

A photograph of a winter landscape. The foreground is a snow-covered field with some small, snow-laden plants. In the middle ground, there are dark, snow-covered trees. The background is a clear, bright blue sky. The overall scene is peaceful and serene.

*February  
2025*

*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/\$8.00 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



**VALENTINE'S  
DAY**

**DINNER & A MOVIE**

**14 FEB, 2025  
DINNER AT 5:30**

**RSVP: IN THE OFFICE NO  
LATER THEN FEBUARY 12**

**YOU MUST HAVE A TICKET FOR  
DINNER**

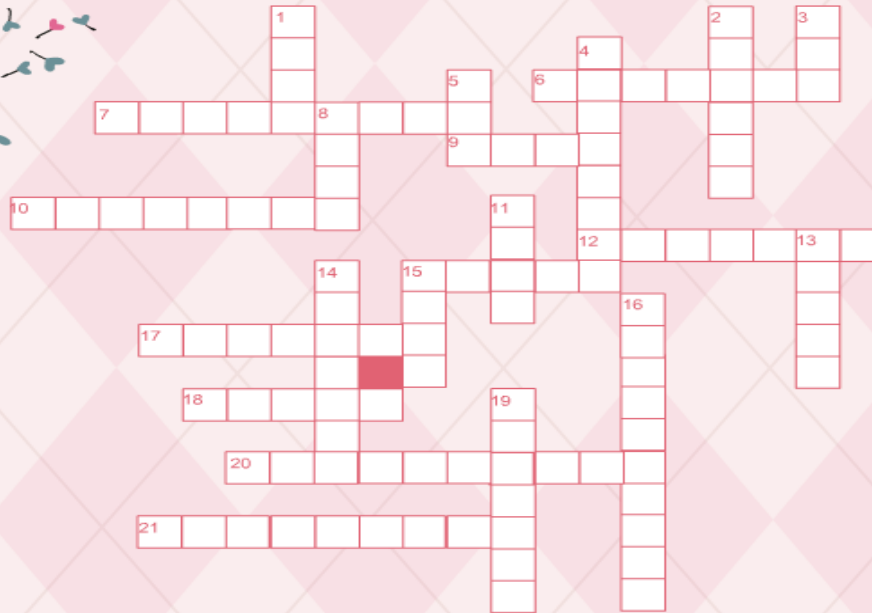
**SUGGESTED \$ 5 PER PERSON  
DONATION AT THE DOOR**

**LIMITED TRANSPORTATION AVAILABLE**

# **MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">3</p> <p>Beef Stroganoff W/ Noodles Buttered Carrots Wheat Roll Applesauce</p>	<p style="text-align: center;">4</p> <p>Honey Lemon Chicken Reskin Potatoes Brussels Sprouts White Roll Fruit</p>	<p style="text-align: center;">5</p> <p>Roast Turkey &amp; Gravy Sweet Potatoes Green Beans Wheat Roll Fruit</p>	<p style="text-align: center;">6</p> <p>Baked Fish Filet Irish Potatoes Steamed Cabbage Hushpuppies Cookie</p>	<p style="text-align: center;">7</p> <p>Chili Dog On A bun Pork &amp; Beans Baked Fries Fruit</p>
<p style="text-align: center;">10</p> <p>Country Fried Steak W/ Peppered Cream Gravy Mashed Potatoes Green Beans Wheat Roll Fruit Medley</p>	<p style="text-align: center;">11</p> <p>Roasted Greek Chicken Rice Pilaf Brussels Sprouts White Roll Fruit</p>	<p style="text-align: center;">12</p> <p>Pork Roast Pinto Beans Steamed Cabbage Cornbread Fig Bar</p>	<p style="text-align: center;">13</p> <p>Chicken Pot Pie Carrots Wheat Roll Cookie</p>	<p style="text-align: center;">14</p> <p>Pork Cutlet W/ Brown Gravy Diced Potatoes Seasoned Greens Biscuit Fruit</p>
	<p style="text-align: center;">18</p> <p>Beef Chopped Steak W/ Mushroom Gravy Seasoned Potatoes Brussels Sprouts White Roll Fruit</p>	<p style="text-align: center;">19</p> <p>Baked Fish Wild Rice Buttered Corn Hushpuppies Fruit</p>	<p style="text-align: center;">20</p> <p>Meatloaf W/ Ketchup Mashed Potatoes Broccoli &amp; Cauliflower Biscuits Cookie</p>	<p style="text-align: center;">21</p> <p>Chicken &amp; Noodles Green Beans Wheat Roll Hot Fruit</p>
<p style="text-align: center;">24</p> <p>Pot Roast Parslied Potatoes Carrots &amp; Celery Wheat Roll Fruit</p>	<p style="text-align: center;">25</p> <p>Mushroom Chicken Wild Rice Green Peas Breadsticks Fruit</p>	<p style="text-align: center;">26</p> <p>Baked Cube Steak W/ Gravy New Red Potatoes Lima Beans Wheat Roll Fruit</p>	<p style="text-align: center;">27</p> <p>Chicken &amp; Rice Casserole Green Beans Wheat Roll Cookie</p>	<p style="text-align: center;">28</p> <p>French Dip Sandwich Diced Potatoes Mixed Veggies Fruit</p>
	<p><b>MENU</b> <b>SUBJECT TO</b> <b>CHANGE</b></p>			

