

Seniority Rules !

May 2019



MAY TRIPS

Wednesday, May 8 we are going to Murry's in Little Rock to see "Shear Madness". This is the interactive comedy whodunit that lets the audience solve the scissor-stabbing murder of a famed concert pianist who lives above the hairstyling salon. The play is delightfully different every time you see it. Suggested donation is \$45 and that includes transportation, admission to the play and a lunch buffet. The van leaves the center at 10:30 a.m.

Friday, May 10 finds us heading to one of our favorite places to eat. Jo-Jo's Catfish in Mountain View. Located on the beautiful white river, they have something on the menu for everyone. Their catfish and green tomato pickles are a crowd pleaser. Suggested donation for the trip is \$10 and the van will leave at 9 a.m.

We have somewhere new to try on Friday, May 17. We will be going to Ferguson's Restaurant on the beautiful Buffalo River for breakfast. They serve a big farm hand breakfast with homemade biscuits and gravy. A word to the wise, their homemade cinnamon rolls are ADDICTIVE. In addition to the restaurant they have 2 levels of the finest in crafts, gifts and souvenirs. They also feature a factory showroom of handcrafted solid oak furniture. And if you aren't full enough from the breakfast, we will make a stop in Mt. Judea on the way home for their famous fried pies. The van will leave at 8 a.m. and suggested transportation donation is \$9.

Wednesday, May 22, we will go to Post Winery in Altus for a tour and then have lunch at the Trellis restaurant in the winery. This is the largest winery in Arkansas and the first commercial vineyard to produce here and the first to bring you 100% Muscadine juice and that famous Muscadine wine. The restaurant features a daily special or you can order

sandwiches. The van will leave at 9:30 and suggested transportation donation is \$5.

One final eating destination is on Friday, May 24. We will go to Conway for some shopping and eat lunch at Newk's Eatery. Their menu includes soups, amazing sandwiches, flavorful pizza and incredible salads. Everyone will find something delicious at Newk's. After lunch, we will shop at locations of your choice. The van leaves the center at 10 a.m. and suggested transportation is \$6.

Monthly gaming trip is to Hot Springs on Tuesday, May 21. Van leaves at 8 a.m. and suggested transportation donation is \$10.

SIGN UP FOR ALL TRIPS IN THE OFFICE

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*

Yoga Anyone?

Yoga is for everybody. You do not have to be an athlete, young, thin or flexible to do yoga. It helps with many different health issues and your overall well being. It can greatly reduce stress. The breathing techniques you can learn while doing yoga will help you relax, improve lung function and can help relieve the symptoms of asthma. Some yoga even helps with lower back pain caused by bulging discs or sciatica and some helps improve sleep.

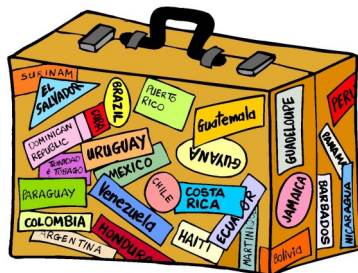
Connor Duesterbeck, who owns Serenity Yoga here in Russellville has offered to come to the center on Tuesday and Thursday afternoons from 1-2 p.m. and teach a modified chair version of yoga. The cost for these classes is \$10 per class. If you are interested, please sign up in the office.

Come Travel With Us

Don't forget our 9 day trip to South Dakota on September 7-15. The cost for this trip is \$925 per person (double occupancy) and includes:

- Motorcoach transportation
- 8 nights lodging
- 14 meals: 8 breakfasts & 6 dinners
- Visit to Crazy Horse Memorial
- Guided tour of Deadwood
- Admission to the Unique Journey Museum
- Tour of Wildlife Loop at Custer State Park
- Visit to Mount Rushmore National Memorial.

A \$75 deposit is due on signing up and if you want to purchase insurance, the cost for that is \$69 per person. The trip is open to all ages and you can sign up in the office.



