

Seniority Rules !

May 2021



May Trips

Our trips in April were so successful that we are going on the road again in May. On Thursday, May 6 we will be heading to the Atkins bottoms to have a tour of the Charlotte Teresa Plantation. It's also called Paw Paw's Pecans and it's where we go each year to get our pecans. The plantation is tucked in the midst of a spectacular 200 acre pecan orchard.



The house site on a sizable orchard with over 5,000 pecans trees. The plantation was built in 2017 by Billy and Charlotte Wilchman. It is based off the Oak Alley Plantation in Louisiana. If you haven't been there you are in for a treat to see this gorgeous plantation literally in the middle of nowhere. If you have been there, it's always great to go back. Plus, in addition to the pecans, the Wilchman's have now added homemade fudge to their items for sale. And WHO can resist fudge? The van will leave the center at 9:45 a.m. and return in time for lunch. There is no donation for the trip.



On Thursday, May 13, we will head up Petit Jean Mountain to have lunch at Mather Lodge. The mountain is a beautiful place and after lunch Danny will drive around the mountain and stop at various points of interest. Lunch prices are reasonable and the menu serves items such as Reuben sandwich, burgers, salads, steaks and fish. There's something for everyone. The van will leave the center at 10:30 a.m. and suggested donation for transportation is \$5.00.

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*

UAMS Bingo

UAMS will be here again on May 11 to sponsor bingo. Last month there was a mix-up with the

BINGO				
14	24	44	53	68
7	28	31	54	73
2	26	★	51	67
3	22	39	57	75
9	20	37	50	71

amount of games they played. This month they are prepared to play bingo for 1 hour, from 10—11 a.m. They will bring the prizes and cards will be free that day. They will also present a short program on arthritis.

NOTE: Beginning in May, bingo will start at 10 a.m.

Things are Looking Up!!

As time goes on, we are getting back to normal. Our crowds are increasing, we are offering more activities, and what a joy it is to see all of the familiar faces and new faces in our center. All you have to do is look around and listen and you will understand the joy that everyone feels at being back home. As of now we do not have a definite date of lifting the mask mandate and taking temperatures. These guidelines that we have to follow are put into place by Friendship Community Care, who administers our program. You will be the first to know when we hear any changes. We understand there are some concerns about our covid policies. We have everything in place to keep you safe: masks, hand sanitizers, gloves etc. . So if you are concerned, please feel free to use these items. First and foremost, protect yourself.

We are amazed at the level of support we received during this past year. From faithfully driving up to get your meal when the center was closed and the many donations that helped keep our doors open. We know that the center is important to each of you and makes a difference in your lives. But what we want everyone to know is how important you are to us and the difference you make in our lives. We've missed you all and are so happy that "Things are Looking Up". Invite your friends to come and see our special place.

Your Senior Center Staff



**Pope County Senior
Activity Center**
1010 N. Rochester Avenue
Russellville, AR 72801
(479) 968-5039
Fax (479) 890-4771

Hours:

Monday—Friday
7:30 a.m.—3:00 p.m.

Senior Programs Director:
Sherry Tidwell
tidwells@fccare.org

Site Coordinator:
Dusty Gentry
gentry@fccare.org

Meals on Wheels Coordinator:
Allison Wiley
wileya@fccare.org

Lead Cook:
Lisa Sharp
sharp1@fccare.org

Website:
www.rivervalley seniors.com

Like us on Facebook
Pope County Senior
Wellness & Activity Center

AARP Classes On Hold

AARP We looked at the AARP website to see when we might be able to offer the AARP driving classes and it tells us that in person class will not start again until August 21, 2021. If you are interested in an online driving class, please visit www.aarpdriversafety.org for more information. We will schedule a class at the center as soon as we can.

*May newsletter
sponsored by*

*Ray Gentry &
Sherry Tidwell*



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE



Odds & Ends

The monthly advisory council meeting has been changed from the second Thursday to the second Wednesday of each month. In May, the meeting will be Wednesday, May 12 at 1 p.m.

We've had a lot of questions about dancing and are going to wait awhile longer before planning any dances. I know this is a very popular activity but the time isn't quite right yet to resume dancing.

The same goes for our monthly trips to Pocola. We are going to re-evaluate in May and hopefully if everything continues to go well we can resume our monthly trips in June.

BURGERFEST IS BACK!!!

We are excited to announce that we will have Burgerfest this year on Friday, August 20. Plans are tentative but this will be a drive thru burgerfest, rather than an eat in. You all know this is our biggest and only fundraiser we do and due to covid we did not have one in 2020. We hope to make this a successful event. More plans will be announced later. Save the date!!



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

Vicki High

Robert Beckham

Susan Kahon

Joan Peak

Grounds Maintained by:

The Pope County Master Gardeners