Senior Activity & Wellness Center

CITY OF BRYANT

NOVEMBER 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.



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

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

NOVEMBER 2026 LUNCH MENU

Lunches are served with iced tea or milk.

Reservations are required for FRIENDSGIVING

MON	TUES	WED	THURS	FRI
2 • Chicken Enchilada Casserole • Fiesta Corn • Chocolate Pudding Parfait • Fruit	3 • Hamburger • Tater Tots • Sliced Onions • Pickles • Cake • Fruit	4 • Chicken Spaghetti • Italian Vegetables • Roll • Margarine • Strawberries w/Topping	5 • Mushroom Hamburger Steak • Mashed Potaoes • Corn • Roll • Fruit	6 • Breaded Chicken on Bun • Tater Tots • Pickles • Mayonaise • Mandarin Oranges • Cookie
9 • Chicken Alfredo • Italian Vegetables • Garlic Bread • Fruit	10 • Pork & Veg Stir Fry • Rice • Eggroll • Mandarin Oranges • Fortune Cookie	11 • Chicken Pot Pie • Broccoli • Dinner Roll • Strawberry Shortcake	12 • White Beans w/Ham • Baked Potato Wedges • Glazed Carrots • Cornbread • Margarine • Fruit	13 • Baked Ranch Chicken • Mashed Potatoes • Green Beans • Dinner Roll • Banana Pudding
16 • Cream of Tomato Soup • Grilled Turkey & Swiss on Wheat • Mandarine Oranges • Cookie	17 • Chicken Parmesan • Buttered Pasta • Green Peas • French Bread • Mandarin Oranges	18 • Beef Quesadilla • Spanish Rice • Corn • Tropical Fruit	19 • Smothered Pork Chop • Mashed Potatoes • California Vegetables • Roll • Chilled Pineapple • Cookie	20 • Glazed Meatloaf • Baby Bakers • Green Beans • Roll • Apple Pie
23 • Pulled Pork on Bun • BBQ Sauce • Baked Beans • Cole Slaw • Dump Cake	24 Friendsgiving • Roasted Turkey • Cornbread Dressing • Green Bean Casserole • Garlic Mashed Potatoes • Dinner Roll • Pumpkin Pie	25 • Loaded Baked Potato with Grilled Chicken, Shredded Cheese, Bacon Bits • Broccoli • Roll Margarine • Sour Cream • Fruit	26 Thanksgiving Day Center Closed	27 Center Closed
30 • Chicken Stir Fry • Rice • Egg Roll • Angel Food Cake • Strawberries w/Topping				

WHAT'S NEW?

LET US WRAP YOUR HOLIDAY GIFTS!

Take the stress out of holiday gift wrapping and support a great cause! The Bryant Senior Activity & Wellness Center will wrap up to 3 gifts for you in exchange for a donation!

📅 **December 1–18, 2026**

⏰ **8:00 AM – 11:00 AM**

📍 **Bryant Senior Activity & Wellness Center**

🎀 **Donations Appreciated!**

Skip the wrapping and let us add a little holiday magic to your gifts! All donations will help support our Senior Center programs and activities.

Coffee & Conversations

Start your weekday with good coffee and great company at the Bryant Senior Activity & Wellness Center! Join us each weekday from 8:00 AM - 9:00 AM for Coffee & Conversations, a relaxing time to visit with friends, catch up, and enjoy the morning together.

