

Senior Activity & Wellness Center

CITY OF BRYANT

OCTOBER 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

OCTOBER 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
 TRICK or TREAT			- Breaded Chicken on Bun - Tator Tots - Pickle, Mayo - Mandarin Oranges - Cookie	- Chicken Spaghetti - Italian Vegetables - Wheat Roll - Margarine - Strawberries w/Topping
5	6	7	8	9
- Pork & Veg Stir Fry - Rice - Egg Roll - Mandarin Oranges - Fortune Cookie	- Chicken Pot Pie - Broccoli - Dinner Roll - Strawberry Shortcake	- White Beans w/Ham - Baked Potato Wedges - Glazed Carrots - Cornbread - Margarine - Fruit	- Baked Ranch Chicken Thigh - Mashed Potatoes - Green Beans - Dinner Roll - Banana Pudding	- Fettucini Alfredo Chicken - Italian Vegetables - Garlic Bread - Fruit
12	13	14	15	16
- Chicken Parmesan Breast - Buttered Pasta - Green Peas - French Bread - Mandarin Oranges	- Smothered Pork Chop - Mashed Potatoes - Mixed Vegetables - Roll - Pineapple - Cookie	- Cream of Tomato Soup - Grilled Turkey & Swiss on Wheat - Mandarin Oranges - Cookie	- Beef Quesadilla - Spanish Rice - Corn - Tropical Fruit	- Glazed Meatloaf Baby Bakers - Green Beans - Dinner Roll - Apple Pie
19	20	21	22	23
- Pulled Pork - BBQ Sauce - Baked Beans - Cole Slaw - Hamburger Bun - Dump Cake	- Loaded Baked Potato With Grilled Chicken, Shredded Cheese, Bacon Bits, Sour Cream - Broccoli - Roll - Fruit	- Italian Meat Sauce - Penne Pasta - Green Beans - Garlic Bread - Mandarin Oranges - Sugar Cookie	- Sloppy Joe on Bun - Tater Tots - Chilled Peaches - Brownie	- Chicken & Dumplings - Green Peas - Carrots - Cornbread - Lemon Pudding Cake
26	27 CHEAT DAY MEAL	28	29	30
- BBQ Chicken Thighs - Macaroni & Cheese - Green Beans - Dinner Roll - Margarine - Mandarin Oranges	- Pot Roast w/Gravy - Potatoes, Carrots, & Onions - Green Beans - Dinner Roll - Bread Pudding	- Hamburger Stroganoff - Green Peas - Dinner Roll - Chilled Pears - Cookie	- Chicken Stir Fry - Rice - Egg Roll - Angel Food Cake - Strawberries w/Topping	- Baked Ham - Baby Bakers - Seasoned Cabbage - Cornbread - Peach Cobbler - Ice Cream

NEW CLASSES



Patient Advocacy: Your Voice Matters

Tuesday, October 27, at 10:00 AM

Join us for a special presentation, "Patient Advocacy: Your Voice Matters."

Learn why speaking up and being an active participant in your healthcare is so important. Our guest speaker will share helpful information about asking questions, communicating with healthcare providers, understanding your care, and advocating for yourself or a loved one.

Your health matters—and your voice matters, too!

We hope you'll join us for this informative and empowering presentation at the Bryant Senior Activity & Wellness Center.

FRESH CONVERSATIONS WITH LaTAAKA

OCTOBER 6 & 20 AT 12:00 PM

Join us for Fresh Conversations, a new nutrition class designed especially for older adults!

LaTaaka Harvey with the Arkansas Cooperative Extension Service will lead engaging discussions focused on practical nutrition topics for seniors. Learn simple ways to make healthier choices, enjoy meaningful conversation, and discover tips that can support your overall well-being.

Good nutrition. Good conversation. Better living.

