

Senior Activity & Wellness Center

CITY OF BRYANT

September 2026

NEWSLETTER

Bryantar.gov



WELCOME!!

To the Bryant Senior Activity & Wellness Center! Where age is just a number! We are a place for congregation and conversation, dedicated to enriching the lives of seniors through opportunities for fitness, education, social interaction, and community involvement.

Whether you're looking to meet new friends, stay active, enjoy a hot lunch, or learn something new, there's a place for you here. The center is open Monday through Friday at no cost to members age 60 and older.

Hours of Operation:

Monday-Friday 7:30am-3:30pm

Location:

6401 Boone Road
Bryant, AR 72022

Phone Number:

501.943.0056

Lunch:

11:30am-12:00pm

**For home delivered meals
contact us! 501.943.0056**



Deborah Wray, Senior Services Superintendent
501.943.0056 | dwwray@bryantar.gov

SEPTEMBER 2026 LUNCH MENU

MON	TUES	WED	THURS	FRI
Lunches are served with iced tea or milk. Reservations are required for CHEAT DAY MEAL				
	1	2	3	4
	• Chicken Pot Pie • Broccoli • Dinner Roll • Strawberry Shortcake	• White Beans with Ham • Baked Potato Wedges • Glazed Carrots • Cornbread • Fruit	• Chicken Alfredo Over Fettuccine • Italian Vegetables • Garlic Bread • Fruit	• Baked Ranch Chicken Thigh • Mashed Potatoes • Green Beans • Dinner Roll • Banana Pudding
7	8	9	10	11
LABOR DAY SR CENTER CLOSED	• Beef Quesadilla • Spanish Rice • Corn • Tropical Fruit	• Smothered Pork Chop • Mashed Potatoes • Mixed Vegetables • Roll • Pineapple • Cookie	• Glazed Meatloaf • Baby Bakers • Green Beans • Roll • Apple Pie	• Cream of Tomato Soup • Grilled Turkey & Swiss on Wheat • Mandarin Oranges • Cookie
14	15	16	17	18
• Loaded Baked Potato With Grilled Chicken, Shredded Cheese, Bacon Bits • Broccoli • Roll, Margarin • Sour Cream • Fruit	• Italian Meat Sauce • Penne Pasta • Green Beans • Garlic Bread • Mandarin Oranges • Sugar Cookie	• Chicken & Dumplings • Green Peas • Carrots • Cornbread • Lemon Pudding Cake	• Sloppy Joe on Bun • Tater Tots • Chilled Peaches • Brownie	• Pulled Pork on Bun • BBQ Sauce • Baked Beans • Cole Slaw • Dump Cake
21	22 CHEAT DAY MEAL		23	24
• Chicken Stir Fry • Rice • Egg Roll • Angel Food Cake • Strawberries with Topping	• Fried Catfish • Baked Beans • Creamy Coleslaw • Hushpuppies • Peach Cobbler • Ice Cream	• BBQ Chicken Thighs • Macaroni & Cheese • Green Beans • Dinner Roll, Margarine • Mandarin Oranges	• Herbed Pork Loin • Baked Sweet Potato • Broccoli • Roll • Cake	• Hamburger Stoganoff • Green Peas • Roll • Chilled Pears • Cookie
28	29	30	STAYING FOR LUNCH?	
• Hamburger • Tator Tots • Sliced Onions & Pickles • Cake • Fruit	• Chicken Enchilada Casserole • Fiesta Corn • Wheat Roll • Chocolate Pudding • Fruit	• Mushroom Hamburger Steak • Mashed Potatoes • Corn • Wheat Roll • Fruit	A suggested \$3.00 donation is appreciated for registered persons that are 60 & over. For persons under the age of 60 and non registered persons, lunch is \$8.50 per person. \$9.00 for takeout meals.	

NEW CLASSES



DRUMS ALIVE!

Starting Monday, September 14 at 9:00 AM

Get ready to move, groove, and have some fun! We're excited to introduce Drums Alive, a unique exercise class that combines music, movement, rhythm, and drumming for a workout that feels more like a party! Using drumsticks and exercise balls, participants follow fun rhythmic movements designed to get the body moving and the mind engaged. Drums Alive can help improve coordination, balance, cardiovascular fitness, strength, and overall well-being—and no drumming experience is needed! The movements can be adapted for different fitness levels, so come as you are and join the fun.

