

March



S	S	H	A	M	R	O	C	K	J	E	V	F	D	W	L	S	W	Q	H	Y	I	C	D	P	H	T
F	H	T	T	Y	F	F	D	R	B	T	M	H	G	R	E	E	N	W	T	V	I	P	I	A	D	F
H	H	D	P	O	T	O	F	G	O	L	D	Y	U	I	P	F	R	N	U	K	R	V	T	R	Y	I
J	G	P	P	A	G	Y	H	J	N	D	R	Y	I	K	H	N	Y	F	U	D	I	S	W	A	Q	S
U	T	M	J	K	T	V	T	Y	U	M	Y	E	W	X	R	V	Y	P	O	U	S	Z	S	D	A	V
R	C	L	O	V	E	R	F	T	Y	U	P	F	M	D	E	T	I	G	S	A	H	V	H	E	D	R
F	Q	F	H	H	P	W	I	R	E	L	A	N	D	D	C	V	T	U	I	U	P	O	L	H	F	R
J	M	V	F	S	W	Y	I	C	C	T	P	U	K	V	A	N	T	I	B	G	T	Y	A	Q	E	I
R	A	Y	E	K	G	L	U	C	K	Y	F	T	U	B	U	B	Y	N	D	P	I	O	Q	W	C	V
F	R	G	L	J	T	H	K	K	S	S	T	U	Y	H	P	K	N	Q	D	L	A	R	E	M	E	
H	C	T	T	L	G	N	I	L	B	U	D	Z	X	S	N	R	Y	E	V	B	N	M	J	K	Q	R
D	H	Y	I	P	D	H	T	F	F	T	B	A	G	P	I	P	E	S	M	U	I	G	G	O	L	D
V	H	P	C	R	E	G	O	W	W	R	Z	Z	Y	V	R	H	D	S	D	T	G	J	Y	C	Q	A
U	H	D	H	T	S	H	E	N	A	N	I	G	A	N	S	R	H	Y	F	B	U	P	H	Y	L	N
R	A	I	N	B	O	W	T	R	Y	I	N	B	D	L	I	M	E	R	I	C	K	A	U	U	C	
K	L	R	T	E	L	H	W	G	Y	U	I	Y	Q	W	S	G	X	H	Z	V	F	C	R	Z	Z	I
H	P	G	Y	F	L	H	O	R	S	E	S	H	O	E	P	L	O	U	H	K	T	R	P	R	I	N
T	U	J	R	E	T	V	H	S	G	E	N	J	S	A	I	N	T	P	A	T	R	I	C	K	P	G

ST PATRICKS DAY
CLOVER
POT OF GOLD
IRISH
RIVER DANCING
LUCKY
HOUSESHEOE

LEPHRECAUHN
BAG PIPE
SHAMROCK
GOLD
IRELAND
RAINBOW
DUBLIN

EMERALD
LIMERICK
GREEN
GUINNESS
PARADE
SAINT PATRICK
SHENANIGANS



GET OUTSIDE

- Improves mental health
- Cognitive function
- Increases physical activity levels
- Reduces Anxiety
- Depression
- Improves Sleep Quality
- Boosts Vitamin D



DATES TO REMEMBER



*Crochet Class-Every Monday @ 9:30

*Bingo Every Wednesday & Friday @
12:30

Drums Alive every Tuesday @ 10:30

Skip-Bo every Thursday @12:30

3/4- Flea Market @ 9am

3/5- Live Music with John Haney @
10am

3/13- Center Meeting @ 10:30

3/20- Trip to A to Z @ 8:30

3/25-Birthday Table

3/27-Cherokee Casino @ 8:30



Everyone make sure to be on the
lookout for the upcoming
information for the

2025 DARDANELLE SENIOR ACTIVITY CAR SHOW

happening on

April 19th 9am-2pm

There will be a little bit for
everyone you won't want to miss it.

We are starting up our crochet class again on
Mondays at 9:30 am. We will be making
scrubbies to hand out to the HDM
participants at the end of the year in their
Christmas Gifts. Don't worry about not
having any experience just come enjoy
yourself with good company.

