## February

2024

# **Boone County**

SENIOR ACTIVITY & WELLNESS CENTER

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

#### **Special Events**

**February 2** *Groundhog Day* 

February 5
Three Wishes for Ruby paint Class @ 2:00 PM

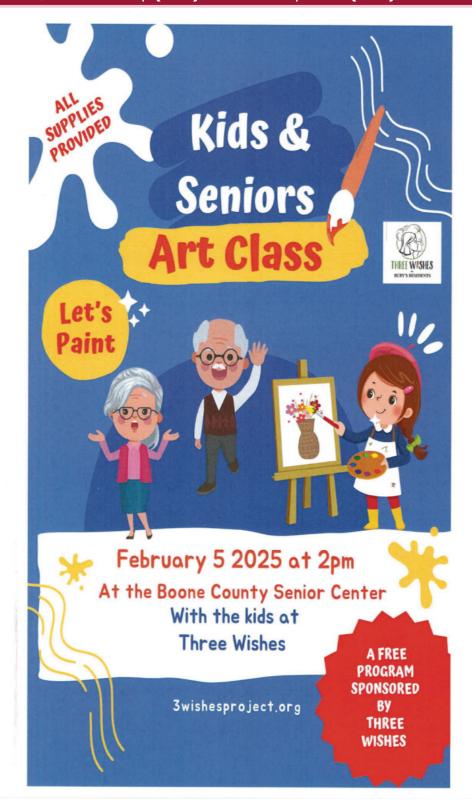
**February 7**BINGO Fundraiser

February 13
Jamie With Red
Cross
Presentation @ 12:00
PM

February 14
Valentine's Day
Fish Fry Fundraiser
4:00 PM -6:00 PM

February 17
Center Closed In
Observance of Martin
Luther King

February 28 Chili Cook Off 6:00 PM- 8:00 PM



#### **Coming Events**

### **Tuesday**

## February 18th

10:30 AM-11:30 AM

"Bring Your Dirt"

Cody Salmon with the U of A County Extension Agent.

Bring a sample of your soil from different areas of your yard or garden. Cody will test the soil samples. To determine nutrient content, composition, and other characteristics such as the acidity or pH level.









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# NO ENTRY FEE

ONE COUNTY SENIOR CENTER FUNDRAISER
FEBRUARY 28 6PM-8PM



ST PRIZE NINJA 8.5 DIGITAL SLOW COOKER

2ND PRIZE BBQ SET

**3RD PRIZE SEASONING PACKAGE** 



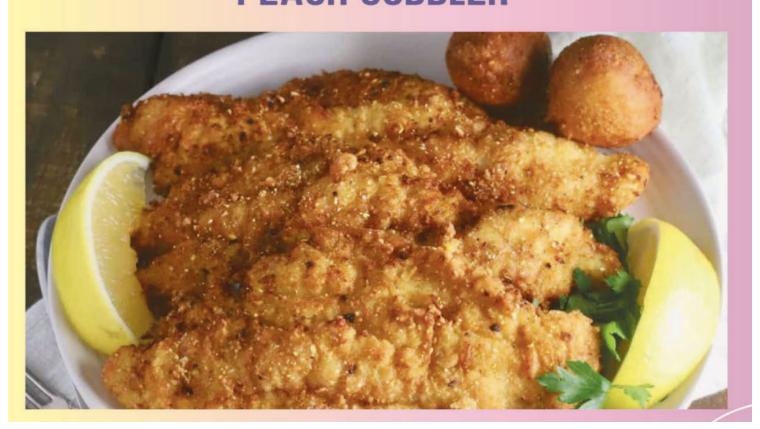
CONTACT KELLY, PAT OR LEIGHANN TO SIGN UP. 870-741-1505 LOCATION: 1516 ROCK SPRINGS HARRISON



## Boone County Senior Center Fish Fry Fundraiser

FRIDAY FEBRUARY 14, 2025 4:00 PM- 6:00 PM

\$12.00 A Plate
HAND BREADED FISH,
HUSHPUPPIES,
POTATO WEDGES,
COLE SLAW.
PEACH COBBLER











**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: GALANZ 0.9 CU FT AIR FRY MICROWAVE OVEN 3-IN-ONE AIR FRYER, CONVENCTION **OVEN AND MICROWAVE** 







## **BOONE Menu**

## FEBRUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Steak Fingers With Cream Gravy Baked Potato Peas & Carrots Wheat Bread Chilled Peaches	Honey Lemon Chicken Red Skin Mashed Potatoes Broccoli Florets, Wheat Rol Applesauce	Breaded Fish, Filet Potato Wedges Calico Slaw Wheat Roll Vanilla Cream Pie	Boneless Breaded Pork Chop w/Cream Gravy Hash Brown Potatoes Buttered Corn Wheat Roll Mandarin Orange Gelatin w/ Whipped	Vegetable Beef Soup Crackers Cottage Cheese Spinach Salad Chilled Peaches
10	11	12	13	14
Country Fried Steak Peppered Cream Gravy Mashed Potatoes Green Beans Wheat Roll Fruit Medley	Asian Ginger Chicken Fluffy White Rice Oriental Vegetables Wheat Roll Mandarin Orang	Pork Roast Pinto Beans Seasoned Cabbage Cornbread Sunshine Cake	Cheese Ravioli w/ Pesto Buttered Corn Tossed Salad/ Salad Dressing Gelatin Parfait	Herb Pork Cutlet Brown Gravy Baked Potato Seasoned Greens Wheat Roll Chilled Pear
17	18	19	20	21
CENTER CLOSED  HAPPY PRESIDENT'S DAY	Lasagna California Medley Vegetables Bread Stick Angel Food Cake	Pinto Beans w/Ham Fried Potatoes & Onions Seasoned Greens Wheat Bread Fruit Medley	Meatloaf w/Ketchup Seasoned Roasted Potatoes Broccoli & Cauliflower Wheat Roll Fruit Parfait	Herb Baked Fish Fluffy White Rice Buttered Corn Wheat Bread Chocolate Chip Cookie
24	25	<b>26</b>	27	28
Fried Chicken Mashed Potatoes w/Gravy Buttered Corn Wheat Bread Chilled Pudding w/Topping	Cider Glazed Pork Loin Seasoned Potato Wedges Steamed Cabbage Wheat Roll Fruit Medley	Baked Cubed Steak & Gravy New Red Potatoes Baby Lima Beans Wheat Roll Fruited Gelatin	Pot Roast Parslied Potatoes Carrots & Celery Wheat Roll Cherry Angel Food Cake	Mushroom Chicken Wild Rice Blend Broccoli Florets Wheat Roll Mixed Berry Crisp

