

2021 ISSUE 2 MARCH/APRIL

# THE SPOTLIGHT

*Newsletter for  
Members of  
Maumelle Center  
on the Lake*



**EMPOWERING ADULTS 50+ TO LIVE & AGE WELL!**

**MAUMELLE  
CENTER ON THE LAKE**



ADDRESS: 2 CLUB MANOR COVE  
MAUMELLE, AR 72113

PHONE: (501) 851-4344  
SENIORSERVICES@MAUMELLE.ORG  
WWW.MAUMELLECENTERONTHELAKE.ORG

# MEMBER NEWS

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### City of Maumelle Department of Senior Services

#### ADDRESS

2 Club Manor Cove  
Maumelle, Arkansas 72113

#### PHONE

501-851-4344  
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[www.MaumelleCenterontheLake.org](http://www.MaumelleCenterontheLake.org)

MAUMELLE  
CENTER ON THE LAKE



A snippet from the 2020 Annual Department Report.....

*The partnership between volunteers and staff reflect the resilience, unity, and collaborative spirit that the city of Maumelle reliably demonstrates even in a difficult year like 2020. Volunteers assisted staff to develop curbside, pick-up for nutritional lunches. Giving older adults access to a nutritional hot lunch. A senior resident said, "I am so happy and cannot be more appreciative to the Center for continuing to prepare nutritional lunches. Since the pandemic began I have not felt comfortable grocery shopping. The meals we purchase are the only food we eat and make it possible to stay in our home."*

*Rides for medical appointments and shuttle service within the city of Maumelle continued throughout the year and averaged 65% of capacity from year prior. Many of Maumelle's riders are completely dependent on the service to attend medical appointments in person and to be able to pick up groceries and prescriptions in Maumelle. The transportation team follows all FTA and public transportation directives including wearing face coverings, keeping 6 feet apart, and sanitizing vehicles between riders.*

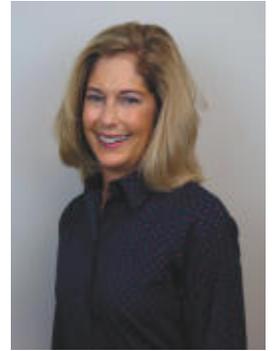
*We met the 2020 goal to provide online registration as an option for members. Individuals now have the option to renew their membership registration online, put money on their account, or register for events/activities. A Virtual Center was developed early in March and allowed staff to offer a variety of events and activities to members despite the center closing to the public from April-June. The Center now offers both in-person and virtual options for members to attend support groups, trivia events, and drawing/painting, crafts, exercise classes have all been offered both virtually and in person through the Virtual Center. Volunteer instructors provide lifetime learning experiences to build cognitive stimulation for both virtual and in-person events. A catalog of events is currently being recorded and edited and will be added to the Virtual Center for members to access on-demand in 2021.*

Thank you for choosing Maumelle Center on the Lake! You have options for fitness, socialization, and transportation and we appreciate that you have chosen us! Please let me know how we may improve your experience at the Center! You can reach me by sending an email to [Nicole@maumelle.org](mailto:Nicole@maumelle.org), visit in person, or leave a comment card at the front desk. Your opinions and ideas matter!

**Importance of checking in-It is important to register for your events and check-in each day you visit the Center. Registration allows for the instructors/facilitators to prepare for the correct number of participants. Checking in gives an accurate head-count of who is in the building. Checking in also gives a true statement as to how many people are using the facility on any given day. We are only as busy or full as our reports show.**

Dental assessment for 2021-the financial assessment for the low-income dental program will be held on Wednesday, March 3RD 9:00-11:00am or 1:00-3:00pm. This assessment is a drop-in event. Transportation staff have distributed flyers and info for this event throughout town. If you have questions, please call 851-4344 and ask for me, Nicole. Individuals who financially qualify will be invited to the dental assessment with participating dental clinics.

Counting on Each Other is hosting monthly, Find a Treasure sales at their new location, first & third Saturday of each month. More info is on page 12. Please support these events! CEO helps the Center!

