

# OCTOBER

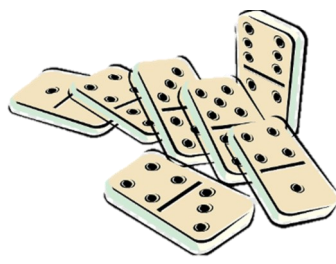


**“May you Fall in love with October and all the beauty it brings, May your Life be as colorful as the turning of the leaves, On each blessed Autumn day.”**

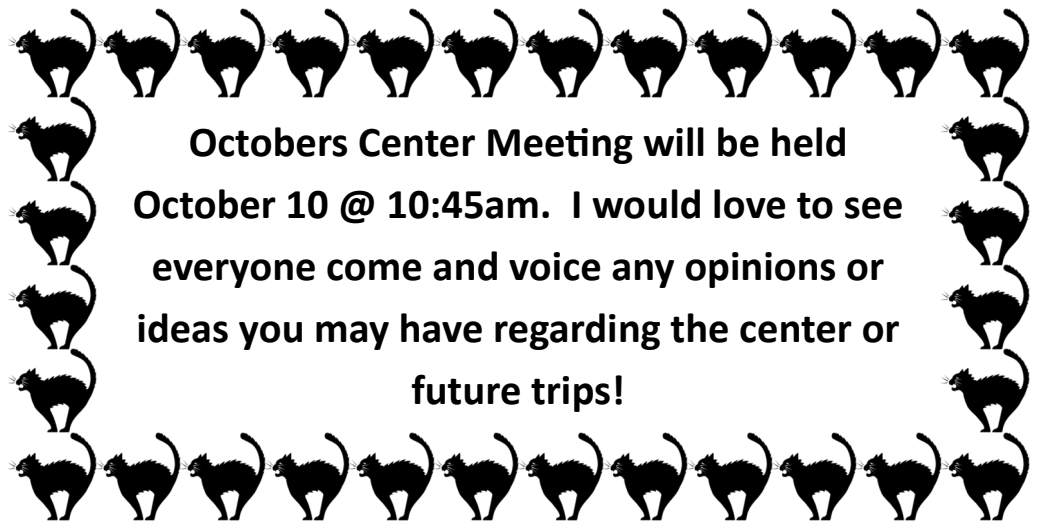
**- Charmaine J Forde**



**701 North 5th Street Dardanelle, AR 72834  
1-479-229-4129**



**We are starting a  
dominos class on  
Tuesdays @ 10am!**



**Octobers Center Meeting will be held  
October 10 @ 10:45am. I would love to see  
everyone come and voice any opinions or  
ideas you may have regarding the center or  
future trips!**



Come ride with us **Oct 19th**  
through the Ozarks to Jasper to  
look at the changing colors of  
the leaves and have lunch at  
the Cliff House Inn!