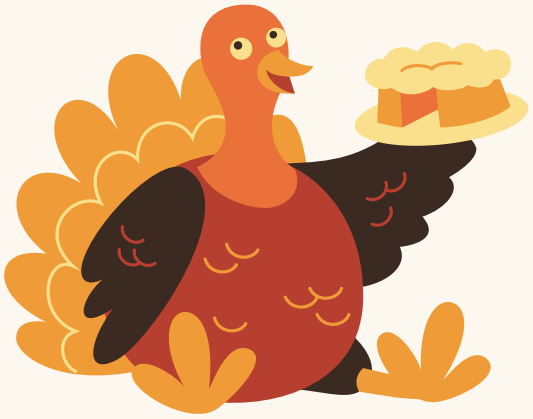
birthdays of the MONTH

NOVEMBER

11/2 - Terry Allaby
11/2 – Marilyn Bowens
11/2 – Sheila Cole
11/2 – Dottie Davis
11/2 – Diane Everett
11/2 – Janet Grace
11/2 – Darlene Lester
11/2 – Alan Sears
11/3 – Wanda Coon
11/4 – Elizabeth Potts
11/5 – Dee Brazil-Dale
11/6 – Ronald Anderson
11/6 – Carol Meadows
11/8 – Brenda Bryant
11/9 – Donna Cornett
11/9 – Gloria Lain
11/9 – Betty Taylor
11/10 – Dennis Barry
11/10 – Rose Chapman
11/10 – Judy Davidson
11/10 – Susan Hankins
11/11 – Adriane Slover
11/12 – Jerry Boyd
11/13 – Joyce Freyman
11/13 – Victor Kerr
11/13 – Denise Pace
11/13 – Howard Semey
11/13 – Randy Worsham
11/14 – Marlene Childers
11/14 – Warren Walker
11/14 – John White
11/14 – Elisabeth Yacoback

11/15 – Paul Dupus
11/15 – Doris Owen
11/16 – Alex Chavez
11/17 – Earl Teasley
11/18 – Billy Davis
11/18 – Vanessa Edwards
11/18 – Patricia Fisher
11/18 – Denny Moore
11/18 – Barbara Stubbs
11/19 – Shirley Jones
11/19 – Mary Lee
11/19 – Burl Owen
11/20 – Karen Garner
11/21 – Karen Brewer
11/21 – Renda Sheets
11/22 – Collin Allen
11/22 – Ada Cranston
11/22 – Betty Foster
11/22 – Juleen Gerhardt
11/22 – Catherine Johnson
11/22 – Callie Robinson
11/23 – Judith Cafmeyer
11/23 – Bob Leo
11/23 – Joyce Vickers
11/24 – Corene Daniel
11/24 – Tim Gill
11/25 – Jane Franks
11/25 – Sheena Garner
11/25 – Ronald Hurst
11/25 – Lovelle Martinez
11/25 – Sue Wright
11/26 – Nelda Fields

11/26 – John Harris
11/26 – Aletta Hollingsworth
11/26 – Nancy Van Schaack
11/27 – Diane Boone
11/27 – Nick Neely
11/28 – Thomas Bray
11/28 – Jim Buchanan
11/28 – Patsy Crowell
11/30 – David Franks
11/30 – Maria Stowell



Follow us on our Facebook page!