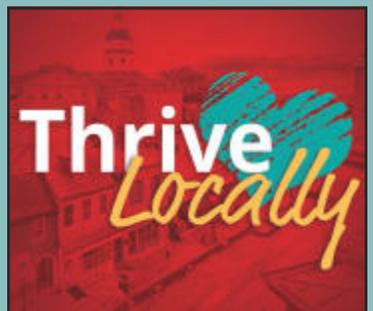


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## Transportation News

In 2020 a survey was sent out requesting information on improving Transportation needs to our members. As the results of the survey and in talking with members, we have implemented a few policy changes. Please take a few moments to review the changes, as some will affect shuttle and medical ride appointments.

Updated copy of the policy can be picked up at the Center on the Lake, reviewed online, or on the shuttle vans:

[www.maumellecenteronthelake.org](http://www.maumellecenteronthelake.org)

For all your Transportation needs call: 501-851-4344

Happy Motoring

Rose

## Please consider donating.....

Maumelle Center on the Lake Knitters & Crocheters continue to knit and crochet hats and prayer shawls for cancer patients. Since the pandemic began, the group has donated 102 hats to CHI-St. Vincent Medical Center and 12 prayer shawls.

Since the start of the program a total of 1,519 hats have been donated to CHI-St. Vincent Medical Center! This group has asked for donations to purchase yarn for prayer shawls and hats. Please consider donating to Counting on Each Other, Inc., a 501-c-3 non-profit that assists the Center. Donations may be dropped off at the Front Desk or mailed to the Center. Please designate that you are contributing to yarn for Hats & Shawls.



## NATIONAL VOLUNTEER WEEK

Celebrating our amazing volunteers at Maumelle Center on the Lake.  
April 17-23 2021

### Tuesday -April 20, 2021

#### *Virtual Companion*

Be a virtual companion to someone who's shut in.

You will get a list of five or ten names from MCOTL that you would call on this day. Just to let them know they are missed and thought of.

You can also write a hand written note, use those skills that we seldom do anymore.

### Wednesday- April 21, 2021

#### *8 until 1:00 pm*

Flower design and delivery to homebound and shut-ins.

One of our most well received and appreciated events. Who wouldn't love to get fresh flowers.

### Thursday-April 22, 2021

#### *Time slots from 1-4, 12 people at each time slot per every 30 minutes.*

Earth Day- "Volunteers, come grow with us."

We will have all that you need to grow an herb. If you're unable to attend please contact Kim to pick up your supplies.

### Friday- Drive through Ice Cream Social

#### *12:30-1:30*

*Volunteers, please RSVP so that we have enough for all to enjoy.*

As an appreciation for all that you do for Center on the Lake we will have a drive through Ice Cream social. We couldn't run this wonderful place without all of you. You are our, "ROCK STARS."

## VOLUNTEER CORNER

Greetings all,

Sure do miss all of you. How are things in your world? Are you navigating your new norm?

As we navigate our new normal there's a few things or ideas we are pondering that you may be able to help us with. Since virtual is now a part of our lives, what are you finding interest with, how do you keep connected and what are your new past times? Is there anything that we can offer to help guide you and give you direction? If so, what are you looking for? Any resources we might be able to offer? Even though this has been a difficult time I know that it has allowed me to do a few things that I've needed to do, no doubt that I wouldn't have done them unless I was forced to do so. Before we go back to a new "normal" what are you wanting to keep from this time? What are you wanting to let go of?

Lots of questions, I know, but with questions come answers and direction and both are valuable as we venture through this unique time of life. National volunteer week is April 17-24, 2021. Come celebrate with me! Check out the details of how we'll celebrate either on our web page or in this booklet. We are going to be doing a can food drive the 12-16 of April. And handing them out on the 17<sup>th</sup>. If you are able to help with this project please let me know. Cheers to a new norm! Looking forward to hearing from you!

Kim

## BONUS WEEK

### **Bonus Week**

#### **Demo Dirty Thirty**

Mon/Tue/Wed/Thu/Fri/Sat

3/01/21-3/05/21

5:15-6:00am

Instructor: Misti Sweere

In-Person or Virtual

Exercise with Misti to improve your health and well-being! This 45 minute, in-person class will meet Monday through Friday featuring floor work, weights, cardio, balance, and stamina. Get ready to work hard and feel great! This class will have modifications but is designed for moderate to advanced exerciser. Class members are highly encouraged to take class Monday through Friday for best results.

#### **Demo Strength Training**

Mon/Wed/Fri

3/01/21-3/05/21

11:00-11:45am

Instructor: Jenny Corbusier, Certified Instructor and Personal Trainer

In-Person or Virtual

Join Jenny C, a certified instructor and personal trainer, and be on your way to better health. This class is designed to increase muscle tone, bone strength, and reduce the signs and symptoms of chronic disease. Workouts are done with light weight and a chair.

