

Seniority

Rules !

October 2019



October Trips

Cooler weather is right around the corner so we have several trips planned in October for your enjoyment.

On Wednesday, October 9 we will head to Paw Paw's Pecans in Atkins to get our pecans for the winter. If you haven't been to this beautiful plantation setting, just go along for the ride, even if you don't need any pecans. There is no donation for the ride and the van leaves the center at 10 a.m. We ask that you do not send money with the driver to get you some pecans due to the increasing number of people that do that. It's very hard for the driver to keep up with who gets what. Thanks!

On Friday, October 11 we will be going to Ferguson's Restaurant in St. Joe for breakfast. After breakfast, we will go to Mt. Judea and get one of their famous fried pies. The van leaves the center at 8 a.m. and suggested transportation donation is \$9.

Tuesday, October 15 is the regularly schedule trip to Pocola. The van leaves at 8 a.m. and suggested donation of \$10 includes transportation and breakfast.

Friday, October 18 we have a mystery trip planned. All you need to know is the van leaves at 10:30 and suggested transportation donation is \$3.

Friday, October 25 we will once again go to beautiful Dogwood Canyon, just across the border in Missouri. If you haven't been, you won't want to miss and if you have been there

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*

you probably will want to go again. The suggested donation of \$45 includes breakfast, the tram ride, admission to Dogwood Canyon and transportation. We have to have a minimum of 20 people sign up for the trip or we will have to cancel. This is the minimum number required for the tram ride. This time of the year should be really pretty in the Canyon. Just a reminder, no matter what the weather is here that morning, it may be different farther North so bring a jacket.

One more trip on next page!!!

Murry's Dinner Theatre

We are headed to Murry's in Little Rock on Wednesday, October 30 to see "Murder at the Howard Johnson". All's fair in love? Even murder? That's the question posed by this hysterical suspense comedy about a love triangle in a Howard Johnson's Hotel. This is one of the favorite and more requested comedies at Murry's. Suggested donation is \$45 and includes transportation, admission to Murry's and the buffet lunch.

Van leaves the center at 10 a.m. We are only reserving 20 seats so sign up early.

Sign up for all trips in the office

4 CENTER CHAIR VOLLEYBALL TOURNAMENT

We are excited to announce the first annual chair volleyball tournament between our 4 senior centers on Friday, October 4. It will be held here at the center and the games will start at 8:30 a.m. There will be no bingo that day due to the fact that we will have 3 volleyball courts set up and one of those will be in the dining room where bingo is played. We invite everyone to come to the center that day and watch the excitement. The menu for the day will be hot dogs, tater tots, baked beans, chips and ice cream cups. The tournament will be double elimination. This will be a fun day so come cheer your team on!!!



BEANBAG BASEBALL TOURNAMENT IN DANVILLE

The annual 4 center beanbag baseball tournament will be held at the Danville center this year on Wednesday, October 23, beginning at 8:30 a.m. Menu for the day will be hamburgers with all the trimmings. Once again, all 4 senior centers will participate. The other centers will be open for lunch that day. Good luck to the Beanshooters, Eagles and Violet Rage from Pope County!!



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

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Site Coordinator:

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Meals on Wheels Coordinator:

Amanda Chronister

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Lead Cook

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www.rivervalleyseiors.com

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Pope County Senior Wellness & Activity Center

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Exciting News



Early this spring, the girls volleyball team came to our center to challenge our “old” chair volleyball players. I think the girls were really surprised when our teams beat them 3 games in a row. They were pretty impressed to say the least and everyone had a wonderful time interacting with the young ladies. A few days ago we got a call inviting our teams to attend one of the Russellville Girls Volleyball games, have special seating and to be introduced. The coach said they wanted everyone to know that you can start playing volleyball at a young age and still continue at a “more mature” age. I think that speaks well for the impression we left on the girls team so everyone is excited to attend a game at Russellville High School in the near future. Everyone will be showing their team colors by wearing their team shirts.

2020 Diamond Bus Trips

We have been getting LOTS of questions about our multi-day Diamond Tours trips for 2020. The only information we have now is that we are planning a Charleston, South Carolina trip in April and a trip to The Ark in September. We have not done either of these trips so I am sure there will be a lot of interest.



However, we do NOT have definite dates or prices now. Sign ups for these trips will not begin until January 2, 2020 and we will not sign anyone up before that day. The official dates and prices will be in the December newsletter. Thanks for your patience. One reminder: we no longer offer special seating on these trips.

Flu Shots on Thursday, October 17

Conway Regional Clinic (formerly Russellville family clinic) will be here to give flu shots from 9 a.m.—12 noon on Thursday, October 17. Bring your Medicare card and any supplemental insurance cards you might have.



Keeping the place up!!

Hopefully everyone noticed the new flooring in all of the hallways. We replaced the old worn out, stained carpet with a flooring similar to the dining room. This will be more durable and much easier to keep clean. It is because you support this center with your donations that we are able to do improvements when needed. In the very near future, the pool tables will be recovered. Thanks to everyone who donated. We are so proud of this center and it's nice to be able to take care of it.

Report from Food Committee

The newly formed food committee had their first meeting in September. Some of the recommendations made by the committee were:

- Bring back breakfast
- Less carbohydrates with the meals
- More sweet potatoes
- More hominy and beets
- More dark green vegetables

We want everyone to have the opportunity for their input on the menus we serve. While we can't cater to everyone's individual preferences, we can listen and make changes where needed. The next food committee meeting will be Wednesday, October 9 at 1 p.m. in the library. If you would like to attend this meeting, it is open to everyone. If you can't attend, please get your suggestions to any member of the food committee. Members are:

- Robert Beckham
- Lou Davis
- Robert McCready
- Vicki High
- Mary Johnson (Bowman)
- Betty Murphree
- Martha Payne
- Norma Humphrey



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**