# Valentine Crossword Puzzle



## Down:

1. hugs, and kisses
2. A person with whom one has a bond of mutual affection
3. Squeeze (someone) tightly in one's arms
4. The second month of the year
5. The color of blood
8. An intense feeling of deep affection
11. A piece of paper to send greetings
13. A sweet treat
14. A declaration or assurance that one will do something or that a particular thing will happen
15. A color intermediate between red and white, like coral or salmon
16. unable to think or act normally, especially as a result of being in love
19. another word for gift

## Across:

6. An emotional state or reaction
7. A treat made from roasted and ground cacao seeds
9. Regarded with deep affection.
10. A flat paper container with a sealable flap, used to enclose a letter or document.
12. A feeling of excitement and mystery associated with love
15. a social gathering of invited guests
17. Cute and colorful inflated rubber bag
18. the Roman god of Love
20. A person with whom someone is having a romantic relationship
21. A sweetheart chosen or complimented on Valentine's Day

Answers on the next page



[www.MyPartyGames.com](http://www.MyPartyGames.com)

# TRIPS

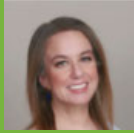
**2/5 Choctaw Casino Pocola  
9:30am \$10**

**2/19 Rogers Historical Museum  
Rooted Visions Traveling Exhibit  
10:00am \$10**

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# Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Bingo</b> <b>10:00 am</b>  <b>Card Making Group</b> <b>9:00 am</b>	<b>4</b> <b>Line Dancing</b> <b>9:30</b> <b>Pool Tourney 9:00</b> <b>Canasta (Hand &amp; Foot) 12:00</b> <b>Ping Pong 2 pm</b> <b>Tap Dancing 2:00</b>	<b>5</b> <b>Line Dancing</b> <b>9:30</b> <b>Water Color Group 10:00 am</b> <b>Bean Bag Baseball 12:15</b>	<b>6</b> <b>Bingo</b> <b>10:00 am</b> <b>Mexican Train Dominos 11:45</b> <b>Ping Pong 2:00 pm</b>	<b>7</b> <b>Triominos</b> <b>9:30 am</b> <b>Movie 9:45 am</b> <b>Ping Pong 2 pm</b>
<b>10</b> <b>Bingo</b> <b>10:00 am</b>	<b>11</b> <b>Line Dancing</b> <b>9:30</b> <b>Pool Tourney 9:00</b> <b>Canasta (Hand &amp; Foot) 12:00</b> <b>Ping Pong 2 pm</b> <b>Tap Dancing 2:00</b>	<b>12</b> <b>Line Dancing</b> <b>9:30</b> <b>Water Color Group 10:00 am</b> <b>Wii Bowling 12:15</b>	<b>13</b> <b>Bingo</b> <b>10:00 am</b> <b>Mexican Train Dominos 11:45 am</b> <b>Ping Pong 2 pm</b>	<b>14</b> <b>Triominos</b> <b>9:30 am</b> <b>Movie 9:45 am</b> <b>Ping Pong 2 pm</b>
<b>17</b> 	<b>18</b> <b>Line Dancing</b> <b>9:30</b> <b>Pool Tourney 9:00</b> <b>Canasta (Hand &amp; Foot) 12:00</b> <b>Ping Pong 2 pm</b> <b>Tap Dancing 2:00</b>	<b>19</b> <b>Line Dancing</b> <b>9:30</b> <b>Water Color Group 10:00 am</b> <b>Bean Bag Baseball 12:15</b>	<b>20</b> <b>Bingo</b> <b>10:00 am</b> <b>Mexican Train Dominos 11:45 am</b> <b>Ping Pong 2 pm</b>	<b>21</b> <b>Triominos</b> <b>9:30 am</b> <b>Movie 9:45 am</b> <b>Ping Pong 2 pm</b>
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**DOWN:** (1) XO XO (2) FRIEND (3) HUG (4) FEBRUARY (5) RED (8) LOVE (11) CARD (13) CANDY (14)  
 PROMISE (15) PINK  
 (16) MOONSTRUCK (19) PRESENT  
**ACROSS:** (6) FEELINGS (7) CHOCOLATE (9) DEAR (10) ENVELOPE (12) ROMANCE (15) PARTY (17)  
 BALLOON (18) CUPID



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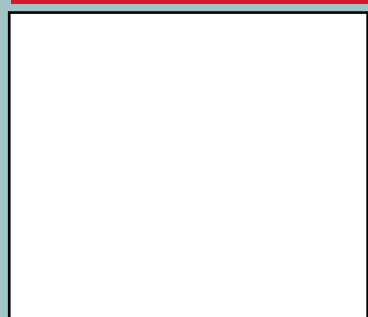
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**ARKANSAS SHIIP**  
Senior Health Insurance Information Program

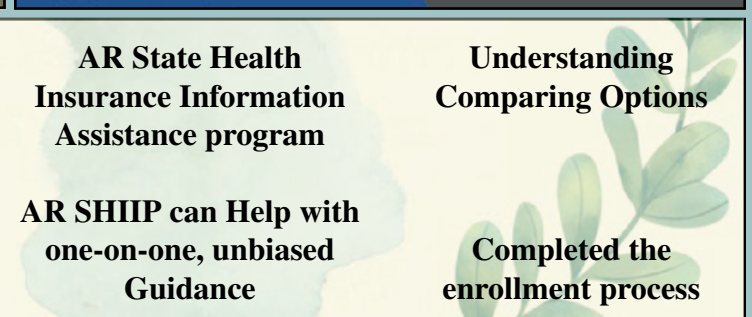
Call 1-800-224-6330

**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	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.**