

True love is when someone makes you the best version of yourself. Thank you for being part of our lives.

Happy Valentines Day!

February 2025



Activity Center Advisory Council Members

JOE JIRINEC-PRESIDENT
NORMA HUMPHREY-VICE PRESIDENT

VICKI HIGH * ROBERT BECKHAM MARTHA HERN * SUSAN KAHON SHERRY TIDWELL





We will be taking as trip to
Pocola Casino
February 20th
We will leave the Center at
8:00am
The Donation for Trip is
\$10.00

THANK YOU, MASTER GARDENERS, FOR MAINTAINING OUR BEAUTIFUL GROUNDS!







Meals on Wheels

If you know someone who is 60 or older and homebound, please call the center at 479-968-5039 to make a referral.



Don't forget to utilize the blood pressure machine located in the Gym. Area Agency on Aging has generously provided it for all to use.

Upcoming Events

Downtown Russellville

February 14 - Valentine's Day February 27 - ATU Concert and Symphonic Band Concert 7:30pm at Witherspoon Auditorium

Lunch is served Monday -Friday 11:30-12:30

Age 60 & up: Suggested \$5 Donation To-Go Meals \$8 Under 60 \$8

We offer local transportation to the center for meals and activities. For more information call 479-968-5039

COME HAVE FUN WITH US!

Quilting * Bean Bag Baseball * Bingo * Yoga * Watercolor Painting * Line Dancing * Corn Hole * Sewing * Drums Alive * Cards * Exercise * Spirit Enrichment * Volleyball * Crochet * And More

Treat your special someone to a special Valentine's **Day lunch** \$12



For the month of February, We'll have Yoga every morning, **Monday-Friday at** 10am.

January Bunco Winners



Pope County Senior Activity Center 1010 N Rochester Ave. Russellville, AR 72801 Hours: Monday thru Friday: 7:30 a.m. -3:30 p.m.

WWW.RIVERVALLEYSENIORS.COM

(479)-968-5039 Fax (479) 890-4771

Find us on

Site Coordinator Patti Qualls quallsp@fccare.org

Head Cook Terrie McCage mccaget@fccare.org **Home Delivered Meals** Coordinator **Chelane Smith** smithc@fccare.org

Senior Services Operational Administrator Kayla Weber weberk@fccare.org

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