

**February
2019**

Boone County

SENIOR ACTIVITY & WELLNESS CENTER

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

Special Events

- **February 11**
Fresh Conversation with Trudy
- **February 11**
Bake Sale Orders Due
- **February 12**
Casino Trip
- **February 18**
Center Closed - Presidents' Day
- **February 19**
Trip to Museum of Native American History
- **February 22**
Birthday Lunch
- **February 23**
Mardi Gras
- **February 23—
March 1**
Activities Fair
- **February 25**
Books Only Bingo
- **March 1**
March for Meals Begins
- **March 16**
Scavenging for Meals on Wheels



with Trudy — Brain Food

We had a great turnout for our first Fresh Conversation in January. More than thirty people listened intently, joined in on the conversation, sampled some familiar foods with a new twist and learned about the importance of limiting sugar in our diets.

The February Fresh Conversation will be in the Senior Center dining room on February 11th at 10:00 am. This month's topic will be Healthy Food, Healthy Brain. Trudy McManus, Boone County Extension Agent — Family and Consumer Science will share all the latest information about food and the brain. You will not want to miss it.

Fresh Conversations is being offered on the second Tuesday of each month with a different topic each time. It will be an excellent opportunity for food, fun and friendly conversation to help you maintain your health and independence. Those attending will support each other by sharing creative and simple ideas for eating well and being active . . . and each month there will be a newsletter for each person to take home for additional information.

Valentine's Day Bake Sale

Love is in the air! We have just the gift for that special someone! Spouse, Significant other, kids, grandkids, great-grandkids, a great friend—Whoever it might be!

We'll have a variety of cookies, giant cupcakes, chocolate covered strawberries, assorted nuts and a gift basket.
(see the order form for more detailed list)

**Orders must be placed by February 11th by 4:30 PM
and picked up by 2:30 PM on February 14th.**

Coming Event Details



March for Meals

March is the time of year that we concentrate on letting folks know about our Home Delivered Meal program and it is also a time that we concentrate on raising money to help make it happen. We appreciate all of those who participated in the March For Meals Walk-a-thon last year and hope you and many more will take part in it again.

The way it works is you sign up to participate, get your Walk-A-Thon pledge sheets from Chrys or Sandy; set a goal for the number of miles you would like to walk, jog or run during the month of March; get friends and family to make a pledge (contribution) for your walk; and during the month work toward fulfilling your goal. It is a great way for folks to help provide meals for our frail older seniors and build the healthy habit of walking at the same time.

You can use your step counter, keep track on the tread mill, your stroll at the park or in your neighborhood. It all helps you stay healthy and will all count toward your total March for Meals.

This year we will have a prize for the most contributions gathered and for the person who recruited the most people to join our March. See registration for more details.



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Coming Event Details



Museum of Native American History

Walk through America's past

February 19th - Vans leave at 9 AM.
We will stop for lunch before going to the museum.

MUSEUM MISSION

MONAH's mission is to acquire, preserve, and study Native American artifacts and to educate future generations about the lives of the First Americans.

MUSEUM HISTORY

The Museum of Native American History (MONAH) was first established in a downtown location in 2006 as the Museum of Native American Artifacts. The collection quickly outgrew the space and MONAH opened its current doors in June of 2008. Founded by David Bogle, a registered member of the Cherokee Nation born and raised in Bentonville, the museum houses over 10,000 of the finest Native American artifacts. The museum features Bogle's private collection, along with a number of collections donated and on loan to the museum for display.

MONAH does not charge admission for museum entry and is committed to offering free and low-cost events. The museum is open 9 AM to 5 PM, Monday - Saturday.