A MATTER OF BALANCE

Starting Wednesday, September 2 at 1:00 PM

Are concerns about falling keeping you from doing the things you enjoy? A Matter of Balance is an eight-week program designed to help older adults reduce their fear of falling and increase their confidence while staying active and independent.

During the class, participants will learn practical ways to prevent falls, improve balance and strength, make their homes safer, and feel more confident during everyday activities. The program also includes simple exercises that can be adapted to individual abilities.

Classes will meet weekly for eight weeks. Stay steady. Stay confident. Stay independent!

birthdays of the

MONTH

September



9/2 – Donald Johnson
9/3 – Kathy Thompson
9/4 – Pam Manning
9/4 – Nancy Ward
9/5 – Jo Ann Alexander
9/5 – Anita Shook
9/5 – Tim Viala
9/5 – Wade Watson
9/6 – Angle Lewis
9/6 – Ruth Smith
9/7 – Judy Anderson
9/7 – Dale Johnson
9/7 – Mary Payne
9/7 – Linda Wehunt
9/8 – Terry Evans
9/8 – Joan McGill
9/8 – Becky Williams
9/9 – Sherrian Barnhill
9/9 – Diana Hancock
9/10 – Carolyn Birdsong
9/10 – Robert Lloyd
9/10 – Shirley Stiver
9/11 – Lida Allen
9/11 – Kathy Crone
9/11 – Louise Guillette
9/11 – Betty Richards
9/11 – Carolyn Sullivan
9/12 – Katie Dorey
9/12 – Delton Gibbs
9/12 – Martha Wyre
9/13 – Peter Dacre
9/13 – Nyla Pasley
9/14 – Charles Dixon
9/14 – David Gross
9/14 – Anita Leslie
9/15 – Edna Shaw
9/16 – Margaret Kaczmarek
9/16 – Jack Meyers

9/16 – Linda Ross
9/17 – Steve Loftis
9/17 – Faye Miller
9/18 – Chuck Cloud
9/18 – Judy Freed
9/18 – Harry Stremanos
9/18 – Pam Vidt
9/19 – Karen Kelley
9/19 – Judy Selig
9/20 – John Owen
9/20 – Terry Simon
9/21 – Virgie Lattin
9/21 – Jenifer Marsh
9/21 – Debra Wilson
9/21 – Janis Womack
9/22 – Ruby Duncan
9/22 – Liz Shaw
9/22 – George Tiner
9/23 – Kelly Arellanes
9/23 – Pam Breech
9/23 – Dottie Sanders
9/24 – Kimberley Shelnut
9/24 – Vikki McLain
9/24 – David Roberson
9/24 – Wayne Suggs
9/25 – Kathleen Roman
9/26 – Ron Fisher
9/26 – Wandas Goforth
9/27 – William Branson
9/27 – Ronald Hollomon
9/27 – Sandra McPherson
9/27 – Grayce Williams
9/28 – Don Curtis
9/29 – Andy Mullins
9/29 – Wanda Reynolds
9/30 – Rocky Burkhart
9/30 – Joe Carter



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Bryant Senior Center



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SEPTEMBER 2026 ACTIVITY CALENDAR