## **Halloween Bingo**

**Thursday October 26  
5-6pm**

**\* Wear your best Halloween  
Costume!\***



**Lunch is served Monday– Friday  
from 11:30 –12:30!**

**Seniors 60 & over :**

**To-Go: \$8**

**Anyone UNDER 60 :**

**Eat –In: \$8**

## **Movies & Popcorn**

**We are going to show movies on**

**October 4th- ‘80 for Brady’**

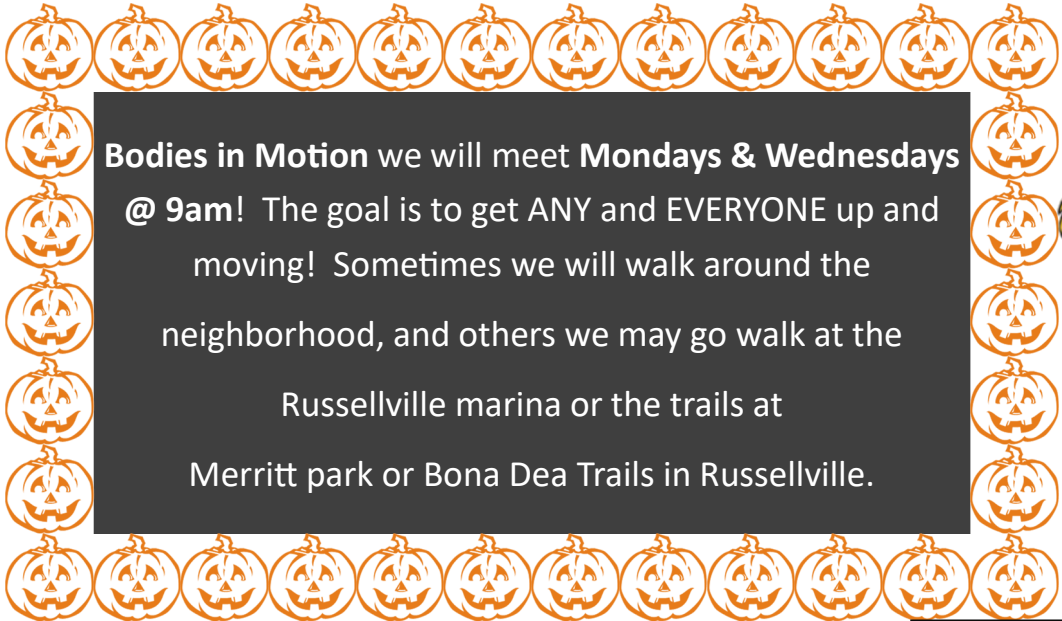
**October 18th- ‘Beverly Hills Cop’**

**after Bingo @ 1:45pm!**

**-Popcorn, Drink & Snack \$3.00**







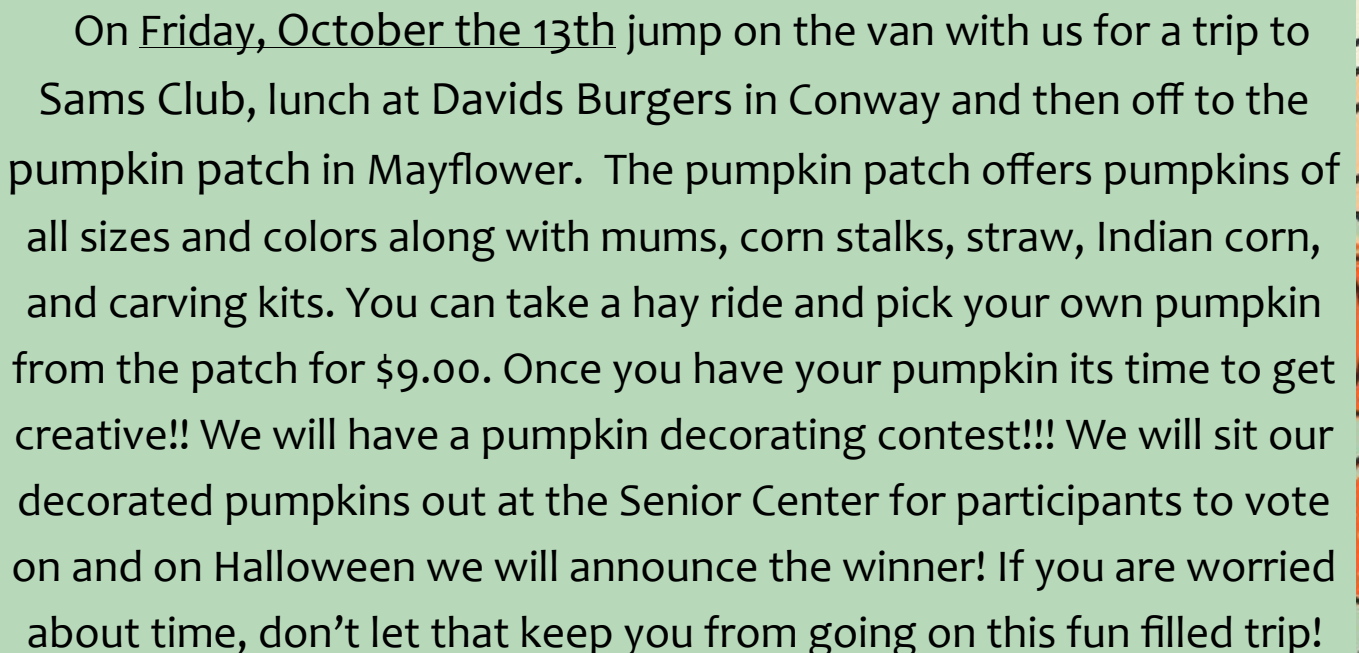
**Bodies in Motion** we will meet **Mondays & Wednesdays @ 9am!** The goal is to get ANY and EVERYONE up and moving! Sometimes we will walk around the neighborhood, and others we may go walk at the Russellville marina or the trails at Merritt park or Bona Dea Trails in Russellville.



Get ready to Boot Scootin' Boogie with Ms. Josie!  
She will be coming to the center September 5th  
and September 21st for Line Dancing & Two-Step  
at 5:45-6:45pm!



**LIVE music by  
John Haney  
Gaddis Oct 25th  
@ 10am!**



On Friday, October the 13th jump on the van with us for a trip to Sams Club, lunch at Davids Burgers in Conway and then off to the pumpkin patch in Mayflower. The pumpkin patch offers pumpkins of all sizes and colors along with mums, corn stalks, straw, Indian corn, and carving kits. You can take a hay ride and pick your own pumpkin from the patch for \$9.00. Once you have your pumpkin its time to get creative!! We will have a pumpkin decorating contest!!! We will sit our decorated pumpkins out at the Senior Center for participants to vote on and on Halloween we will announce the winner! If you are worried about time, don't let that keep you from going on this fun filled trip!

Dardanelle Senior Activity Center has a goal to enrich the lives of those we serve. We offer many services that help promote healthy aging. We also provide Meals on Wheels for those unable to leave their home. Stop by and check us out Monday through Friday to see what we have for you!

**Wear you Best Halloween Costume Tuesday Oct 31 for the costume contest and chance to win a PRIZE!**

**Mak Daddy's Trip will be October 27. The van will leave @ 5:30pm!**

**Remember we have a Blood Pressure Machine in the Exercise room if you need to check you Blood Pressure.**

# HAPPY BIRTHDAY

Wooten, James 10/07

Nichols, Sharon A 10/10

Wheeler, Regina 10/10

Sharp, Lisa 10/10

McQueen, Janie 10/14

Weber, Deborah 10/17

Reed, Andrew 10/24

Moore, Elizabeth (Ann) 10/29

Moore, Anne 10/29

Gateley, Davis D 10/30

*This months newsletter sponsored by :*



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