

# BRYANT

SENIOR ACTIVITY & WELLNESS CENTER

JULY 2026

VOLUME 5 ISSUE 66

WELCOME!

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

We are the place for Congregation  
and Conversation.

**Deborah Wray**

Senior Services Superintendent

**Hours**

Monday – Friday

7:30 AM to 3:30 PM

No Membership Fee

**Lunch**

Eat-In 11:30-Noon

\$3.00 for age 60 plus

(Suggested Donation)

Under 60 \$8.50

\*\$9.00 for take-out meals

For Home Delivered Meals

Contact: Bryant Senior

Activity Center

501-943-0056



**Bryant Senior Activity Center**

**6401 Boone Road**

**Bryant, AR 72022**

**501-943-0056**

***WE'RE GLAD YOU'RE HERE!***

# JULY BIRTHDAYS

## Fish Fry Cheat Day Lunch & BINGO with Prizes!

Every once in a while, you've just *gotta* treat yourself! Join us for a delicious "cheat day" lunch featuring fried catfish, baked beans, coleslaw, hushpuppies, and peach cobbler with ice cream. This isn't our usual healthy menu—this one's all about enjoying good food and even better company!

Sign up at the front desk to reserve your spot for **Tuesday, July 21**—we don't want to run out of food! Lunch will be served at **11:30 AM**.

After lunch, stick around for BINGO with prizes! Bring your appetite, your sweetheart, and a friend—we're aiming for a full house for both lunch and the game!



- 7/2—SUE REEVES
- 7/3—LISA KIRKPATRICK
- 7/3—ARIEL MIDDLETON
- 7/4—NANCY CHACON
- 7/4—DEBBIE GOBLE
- 7/5—PETE BLEVINS
- 7/5—MARLA SAMS
- 7/5—VICKI TEMPLES
- 7/5—NORBERT THOMEY
- 7/6—RAY DEREMIAH
- 7/6—BARBARA GOFORTH
- 7/6—LINDA MILLS
- 7/6—REBECCA PEAK
- 7/7—ANN BRAGG
- 7/7—JERRY LUNDE
- 7/7—DEAN RUNNELS
- 7/8—CHARLES GENTRY
- 7/8—DEBBIE OSBORNE
- 7/8—BETTY VAN BIBBER
- 7/9—YVONNE DORSEY
- 7/9—LINDA FISHER
- 7/9—ROSEMARY KULP
- 7/10—PAMELA BLANKENSHIP
- 7/10—PAT STUCKEY
- 7/11—CARLA MCCLAFFERTY
- 7/11—ALICE MOLDEN
- 7/12—JIM BREWER
- 7/12—JANET MCGRAIL
- 7/12—DIANE MERRIWEATHER
- 7/12—JAMES WILSON
- 7/13—MARK FOREMAN
- 7/13—TERRY SANDLIN
- 7/14—DONNA ARNOLD
- 7/14—SHARON AUSTIN
- 7/14—DOROTHY KLOEPEL
- 7/14—VIDA SMITH
- 7/14—JAY WRAY
- 7/15—THERESA BAILEY
- 7/15—SHARON CRANFORD
- 7/15—CHARLES DIXON
- 7/15—SHIRLEY KELLER
- 7/15—CAROLYN KERR
- 7/16—KAY DUVALL
- 7/16—JUDY HAGAN
- 7/16—YVONNE HUNT
- 7/16—MARSHALL MCADAMS
- 7/16—CHELE ROSEBERRY
- 7/17—JAMIE CALVERT
- 7/17—WENDY FOSTER
- 7/17—FAYE TOMPKINS
- 7/18—SHIRLEY FISHER
- 7/18—PAM NEWCOMB
- 7/19—TINA ALBRIGHT
- 7/19—RICKY CRANFORD
- 7/19—KATHY HUDSON
- 7/20—MARY COLE
- 7/21—JAMIE ALLEN
- 7/21—JOYCE BRUTON
- 7/21—DAVID RALEY
- 7/22—LARRY HOPKINS
- 7/22—JACQUEOLYN NELSON
- 7/22—CLARA STRAUB
- 7/23—PIA MCDONALD
- 7/24—LEE BAILEY
- 7/25—VALERIE MARDICK
- 7/25—MARY POWELL
- 7/25—PATRICIA ROSS
- 7/26—KATHY HATCHER
- 7/26—IMA OWEN
- 7/27—ROY FROST
- 7/27—PAN JOHNSON
- 7/27—HERB KELLER
- 7/27—PAM KOHLMAYER
- 7/27—BOBBY LIVINGSTON
- 7/28—DELBY SCHLAFMAN
- 7/28—JUNE TAYLOR
- 7/29—TAMMIE DOEBELE
- 7/30—JEANNE SYKES
- 7/30—TRACY ASHCRAFT
- 7/30—WILLIAM WILLIAMSON
- 7/31—SHARON BERLOWITZ




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Karaoke with  
Jim & Vicky on Tuesday,  
July 14th at 6:00 PM

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\*Activities and events  
are subject to change.