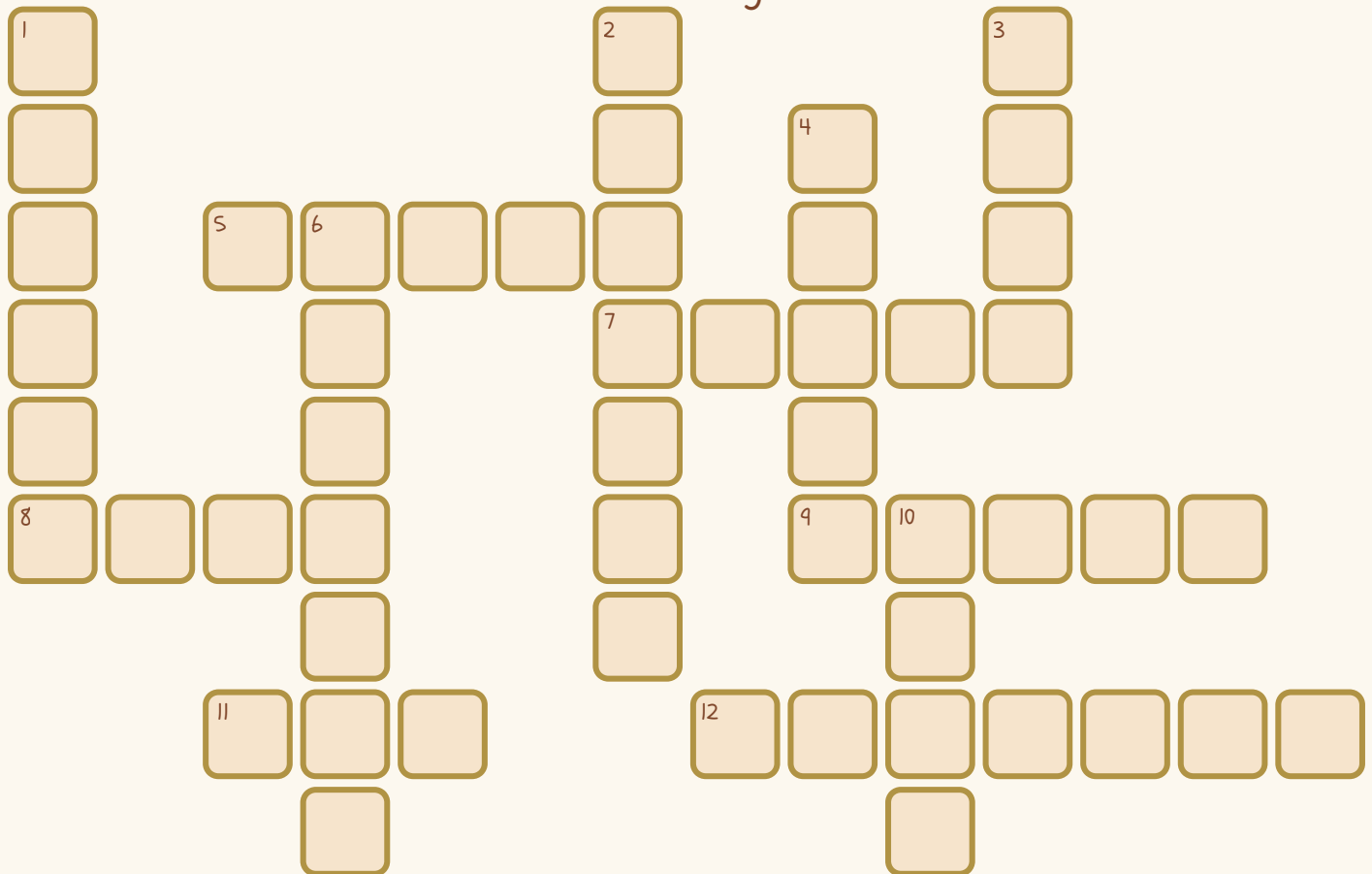
MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5
	9:00 Dominoes 9:00 Ageless Grace 10:00 Learn to Sign 10:00 Sip and Paint 1:00 Line Dance	9:00 Band LIVE Music 9:00 Walk With Ease 10:30 Chair Volleyball 12:00 Mahjong 12:00 Pinochle 1:00 A Matter of Balance	9:00 Health Fair 9:00 Walk With Ease 9:30 Gospel LIVE Music 10:00 Fall Dessert Contest 12:00 Canasta 1:30 Improver Line Dance	9:00 Ageless Grace 10:00 BINGO 12:00 Board Together	7:00 Dance Beau Renfro Live Music \$7 per person
7	8	9	10	11	12
LABOR DAY SR CENTER CLOSED	9:00 Dominoes 9:00 Ageless Grace 10:00 Learn to Sign 10:00 Jam Session 10:00 SMP Senior Medicare Patrol 1:00 Line Dance	9:00 Band LIVE Music 9:00 Baptist Health 9:00 Walk With Ease 10:30 Chair Volleyball 12:00 Mahjong 12:00 Pinochle 1:00 A Matter of Balance	9:00 Walk With Ease 10:00 Tiffany Barbee LIVE 12:00 Canasta 1:30 Improver Line Dance	9:00 Ageless Grace 10:00 BINGO 12:00 Board Together	7:00 Dance Sugarloaf Live Music \$7 per person
14	15	16	17	18	19
9:00 Drums Alive 9:00 Walk with Ease 9:30 Genealogy 10:00 Crochet Circle 10:00 John Williams 10:30 Chair Volleyball 12:00 Mahjong 12:30 Intro To Computers 1:00 Beginner Line Dance 1:00 The Master's Table	9:00 Dominoes 9:00 AGELESS GRACE 10:00 LEARN TO SIGN 10:00 JAM SESSION 1:00 Line Dance	9:00 Band LIVE Music 9:00 Walk With Ease 10:30 Chair Volleyball 12:00 Mahjong 12:00 Pinochle 1:00 A Matter of Balance	9:00am Walk With Ease 9:30 Gospel LIVE Music 12:00 Canasta 1:30 Improver Line Dance	9:00 Ageless Grace 10:00 BINGO Sponsored by A First Name Basis 12:00 Board Together	7:00 Dance Pure Luck Live Music \$7 per person
21	22	23	24	25	26
9:00 Drums Alive 9:00 Walk with Ease 9:30 Genealogy 10:00 Crochet Circle 10:00 John Williams 10:30 Chair Volleyball 12:00 Mahjong 12:30 Intro To Computers 1:00 Beginner Line Dance 1:00 The Master's Table	9:00 Dominoes 9:00 AGELESS GRACE 10:00 LEARN TO SIGN 10:00 JAM SESSION 12:15 BINGO BASH 1:00 LINE DANCE	9:00 Band LIVE Music 9:00 Walk With Ease 10:30 Chair Volleyball 12:00 Mahjong 12:00 Pinochle 1:00 A Matter of Balance	9:00 Walk With Ease 9:30 Karaoke 12:00 Canasta 1:30 Improver Line Dance	9:00 Ageless Grace 10:00 Birthday BASH 10:30 BINGO Sponsored by Oltmans Roofing 12:00 Board Together	7:00 Dance Joseph Logue Live Music \$7 per person
28	29	30	*Activities and events are subject to change. 		
9:00 AARP Safety Driving Course 9:00 Drums Alive 9:00 Walk with Ease 9:30 Genealogy 10:00 Crochet Circle 10:00 John Williams 10:30 Chair Volleyball 12:00 Mahjong 12:30 Intro To Computers 1:00 Beginner Line Dance 1:00 The Master's Table	9:00 Dominoes 9:00 AGELESS GRACE 10:00 LEARN TO SIGN 10:00 JAM SESSION 1:00 LINE DANCE	9:00 Band LIVE Music 9:00 Walk With Ease 10:30 Chair Volleyball 12:00 Mahjong 12:00 Pinochle 1:00 A Matter of Balance			