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

February Search-A-Word

C	G	R	V	E	L	C	E	J	T	A	T	S	U	S
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F	L	W	O	B	R	E	P	U	S	Q	R	M	Q	V
G	U	R	U	P	J	K	I	T	T	D	V	N	Z	Z

Valentines	Washington	Super Bowl
Chocolates	Flowers	Shortest Month
Lincoln	Presidents Day	Hearts
Cherry Tree	Ground Hog Day	Mardi Gras
Cupid	Amethyst	

Upcoming Events



Save the date . . . you do not want to miss it! February 23 from 5-6:30 PM

This year, by popular demand, we're bringing back a favorite event — the Mardi Gras Celebration. This event started as a fund raiser for the center but has become one of our favorite fun time events. This year's Mardi Gras will include food, fun and frivolity. The center will be decked out New Orleans style. There will be beads, music, jambalaya, king cake, photo corner and masks (bring your own mask, buy one from us or choose to go mask-less). Dress up or not . . . it is up to you. But do come and enjoy the fun.

You can eat, dance, enjoy the music and visit with friends. You will not want to miss it. The celebration will be **February 23 from 5-6:30 PM**. Suggested donation is \$10 per person (\$7 for senior center members).

Let the Good Times Roll! Or as they say in New Orleans - *Laissez Les Bons Temps Roulez*

Activities Fair

February 23—March 1

How it works:

Pick up Participation Card

Attend Activities at the Center (Lunch & Mardi Gras Included)

Ask the Class/Activity Leader to mark your card after class

Get free stuff just for attending (While supplies last) AND

Get your name into drawing for GRAND PRIZE

The more activities you attend the more times your name is entered for the Grand Prize! (See pg 8 for activity schedule)

You must arrive at the beginning of the class to sign in and must stay for the entire class to receive drawing entry. Cards will be verified with sign-in rosters.

Menu

FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Chicken Tenders Pasta Marinara Seasoned Green Beans Wheat Bread Honey Bun Cake
4	5	6	7	8
Baked Chicken Wild Rice Seasoned Green Beans White Dinner Roll Fruit Salad	Crumb Baked Catfish Brown Beans Wilted Cabbage Cornbread Spice Cake	Ham and Beans Boiled Red Potatoes Green Beans Cornbread Mixed Fruit	Beef Pot Roast with Gravy Mashed Potatoes Buttered Carrots White Dinner Roll Devil's Food Cake	Hearty Chili Baby Bakers Crackers Cherry Crisp
11	12	13	14	15
Baked Chicken with BBQ Sauce Baked Potato Lima Beans White Dinner Roll Apple Spiced Cake	Herb Roasted Turkey & Turkey Gravy Rice Pilaf California Mixed Vegetables White Dinner Roll Peach Crisp	Fried Fish Filet Pinto Beans Seasoned Spinach Cornbread Ambrosia	Meatloaf with Ketchup Mashed Potatoes Buttered Corn Whole Wheat Roll Mandarin Oranges	Spaghetti & Meatsauce Zucchini & Tomatoes Italian Bread Banana Pudding
18	19	20	21	22
Closed 	Broccoli Cheddar Chicken Divan Fluffy White Rice Mixed Vegetables White Dinner Roll Coconut Cream Pie	Pork Tenderloin Seasoned Roasted Potatoes Seasoned Green Beans White Roll Mixed Fruit	Hamburger Steak with Brown Gravy New Red Potatoes Broccoli Florets Wheat Roll Chocolate Pudding	Sweet & Sour Meatballs Fried Rice Cabbage & Carrots White Roll Fruited Gelatin
25	26	27	28	March 1
Salisbury Steak with Mushroom Gravy Mashed Potatoes Tossed Salad With Dressing of choice Dinner Roll Hot Spiced Peach Half	Breaded Shrimp Homestyle Fries Creamy Coleslaw Berry Crisp	Herbed Pork Roast Pork Gravy Mashed Sweet Potatoes Seasoned Cabbage Wheat Roll Spiced Apples	Meatloaf with Ketchup Topping Au Gratin Potatoes California Medley Dinner Roll Cookie	Chicken Tenders Mashed Potatoes Seasoned Green Beans Biscuit Honey Bun Cake