#### **Demo Upper Body Strength Training**

Mon/Wed

3/01/21-3/03/21

7:00-7:30am

Instructor: Jenny Corbusier

In-Person or Virtual

Upper Body Strength Training is a 30-minute class dedicated to building a stronger upper body and improving balance. Course level ranges from beginner to intermediate.

#### **Demo Lower Body Strength Training**

Tue/Thu

3/02/21-3/04/21

7:00-7:30am

Instructor: Jenny Corbusier

In-Person or Virtual

Lower Body Strength Training is a 30-minute class dedicated to building a stronger lower body and improving balance. This class is for beginner to intermediate exerciser.

#### **Demo Morning Movers**

All Weekday

3/01/21-3/05/21

8:00-8:40am

Instructor: Nicole Vogler

In-Person or Virtual

This Cardio class keeps you moving! Come join the fun! No fee during bonus week.

#### **Demo Wake Up Your Joints**

Mon/Wed/Fri

3/01/21-3/05/21

10:00-10:30am

Instructor: Nicole Vogler

Exercise level is beginner. Arthritis, joint stiffness got you down? Join Nicole for this class that focuses on stretching your joints.

#### **Demo Yoga on a Ball**

Mon/Wed

3/01/21-3/03/21

8:45-9:30am

Instructor: Jeanie Pierson

In-Person or Virtual

Yoga on a Ball blends ancient yoga techniques with a total body workout using an exercise ball that encourages muscle sculpting and deep breathing. This creates a rejuvenating flow of energy that leaves you feeling strong and centered. It is Yoga for all ability levels - low impact, body strengthening and toning - great for balance. Maximum 3 for in-person classes. Course level is beginner to intermediate with modifications given.

## **BONUS WEEK**

### **Demo Chair Yoga**

Tue/Thu  
3/02/21-3/04/21  
9:15-10:00am  
Facilitator: Staff or Volunteer

A class that teaches the benefits of quiet stretching and joint movements. Class will utilize video and internet instruction.

### **Demo Beginning Yoga with Joy**

Tue/Thu  
3/02/21-3/04/21  
8:45-9:45am  
Instructor: Joy Reed  
In-Person or Virtual

This is an hour-long beginning class with standing, seated, and lying down postures. No previous experience with yoga is necessary. The pace is slow and we focus on gradually increasing strength, balance, and flexibility. Students are encouraged to use props and to modify or omit poses as needed. Please consider bringing your own mats, straps, blankets and bolster.

### **Demo Gentle Yoga with Joy**

Tue/Thu  
3/02/21-3/04/21  
11:00-11:45am  
Instructor: Joy Reed  
In-Person or Virtual

Relieve tension and safely increase mobility in Gentle Yoga, a class for beginning and advanced practitioners alike. It's an excellent introduction for those who have never tried yoga before. The focus is on gentle stretching, deep breathing, and stress relief. All poses are performed seated or lying down. Class length is 45-minutes. Wear comfortable clothing that allows for free movement. Students will need to bring their own mats, straps, blankets and bolster.

### **Demo Bridge Group**

Tue/Fri  
3/02/21-3/05/21  
12:00-2:30pm  
Facilitators: Sue Hylton

All skill levels are invited to attend, and one-on-one assistance is offered, if needed. 681-6011 by 10 am on Tuesday or Friday to reserve 1 of the 8 chairs available.

### **Demo Walk with Ease**

Mon/Tue/Thu  
3/01/21-3/04/21  
9:00-10:00am  
Facilitator: Roberta Faulkner

This program will help participants understand the 4 main types of arthritis. Participants will learn benefits of walking for someone afflicted with arthritis. This course is a great starting point for anyone who would like to begin walking as a way to relieve pain from arthritis. Participants who sign up for this evidenced-based program are encouraged to meet at the Center on Monday, Tuesday, and Thursday to walk the paths around Lake Willastein along with other participants in the program. Everyone is encouraged to walk at his or her own pace. Benefits of this program include:

- Decreased pain
- Improved physical ability
- Increased strength
- Improved balance

### **Demo Begin Moving w/Ease w/Qi Gong**

Mon/Wed/Fri  
3/01/21-3/05/21  
10:45-11:30am  
Facilitator: Sybil Babington

This class is great for people with physical challenges of all kinds. Gentle exercises may be done seated or standing to improve flexibility, range of motion, balance & muscle strength. We will focus on improving body alignment and abdominal breathing to enhance wellness.