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

## **Senior Center Variety Show – Calling All Performers!**

Don't miss our Senior Variety Show on **Thursday, July 9 from 9:00 AM – 11:00 AM** at the Bryant Senior Center! We are looking for talented seniors to sign up and perform. Whether you sing, dance, tell jokes, play an instrument, recite poetry, or have another special talent, we would love to have you join the fun! A sign-up sheet is posted on the bulletin board. Come share your talent and help make this a memorable morning of entertainment and laughter!

## **Free Mahjong Lessons – Now at the Bryant Senior Center!**

Have you ever wanted to learn Mahjong? Join us on **Mondays from 9:00 AM to 11:00 AM** for Mahjong lessons and discover why this popular tile game is enjoyed by millions around the world. Mahjong is a fun way to challenge your mind, improve concentration, and make new friends.

Whether you're a complete beginner or looking to refresh your skills, everyone is welcome! Please note that participants will need an official Mahjong card for play. Come learn, laugh, and enjoy this exciting game with us each Monday!

## Activity Calendar JULY 2026

Mon	Tues	Wed	Thurs	Fri	Sat
		<b>1</b> 9:00-11:30 *Band Live Music 10:30-11:30 *Chair Volleyball 12:00-1:00 Plant Walk Fundraiser 12:00-3:00 *Mahjong *Pinochle	<b>2</b> 9:30 - 11:00 *Live Gospel Music 12:00-3:00 *Canasta 1:30-3:00 *Advanced Line Dance	<b>3</b> 9:00-10:00 *Ageless Grace 10:00-11:00 *BINGO Sponsored by Humana 12:00—3:00 *Board Together	<b>4</b> NO SATURDAY NIGHT DANCE
<b>6</b> 9:00 –11:00 Mahjong Lessons 9:30-11:30 *Genealogy 10:00-11:00 *Music with John Williams *Crochet Circle 10:30—11:30 *Chair Volleyball 12:00-3:00 *Mahjong 1:00-2:00 *The Master’s Table 1:00-3:00 *Beginner Line Dance	<b>7</b> 9:00-10:00 *AVON Lady *Ageless Grace 9:00-11:00 *Dominoes 10:00-11:00 *Triple B Advocacy “Patient Advocacy: Your Voice Matters” 10:00-11:30 *Learn to Sign 1:00-3:00 *Line Dance	<b>8</b> 9:00-11:30 *Band Live Music 9:00—11:00 *Baptist Health 10:30-11:30 *Chair Volleyball 12:00-1:00 Wellness Wednesday with Humana 12:00-3:00 *Mahjong *Pinochle	<b>9</b> 9:00- 11:00 *VARIETY SHOW 12:00-3:00 *Canasta 1:30-3:00 *Advanced Line Dance	<b>10</b> 9:00-10:00 *Ageless Grace 10:00-11:00 BINGO Sponsored by Pleasant Hill Senior Services 12:00—3:00 *Board Together	<b>11</b> 7:00-9:30 DANCE Nostalgia Live Music \$7 per person
<b>13</b> 9:00 –11:00 Mahjong Lessons 9:30-11:30 *Genealogy 10:00—11:00 Reptiles of Arkansas 10:00-11:00 *Music with John Williams *Crochet Circle 10:30—11:30 *Chair Volleyball 12:00-3:00 *Mahjong 1:00-2:00 *The Master’s Table 1:00-3:00 *Beginner Line Dance	<b>14</b> 9:00-10:00 *Ageless Grace 9:00-11:00 *Dominoes 10:00-11:00 SMP Senior Medicare Patrol 10:00-11:30 *Learn to Sign 12:15-1:15 *BINGO Bash 1:30-3:00 *Line Dance 6:00 *Karaoke	<b>15</b> 9:00-11:30 *Band Live Music 10:30-11:30 *Chair Volleyball 12:00-3:00 *Mahjong *Pinochle	<b>16</b> 9:30 - 11:00 *Live Gospel Music 12:00-3:00 *Canasta 1:30-3:00 *Advanced Line Dance	<b>17</b> 9:00-10:00 *Ageless Grace 10:00-11:00 *Father’s Day BINGO Sponsored by A First Name Basis 12:00—3:00 *Board Together	<b>18</b> 7:00-9:30 DANCE Pure Luck Live Music \$7 per person

