

BRYANT

SENIOR ACTIVITY & WELLNESS CENTER

OCTOBER 2024

VOLUME 4, ISSUE 46

WELCOME!

**To the Bryant Senior
Activity Center, Where
Age is Just a Number.**

**The place for Congregation
and Conversation**

Mary Vickers, Director

Hours

Monday – Friday

7:30 AM to 3:30 PM

No Membership Fee

Lunch

Eat-In

11:30-Noon

**\$3.00 for persons 60 plus
(Suggested Donation)**

**\$6.00 fee Under 60,
or take-out meals**

For Home Delivered Meals

Contact: Karlyn Jarratt

501-943-0056

kjarratt@cadc.com



Bryant Senior Activity Center

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501-943-0056

mvickers@cadc.com

www.cadc.com

WE'RE GLAD YOU'RE HERE!

OCTOBER BIRTHDAYS



Happy

Halloween!

The Halloween Party is slated for, Wednesday, October 30th
Karaoke, Refreshments, Costume Contest, fun, and much more!

9:30-11:00

Prizes for Costume Contest:

1st Place \$100

2nd Place \$50

3rd Place \$25

Please bring a snack to share.

Thanks.

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We Need You!

to Play Bean Bag Baseball.

Bean bag baseball is practiced/played on Monday and Tuesdays at 10:00. am. We have played for years, we have gone to tournaments, played other senior centers and just had fun. It's also good for exercise, and hand & eye coordination. At this time we do not have enough people to play. There is a sign up sheet at the front desk for those who want to try, or who are interested.

Please sign up with your Phone number. We'll call when we have enough players.

| | | | |
|--------------------------|--------------|---------------------------|--------------|
| Norma Cochran | 10/01 | Bill Gray | 10/16 |
| Larry Kinard | 10/01 | Linda Chenault | 10/18 |
| Grace Eason | 10/02 | Harry Blanton | 10/19 |
| Jeffery Heltz | 10/02 | Joy Brighttop | 10/19 |
| Loyd Dobbins | 10/03 | Larry Hethcox | 10/19 |
| Tom Potter | 10/03 | Sam Mc Intyre | 10/19 |
| Cathy Gilmore | 10/03 | Wanda Lloyd | 10/20 |
| Alice Jackson | 10/04 | Charlotte Blaylock | 10/20 |
| David McCorkel | 10/04 | Patsy Wilson | 10/21 |
| Ellen Blanton | 10/05 | Hazel Brewer | 10/22 |
| Shearye Green | 10/05 | Ellen Nicks | 10/22 |
| Dayna O'Con | 10/05 | Eddie Bates | 10/23 |
| Lorriane Hathcote | 10/06 | Glenda Duckworth | 10/24 |
| Deborah Abdullah | 10/07 | Ronald Lewis | 10/24 |
| Jim Pollard | 10/07 | Ima McKinney | 10/24 |
| Sharon Prickett | 10/07 | Bob Brewer | 10/25 |
| Johnny Ramsey | 10/07 | Everett Heerboth | 10/25 |
| Jack Rosecrans | 10/07 | Melvin Harris | 10/25 |
| Wanda Carter | 10/09 | Charlotte Moler | 10/25 |
| George New | 10/09 | Patricia Ramsey | 10/25 |
| Anita Parson | 10/09 | Joyce Price | 10/27 |
| Julie Coffman | 10/10 | Gale Davis | 10/27 |
| Charles Frames | 10/10 | Linda Everett | 10/28 |
| Jerry Victory | 10/10 | Larry Lewis | 10/28 |
| Bertie Tribble | 10/11 | Mary Lou May | 10/28 |
| Harley Carey | 10/12 | Norma Puckett | 10/29 |
| Marvin Childress | 10/12 | Wendy Moore | 10/29 |
| Ken Page | 10/12 | Larry Zeno | 10/29 |
| Bruce Wilson | 10/13 | Debbie Melton | 10/30 |
| Pam James | 10/14 | Gracie Olles | 10/31 |
| Mary Asay | 10/15 | Jane Scott | 10/31 |

What's going on at the Senior Center? Here's the Scoop!

