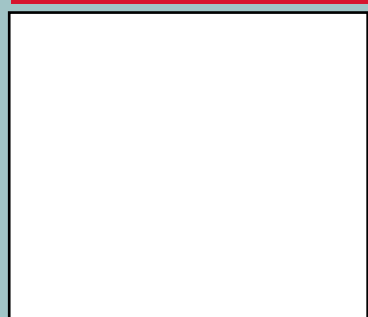
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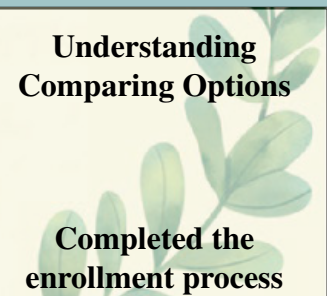
Call 1-800-224-6330

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
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	10:00 Intermediate Pilates	Rosen Movement 12:15-1:15	10:00 Intermediate Pilates	
12:15 Aerobic tone	11:00 Use it or Lose it		12:15 Silver Sneakers Classic	
1:00 Stretch/Yoga Standing /Chair	12:15 Silver Sneakers Classic		1:00 Chair/ Standing Yoga	
	1:00 Chair/ Standing 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.