## Activity Calendar JULY 2026

Mon	Tues	Wed	Thurs	Fri	Sat
20 9:00 –11:00 Mahjong Lessons 9:30-11:30 *Genealogy 10:00-11:00 *Music with John Williams *Crochet Circle 10:30–11:30 *Chair Volleyball 12:00-3:00 *Mahjong 1:00-2:00 *The Master’s Table 1:00-3:00 *Beginner Line Dance	21 9:00-10:00 *AVON Lady *Ageless Grace 9:00-11:00 *Dominoes 10:00-11:00 Justin Elrod “Long-Term Care & Medicare” 10:00-11:30 *Learn to Sign 1:00-3:00 *Line Dance	22 9:00-11:30 *Band Live Music 10:30–11:30 *Chair Volleyball 12:00-3:00 *Mahjong *Pinochle	23 9:30-11:00 *Karaoke 12:00-3:00 *Canasta 1:30-3:00 *Advanced Line Dance	24 9:00-10:00 *Ageless Grace 10:00-11:30 BINGO Sponsored by Baptist Health PACE 12:00–3:00 *Board Together	25 7:00-9:30 DANCE Joseph Lougue Live Music \$7 per person
27 9:00 –11:00 Mahjong Lessons 9:30-11:30 *Genealogy 10:00-11:00 *Music with John Williams *Crochet Circle *Creative Corner 10:30–11:30 *Chair Volleyball 12:00-3:00 *Mahjong 1:00-2:00 *The Master’s Table 1:00-3:00 *Beginner Line Dance	28 9:00-10:00 *Ageless Grace 9:00-11:00 *Dominoes 10:00-11:00 Paint & Sip with Brooke Topping 10:00-11:30 *Learn to Sign 1:00-3:00 *Line Dance	29 9:00-11:30 *Band Live Music 10:30–11:30 *Chair Volleyball 12:00-3:00 *Mahjong *Pinochle	30 10:00-11:00 *Tiffany Barbee 12:00-3:00 *Canasta 1:30-3:00 *Advanced Line Dance	31 9:00-10:00 *Ageless Grace 10:00-10:30 *Birthday Bash Sponsored by Community Insurance 10:30-11:30 BINGO Sponsored by Oltmans Roofing 12:00–3:00 *Board Together	

### Reptiles of Arkansas – A Wild Adventure for All Ages!

Join us on **July 12, 2026, at 10:00 AM** for an exciting and educational presentation, "**Reptiles of Arkansas**," presented by Lauren Marshall.

Lauren will introduce us to some of Arkansas's fascinating native reptiles and share interesting facts about their habitats, behaviors, and importance to our environment. Best of all, attendees will have the opportunity to see a **live alligator** and a **live king snake** up close!

This is a wonderful program for the entire family, so be sure to **bring the grandkids** for this fun and informative experience. You won't want to miss this unique opportunity to learn about some of Arkansas's most interesting wildlife!

## Lunch Menu JULY 2026

Mon	Tues	Wed	Thurs	Fri	
<p><b>Lunches are served with iced tea or milk.</b></p>	<p>*Reservations Required for CHEAT DAY MEAL</p>	<p>1 Taco Salad Salsa Corn Tortilla Fresh Strawberries</p>	<p>2 Grilled Turkey &amp; Swiss Sandwich Pasta Salad Fruit</p>	<p>3 Herb Baked Chicken Baby Bakers Green Beans Wheat Roll Fresh Orange Slices</p>	
	<p>6 Baked Ham Au Gratin Potatoes Green Beans Whole Wheat Roll Fruit Fruit Cobbler</p>	<p>7 Turkey Tetrazzini Broccoli Tossed Salad Wheat Roll Pineapple Upside Down Cake</p>	<p>8 Sweet &amp; Sour Meatballs Rice Vegetable Blend Wheat Roll Fresh Orange</p>	<p>9 Oven Fried Chicken Mashed Potatoes Corn Garlic Cheddar Biscuit Banana Pudding</p>	<p>10 Chicken Nuggets Tater Tots Waffle Ketchup Syrup Yogurt Parfait</p>
	<p>13 Sliced Turkey Breast Red Beans &amp; Rice Greens Cornbread Chocolate Cream Pie</p>	<p>14 Greek Salad w/ Chicken Pita Bread Fresh Orange Slices Poke Cake</p>	<p>15 Hamburger Tater Tots Lettuce &amp; Tomato Mandarin Orange Cake</p>	<p>16 Italian Meat Sauce Penne Pasta Tossed Salad Garlic Bread Chilled Pineapple</p>	<p>17 Chicken Fajitas Spanish Rice Fiesta Corn Fresh Orange Slices</p>
	<p>20 Grilled Chicken on Bun Tater Tots Lettuce &amp; Tomato Strawberries w/topping Angel Food Cake</p>	<p>21*CHEAT DAY MEAL*</p> <p>Fried Catfish Baked Beans Coleslaw Hush Puppies Peach Cobbler Ice Cream</p>	<p>22 Steak Fingers Tater Tots Cucumber Tomato Salad Wheat Bread Fruit Cookie</p>	<p>23 Pulled Pork Sandwich Potato Salad Cole Slaw Tropical Fruit</p>	<p>24 Hamburger Steak W/ Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Chilled Peaches Cookie</p>
	<p>27 Asian Orange Chicken Rice Asian Vegetables Egg Roll Chilled Pineapple Fortune Cookie</p>	<p>28 Smothered Pork Chop Mashed Potatoes Carrots Dinner Roll Dump Cake</p>	<p>29 BBQ Chicken Thighs Potato Salad Wheat Bread Fruit Cookie</p>	<p>30 Chicken Salad Wrap Macaroni Salad Lettuce &amp; Tomato Fruit</p>	<p>31 Swedish Meatballs Noodles Green Peas Wheat Roll Strawberries Whip Topping</p>

### Staying for lunch?

A suggested \$3.00 donation is appreciated for **registered** 60 plus persons.  
\*Under 60? Lunch is a fee of \$8.50 each, and the same for non-registered persons.