FEBRUARY 2019

Events

Monday	Tuesday	Wednesday	Thursday	Friday	
				1	
4	5	6	7	8	
11 Fresh Conversation with Trudy <i>Orders due for Valentine bake sale</i>	12 Casino Trip	13	14  Bake Sale Pick-up	15	
18  Center Closed for President's Day	19 Trip to Museum of Native American History	20	21	22  February Birthday Lunch	23 Mardi Gras 
24	25 Books Only Bingo	26	28	March 1	
<i>Activities Fair Feb 23-March 1 See pg 5 for details!</i>					



We're going to Roland, OK to the Cherokee Casino this month. Please check with us prior to trip if there is any threat of bad weather.

We must limit this trip to 1 van, so we will be **limited to 12 people**. Don't wait to get your name on the list.

Daily Events

MONDAY	TUESDAY	WEDNESDAY
8:55 am Extension Get Fit 12:00 pm Bridge 12:30 pm Bunco	9:00 am PEPPI 12:00 pm Pitch 12:30 pm Adult Coloring ONCE A MONTH 1:00 pm Books Only Bingo	8:55 am Extension Get Fit 10:00 am Silver Sneakers 1:00 pm Dominos International Folk Dancing Every Wednesday 12:30 to 1:00 PM Newcomers 1:00 to 2:00 PM Introductory
THURSDAY	FRIDAY	
9:00 am PEPPI 10:00 am Drums Alive 1:00 pm Bingo 4:00 pm Pitch/Dominos	8:55 am Extension Get Fit 10:00 am Silver Sneakers	

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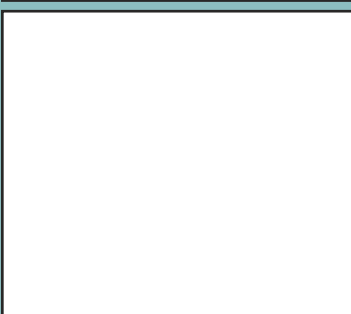
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Boone County Senior Activity & Wellness Center, Harrison, AR C 4C 01-1498

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 40% from State and Federal funding. The other 60% 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 \$3 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.



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

Class Details

Extension Get Fit

8:55 AM to 10 AM

Monday, Wednesday & Friday

Instructors: Kay Fulton, Jenny Laging, Dora Lee Marshall, Carolyn Sweatman & Amy Young

Description:

The Extension Get Fit Program is a research-based program for individuals who want to improve or maintain their strength, balance, and flexibility for better quality of life.

What do I need to participate?

Extension Get Fit is evidence-based, safe, structured, and affordable. The \$20 program fee covers an entire calendar year.

You will need hand weights (provided by the Center) and adjustable ankle weights to participate in the class. You are also asked to bring a bottle of water and a small towel to class.

This program is offered through the University of Arkansas Cooperative Extension Service.

PEPPI

9 AM to 10 AM

Tuesday & Thursday

Description:

Peer Exercise Program Promotes Independence—Designed for older adults, PEPPI is good to help with arthritis pains using slow stretching movements for both upper and lower body. Its purpose is to increase physical fitness and independence.

Fresh Conversation with Trudy

10:00 AM to 11 AM

Second Tuesday of each Month

Leader: Trudy McManus, County Extension Agent—Family and Consumer Science

Description:

On the second Tuesday of each month, older adults will gather together to learn from each other, sample new recipes, discuss current nutrition and health topics, and discover new ways to be active. This is an informal class with active participation from the group. Each meeting will focus on a current health topic and offer practical tips and sensible solutions to everyday problems that get in the way of doing what most people want to do: eat well and live well.

Drums Alive

10:00 AM to 11:00

Thursdays

Instructors: Kay Fulton, Kim Smith, Gracie Smith

Description:

This exciting new trend in physical fitness benefits the body, brain, and mental health. By incorporating drumming, whole-body movement, and music. The classes offer physical, social, emotional, and mental benefits to all participants. The classes at our senior center are targeted for older people and participants will be able to modify the movements to fit their own physical condition and ability.