We need you! For many years we have played Bean Bag Baseball, and it is fun! Bean Bag Baseball is good exercise, good competition, good hand and eye coordination and good friends. We will play on Mondays at 10:00-11:00 am. We'll add Tuesday if we get enough folks interested. Please sign up at the desk with your phone number if you're interested in playing.

A representative from Carelink will be here on October 17th and October 29th to help you with your Medicare part D prescription drug plan. You must sign up in advance with Mary or Karlyn. Also, you will need a list of all your prescriptions at your appointment time.


John Williams and Grady Earls will be here on October 24th to entertain us with their beautiful music. 10:00am.

Make a note*** The Halloween party will be on Wednesday, October 30th, NOT the 31st. Please bring a snack to share. There will be a costume contest: 1st place prize will be \$100, 2nd place prize will be \$50 and 3rd place prize will be \$25.

Please check the activity calendar for regular on-going activities.

From time to time the schedule is subject to change.

Activity Calendar October 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
|  |  | 1 Ageless Grace 9:00 Learn to Sign 10:00 Line Dance Experienced Only 2:00-3:00 | 2 Band Live music 9:00-11:30 Manicures & Pedicures 9:00-11:00 | 3 Gospel Guys & Gals 9:30 Advanced Line Dance Class 1:30-3:00 | 4 Ageless Grace Exercise 9:00 Bingo 10:00 | 5 Dance 7:00-9:30 Silverado Live Music \$7 per person |
| 6 | 7 Crochet Circle 10:00 Line Dance/Beginners 2:00-3:00 Hair Cuts 9:00 | 8 Ageless Grace 9:00 Learn to Sign 10:00 Line Dance Exp. 2:00-3:00 | 9 Band Live Music 9:00-11:30 Baptist Health BP/BS Screenings 9:00-11:00 Flu Shots | 10 Trivia 10:30 Advanced Line Dance Class 1:30-3:00 Karaoke 6:00 pm | 11 Ageless Grace Exercise 9:00 Bingo 10:00 | 12 Dance 7:00-9:30 Beau Renfro & Southern Country Live Music \$7 per person |
| 13 | 14 Crochet Circle 10:00 Line Dance/Beginners 2:00-3:00 | 15 Ageless Grace 9:00 Learn to Sign 10:00 Line Dance Exp. Only 2:00-3:00 | 16 Band Live Music 9:00-11:30 | 17 Gospel Guys & Gals 9:30 Advanced Line Dance Class 1:30-3:00 Medicare Part D Sign-up. By appointment Only 9:00-2:30 | 18 Ageless Grace Exercise 9:00 Bingo 10:00 | 19 Dance 7:00-9:30 Pure Luck Live Music \$7 per person |
| 20 | 21 Crochet Circle 10:00 Line Dance Class/Beginners 2:00-3:00 Hair Cuts 9:00 | 22 Ageless Grace 9:00 Learn to Sign 10:00 Line Dance Experience Only 2:00-3:00 | 23 Band Live Music 9:00-11:30 | 24 John Williams & Grady Earls Music in the Morning 10:00 Advanced Line Dance Class 1:30-3:00 | 25 Ageless Grace Exercise 9:00 Birthday Party 10:00 Bingo 10:30 | 26 Dance 7:00-9:30 Nostalgia Live Music \$7 per person |
| 27 | 28 Crochet Circle 10:00 Line Dance Class/Beginners 2:00-3:00 | 29 Ageless Grace 9:00 Learn to Sign 10:00 Line Dance Exp. Only 2:00-3:00 Medicare Part D Sign up by appointment only 9:00-2:30 | 30 Band Live Music 9:00-11:30 Halloween Party! 9-11 Costume Contest | 31 Karaoke 9:00-11:30 Advanced Line Dance Class 1:30- 3:00 | Closed Nov. 1st | |
| | Chair Volleyball in the Gym Monday & Wednesday @ 10:30 | | Mahjong Mondays & Wednesdays 12:00 pm | | Manicures \$15 Pedicures \$25 Hair Cuts Men \$12 Women \$17 | |