birthdays of the

MONTH *October*



9/10/1 – Norma Cochran

10/1 – Larry Kinard

10/2 – Loyd Dobbins

10/2 – Jeffery Heltz

10/2 – Richard Spickard

10/3 – Grace Hauser

10/3 – Marti Petrich

10/3 – Thomas Potter

10/4 – William Blanchard

10/4 – Alice Jackson

10/4 – David McCorkel

10/5 – Ellen Blanton

10/5 – Joyce Dobbins

10/5 – Karen Shelby

10/6 – Cheryl Smith

10/7 – David Bilbo

10/7 – Roger McKinzie

10/7 – Jim Pollard

10/7 – Sharon Prickett

10/8 – Jo Bussey

10/8 – Tracy Adams

10/8 – Christie Clark

10/8 – Karen James

10/9 – Kathy Beech

10/9 – Wanda Carter

10/9 – Annita Parsons

10/9 – Anita Trammell

10/10 – Carolyn Cole

10/10 – Charles Frames

10/10 – Judy Frost

10/10 – Ann McElmurry

10/10 – Jerry Victory

10/11 – Bertie Tribble

10/12 – Harley Carey

10/12 – Marvin Childress

10/12 – Ken Page

10/12 – Terry Williams

10/14 – Deborah Findley

10/14 – Pamela James

10/14 – Dorothy Lakey

10/14 – Susan Laughlin

10/14 – Debbie Middleton

10/14 – Joyce Scott

10/15 – Mary Asay

10/15 – Elizabeth Cole

10/15 – Jeanette Katona

10/15 – John McQueeny

10/15 – David Nugent

10/16 – William Gray

10/16 – LaRhonda Jackson

10/16 – Dorothy Saulsberry

10/17 – Fred Holland

10/18 – Wanda Ausler

10/18 – Linda Chenault

10/18 – Judy Courtright

10/18 – Brenda Gross

10/18 – Otis Stiles

10/19 – Harry Blanton

10/19 – Joy Brightop

10/19 – Vivian Chase

10/19 – Sam McIntyre

10/20 – Charlotte Blaylock

10/21 – Mike McNamee

10/21 – Patsy Wilson

10/21 – Rusty Wilson

10/22 – Hazel Brewer

10/22 – Diane Dupree

10/22 – Ellen Nicks

10/24 – Charlene Bishop

10/24 – Kay Duckworth

10/24 – Charles Heird

10/24 – Ima McKinney

10/25 – Cheryl Bowie

10/25 – Bob Brewer

10/25 – Marsha Carpenter

10/25 – Melvin Harris

10/25 – Dalene McKinzie

10/25 – Charlotte Moler

10/26 – Daryl Dungey

10/26 – Linda Glenn

10/26 – Nelda Horn

10/26 – Betty Johnston

10/27 – Joyce Price

10/27 – Donna Riggs

10/27 – Janis Savage

10/28 – Linda Everett

10/28 – Mary May

10/29 – LaVonne Colwell

10/29 – Mary Lawhon

10/29 – Norma Puckett

10/29 – Harriet Reeves

10/30 – Vicki Brewer

10/30 – Debbie Melton

10/30 – Carolyn Minton

10/31 – Kenneth Jones

10/31 – Gracie Olles

10/31 – Jane Scott

10/31 – Brenda Washington

10/31 – Glenda Yielding

Follow us on our Facebook page!



Bryant Senior Center



Scan the code above with your phone to go to our Facebook Page!

OCTOBER 2026 ACTIVITY CALENDAR

MON	TUES	WED	THURS	FRI	SAT
			1	2	3
	*Activities and events are subject to change.		9:30 Gospel LIVE Music 12:00 Canasta 12:00 2027 Medicare Changes 1:30 Improver Line Dance	9:00 Ageless Grace 10:00 BINGO Sponsored by HOSPICE Home Care 12:00 Board Together	7:00 Dance Beau Renfro Live Music \$7 per person
5	6	7	8	9	10
9:00 Drums Alive 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 12:00 Fresh Conversations 1:00 Line Dancing	9:00 Band LIVE Music 10:30 Chair Volleyball 12:00 Mahjong 12:00 Pinochle 1:00 A Matter of Balance	10:00 John Carel LIVE 12:00 Canasta 1:30 Improver Line Dance	9:00 Ageless Grace 10:00 BINGO Sponsored by Sage Health 12:00 Board Together	7:00 Dance Sugarloaf Live Music \$7 per person
12	13	14	15	16	17
9:00 Drums Alive 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 6:00 Night Time Karaoke	9:00 Band LIVE Music 9:00 Baptist Health 10:30 Chair Volleyball 12:00 Mahjong 12:00 Pinochle 1:00 A Matter of Balance	9:30 Gospel LIVE Music 12:00 Canasta 1:30 Improver Line Dance	10:00 BINGO 12:00 Board Together	1:00pm Daughter's of the British Empire Tea 7:00pm Dance Pure Luck Live Music \$7 per person
19	20	21	22	23	24
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 9:00 Medcarea Open Enrollment 10:00 Learn to Sign 10:00 Jam Session 12:00 Fresh Conversations 1:00 Line Dancing	9:00 Band LIVE Music 10:30 Chair Volleyball 12:00 Mahjong 12:00 Pinochle 1:00 A Matter of Balance	9:00 Karaoke 12:00 Canasta 1:30 Improver Line Dance	9:00 Ageless Grace 10:30 BINGO 12:00 Board Together	7:00pm Dance Joseph Logue Live Music \$7 per person
26	27	28	29	30	31 HALLOWEEN
9:00 Drums Alive 9:30 Genealogy 10:00 Crochet Circle 10:00 Creative Corner 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 9:00 Medicare Open Enrollment 10:00 Learn to Sign 10:00 Jam Session 10:00 Brandie Vaughter "Patient Advocacy: Your Voice Matters" 12:00 BINGO Bash 1:00 Line Dance	9:00 Band LIVE Music 10:30 Chair Volleyball 12:00 Mahjong 12:00 Pinochle	9:00 Karaoke 12:00 Canasta 1:30 Improver Line Dance	9:00 Ageless Grace 10:00 Birthday BASH Sponsored by Community Insurance 10:30 BINGO Sponsored by Oltmans Roofing 12:00 Board Together	8:00am Pancake Breakfast 7:00pm Dance Pure Luck Live Music \$7 per person

HALLOWEEN WORDSEARCH



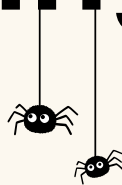
Find and circle the words.

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

- trick
- treat
- ghost
- witch
- scary
- sweets
- creepy
- spooky
- mummy
- pumpkin
- skeleton
- midnight



Upcoming events



PANCAKE BREAKFAST & FALL FEST

Join us on Saturday, October 31st for a spooktacular pancake breakfast! When you're finished, head outdoors to the 39th annual Fall Fest and check out the vendors!



Saturday, October 31st



Pancake Breakfast 8:00 AM

\$5 per person



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

