

# *Seniority Rules !*

**February 2019**



## ON THE ROAD AGAIN

If you have never been to see the Trumpeter Swans at Heber Springs you won't want to miss this trip and if you have seen them you know it's worth going back. More than 100 trumpeter swans descend on Magness Lake, a small oxbow off the Little Red River each year. This wintering population of birds flock to Heber Springs from their Midwestern homes and their arrival makes for an exciting birding experience. Their stay extends from late November through February. Our trip will be on Friday, February 8. We will leave the center at 1 p.m. and head out to see these magnificent birds. Suggested transportation donation is \$9 and will eat supper at Mack's Fish House in Heber Springs. (there's more than just fish on the menu)

Join us on Wednesday, February 13 as we head to Atkins International Café for a hearty breakfast. They serve good old down home cooking that everyone is sure to enjoy. The van will leave at 8:30 and there is no suggested transportation donation.

On January 14, we will make our annual pilgrimage to feed the ponies at Oaklawn. Of course there is also gaming for you to enjoy also. If that's not your cup of tea, the van will drop you off at the Mall to spend the day and get rid of your money that way. The van will leave at 10:30. Suggested transportation donation is \$10. Sign up in the office and be sure and indicate whether you are going to the track or to the mall.

Tuesday, January 19 is our monthly trip to Pocola. Van leaves at 8 a.m. and suggested transportation donation is \$10.

### *Estate Planning*

*Consider Remembering the  
Pope County Senior  
Wellness & Activity Center*

*When making your estate planning.  
Your gift will ensure the continuation  
of the center that was so much a part of  
your life.  
Thank You*

On Wednesday, February 20 we will be going to Murry's Dinner Theater to see the production of "Last Round-Up of the Guacamole Queens". In this Southern-fried comedy, the Verdeen cousins of Sweetgum, Texas are up against the clock as they frantically attempt to produce the ultimate high school reunion before the old building is demolished. This Texas-sized comedy is side-splittingly hilarious from start to finish. Suggested donation for the trip is \$45 and includes transportation and admission to the theatre, which also includes a lunch buffet.

## February is Heart Health Month

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, Kristi, from UAMS will present a program on heart health on Monday, February 11 at 11 a.m.



You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.



Linda Phillips, who has taught oil painting on Mondays for many years here at the center, is moving away March 1. We would like to thank Linda for her countless hours spent each Monday, teaching people to enjoy painting. Monday, February 25 will be her last class. She is working on getting a replacement so stay tuned for more information about new classes. We wish Linda and Jeff much happiness and best of luck in their new home near Batesville.

Thanks again!!!

**HAPPY  
VALENTINE'S  
DAY ♡**

## Pope County Senior

### Activity Center

1010 N. Rochester Avenue

Russellville, AR 72801

(479) 968-5039

Fax (479) 890-4771

### Hours:

Monday, Thursday & Friday

7:30A.M. to 8:00P.M.

Tuesday & Wednesday

7:30A.M. to 3:30P.M.

Senior Programs Director:

Sherry Tidwell

[tidwells@fccare.org](mailto:tidwells@fccare.org)

Site Coordinator:

Davis Gateley

[gateleyd@fccare.org](mailto:gateleyd@fccare.org)

Meals on Wheels Coordinator:

Chelane Smith

[smithc@fccare.org](mailto:smithc@fccare.org)

Lead Cook

Dusty Gentry

[gentryd@fccare.org](mailto:gentryd@fccare.org)

Website:

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

Like us on Facebook

Pope County Senior Wellness & Activity Center

Newsletter Underwritten by:

The Best Built & Most Insulated  
Mobile Home in America



TBerry's Mobile Home Sales

1611 East Main Street | Russellville

877-378-0342 Call Today!

## For Your Information

We have 3 programs of interest for you this month.

Thursday, February 7, a representative of MASA GLOBAL (Medical Air Services Association) will be here to do a seminar beginning at 12:30. MASA Global's mission is to provide industry-leading medical transportation solutions both during life and after life and provide peace of mind for their members. Their products provide 2 distinct advantages that are without rival in the industry: a membership program that includes the most comprehensive fixed-wing aircraft, helicopter and ground ambulance transportation solutions for consumers who are at home, or traveling the world and complete protection from the financial catastrophes that unexpected medical transportation costs will cause. The seminar is limited to 8-10 people so please sign up ahead of time in the office. If there is enough interest, another seminar will be offered at 2:30 on the same day; February 7.

On Monday, February 11 at 10:30, Kristi from UAMS will be here to present a program on Heart Health.

Thursday, February 21 at 10:30, Heather Shaw from Conway Regional Hospital will present a program to interested persons on "Lifeline", a Personal Alert System.

As always, these programs are presented as informational programs only. The center does not endorse any particular product; rather we just want to give you as much information regarding health and safety as we possibly can.

### CPR Anyone?

Would anyone be interested in taking a CPR/ First Aid class here at the center? I'm not talking about taking a strenuous class where the end result would be you having CPR certification. I'm just talking about giving you enough information so that you could help someone if you needed to. Basic first aid would be covered also. I have a couple of certified CPR trainers that would be willing to do a class one afternoon but I need to find out if there is any interest.

The class would not be until March because February calendar is pretty full.

Please let someone in the office know if you would be interested in the center providing this class for you. Thanks!



### And we are Off to State!!

Both the Purple 6 Pack and C-4 chair volleyball teams earned the right to go to the state tournament by participating in the regional tournament in January. Purple 6 Pack took 3rd and C-4 placed 4th. State tournament is in Little Rock on February 19 and 20.

Good Luck!!



### Diamond Tours Trip to South Dakota

Sign-ups have started for our trip to Mt. Rushmore, the Badlands & Black Hills of South Dakota. The dates are September 7—15th. Cost for the 9 day, 8 night trip is \$925 (double occupancy) and includes:

- ◆ 8 nights lodging, including 4 consecutive nights in South Dakota
- ◆ 14 meals: 8 breakfasts and 6 dinners
- ◆ Visit the spectacular Badlands National Park
- ◆ Visit to the amazing Crazy Horse Memorial
- ◆ Guided tour of Deadwood, plus gaming at a Deadwood casino
- ◆ Admission to the Unique Journey Museum
- ◆ Tour of Wildlife Loop Road at Custer State park
- ◆ Visit to the Mount Rushmore National Memorial

Plus, on the trip you will see the famous Corn Palace and the amazing Wall Drug Store. This will be a great trip and is sure to fill up fast. \$75 is due upon signing up and insurance is also available.



See Sherry in the office to sign up for the trip.

### About Our Center

Pope County Senior Wellness & Activity Center serves people who are 60 years of age or older, or are the spouse of someone who is 60 or older who participates in our program. Although we receive some federal and state funding, we must generate money locally to help meet operating expenses. We ask that each participant donate as much as he or she is able. A \$5.00 donation for lunch and \$1.00 donation for transportation are suggested for those 60 and over. For visitors under the age of 60 and all carry-outs, the cost of lunch is \$8.00. Donations are extremely important and very much appreciated. Your senior center depends on you.

**If you are interested in van service please contact the center at 479-968-5039.**

### Blood Pressure Machine

Remember we have a blood pressure machine in the library. Please feel free to use it. Courtesy of Area Agency on Aging.



### *Pope County Senior Wellness & Activity Center*

#### *Advisory Council Members:*

*Joe Jirinec—President*

*Norma Humphrey—Vice President*

*Merle Lane*

*Vicki High*

*Robert Beckham*

*Susan Kahon*

*Joan Peak*

**Grounds Maintained by:**

**The Pope County Master Gardeners**