

Seniority Rules !

June 2019



LETS GO IN JUNE!!!!

SAFARI

Wednesday, June 5 we will be traveling to Gentry to visit the Wild Wilderness Drive-through Safari. This 400 acre safari is home to a variety of exotic animals. These animals are provided a natural environment with a beautiful Arkansas landscape and several large ponds. The safari consists of a 4 mile drive through where you will see animals such as kangaroos, warthogs, giraffes, spider monkeys, black bears, African lions, hippopotamus, and many more. On a recent trip up there, an alpaca took a liking to our driver and stopped the bus for several minutes to peer into the window at him. There is also walk-through areas for interaction with the animals. After visiting the park, we will make a stop at the Little Debbie outlet store where most all of the products are \$1. You will be able to stock up on goodies and snacks to last a long time at this store. Lunch will be sometime during the day. The van will leave the center at 8 a.m. and suggested transportation donation is \$13. Even if you've been here before, this is one trip you won't want to miss. We are only taking 1 van so be sure and sign up early.

Peaches anyone? We will head to Drewry Farm and Orchards on Wednesday, June 12 to get some fresh picked peaches. Drewry Farm is located in Dover so it won't take long to get there. At press time, the report is that the peach crop this year is going to be great!! The van will leave the center at 9:30 and there is no donation for transportation.



There will NOT be a trip to Pocola in June. Sorry for the inconvenience.

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*



There's a new restaurant in Clarksville we have heard lots of good reports from, so on Wednesday, June 19 we will have lunch at Kasper's. It is located on the beautiful campus of the University of the Ozarks in a newly remodeled CC building. The menu features everything from soup, sandwiches & steaks so there will be something for everyone. The van will leave the center at 10:30 a.m. and suggested transportation donation is \$3.

More trips on Page 2!!!!

One more June Trip

Calling all shoppers who also love to eat. Friday, June 28 we will go to Saltgrass Steakhouse in Little Rock and then spend the afternoon shopping at the Outlet Stores of Little Rock and/or the Bass Pro Shop. The Saltgrass story dates back to the 1800's when millions of Longhorns roamed freely throughout Texas. With the taste for beef becoming a newfound favorite in the North, Texas ranchers prospered as never before. Each winter, the Longhorn were driven to the Texas Coast to graze on the rich coastal saltgrass. And when they headed for market, they followed the legendary Salt Grass Trail, known far and wide for creating the best beef in the Lone Star State. The van will head out at 9:45 and suggested donation is \$8.



Head's up on a July Trip

BBQ Anyone? If you're a BBQ lover, you are sure to like Fat Dawgz BBQ in Clarksville. (However, they do serve chicken strips if that's your pleasure). Their Texas sized cinnamon rolls are sure to be a hit also. We will be trying out their delicious menu on Friday, July 5. The van will leave at 11 a.m. and suggested donation will be \$3.



We will be offering an AARP safe driving course on Monday, June 10 from 1-5 p.m. Cost for AARP members is \$15 and for non members it's \$20. Most insurance companies give discount to those persons completing the course. Don't worry. No tests are involved!



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.

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Pope County Senior Wellness & Activity Center

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The Fish Pond is FINISHED!!!

We are so excited that the complete renovation of our fish pond is now complete and we can once again add some beautiful Koi. This time around, we have planned for the future and everything that was re-done had the future in mind. (so we don't have to redo this again in 5 years) The existing waterfall was left alone.



Earth Works was in charge of the project and some of the improvements include:

No above-ground equipment. The filters are in-ground

2 skimmers, which will take care of all the leaves

Automatic water fill so we don't have to drag a hose to keep filling the pond.

3rd pond that has beautiful blooming water plants and has 2 waterfalls that flow into the other 2 ponds.

The rocks around the pond have been cemented in place so people can't push rocks in the pond

New liner was put over existing liner for more protection.

All that's left now is to let the pond get clear and we will be ordering more koi. The staff have been trained in pond maintenance and will be the only ones taking care of the small amount of maintenance that will be required.

Please check it out and let us know what you think. Thanks to those of you who gave generous donations so that we could keep the pond and not fill it in and just have a patch of grass. The staff were very committed to keeping the "country club" look by having this pond but it would not have been possible without you. Thank You!!

OT Department at Tech to present programs

We have been contacted by the occupational therapy department at Arkansas Tech University to do some programming with us in June. On Wednesday, June 5 they will be doing some Senior Fitness Testing and on Tuesday, June 18 they will have a poster presentation on Health & Wellness Tips. We are very lucky to have a great partnership with Arkansas Tech University. Sorry I don't have more information at press time.

SQUARE DANCING ANYONE?

Delores Morgan has found someone to call and to teach square dancing and is looking for couples that would be interested in participating. The classes would be in the evening but no time and date has been set. If you are interested in brushing up on old skills or learning a complete new dance, please see someone in the office and we will give you Delores's phone number. Square dancing is lots of fun and great exercise. So grab a partner and have fun!



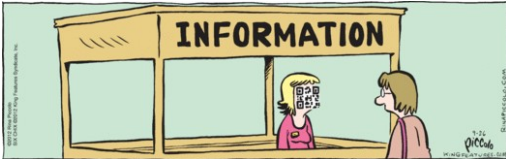
Note: We have discontinued the last Friday breakfasts for awhile. We will continue to have bingo every Friday morning. We just won't have breakfast. Thanks

Hip & Knee Replacement Seminar

On Thursday, June 13 from 12:30 to 1:30 p.m. Dr. John Yocum from Baptist Health Orthopedic Center will be here to talk about the Mako robotic-arm assisted joint replacement surgery. If hip and knee pain has impacted your life for long enough now is the perfect time to make a decision that could change how you move, how you feel, both physically and mentally. Complimentary meal tickets for lunch will be provided for seminar participants. (meal tickets will be good for a future lunch at the center) Please sign up in the office to reserve your spot.

PROGRAM FROM UAMS

We are glad to welcome Michelle from UAMS on a monthly basis beginning Monday, June 10. She will be here the 2nd Monday of each month from 10:30—11:30 a.m. and will speak on a variety of topics. This month she will present information on "Hydration and Heat Stroke". If you have a topic you are interested in please let Michelle know when she is here. Welcome Michelle!!!!



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