Bryant Senior Center

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

NOVEMBER 2026 ACTIVITY CALENDAR

MON	TUES	WED	THURS	FRI	SAT
2	**3**	**4**	**5**	**6**	**7**
8:00 Coffee & Conversations 9:00 Drums Alive 10:00 Crochet Circle 10:00 John Carel Music LIVE 10:30 Chair Volleyball 12:00 Mahjong 1:00 Beginner Line Dance 1:00 The Master's Table	8:00 Coffee & Conversations 9:00 Dominoes 9:00 Ageless Grace 10:00 Learn to Sign 10:00 Jam Session 1:00 Line Dancing	8:00 Coffee & Conversations 9:00 Band LIVE Music 10:30 Chair Volleyball 12:00 Mahjong 12:00 Pinochle	8:00 Coffee & Conv. 9:30 Gospel Music 9:30 Genealogy 11:15 Neptune Society 12:00 Canasta 12:30 Intro to Computers 1:30 Improver Line Dance	8:00 Coffee & Conversations 9:00 Ageless Grace 10:00 BINGO Sponsored by HOSPICE Home Care 12:00 Board Together 1:00 ELVIS Tribute Show	**7:00 Dance Beau Renfro Live Music $7 per person**
9	**10**	**11 VETERANS DAY**	**12**	**13**	**14**
8:00 Coffee & Conversations 9:00 Drums Alive 10:00 Crochet Circle 10:00 John Williams Music LIVE 10:30 Chair Volleyball 12:00 Mahjong 1:00 Beginner Line Dance 1:00 The Master's Table	8:00 Coffee & Conversations 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 Dancing 6:00 Karaoke	8:00 Coffee & Conversations 9:00 Band LIVE Music and Salute to Our Veterans 9:00 Baptist Health Flu Shot Clinic 10:30 Chair Volleyball 12:00 Mahjong 12:00 Pinochle	8:00 Coffee & Conversations 9:30 Genealogy 10:00 David Burks LIVE Music 12:00 Canasta 12:30 Intro to Computers 1:30 Improver Line Dance	8:00 Coffee & Conversations 9:00 Ageless Grace 10:00 BINGO Sponsored by Bryant Family Pharmacy 12:00 Board Together	**7:00 Dance Sugarloaf Live Music $7 per person**
16	**17**	**18**	**19**	**20**	**21**
8:00 Coffee & Conversations 9:00 Drums Alive 10:00 Crochet Circle 10:00 John Williams Music LIVE 10:30 Chair Volleyball 12:00 Mahjong 1:00 Beginner Line Dance 1:00 The Master's Table	8:00 Coffee & Conversations 9:00 Dominoes 9:00 Ageless Grace 10:00 Learn to Sign 10:00 Jam Session 12:00 Fresh Conversations 1:00 Line Dance	8:00 Coffee & Conversations 9:00 Band LIVE Music 10:30 Chair Volleyball 12:00 Mahjong 12:00 Pinochle	8:00 Coffee & Conversations 9:30 Gospel LIVE Music 12:00 Canasta 1:30 Improver Line Dance	8:00 Coffee & Conversations 10:00 Birthday Bash Sponsored by Community First 10:30 BINGO Sponsored by Oltmans Roofing 12:00 Board Together	**7:00pm Dance Pure Luck Live Music $7 per person**
23	**24**	**25**	**26 THANKSGIVING**	**27**	**28**
8:00 Coffee & Conversations 9:00 Drums Alive 10:00 Crochet Circle 10:00 John Williams Music LIVE 10:30 Chair Volleyball 12:00 Mahjong 1:00 Beginner Line Dance 1:00 The Master's Table	8:00 Coffee & Conversations 9:00 Dominoes 9:00 Ageless Grace 10:00 Learn to Sign 10:00 Jam Session 11:30 Friendsgiving 12:15 BINGO Bash 1:00 Line Dancing	8:00 Coffee & Conversations 9:00 Band LIVE Music 10:30 Chair Volleyball 12:00 Mahjong 12:00 Pinochle	**Center Closed**	**Center Closed**	**7:00pm Dance Joseph Logue Live Music $7 per person**
30					
8:00 Coffee & Conversations 9:00 Drums Alive 10:00 Crochet Circle 10:00 John Williams Music LIVE 10:00 Creative Corner 10:30 Chair Volleyball 12:00 Mahjong 1:00 Beginner Line Dance 1:00 The Master's Table					

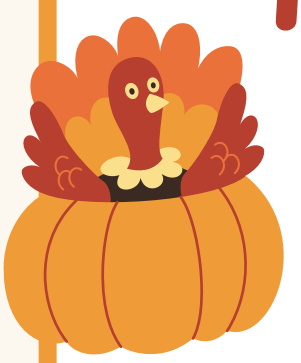
***Activities and events are subject to change.**

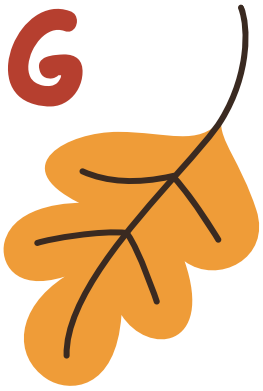
City of Bryant ARKANSAS

THANKSGIVING

CROSSWORD PUZZLE

Read the clues below and fill in the grid.







ACROSS

2. A big orange vegetable.
3. Time when farmers pick crops.
7. The people you love & live with.
8. The season of Thanksgiving.
9. A very big meal.

DOWN

1. A sweet dessert with pumpkin.
2. People marching in the street.
4. Herbs cooked inside a turkey.
5. A sauce made from meat juices.
6. A big meal in the evening.

Upcoming Events

🇺🇸Salute to Our Veterans 🇺🇸

Wednesday, November 11, 2026
Bryant Senior Activity & Wellness Center

Join us for a special Veterans Day celebration as we honor the brave men and women who have proudly served our country!

Since Wednesdays are one of our favorite days for live music, we're combining our popular Wednesday Band Day with a special tribute to our veterans!

❤️🤍💙

If you are a veteran, please stop by the front desk so we can include you in our special recognition ceremony.

🎤 ELVIS IS IN THE BUILDING! 🎸

Get ready to shake, rattle, and roll! Join us on Friday, November 6, 2026, at 1:00 PM at the Bryant Senior Activity & Wellness Center for a special Elvis Tribute Show featuring Marcus Sugg, our very own King of Rock 'n' Roll! Enjoy an afternoon of unforgettable Elvis hits, great entertainment, and lots of fun! Put on your blue suede shoes and come enjoy the show. You won't want to miss it!

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