Menu October 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p>Lunches are served with Skim Milk or Iced Tea</p> |  | <p>1 Roast Beef Swiss Sandwich on Wheat Lettuce and Tomato Fruit</p> | <p>2 Roast Turkey Mashed Potatoes Green Beans Dinner Roll Fruit Cobbler Ice Cream</p> | <p>3 Cheesy Chicken Pasta Mixed Vegetables Tossed Salad Garlic Bread Sherbet</p> | <p>4 Hamburger Steak w/ Onion Gravy Mashed Potatoes Seasoned Carrots Fruit</p> | <p>5</p> |
| <p>6</p> | <p>7 Chicken Tenders Mashed Potatoes California Vegetables Dinner Roll Peach Cobbler</p> | <p>8 BLT Sandwich Pasta Salad Fruit</p> | <p>9 Chicken Fried Steak/ Gravy Mashed Potatoes Broccoli Whole Wheat Roll Fruit</p> | <p>10 Roast Beef Mashed Potatoes Green Beans Roll Cookie</p> | <p>11 Deli Hogie Sandwich Lettuce & Tomato Fruit Chips Cake</p> | <p>12</p> |
| <p>13</p> | <p>14 Spaghetti w/Meat Sauce Salad French Bread Fruit</p> | <p>15 Grilled Chicken Salad Bread Chips Sherbet</p> | <p>16 Hamburger on Bun Tater Tots Lettuce, Tomato, Onion Chilled Pineapple</p> | <p>17 Hawaiian Chicken Rice Roasted Zucchini Wheat Roll Cake</p> | <p>18 Pulled Pork on Bun Baked Beans Coleslaw Apple Crisp</p> | <p>19</p> |
| <p>20</p> | <p>21 Chicken & Dumplings Green Beans Garlic Bread Mandarin Oranges</p> | <p>22 Roast Beef Swiss Sandwich on Wheat Lettuce and Tomato Fruit</p> | <p>23 Ham & Beans Greens Cornbread Cherry Crisp</p> | <p>24 Hamburger Steak w/ Onion Gravy Mashed Potatoes Green Beans Brownie</p> | <p>25 Chicken Pot Pie Tossed Salad Dinner Roll Fruit</p> | <p>26</p> |
| <p>27</p> | <p>28 Breaded Fish Oven Fries Cole Slaw Roll Cake</p> | <p>29 Glazed Meatloaf Mashed Potatoes Mixed Vegetables WW Bread Pineapple Upside Down cake</p> | <p>30 BBQ Chicken Seasoned Yellow Squash Tossed Garden Salad Fruit Crisp</p> | <p>31 Chicken Spaghetti Tossed Salad French Bread Fruit</p> | | |
| <p>Staying for lunch?</p> <p>A suggested \$3.00 donation is appreciated for age 60 plus. Under 60? Lunch is \$6.00</p> <p>There is power in giving! Thank you!</p> | | | | | |  |

Name: _____

Date: _____

Shapes of all types!

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

Word List:

ARROW

CROSS

DECAGON

HEPTAGON

OCTAGON

PENTAGON

QUADRILATERAL

SEMICIRCLE

TRAPEZIUM

CIRCLE

CUBE

DIAMOND

HEXAGON

OCTAHEDRON

POLYHEDRON

RECTANGLE

SPHERE

TRAPEZOID

CONE

CUBOID

HEART

KITE

OVAL

PRISM

RHOMBUS

SQUARE

TRIANGLE

CRESCENT

CYLINDER

HEMISPHERE

NONAGON

PARALLELOGRAM

PYRAMID

RING

STAR

TETRAHEDRON

A Funny: What is the problem with twin witches? You never know which witch is which.

