



Fayetteville Senior Activity & Wellness



Center



MARCH 2025

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

Let's take a trip

****03/12 Rogers Historical Museum****

10am Rooted Visions Traveling Exhibit \$10

3/26 Cherokee Casino

9:30am W. Siloam Springs \$15

****Rescheduled February Trip****



MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Hearty Chili Kidney Beans Mixed Greens Crackers Fruit Medley</p>	<p>4</p> <p>Oven Chicken Fajita's Peppers & Onions Butter Rice Black Beans Tortillas Fresh Fruit</p>	<p>5</p> <p>Pork Fritter Pepper Gravy Mashed Potatoes Buttered Carrots Wheat Roll Fruit</p>	<p>6</p> <p>Hamburger on a Bun Diced Potatoes Steamed Cabbage Cookie</p>	<p>7</p> <p>Fish Filet Buttered Corn Green Beans Hushpuppies Fruit</p>
<p>10</p> <p>Beef Stroganoff Over Noodles Beets Wheat Roll Applesauce</p>	<p>11</p> <p>Honey Lemon Chicken Roasted Potatoes Brussels Sprouts White Roll Fruit</p>	<p>12</p> <p>Turkey And Gravy Sweet Potatoes Green Beans Wheat Roll Fruit</p>	<p>13</p> <p>Steak Fingers Cream Gravy Mashed Potatoes Peas & Carrots Biscuit Cookie</p>	<p>14</p> <p>Breaded Fish Filet Diced Potatoes Steamed Cabbage Hushpuppies Fruit</p>
<p>17</p> <p>Country Fried Steak W/ Cream Gravy Irish Potatoes Green Peas Wheat Roll Fruit Medley</p>	<p>18</p> <p>Roasted Greek Chicken Rice Pilaf Mixed Greens White Roll Fruit</p>	<p>19</p> <p>Pork Roast Pinto Beans Steamed Cabbage Cornbread Fruit</p>	<p>20</p> <p>Chicken Pot Pie Carrots Wheat Roll Cookie</p>	<p>21</p> <p>Pork Cutlet W/ Brown Gravy Diced Potatoes Green Beans Biscuit Fruit</p>
<p>24</p> <p>Beef Chopped Steak Seasoned Potatoes Buttered Corn Wheat Roll Fruit Medley</p>	<p>25</p> <p>BBQ Pork Sandwich On A Bun Pork & Beans Baked Fries Fruit</p>	<p>26</p> <p>Meatloaf W/ Ketchup Mashed Potatoes Broccoli & Cauliflower Wheat Roll Fruit</p>	<p>27</p> <p>Chicken & Noodles Green Beans Corn Wheat Roll Cookie</p>	<p>28</p> <p>Pinto Beans W/ Ham Potatoes & Onions Seasoned Greens Cornbread Fruit</p>
<p>31</p> <p>Turkey & Rice Casserole Green Beans Wheat Roll Fruit</p>				

Mark your calendar Thursday, April 17 Spring Health Fair

9:00 - 12:30



THURSDAY | APRIL 3
9:00-12:30

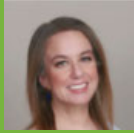
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Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Bingo 10:00 am</p> <p>Card Making Group 9:00 am</p>	<p>4 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>5 Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p>	<p>6 Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45</p> <p>Ping Pong 2:00 pm</p>	<p>7 Triominos 9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>10 Bingo 10:00 am</p> <p>Card Making Group 9:00 am</p>	<p>11 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>12 Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p>	<p>13 Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	<p>14 Triominos 9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>17 Bingo 10:00 am</p>	<p>18 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>19 Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p>	<p>20 Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	<p>21 Triominos 9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>
<p>24 Bingo 10:00 am</p>	<p>25 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>26 Line Dancing 9:30</p> <p>Water Color Group 10:00 am</p>	<p>27 Bingo 10:00 am</p> <p>Mexican Train Dominos 11:45 am</p> <p>Ping Pong 2 pm</p>	<p>28 Triominos 9:30 am</p> <p>Live Music 9:45</p> <p>Ping Pong 2 pm</p>
<p>31 Bingo 10:00 am</p>				



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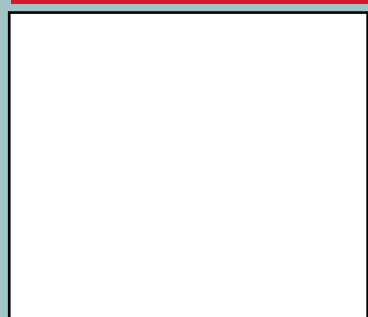
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Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Qigong	8:00 Intermediate Pilates	9:30 Instructor Led Line Dancing	8:00 Intermediate Pilates	
10:00 Tai Chi Beginners	9:00 Fun to Be Fit	11:00 Use it or Lose it	9:00 Fun to be Fit	
10:45 Advanced Tai Chi	9:30 Instructor Led Line Dancing	Rosen Movement 12:15-1:15	10:00 Intermediate Pilates	
12:15 Aerobic tone	10:00 Intermediate Pilates	1:15 Aerobic Tone	12:15 Silver Sneakers Classic	
1:00 Stretch/Yoga Standing /Chair	11:00 Use it or Lose it 1:00 Chair/ Standing Yoga	2:00 Yoga on the mat	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.