

*March
2025*

Boone County

Senior Activity & Wellness Center

1516 Rock Springs

Special Events

- March 5
*Painting @ 2:00
PM*
- March 7
BINGO
**Fundraiser Doors
open @ 5:30 PM**
- March 11
*Cody with U of A
10:30 AM – 11:30*
- March 13
*Presentation from the
Fire Department @
12:00 PM*
- March 21
**Fish Fry
Fundraiser
4:00 PM—6:30 PM**

Tuesday

March 11, 2025

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.



Coming Events

*We invite all 60 and over to paint 4-leaf clovers with us
on Wednesday March 5, 2025 @ 2:00 PM
provided by three wishes for Ruby!*



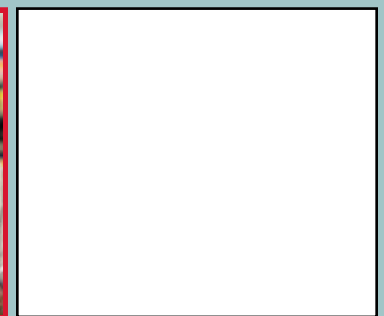

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Coming Event Details

**Thank you to our Girl Scouts for designing
placemats for our Meals on Wheels Bags**



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\$5 EA
OR
5 FOR \$20



Fish Fry 03/21/2025

**Boone County Senior Center
Fish Fry Fundraiser and Gospel
Bluegrass Music by Unashamed**

\$12.00

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

**ENTER
TO WIN
A DOOR
PRIZE**

Friday

March 21, 2025

4:00 PM- 6:30PM



BOONE Menu

MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Tuna Noodle Casserole Green Beans Wheat Roll Warm Rosy Applesauce	Fried fish Fillet Buttered Corn Collard Greens Wheat Bread Lemon Cream Pie	Chicken Tenders Macaroni & Cheese Baby Lima Beans Wheat Bread Chilled Peaches	Herb Pork Cutlet w/Brown Gravy Baked Potato Seasoned Greens Wheat Roll Chilled Pears	BBQ Ribette Sandwich Baked Beans Mixed Vegetables Rice Krispie Treat
10	11	12	13	14
Steak Fingers With Cream Gravy Baked Potato Peas & Carrots Wheat Bread Chilled Peaches	Ham & Au Gratin Potatoes Spinach Wheat Roll Banana	Herbed Pork Loin Whipped Sweet Potatoes California Blend Vegetables Wheat Roll Pineapple Chunks	Honey Lemon Chicken Red Skin Mashed Potatoes Broccoli Florets Wheat Roll Oatmeal Cookie	Vegetable Beef Soup Crackers Cottage Cheese Spinach Salad Chilled Peaches
17	18	19	20	21
Asian Ginger Chicken Fluffy White Rice Oriental Vegetables Wheat Roll Mandarin Oranges	Cheese Ravioli w/ Pesto Buttered Corn Tossed Salad/ Salad Dressing Gelatin Parfait	Roasted Greek Chicken Fluffy White Rice Oriental Vegetables Wheat Roll Mandarin Oranges	Pork Roast Pinto Beans Seasoned Cabbage Cornbread Sunshine Cake	Country Fried Steak Peppered Cream Gravy Mashed Potatoes Green Beans Wheat Roll Fruit Medley
24	25	26	27	28
Tangy Ranch Chicken Au Gratin Potatoes Seasoned Carrots Wheat Roll Cinnamon Apples	Herb Baked Fish Fluffy White Rice Buttered Corn Wheat Bread Chocolate Chip Cookie	Lasagna California Medley Vegetables Bread Stick Angel Food Cake	Meatloaf w/Ketchup Seasoned Roasted Potatoes Broccoli & Cauliflower Wheat Roll Fruit Parfait	Pinto Beans w/Ham Fried Potatoes & Onions Seasoned Greens Wheat Bread Fruit Medley
31				
Chicken & Noodles Mashed Potatoes Green Beans Wheat Roll Hot Baked Peaches				

MARCH 2025

Events

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>Extension Get Fit 8:55</p> <p>Ageless Grace 10:30</p>	<p>Dominos /cards @ 1:00 PM</p>	<p>Dominos /cards @ 1:00 PM</p> <p>Kids & Seniors Art Class @ 2:00 PM With the kids @ Three Wishes for Ruby</p>	<p>PEPPI 9:00 –10:00</p> <p>Bean Bag Baseball @ 10:00 AM</p> <p>Dominos /cards @ 1:00 PM</p>	<p>Luck Draw BINGO Fundraiser Doors open @ 5:30 Game Starts @ 6:00 PM</p>
10	11	12	13	14
<p>Extension Get Fit 8:55</p> <p>Ageless Grace 10:30</p>	<p>Dominos /cards @ 1:00 PM</p> <p>Cody with U of A 10:30 –11:30 PM BRING YOUR OWN DIRT</p>	<p>Extension Get Fit 8:55</p> <p>Ageless Grace 10:30</p>	<p>PEPPI 9:00 –10:00</p> <p>Bean Bag Baseball @ 10:00 AM</p> <p>Fire department Presentation @ 12:00 PM</p> <p>Dominos /cards @ 1:00 PM</p>	
17	18	19	20	21
<p>Extension Get Fit 8:55</p> <p>Ageless Grace 10:30</p>	<p>Dominos /cards @ 1:00 PM</p>	<p>Extension Get Fit 8:55</p> <p>Ageless Grace 10:30</p>	<p>PEPPI 9:00 –10:00</p> <p>Bean Bag Baseball @ 10:00 AM</p> <p>Bingo with Dawn , Legacy Hospice @ 12:30</p> <p>Dominos /cards @ 1:00 PM</p>	<p>Fish Fry Fundraiser 4:00 PM-6:30 PM</p> <p>Dominos /cards @ 1:00 PM</p>
24	25	26	27	28
<p>Extension Get Fit 8:55</p> <p>Ageless Grace 10:30</p>	<p>Dominos /cards @ 1:00 PM</p>	<p>Extension Get Fit 8:55</p> <p>Ageless Grace 10:30</p>	<p>PEPPI 9:00 –10:00</p> <p>Bean Bag Baseball @ 10:00 AM</p> <p>Bingo @ 12:30 PM</p> <p>Dominos /cards @ 1:00 PM</p>	
31				
<p>Extension Get Fit 8:55</p> <p>Ageless Grace 10:30</p>				

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 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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THRIVE
LOCALLY



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 48% from State and Federal funding. The other 52% 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

FRIDAY MARCH 7, 2025

**ALL PROCEEDS GO TOWARDS PURCHASING
A NEW TRANSPORTATION VAN**

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 5:30 PM

**GAME START AT 6:00 PM (OPEN TO
ALL AGES)**

BLACKOUT WILL BE A 10X10 POP UP CANOPY TENT WITH NETTING



- 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

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Boone County Senior Activity & Wellness Center, Harrison, AR E 4C 01-1498

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: Alyssa Richardson

HDM Driver: Linda Lutherbeck

HDM Driver: Jady Roberts

Transport Operator: Bobby Lowery

Transport Operator: Alex Miller

Transport Operator: Rachel Langwell

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 \$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 1:00 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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