

FAYETTEVILLE SENIOR
ACTIVITY

&

WELLNESS CENTER

January
2024

In the stillness of January, the
greatest resolutions begin
with the smallest steps



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

Robert “Pops” Popalisky, Jr. age 83, of Fayetteville, AR passed away Tuesday, December 10, 2024. He was born December 2, 1941, in Kansas City, MO.

Robert was a retired high school math teacher serving in Missouri and Illinois. He is a U.S. Army veteran. Canoeing, camping, fishing and riding his Harley were his favorite pastimes.

Our sweet Pops started working at the Fayetteville Senior Center in 2016 and remained through 2024.

He helped prepare and serve countless meals for seniors in our community. When you went through the lunch line you were always greeted with a smile and a kind word. He will truly be missed.



re-

JANUARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>2</p> <p>Fish Filet Corn Cabbage Hushpuppies Cookie</p>	<p>3</p> <p>Cheeseburger On a Bun French Fries Green Beans Fruit</p>
<p>6</p> <p>Roasted Greek Chicken Rice Pilaf Wheat Roll Brussels Sprouts Fruit</p>	<p>7</p> <p>Pork Cutlet Brown Gravy Diced Potatoes Seasoned Greens White Roll Fruit</p>	<p>8</p> <p>Country Fried Steak Pepper Gravy Mashed Potatoes Green Beans Wheat Roll Fruit</p>	<p>9</p> <p>Pork Roast Pinto Beans Seasoned Cabbage Cornbread Cookie</p>	<p>10</p> <p>Chicken Pot Pie Cali Veggies Wheat Roll Fruit</p>
<p>13</p> <p>Beef Chopped Steak W/ Mushroom Gravy Diced Potatoes Wheat Roll Fruit</p>	<p>14</p> <p>Tangy Ranch Chicken Au Gratin Potatoes Seasoned Carrots White Roll Fruit</p>	<p>15</p> <p>Meatloaf Seasoned Potatoes Broccoli & Cauliflower Wheat Roll Fig Bar</p>	<p>16</p> <p>Baked Fish Wild Rice Buttered Corn Hushpuppies Cookie</p>	<p>17</p> <p>Pinto Beans W/Ham Potatoes & Onions Seasoned Greens Cornbread Fruit Medley</p>
	<p>21</p> <p>Baked Cube Steak New Red Potatoes Lima Beans Wheat Roll Applesauce</p>	<p>22</p> <p>Baked Chicken Mashed Potatoes w/ Gravy Buttered Corn Biscuit Fruit</p>	<p>23</p> <p>Pot Roast Parslied Potatoes Carrot's & Celery Wheat Roll Cookie</p>	<p>24</p> <p>Beef Stew w/ Potatoes & Carrots Green Peas Cornbread Warm Fruit</p>
<p>27</p> <p>Hearty Chili Crackers Kidney Beans Mexican Corn Fruit</p>	<p>28</p> <p>Chicken Fajitas Pepper & Onions Buttered Rice Black Beans Tortillas Fruit</p>	<p>29</p> <p>Fish Filet Buttered Corn Collard Greens Hushpuppies Fruit</p>	<p>30</p> <p>Hamburger On A Bun Dill Potatoes Green Beans Cookie</p>	<p>31</p> <p>Pork Cutlet w/ Pepper Gravy Mashed Potatoes Buttered Carrots Wheat Roll Fruit</p>



OUR MEALS ON WHEELS FUNDRAISER WAS A HUGE SUCCESS

WE WOULD LIKE TO THANK EVERYONE WHO HELPED MAKE IT A HUGE SUCCESS.

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A SPECIAL THANKS TO OUR VOUNTEERS, WE COULD'NT DO IT WITHOUT YOU.

 MEALS ON WHEELS AMERICA




TRIPS

**01/15 INDIGO SKY
9AM \$15**

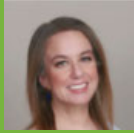
**01/22 CRYSTAL BRIDGES
10:30 AM \$10**

**01/29 FORT SMITH SHOPPING
9AM \$10**

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Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p>  <p>CLOSED</p>	<p>2</p> <p>Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45</p> <p>Ping Pong 2:00 pm</p>	<p>3</p> <p>Triominos 9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>6</p> <p>Bingo 10:00 am</p>	<p>7</p> <p>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>8</p> <p>Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p> <p>Bean Bag Baseball 12:15</p>	<p>9</p> <p>Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	<p>10</p> <p>Triominos 9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>13</p> <p>Bingo 10:00 am</p>	<p>14</p> <p>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>15</p> <p>Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p> <p>WII Bowling 12:15</p>	<p>16</p> <p>Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	<p>17</p> <p>Triominos 9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>20</p>  <p>MLK DAY CLOSED</p>	<p>21</p> <p>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>22</p> <p>Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p> <p>Bean Bag Baseball 12:15</p>	<p>23</p> <p>Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	<p>24</p> <p>Triominos 9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>27</p> <p>Bingo 10:00 am</p>	<p>28</p> <p>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>29</p> <p>Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p> <p>WII Bowling 12:15</p>	<p>30</p> <p>Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	<p>31</p> <p>Triominos 9:30 am</p> <p>Live Music 9:45 am</p> <p>Ping Pong 2 pm</p>



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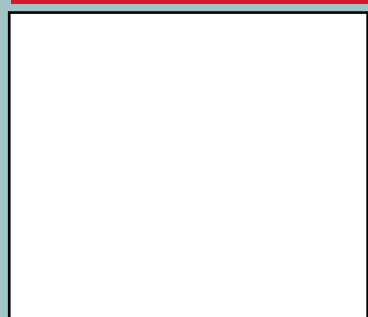
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AR State Health Insurance Information Assistance program

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			
	1:00 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.