



MAUMELLE SENIOR WELLNESS CENTER

Bonus Week

October 31st- November 4th

Please register at the Lakeside desk for classes, events and field trips by 10/21.

Veteran Appreciation Event and Lunch-Veteran & Guest or Surviving Spouse & Guest -PLEASE RSVP by 10/21

The Kitchen is Temporarily CLOSED, due to construction. Members are welcome to bring food in for lunch while the kitchen is closed.

Department of Senior Services
550 Edgewood Dr.
Suite 400
Maumelle, AR
501-851-4344 Office
www.maumelle.org

Monday, October 31st

8:15am-9:00am-Morning Movers Mon/ Tues/ Wed/Thurs/Fri An active 45 minute workout. Class utilizes streamed video workouts that keep you moving. Free

10:30am-1:00pm-Halloween Party and Lunch Facilitators: Staff and Volunteers. Games will be ball toss, ladder ball, Halloween word find and Halloween word twist. There will also be a costume contest, Lunch and entertainment. Must have a ticket to attend. Ticket price \$5.00

11:00am-12:00pm-Flu Shots Facilitated by Brent Bradley w/Bradley's Healthmart Pharmacy. Participants must bring Medicare Card or other form of insurance. No cost with Medicare and/or Insurance Card. Otherwise \$30.

1:30pm-4:00pm-Wii Bowling Facilitator: June Whyte. Enjoy bowling with Wii where controller is the ball.

2:00pm-3:00pm-Starry Night Light Mon/Thurs Facilitator: Tawana. Participants will make a great conversation piece that will double as a night light. Material list will be provided at registration. \$3.00 material fee.

Tuesday, November 1st

8:30am-9:45am-Pitch Facilitator: John Clark. Fun card game that was very popular in the 40's,50's & 60's.

9:00am-3:00pm-Open enrollment SHIP-Tues/Weds/Thurs/Fri. Facilitators: SHIP, Carelink, Mainstream & HOUSEABOUTIT are assisting with event. Participants will need to schedule appointments & should bring medication list, insurance cards & list of Doctors.

9:45am-11:45am-Fall Leaf Decorative Bowl Tues/Wed Facilitator: Gloria. Make an autumn leaf bowl to hold Potpourri. \$5.00 material fee

10:30am-11:30am-Household Bingo with a Twist-Bring a gift that is of value \$3.00-\$5.00 and has something to do with Thanksgiving. The twist is a surprise.

11:30am-1:45pm-Making Table Top Christmas Tree Facilitator: Tawana. See Lakeside desk for sample. Supply list will be given at registration.

12:00pm-2:30pm-Bridge Refresher/Beginner Facilitator: Sue Hylton. Participants may join in to learn or refresh your bridge playing abilities with this fun group.

12:30pm-3:00pm-Bunco Tournament Facilitator: John Clark. Good way to learn a fun dice game & meet other members. Cost. \$5.00-to be paid to John Clark.

Wednesday, November 2nd

9:00am-1:00pm-Bean Bag Baseball trip to Morrilton Facilitator: Jean Dutton & John Clark. Bean Bag Baseball team will travel to Morrilton for tournament.

Participants should bring \$3.50 in correct change for lunch. \$4.50 Transportation fee.

9:15am-11:45am-Putting Together a Memory Album Wed/Thurs Facilitator: Tawana and Nancy Olofson. Participants can tell stories while having fun putting together their memory album. Supply list will be provided at registration. \$3.00 material fee.

10:30am-11:00am-Schedules Plus-Learning to use Online Calendar Presentation Facilitator: Nicole Heaps.

11:15am-2:00pm-Take it Back in Time Facilitator: Tawana. We will be playing games you would have played as a child. Full of laughs and fun.

12:00pm-3:00pm-Canasta Facilitator: Mary Jo Cline. Fun and easy card game

12:00pm-4:30pm-Wii Bowling Tournament Facilitator: June Whyte. Participants will be placed into a power play bracket by skill level to play tournament. \$5.00 fee for prizes to be paid to June.

1:30pm to 3:00pm-Delivering Hats for Ladies Facilitator: Nida Louks and Anna Mae Clausen. Ladies will be delivering hand made hats to St Vincent's for cancer patients.

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Thursday, November 3rd

7:45am-12:30pm-AARP Smart Driving Course Offered by AARP. Please arrive on day of event by 7:45 am to pay Instructor. Must pre-register. Cost is \$15 for AARP members and \$20 for non-members.

9:30am-11:30am-Tomato Cage Christmas Trees Thurs/Fri Facilitator: Suzanne. Participants will be using a tomato cage, used Christmas tree branches and decorations to make a Christmas tree for your front porch or entry way. A supply list will be given at registration. \$6.00 material fee.

10:15am-11:15am-Bingo Bucks Facilitator: Volunteer. Enjoy a game of Bingo where you can win more than 1 time and exchange your bingo bucks for items you need.

12:30pm-4:30pm-Jacksonville Museum of Military History Facilitator: Volunteer. The purpose of the Jacksonville Museum of Military History is to foster an appreciation for the men and women who served our country and to ensure that the freedoms we enjoy are not taken for granted. Transportation fee \$4.00 + bring \$2.00 for admission.

1:00pm-3:00pm-Bean Bag Baseball Tournament in House Facilitator: Jean Dutton & John Clark. Red and Blue teams will play each other. Gift cards awarded to winning team members. \$5.00 to be paid to Jean for prizes.

1:00pm-3:00pm-Theater Thursday Movie & Popcorn, "Age of Adeline" Blake Lively and Harrison Ford star in this stirring romantic drama about a 29-year-old woman who has stopped aging and the timeless power of love.

Friday, November 4th

11:00am-1:00pm-Veterans Appreciation Event and Lunch Military Veterans and one guest or surviving spouses and one guest are invited to this special event and lunch to honor their service. Please bring to MSWC the military memorabilia you would like to be displayed during the event by November 3rd. Be prepared to take your memorabilia with you after the event on November 4th. Please RSVP with Veteran's name, branch of service and service dates along with name of guest by **October 21st 5:00pm**. This event is for Veterans & guest or surviving spouse & guest only.

11:00am-3:00pm -"Sandwiching in History" John F. Weinmann House The "Sandwiching in History" tour series features a historic property in central Arkansas each month. An AHPP historian delivers a brief lecture about the property before leading guests on a tour. Participants should bring money for lunch. \$4.00 transportation fee.

12:00pm-2:30pm-Bridge Group w/Sue Hylton. Whether you are a player or just learning, all are welcome.

1:30pm-4:00pm-Wii Bowling Facilitator: June Whyte. Enjoy bowling with Wii where controller is the ball.



City of Maumelle
Department of Senior Services
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Maumelle, AR 72113