**DONT FORGET TO SPRING FORWARD
1 HOUR SUNDAY MARCH 9TH, 2025!**

SPRING



WORD SCRABBLE



CRLENPAEUH- _____

AIOWRNB- _____

AHSMKCRO- _____

HMRAC- _____

ARDLIEN- _____

GNREE- _____

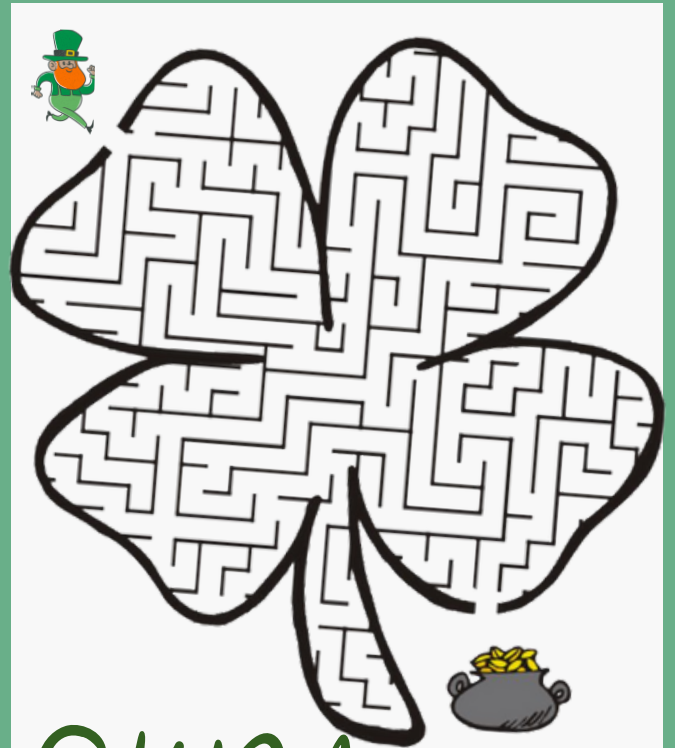
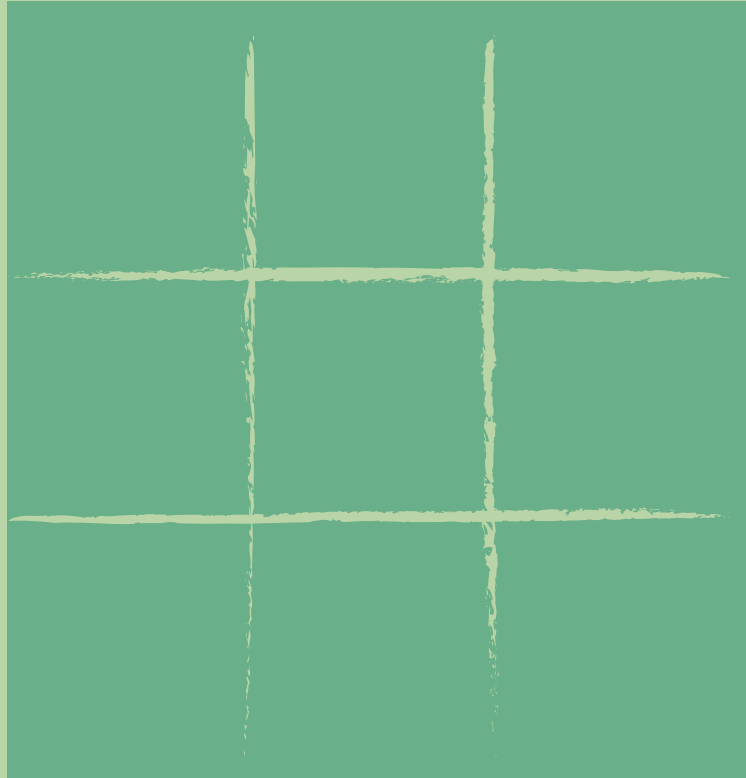
CYLKU- _____

ODRNCE EBEF- _____

TOP FO DLGO- _____

DAPARE- _____

IGJ- _____



St. Patrick's
Pay



MARCH 27

Lets follow the rainbow to the
pot of gold at Cherokee Casino!
The van leaves at 8:30 sharp!

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



To-Go Meals \$8
Under 60 \$8



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



479-229-4129



Meals on Wheels

If you know someone who
is 60 or older and
homebound, please call
the center at 479-229-
4129 to make a referral.



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



Dardanelle Senior Activity Center

701 NORTH 5TH STREET DARDANELLE, AR 72834

HOURS: MONDAY THRU FRIDAY: 8:00 A.M. - 2 P.M.



Senior Services Operational
Administrator
Kayla Weber
weberk@fccare.org



Site Coordinator
Eben White
whitee@fccare.org

Head Cook
Deana Robertson
robertsond@fccare.org

Home Delivered Meals
Coordinator
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WWW.RIVERVALLEYSENIORS.COM

Find us on