FALL Season



Read the clues below and fill in the grid with the correct words.



ACROSS

- 5. A red or green fruit that grows on trees.
- 7. The nut of an oak tree.
- 8. Hot food made in water.
- 9. Cloth you wear around your neck to stay warm.
- 11. A dessert often made with apples or pumpkins.
- 12. The time when farmers pick their crops.

DOWN

- 1. Parts of a tree that turn colors in fall.
- 2. Warm clothing you wear in fall.
- 3. Water that falls from the sky.
- 4. Shoes you wear in cold or rainy weather.
- 6. A big, round, orange vegetable.
- 10. A yellow vegetable that grows on tall plants.

Upcoming events



Fish Fry Cheat Day Lunch & BINGO Bash!

It's time for a well-deserved Cheat Day! Leave the calorie counting at home and join us for an old-fashioned Fish Fry Feast! We're serving up crispy fried catfish, baked beans, creamy coleslaw, hushpuppies, and homemade peach cobbler topped with ice cream. It's comfort food at its finest!



Tuesday, September 22nd



Lunch served at 11:30 AM

Be sure to sign up at the front desk so we can have plenty of food for everyone.

Then don't rush home! Stick around for an afternoon of BINGO, laughter, prizes, and great fellowship. Bring your spouse, invite a friend, and make it a fun day at the Bryant Senior Center!



After lunch, stick around for **BINGO** with **PRIZES!**



Dance with Live Music Saturday nights at 7:00pm | \$7 per person

