

*January*  
*2025*

# Boone County

SENIOR ACTIVITY & WELLNESS CENTER

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

## Special Events

### January 7th

Pancake Breakfast  
6:00 AM– 8:00 AM

### January 10th

BINGO FUNDRAISER  
Doors open @ 5:00 PM

### January 14th

Presentation with  
Victoria @ 12:00 PM

### January 17th

Fish Fry Fundraiser  
2:00 PM-5:00 PM

### January 29th

Bean Bag Baseball  
players travel to  
Jasper to play

## Ageless Grace

Monday and Wednesday

10:30 AM thru 11:00 AM

The Ageless Grace program of 21 simple exercise tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and brain. Ageless Grace movements are performed in



## Bean Bag Baseball Team

# Wednesday January 29, 2025

Our team will go to Jasper to play!

If you are 60 or over and would like to join our team come sign up!! We would love to have you!



  
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Coming Event Details

*Tuesday January 17th*

*Victoria Davidson*

**12:00 PM**

**Hospice Vs Home Health?**

**Which one do you need?**



**Boone County Senior Center  
Pancake Breakfast  
Fundraiser**

**Tuesday January 7, 2025**

**@ 6:00 AM - 8:00 AM**

**\$8.00  
a plate**

**3 Pancakes/ 2 Eggs  
/ 2 Sausage / Coffee &  
Orange Juice AVAILABLE**

**DINE IN OR TAKE  
OUT AVAILABLE**





# LUCKY DRAW BINGO FUNDRAISER

ALL PROCEEDS GO TOWARDS PURCHASING A NEW  
TRANSPORTATION VAN



## BOONE COUNTY SENIOR CENTER FRIDAY JANUARY 10, 2025

GET READY TO SHOUT "BINGO!" AND WIN SOME  
AMAZING PRIZES AT THIS FUN-FILLED EVENT.  
\$10.00 PER PERSON WHICH WILL INCLUDE 10  
GAMES OF BINGO INCLUDING ONE BLACKOUT  
GAME. ADDITIONAL BOOKS MAY BE PURCHASED  
FOR \$5.00 EACH.

DOORS OPEN AT  
5:00 PM GAME START AT 5:30 PM (OPEN TO ALL AGES)



**BLACKOUT PRIZE WILL BE:**



# BOONE Menu

# JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<p><b>CENTER CLOSED</b></p> <p><b>HAPPY NEW YEAR !!</b></p>	<p>Breaded Fish Filet</p> <p>Baked Potato Wedges</p> <p>Calico Slaw</p> <p>Wheat Roll</p> <p>Vanilla Cream Pie</p>	<p>Vegetable Beef Soup</p> <p>Crackers</p> <p>Cottage Cheese</p> <p>Spinach Salad</p> <p>Chilled Peaches</p>
6	7	8	9	10
<p>Pork Roast</p> <p>Pinto Beans</p> <p>Seasoned Cabbage</p> <p>Cornbread</p> <p>Sunshine Cake</p>	<p>Cheese Ravioli</p> <p>Buttered Corn</p> <p>Tossed Salad</p> <p>Gelatin Parfait</p>	<p>Asian Ginger Chicken</p> <p>Fluffy White Rice</p> <p>Oriental Vegetables</p> <p>Wheat Roll</p> <p>Mandarin Oranges</p>	<p>Country Fried Steak</p> <p>Peppered Cream Gravy</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Wheat Roll</p> <p>Fruit Medley</p>	<p>Herb Pork Cutlet</p> <p>Brown Gravy</p> <p>Baked Potato</p> <p>Seasoned Green Beans</p> <p>Wheat Roll</p> <p>Chilled Pears</p>
13	14	15	16	17
<p>Tangy Ranch Chicken</p> <p>Au Gratin Potatoes</p> <p>Seasoned Carrots</p> <p>Wheat Roll</p> <p>Cinnamon Apples</p>	<p>Lasagna</p> <p>California Medley</p> <p>Bread Sticks</p> <p>Angel Food Cake</p>	<p>Herb Baked Fish Fluffy</p> <p>White Rice</p> <p>Buttered Corn</p> <p>Chocolate Chip Cookie</p>	<p>Meat Loaf</p> <p>Seasoned Roasted Potatoes</p> <p>Broccoli &amp; Cauliflower</p> <p>Wheat Roll</p> <p>Fruit Parfait</p>	<p>Pinto Beans</p> <p>Fried Potatoes</p> <p>Seasoned Greens</p> <p>Wheat Bread</p> <p>Fruit Medley</p>
20	21	22	23	24
<p><b>CLOSED</b></p> <p><b>In Observance of</b></p> <p><b>Martin Luther</b></p> <p><b>King</b></p>	<p>Mushroom Chicken</p> <p>Wild Rice Blend</p> <p>Broccoli Florets</p> <p>Wheat Roll</p> <p>Fruited Gelatin</p>	<p>Tater Tot Casserole</p> <p>Green Peas</p> <p>Wheat Roll</p> <p>Angel Food Cake</p>	<p>Pot Roast</p> <p>Parslied Potatoes</p> <p>Carrots &amp; Celery</p> <p>Wheat Roll</p> <p>Cherry Angel Cake</p>	<p>Fried Chicken</p> <p>Mashed Potatoes With</p> <p>Gravy</p> <p>Buttered Corn</p> <p>Wheat Bread</p> <p>Chilled Pudding With</p> <p>Topping</p>
27	28	29	30	31
<p>Tuna Noodle Casserole</p> <p>Green Beans</p> <p>Wheat Roll</p> <p>Warm Rosey Applesauce</p>	<p>Cornbread Pork Cutlet</p> <p>Peppered Gravy</p> <p>Mashed Potatoes</p> <p>Buttered Carrots</p> <p>Wheat Roll</p> <p>Mandarin Orange Fluff</p>	<p>Chicken Tenders</p> <p>Macaroni &amp; Cheese</p> <p>Baby Lima Beans</p> <p>Wheat Bread</p> <p>Chilled Peaches</p>	<p>Hearty Chili</p> <p>Crackers</p> <p>Romaine Lettuce Salad</p> <p>Fruit Medley</p> <p>Soft Sugar Cookie</p>	<p>Goulash</p> <p>Tossed Salad</p> <p>Wheat Roll</p> <p>Pound Cake with</p> <p>Strawberries</p>

