

A background image of a road during a rainstorm. The road is wet and reflects the sky. A rainbow is visible in the distance, arching over the road. The rain is falling heavily, creating a blurred effect. The overall color palette is dominated by blues, greys, and greens, with the vibrant colors of the rainbow providing a focal point.

Fayetteville Senior  
Activity  
& Wellness Center

April  
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 \$5 per meal/\$8 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 GO ON AN ADVENTURE

*April Tuesday 15 9:30 Tulip Garden*

*Rogers \$10*

*\*( the entire garden is handicap accessible)\*  
Make sure to bring money for flowers & lunch*

*April 23 9:00 Indigo Sky Casino*

*Wyandotte OK. \$15*



# April Menu

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <b>SUBJECT<br/>TO<br/>CHANGE</b>   | 1<br>Pot Roast<br>Parslied Potatoes<br>Carrots & Celery<br>Wheat Roll<br>Fruit        | 2<br>Mushroom Chicken<br>Wild Rice<br>Green Peas<br>White Roll<br>Fruit                      | 3<br>Chicken Breast<br>Mashed Potatoes<br>w/ Gravy<br>Buttered Corn<br>Wheat Roll<br>Cookie    | 4<br>French Dip<br>Sandwich<br>Dill Potatoes<br>Mixed Vegetables<br>Fruit |
|  | 7<br>Baked Fish<br>Lemon & Herb<br>Penne<br>Mixed Vegetables<br>Wheat roll<br>Fruit   | 8<br>Pineapple Chicken<br>Stir Fry Vegetables<br>Vegetable Egg Roll<br>Fruit                 | 9<br>Salisbury Steak<br>w/ Peppers<br>Duchess Potatoes<br>Green Beans<br>Wheat Roll<br>Fruit   | 10<br>Sliced Baked Ham<br>Black Eyed Peas<br>Greens<br>Biscuit<br>Cookie  |
| 14<br>Chopped Steak w/<br>Mushroom Gravy<br>Mashed Potatoes<br>Brussels Sprouts<br>Wheat Roll<br>Fruit | 15<br>Breaded Fish Filet<br>Diced Potatoes<br>Mixed Vegetable<br>Hushpuppies<br>Fruit | 16<br>Beef Tips w/ Gravy<br>Rice Pilaf<br>Prince Edward<br>Vegetables<br>Wheat Roll<br>Fruit | 17<br>Sweet & Sour Pork<br>Steamed Rice<br>Asin Vegetable<br>Blend<br>Egg Roll<br>Cookie       | 18<br>Swedish Meatballs<br>Noodles<br>Green Beans<br>Wheat Roll<br>Fruit  |
| 21<br>Beef w/ Vegetable<br>Potatoes<br>Wheat Roll<br>Fruit   | 22<br>Marinated Chicken<br>Parmesan Basil<br>Pasta<br>Carrots<br>White Roll<br>Fruit  | 23<br>Pork Tips & Gravy<br>Wild Rice<br>Brussels Sprouts<br>Wheat Roll<br>Fruit              | 24<br>Lemon & Herb<br>Tilapia<br>Parslied Potatoes<br>Peas & Mushrooms<br>Wheat Roll<br>Cookie | 25<br>Frito Chili Pie<br>Pinto Beans<br>Corn<br>Fruit                     |
| 28<br>Corned Beef<br>New Potatoes<br>Steamed Cabbage<br>Wheat Roll<br>Fruit                            | 29<br>Pork Carnitas<br>Buttered Corn<br>Black Beans<br>Flour Tortillas<br>Fruit       | 30<br>Pot Roast<br>Irish Potatoes<br>Carrots & Celery<br>Wheat Roll<br>Fruit                 | <b>SUBJECT<br/>TO<br/>CHANGE</b>   |   |