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:

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Site Coordinator:

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Meals on Wheels Coordinator:

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Lead Cook

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Website:

www.rivervalleyseiors.com

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Pope County Senior Wellness & Activity Center

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Green garden snakes can be dangerous.....yes, grass snakes, not rattlesnakes

A couple in Sweetwater, Texas had a lot of potted plants. During a cold spell, the wife brought them indoors to protect them from a possible freeze. A little green garden grass snake was hidden in one of the plants. When it warmed up, it slithered out and the wife saw it go under the sofa. She let out a very loud scream. The husband who was taking a shower ran out into the living room naked to see what the problem was. She told him there was a snake under the sofa...he got down on the floor on his hands and knees to look for it. About that time the family dog came by and cold-nosed him on the leg. He thought the snake had bitten him and he fainted. His wife thought he had a heart attack....so she called an ambulance. The ambulance attendants rushed in and loaded him onto a stretcher and started carrying him out. About that time the snake came out from under the sofa...the Emergency Medical Technician saw it and dropped his end of the stretcher....That's when the man broke his leg and also why he is in the hospital. With the ambulance and her husband gone...the wife still had a problem of the snake in the house so she called on a neighbor man. He volunteered to capture the snake...he armed himself with a rolled up newspaper and began poking under the couch. Soon he decided it must have gone and told the woman, who sat down on the sofa in relief....but in relaxing, her hand dangled in between the cushions where she felt the snake wriggling around. She screamed and fainted....the snake rushed back under the sofa and the neighbor man, seeing her laying there passed out tried to use CPR to revive her. The neighbors wife, who had just returned from shopping at the grocery store, saw her husband's mouth on the woman's mouth and in a moment of anger slammed her husband in the back of the head with a bag of canned goods, knocking him out and cutting his scalp to a point where it needed stitches. An ambulance was called again and it was determined that the injury required hospitalization. The noise woke the woman from her dead faint and she saw her neighbor lying on the floor with his wife bending over him, so she assumed he had been bitten by the snake...she went to the kitchen, brought back a small bottle of whiskey...and began pouring it down the man's throat. By now the police had arrived. They saw the unconscious man, smelled the whiskey and assumed that a drunken fight had occurred. They were about to arrest them all, when the two women tried to explain how it all happened over a little green snake. They called an ambulance, which took away the neighbor and his sobbing wife. Just then the little snake crawled out from under the couch. One of the policemen seeing the snake, drew his gun and fired at it. He missed the snake and hit the leg of the end table that was on one side of the sofa. The table fell over and the lamp on it shattered and as the bulb broke, it started a fire in the drapes. The other policeman tried to beat out the flames and he fell through the window into the yard on top of the family dog, who startled, jumped up and raced out into the street where an oncoming car swerved to avoid it and smashed into the parked police car, setting it on fire. Meanwhile the burning drapes and spread to the walls and the entire house was ablaze. Neighbors seeing the fire, called the fire department. The arriving fire truck started raising its ladder as they were halfway down the street. The rising ladder tore out the overhead wires and knocked out electricity and telephone service in a ten square city block. Time passed.....Both men were discharged from the hospital, the house was rebuilt, the police acquired a new car and all was right with their world. About a year later they were watching TV and the weatherman announced a cold snap for that night. The husband asked his wife if she thought they should bring in the plants for the night.....

SHE SHOT HIM!.



*The center will be closed Monday, May 27 in honor
of
Memorial Day*

Pond Update

The total donations raised for the pond stands at \$4,573. Our goal was \$5,000 and donations are still coming in so we have decided to go ahead with the complete makeover of our pond. Work should be started sometime in early May and we are all excited for the remodeled pond that makes our center unique. You can still donate in the office.

Thank you for your help.

MASTER GARDENER PLANT SALE – MAY 4TH

Come to see what's new at the Pope County Master Gardener Plant Sale on May 4th. It will be at the Pope County Fairgrounds, 500 S. Knoxville St., Russellville, starting at 8 AM until Noon. New this year will be selections of succulents, six packs on select items, annual bedding plants, and many vegetables. Information about a trending activity, honey beekeeping, will be available with beekeepers, who are also Master Gardeners, to visit with. "Ask a Master Gardener" will also provide information about soil samples, 2019 classes, and much more. Garden related items and handmade cards will also be available for purchase. Get there early to get your pick of the plants.



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.

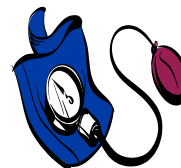
Blood Pressure Machine

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