# JANUARY 2025

# Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<b>Dominos /cards @ 1:00 PM</b>	PEPPI 9:00 –10:00 Bean Bag Baseball @ 10:00 AM Bingo @ 12:30 PM Dominos /cards @ 1:00 PM	<b>Dominos /cards @ 1:00 PM</b>
6	7	8	9	10
Extension Get Fit 8:55 Ageless Grace 10:30	<b>Pancake Breakfast Fundraiser @ 6:00 AM</b>  Dominos /cards @ 1:00 PM	Extension Get Fit 8:55 Ageless Grace 10:30	PEPPI 9:00 –10:00 Bean Bag Baseball @ 10:00 AM Bingo @ 12:30 PM Dominos /cards @ 1:00 PM	<b>Luck Draw BINGO Fundraiser Doors open @ 5:00 Game Starts @ 5:30 PM</b>
13	14	15	16	17
Extension Get Fit 8:55 Ageless Grace 10:30	<b>Dominos /cards @ 1:00 PM</b>  Victoria Davidson Hospice VS Home Health ? Which one do you need? Presentation @ 12:00 PM	Extension Get Fit 8:55 Ageless Grace 10:30	PEPPI 9:00 –10:00 Bean Bag Baseball @ 10:00 AM Bingo with Dawn , Legacy Hospice @ 12:30	<b>Fish Fry Fundraiser 2:00 PM—5:00 PM</b>  Dominos /cards @ 1:00 PM
20	21	22	23	24
<b>Center Closed In Observance of Martin Luther King Day</b>	<b>Dominos /cards @ 1:00 PM</b>	Extension Get Fit 8:55 Ageless Grace 10:30	PEPPI 9:00 –10:00 Bean Bag Baseball @ 10:00 AM Bingo @ 12:30 PM Dominos /cards @ 1:00 PM	<b>Dominos /cards @ 1:00 PM</b>
27	28	29	30	31
Extension Get Fit 8:55 Ageless Grace 10:30	<b>Dominos /cards @ 1:00 PM</b>	Extension Get Fit 8:55 Ageless Grace 10:30  Bean Bag baseball players going to Jasper to play!! Bus will leave @ 8:00 AM– 2:30 PM	PEPPI 9:00 –10:00 Bean Bag Baseball @ 10:00 AM Bingo with Maria , Arkansas Hospice @12:30 PM	<b>Dominos /cards @ 1:00 PM</b>

## Daily Events

MONDAY	TUESDAY	WEDNESDAY
8:30 am—4:30 pm Exercise Equipment Library Computer Room 8:55 am Extension Get Fit 10:30 -Ageless Grace 11:30 am –12:00 pm Lunch	10:00 AM-11:00 AM Bean Bag Baseball 10:00 am -11:00 am Fresh Conversation (2nd Tuesday) 11:30 am —12:00 pm Lunch 1:00 pm Dominos/Cards/ Games	8:30 am—4:30 pm Exercise Equipment Library Computer Room 8:55 am Extension Get Fit 10:30 -Ageless Grace 11:30 am –12:00 pm Lunch
THURSDAY	FRIDAY	
8:30 am—4:30 pm Exercise Equipment Library Computer Room 9:00 am—10:00 am PEPPi 10:00 am— 11:00 am Bean Bag Baseball 12:30 pm—2:30 pm BINGO 11:30 am –12:00 pm Lunch	8:30 am-4:30 pm Exercise Equipment Library Computer Room 11:30 am—12:00 pm Lunch 12:30 pm Scrabble	



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## 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 \$4-\$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 CENTER FISH FRY FUNDRAISER

Friday January 17, 2025  
2:00 PM - 5:00 PM

**\$12.00 A Plate**

Hand Breaded Fish,  
Hushpuppies,  
Potato Salad,  
Cole Slaw.  
Cherry Cobbler



## Other Information

- **Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.

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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: Pat Gomes**

**Facility Assistant: Leighann Anderson**

**Food Service Manager: Mike Reeves**

**Kitchen Assistant: Marge Bell**

**Dishwasher: Debbie Strong**

**Custodian: Rindy Lane**

**HDM Driver:**

**HDM/Transport Operator: Linda Lutherbeck**

**HDM/Transport Operator: Jady 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 \$8.76. 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 1 PM but must be scheduled at least 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!

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