





TATTLE TALES



Su	Mon	Tue	Wed	Thu	Fri	Sat
Speak Out Seniors -If you have any ideas or activities you would like to do at your Senior Center, we would love to hear from you. You can also bring up new ideas at your monthly Ambassador Committee meeting. Please Note - Hours of Operation Monday thru Thursday 8am to 4pm and Fridays 8am to 2pm. Meals & Activities are subject to change and are weather permitting.			1 Closed 	2 9am-Walk 10am-Wii Bowling 12:30pm-Mexican Train Dominos	3 8-9am-Breakfast 8:30-Shopping Gravette 10:30am-Chair Volleyball 12:30pm-Mexican Train Dominos 	4
5	6 9am-Wii Bowling 10:30am-PEPPI 11am-Book Mobile 12:30pm-Mexican Train Dominos	7 9am-Walk 10am-Old Town String Band 12pm-Lions Club 12:30pm-Mexican Train Dominos	8 10:30am-PEPPI 12:30pm-Mexican Train Dominos 3:15pm-Matinee Movie @ Siloam Springs 	9 9am-Walk 10am-Care & Share 10:30-11:30am-Gary Mucci Preforms 12:30pm-Mexican Train Dominos	10 8-9am-Breakfast 8:30-Shopping Gravette 10am-  12:30pm-Mexican Train Dominos	11
12	13 9am-Wii Bowling 10:30am-PEPPI 11am-Book Mobile 12:30pm-Mexican Train Dominos	14 8am-Little Debbie 9am-Walk 9am-12pm-Hair Cuts & Nails by Thairapy Salon 10am-String Band 4pm-Dollar Tree & Walmart @ Jane, MO	15 10:30am-PEPPI 12:30pm-Mexican Train Dominos	16 9:30am-Flea Marketing @ Gentry 9am-Walk 10am-Wii Bowling 12:30pm-Mexican Train Dominos	17 8-9am-Breakfast 8:30-Shopping Gravette 10:30am-Presentation by Jamie Lyng of Humana 12:30pm-Mexican Train Dominos	18
19	20 Closed 	21 9am-Walk 10am-Old Town String Band 12pm-Lions Club 12:30pm-Mexican Train Dominos	22 10:30am-PEPPI 12:30pm-Mexican Train Dominos 4pm-Eat Out @ Cherokee Casino in Siloam Springs	23 9am-Walk 10am-Care & Share 10:30-11:30am-Gary Mucci Preforms 12:30pm-Dominos	24 8-9am-Breakfast 8:30-Shopping Gravette 10:30am-Chair Volleyball 12:30pm-Mexican Train Dominos 	25
26	27 9am-Wii Bowling 9:30-11:30am-Blood Pressure 10:30am-PEPPI 11am-Book Mobile 12:30pm-Mexican Train Dominos 	28 9am-Walk 10am-NWA Food Bank Mobile Pantry 12:30pm-Mexican Train Dominos	29 10am-  11:30am-Birthday Recognition 12:30pm-Mexican Train Dominos	30 9am-Walk 10am-Wii Bowling 12:30pm-Mexican Train Dominos 5pm-Movie Night 	31 8-9am-Breakfast 8:30-Shopping Gravette 10:30am-Chair Volleyball 12:30pm-Mexican Train Dominos 	Green-Exercise Blue-Regular Events Pink-Music Black-Games & Activities Red-Special Events or Activities

January Birthdays

Phyllis Felkins
 Carl Fowler
 Ronny Gibbons
 Mark Green
 Virginia Hedrick
 Mavis Killeen
 Ted Mc Cale
 Carole Robel
 Dean Smith
 Maxine York



A heartfelt



Everyone at the Billy V. Hall Senior Activity & Wellness Center would like to thank all of our Volunteers for their generosity, their time and their support of the Senior Center.
 Our Volunteers are a vital part of the daily operations of the Senior Center, we could not do it without them.

TO OUR
VOLUNTEERS

HAPPY NEW YEAR

Mon	Tue	Wed	Thu	Fri
Meals: 60+ Suggested Donation \$3.00 Lunch Served: 11:30am - 12:15pm	Take Outs & Under 60 \$5.00 Children 12 & Under \$3.50	1 	2 Chicken & Dumplings Peas & Carrots Biscuit Cranberry Walnut Oatmeal Cookie	3 Spaghetti w/Meat Sauce Italian Blend Vegetables Bread Stick Spiced Peaches
6 Sweet & Sour Chicken Fluffy Rice Oriental Vegetables Tropical Fruit	7 Chicken Fried Steak Mashed Potatoes w/Gravy Green Beans Roll Blonde Brownie	8 Glazed Ham Baked Sweet Potato Cauliflower Bread Applesauce Bar	9 Beef Enchilada Bake Spanish Rice Corn & Black Bean Salad Tapioca Pudding	10 Chicken Florentine Garden Blend Rice Squash Roll Macadam Nut Cookie
13 Cheese Ravioli w/Meat Sauce Garden Salad Garlic Bread Mandarin Oranges	14 Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Glazed Carrots Cherry Pineapple Crisp	15 Fried Catfish Pinto Beans Seasoned Greens Hushpuppies Lemon Bar	16 Swiss Steak Roasted Potatoes Winter Blend Vegetables Roll Apple Cobbler	17 Popcorn Chicken Macaroni & Cheese Peas Biscuit Roll Jelly-O
20 Closed 	21 Meatloaf Mashed Potatoes w/Gravy Capri Vegetables Roll Vanilla Pudding	22 Hoppin John w/Sausage Creole Tomatoes Fried Okra Cornbread Poke Cake	23 Rotini Chicken Vegetable Alfredo Deli Salad Bread Stick Sherbet	24 Reuben Sandwich Tomato Soup Crackers Creamy Fruit Salad
27 Tuna Melt Broccoli Salad Cottage Cheese w/Pear Half Yogurt	28 Goulash Corn Relish Bread Sugar Cookie	29 Smothered Pork Chops Baked Potato Spinach Biscuit Birthday cake	30 Monterey Chicken Au Gratin Potatoes Brussels Sprouts Roll Orange Zephyr Whip	31 Vegetable Beef Soup Crackers Grilled Cheese Banana



**“Billy V. Hall Senior Activity
& Wellness Center is an equal
opportunity provider, and employer.”
EEO Employer/AA/M/F/Vet/Disabled**

Area Agency on Aging
of Northwest Arkansas
1510 Rock Springs Road
Harrison, Arkansas
800-432-9721 or 870-741-1144
www.aaanwar.org