### **Demo Qi Gong Basics for Beginners**

Tue/Thu  
3/02/21-3/04/21  
10:00-10:45am  
Facilitator: Sybil Babington

This class is great for people with physical challenges of all kinds. Gentle exercises may be done seated or standing to improve flexibility, range of motion, balance & muscle strength. We will focus on improving body alignment and abdominal breathing to enhance wellness.

## BONUS WEEK-Continued

### Demo Qi Gong and Tai Chi: Beyond the Basics

Mon/Wed/Fri

3/01/21-3/05/21

9:00-9:45am

Facilitator: Kim White

This class is for people who are familiar with the basics of Qi Gong and Tai Chi including proper stance, balance and breathing techniques. With these basics, the class moves into the health and elegance of Qi Gong and Tai Chi movements and poses.

### Demo Tabata Bootcamp

Tue/Wed/Thu

3/02/21-3/04/21

3:00-3:45pm

Instructor: Trish Hogan, Certified Tabata Boot Camp

Instructor

In-Person or Virtual

This class is based on High, Intensity, Interval Training(HIIT). This HIIT training will help deliver amazing body transformation results! The class is a 3 day a week, total body workout that focuses on lower body, upper body, and core; providing cardio and strength. This class is a calorie drenching workout and post metabolic boost.

### Demo Encore Tabata Bootcamp

Tue/Wed/Thu

3/02/21-3/04/21

6:00-6:45am

Instructor: Trish Hogan, Certified Tabata Boot Camp

Instructor

Virtual Only

This class is based on High, Intensity, Interval Training(HIIT). This HIIT training will help deliver amazing body transformation results! The class is a 3 day a week, total body workout that focuses on lower body, upper body, and core; providing cardio and strength. This class is a calorie drenching workout and post metabolic boost.

### Demo Bean Bag Baseball

Mon/Wed/Fri

3/01/21-3/05/21

12:00-1:30pm

Facilitator: Jean Dutton

Friendly practice BBB games for team members to hone their skills. New players welcome!

MARCH 2ND-7TH

### Demo Canasta Plus-Monday/Wednesday

Mon

3/01/21-3/01/21

12:00-2:30pm

Facilitator: Mary Jo Cline

Canasta "Plus." We will play fun canasta card games "plus" we may play other interesting card games. Come join the fun! Due to limited number of players, participants are asked to choose Monday OR Wednesday.

### Demo Wii Bowling

Mon/Wed/Fri

3/01/21-3/05/21

12:00-3:00pm

Facilitator: June Whyte

Wii bowling is similar to normal bowling. The player attempts to knock down 10 pins with a ball controlled by motion and hand-held device. Lots of fun without the heavy ball!

### Demo Pitch Card Game

Mon/Fri

3/01/21-3/05/21

1:45-3:45pm

Facilitator: Larry Egger

Pitch is a game of English origin and dates back to the 17th century. There are many versions of Pitch, and while the rules have changed greatly over the years, the essential feature has always been the scoring of high, low, jack, and the game. Minimum: 4 Maximum: 8.

### Demo Scrabble

Thursday

3/04/21

1:00-4:00pm

Facilitator: Linda Tharp

This is a word game using tiles with letters to form words in crossword fashion to score points. A great way to strengthen your memory and make new friends! Minimum: 4 Maximum: 8.

### Demo Advanced Line Dancing

Tuesday, 3/02/21

6:00-7:45pm

Facilitator: Nancy Dwidelith

Advanced Line Dancing.