FEBRUARY 2025			Events	
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Extension Get Fit 8:55 Ageless Grace 10:30	Dominos /cards @ 1:00 PM	Dominos /cards @ 1:00 PM  Kids & Seniors Art Class @ 2:00 PM With the kids @ Three Wishes for Ruby	PEPPI 9:00 –10:00  Bean Bag Baseball @ 10:00 AM  Bingo @ 12:30 PM  Dominos /cards @ 1:00 PM	Dominos /cards @ 1:00 PM  Luck Draw BINGO Fundraiser Doors open @ 5:00 Game Starts @ 5:30 PM
10	11	12	13	14
Extension Get Fit 8:55  Ageless Grace 10:30  Positive Aging @ 12:15 PM With Chuck Wiley	Dominos /cards @ 1:00 PM	Extension Get Fit 8:55  Ageless Grace 10:30  Victoria with Legacy Hospice Overview on Dementia @ 12:00	PEPPI 9:00 –10:00  Bean Bag Baseball @ 10:00 AM  Bingo @ 12:30 PM  Jamie With Red Cross Presentation @ 12:00 PM	Fish Fry Fundraiser 4:00 PM-6:00 PM
17	18	19	20	21
Center Closed In Observance Of Presidents Day  PRESIDENTS DAY ***	Dominos /cards @ 1:00 PM Cody with U of A 10:30 –11:30 PM BRING YOUR OWN DIRT	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	Dominos /cards @ 1:00 PM
24	25	26	27	28
Extension Get Fit 8:55 Ageless Grace 10:30 Positive Aging @ 12:15 PM With Chuck Wiley	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 With Maria @ 12:30 PM  Dominos /cards @ 1:00 PM	Dominos /cards @ 1:00 PM Chili Cook Off 4:00 PM- 6:00 PM

#### **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 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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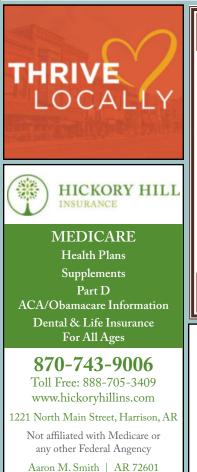
#### How our Senior Center "Works"

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.

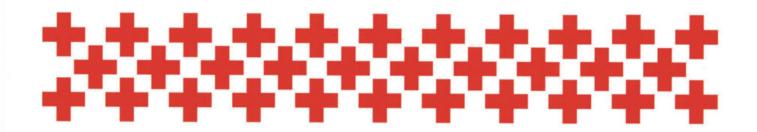
We ask a suggested donation of \$4 for congregate and Home Delivered Meals and \$3-\$5 for transportation in town. There are also donation boxes in the exercise and computer rooms to help with costs of maintaining our equipment.





### **American Red Cross**

Give blood. Help save lives.



## **Blood Drive Boone County Senior Center**

Main 1516 Rocksprings Road Harrison, AR 72602

Thursday, February 20, 2025 10:00 a.m. to 2:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: BooneCountySeniorCenter to schedule an appointment.

Create a flurry of hope! Come give blood Jan. 27 to Feb. 28 for a \$15 e gift card rcblood.org/flurry



37 ] • Order ID: 1766780 • Item ID: 8546385 • Qty.: 1 of 9 • 261643 • 2024-APL-2913 • AR55 • 24

#### Legacy Hospice Overview on Dementia

## DEMENTIA

is umbrella term used to describe a set of symptoms that can include changes in:



? THINKING



JUDGEMENT



LANGUAGE



ATTENTION/

CONCENTRATION

and must be severe enough to interfere with a persons ability to function

## NEVER MISS OUR NEWSLETTER!

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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







#### 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 Driver Linda Lutherbeck** 

**HDM Driver: Alyssa Richardson** 

**Transport Operator: Alex Miller** 

**Transport Operator: Bobby Lowery** 

**Transport Operator: Jadyn Roberts** 

#### **Boone County Senior Activity & Wellness Center**

The center is open Monday-Friday, 8:00 am to 4:30 pm, serving a **Nutritious Meal** from 11:00 am to 12:30 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 4 PM but must be scheduled at least 24 hours in advance by calling the dispatch number. 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!

#### **Table of Contents**

NewsPg 1
Coming Event DetailsPg 2
Coming Event DetailsPg 3
Search-A-WordPg 4
Health WatchPg 5
MenuPg 6
Event CalendarPg 7
Daily EventsPg 8
How the Center "Works" Pg 9
Class DetailsPg 10
Health Presentation Pg 11
Center InfoPg 12

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