

MAUMELLE SENIOR WELLNESS CENTER

550 Edgewood Drive, Suite 400
Maumelle, AR 72113
501-851-4344

WINTER I SESSION PREVIEW WEEK

DECEMBER 26TH-JANUARY 4TH

YOUR JANUARY/
FEBRUARY
NEWSLETTER
WILL BE FILLED
WITH INFORMATION
ABOUT THE
UPCOMING WINTER I
ACTIVITIES. BE SURE
TO READ IT COVER TO
COVER.

A TWO MONTH
CALENDAR AND
LUNCH MENU WILL BE
INCLUDED IN THE
NEWSLETTER.

THE SIGN-UP
DEADLINE
FOR ALL WINTER I
ACTIVITIES WILL BE
WEDNESDAY,
JANUARY 2ND

Department of
Senior Services
Maumelle Senior
Wellness Center
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Maumelle, AR 72113
501-851-4344
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Email: Nicole @ Maumelle.org
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Wednesday, December 26th

8:30-am After Holiday Shopping to Conway and Lunch Minimum 5 Max 12
Cost: \$3.00 Plus shopping & lunch money Sign-up by December 20th
11:30am Lunch at the Center: Lasagna, Salad, Garlic Bread, & Fruit
12:00 Bingo
1:00pm COACHES-Weight Loss Class Preview
1:15pm Movie "Best Exotic Marigold Hotel" With Judy Dench, a group of
seniors move to India to make the best of their retirement
years. PG-13 comedy 124 minutes.

Thursday, December 27th

9:00am-Zumba Toning Demonstration
10:00am -Skip-Bo Refresher Prepare for the Skip-Bo tournament (1/3/13) by
refreshing your skills or learning this fun card game.
11:30am Lunch: Deluxe Baked Potato, Banana Pineapple Cake
1:00pm-Reggi's Total Fitness Demonstration

Friday, December 28th

10:00am-Setting SMART Goals FREE
Have fun setting your New Year's Resolution in a Specific, Measurable,
Attainable, Realistic and Timely way in this fun and interesting class.
11:30am Lunch: Catfish, Hushpuppies, Slaw and Cherry Cobbler
12:00-White Elephant Bingo All participants must bring a new or gently used
wrapped gift. A White Elephant gift is a gift you really don't want, but a gift
someone else might enjoy.....or not. Very fun game. Suggested \$5 to \$10 value.
2:00pm-Afternoon Tea Menu: Chai Tea, scones, sugar free treats, & a wonderful
dessert from our kitchen by Barbara. Sponsors: David Hodges & Gaytha Hansard

Monday December 31st

9:00am-Bean Bag Baseball
11:00am-New Year's Spoof Party Begins Count Down
Snacks, party hats, noise makers, games and fun
leading up to a new year's lunch
12:00-Lunch-Black eyed peas, Rice, Ham, Cupcake and Sparkling Grape Juice
Tickets: \$5.00 if purchased by December 20th, \$7.00 after that date.
1:00pm-Take a walk with Tawana, weather permitting, if not stay for a movie