THURSDAY | APRIL 3

9:00-12:30

# Spring Craft Market

945 S COLLEGE FAYETTEVILLE

ALL AGE'S WELCOME



# Mark your calendar Thursday, April 17 Spring Health Fair

9:00 - 12:30



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# April Happenings

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
|   | <p><b>1</b><br/>Line Dancing<br/>9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand &amp; Foot) 12:00</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p>  | <p><b>2</b><br/>Line Dancing<br/>9:30</p> <p>Water Color Group 10:00 am</p> <p>WII Bowling/<br/>Beanbag baseball<br/>12:00 pm</p>  | <p><b>3</b><br/>Bingo<br/>10:00 am</p> <p>Mexican Train<br/>Dominos 11:45</p> <p>Ping Pong 2:00 pm</p>  | <p><b>4</b><br/>Triominos<br/>9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>    |
| <p><b>7</b><br/>Bingo<br/>10:00 am</p> <p>Card Making Group<br/>9:00 am</p> | <p><b>8</b><br/>Line Dancing<br/>9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand &amp; Foot) 12:00</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p>  | <p><b>9</b><br/>Line Dancing<br/>9:30</p> <p>Water Color Group 10:00 am</p> <p>WII Bowling/<br/>Beanbag baseball<br/>12:00 pm</p>  | <p><b>10</b><br/>Bingo<br/>10:00 am</p> <p>Mexican Train<br/>Dominos 11:45 am</p> <p>Ping Pong 2 pm</p> | <p><b>11</b><br/>Triominos<br/>9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>   |
| <p><b>14</b><br/>Bingo<br/>10:00 am</p>                                     | <p><b>15</b><br/>Line Dancing<br/>9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand &amp; Foot) 12:00</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p> | <p><b>16</b><br/>Line Dancing<br/>9:30</p> <p>Water Color Group 10:00 am</p> <p>WII Bowling/<br/>Beanbag baseball<br/>12:00 pm</p> | <p><b>17</b><br/>Bingo<br/>10:00 am</p> <p>Mexican Train<br/>Dominos 11:45 am</p> <p>Ping Pong 2 pm</p> | <p><b>18</b><br/>Triominos<br/>9:30 am</p> <p>Movie 9:45 am</p> <p>Ping Pong 2 pm</p>   |
| <p><b>21</b><br/>Bingo<br/>10:00 am</p>                                     | <p><b>22</b><br/>Line Dancing<br/>9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand &amp; Foot) 12:00</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p> | <p><b>23</b><br/>Line Dancing<br/>9:30</p> <p>Water Color Group 10:00 am</p> <p>WII Bowling/<br/>Beanbag baseball<br/>12:00 pm</p> | <p><b>24</b><br/>Bingo<br/>10:00 am</p> <p>Mexican Train<br/>Dominos 11:45 am</p> <p>Ping Pong 2 pm</p> | <p><b>25</b><br/>Triominos<br/>9:30 am</p> <p>Live Music 9:45</p> <p>Ping Pong 2 pm</p> |
| <p><b>28</b><br/>Bingo<br/>10:00 am</p>                                     | <p><b>29</b><br/>Line Dancing<br/>9:30</p> <p>Pool Tourney 9:00</p> <p>Canasta (Hand &amp; Foot) 12:00</p> <p>Ping Pong 2 pm</p> <p>Tap Dancing 2:00</p> | <p><b>30</b><br/>Line Dancing<br/>9:30</p> <p>Water Color Group 10:00 am</p> <p>WII Bowling/<br/>Beanbag baseball<br/>12:00 pm</p> |   |   |



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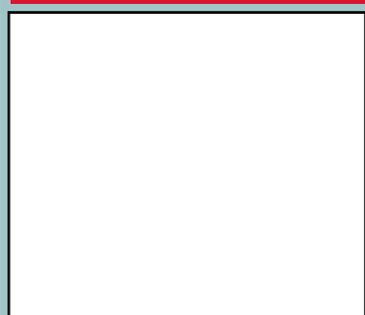
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**AR State Health Insurance Information Assistance program**

**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     |        |
| 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<br>12:00-1:15     | 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          | 2:00 Yoga on the mat             | 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.**