Silver Sneakers

10 AM to 11 AM

Wednesday & Friday

Instructor: Sandra Whitney

Description:

A comprehensive program that improves overall well-being, strength and social aspects. Designed for all levels and abilities, this program is generally provided by your health plan at no additional cost. Silver Sneakers provides access to fitness equipment, group exercise classes, social networking, online education and a sense of community.

Bunco

12:30 PM Mondays

Description:

It's an amazingly fun dice game with lots of laughs and great prizes like gift Certificates to local restaurants!!!

Join us on Monday afternoons at 12:30 PM. Suggested donation \$2 per person.

International Folk Dance

12:30 to 1:00 PM Newcomers & Warm-Ups

1:00 to 2:00 PM Introductory Wednesdays

Instructor: Susan Bearden

Description:

This is a unique class that explores the world through dance. Susan not only teaches the dance steps but also shares the background and cultures of the dances.

Start Your New Year Off Right

As we head into the new year, many of us will be looking for ways to shake off the extra pounds we may have gained enjoying the holiday treats and others will be making our New Year's Resolutions to begin 2019 by getting healthy/adopting a healthy lifestyle. Exercising and staying active is an important part of a healthy lifestyle. As you set your fitness goals, remember that we have a number of good, evidence based exercise programs right here at the center. Those programs are especially designed for seniors and are adaptable to people with disabilities. They include Extension Get Fit, PEPPI, Silver Sneakers . . . and of course, our newest program **DRUMS ALIVE**.



Drums Alive is here and you don't want to miss it! This exciting new program benefits the body, brain, and mental health. By incorporating drumming, whole-body movement, and music, the classes offer physical, social, emotional, and cognitive benefits to all participants. The classes at our senior center are targeted for older people and participants will be able to modify the movements to fit their own physical condition and ability. Three generations of moms and daughters in the Fulton/Smith family have trained and prepared together to offer the classes, which starting in

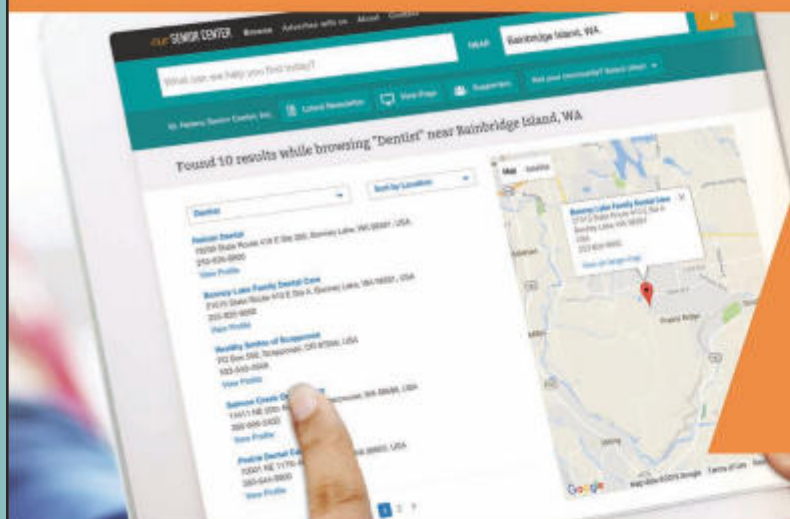
January are meeting every Thursday from 10:00 to 11:00am in the exercise classroom.

Instructor Kay Fulton says that Drums Alive is a growing trend in exercise/fitness programs because of its many benefits for both the mind and body. "It will be a great way to exercise and will be lots of fun for everyone, regardless of their age. It is also a great program to help us shake those winter doldrums," she said.

It has been proven that group exercise classes serve both as motivation and socialization tools.

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HDM/Transport Operator: Bonnie Grinder

HDM/Transport Operator: Jack Carter

Transport Operator: Dave Troutman

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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 \$3.00 for anyone 60+. Guests under 60 are welcome to enjoy a meal for only \$6.54. 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!

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