**Demo Card Making**

Wednesday, 3/03/21  
10:00-11:00am  
Instructor: Patience Holt

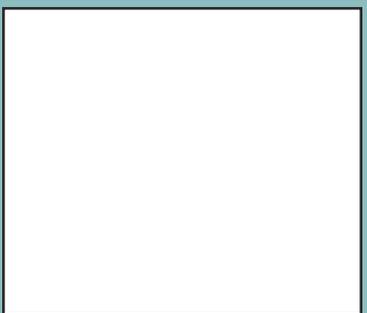
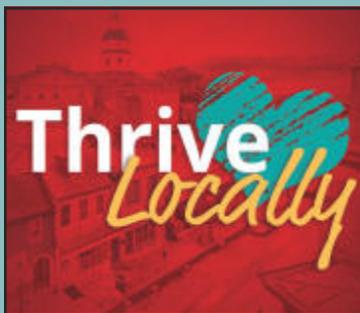
Card making will be a fun and creative way to make professional looking cards to send to your friends and family. The instructor will provide ready-cut card stock, embellishments, stamped images on cardstock, and have watercolor pencils available. Packets of supplies will be available for participants to pick up at Center. Supplies you will need to provide at home include access to water, some type of glue or adhesive, a ruler and scissors. Watercolors and pencils can be used in future classes.

**Demo Beginning Mah Jongg**

Thursday, 3/04/21  
1:00-4:00pm  
Facilitator: Shelia Young

American Mah Jongg is a tile game in which you match tiles to fit a pattern on an American Mah Jongg card. Participants will need to purchase a their own card. A new card must be purchased each year. ATTENDANCE AT THE FIRST CLASS IS MANDATORY! Minimum: 3 Maximum: 9

Class/event sizes have been limited due to COVID-19 Directives. Class sizes will be adjusted if/when directives change.



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## FITNESS

### Dirty Thirty -In Person Class

Weekdays

3/08/21-4/30/21

5:15-6:00am

Gold Member: No Fee

Silver Member: \$50

Instructor: Misti Sweere

Exercise with Misti to improve your health and well-being! This 45-minute, in-person class will meet Monday through Friday featuring floor work, weights, cardio, balance, and stamina. Get ready to work hard and feel great! This class will have modifications but is designed for moderate to advanced exerciser. Class members are highly encouraged to take class Monday through Friday for best results. Gold members may register at no cost, as space allows.

### Dirty Thirty -Virtual Class

Weekdays

3/08/21-4/30/21

5:15-6:00am

Gold Member: No Fee

Silver Member: \$50

Instructor: Misti Sweere

Exercise with Misti to improve your health and well-being! This 45-minute, virtual class will meet Monday through Friday featuring floor work, weights, cardio, balance, and stamina. Get ready to work hard and feel great! This class will have modifications but is designed for moderate to advanced exerciser. Class members are highly encouraged to take class Monday through Friday for best results.

### Strength Training-In Person Class

Mon/Wed/Fri

3/08/21-4/30/21

11:00-11:45am

Class Fee-\$45.00

Instructor: Jenny Corbusier, Certified Instructor and Personal Trainer

Join Jenny C, a certified instructor and personal trainer, and be on your way to better health. This class is designed to increase muscle tone, bone strength, and reduce the signs and symptoms of chronic disease. Workouts are done with light weight and a chair.

### Strength Training-Virtual Class

Mon/Wed/Fri

3/08/21-4/30/21

11:00-11:45am

Class Fee-\$45.00

Instructor: Jenny Corbusier, Certified Instructor and Personal Trainer

Join Jenny C, a certified instructor and personal trainer, and be on your way to better health. This class is designed to increase muscle tone, bone strength, and reduce the signs and symptoms of chronic disease. Workouts are done with light weight and a chair.

### Upper Body Strength Training -In Person Class

Mon/Wed

3/08/21-4/28/21

7:00-7:30am

Gold Members-\$25.00

Silver Members-\$35.00

Instructor: Jenny Corbusier

Upper Body Strength Training is a 30 minute class dedicated to building a stronger upper body. Course level ranges from beginner to intermediate.

### Upper Body Strength Training-Virtual Class

Mon/Wed

3/08/21-4/28/21

7:00-7:30am

Gold Members-\$25.00

Silver Members-\$35.00

Instructor: Jenny Corbusier

Upper Body Strength Training is a 30-minute class dedicated to building a stronger upper body. Course level ranges from beginner to intermediate.

### Lower Body Strength Training- In Person Class

Tue/Thu

3/09/21-4/29/21

7:00-7:30am

Gold Members-\$25.00

Silver Members-\$35.00

Instructor: Jenny Corbusier

Lower Body Strength Training is a 30-minute class dedicated to building a stronger lower body and improving balance. Course level is beg-int.

**Lower Body Strength Training-Virtual Class**

Tue/Thu  
3/09/21-4/29/21  
7:00-7:30am  
Gold Members-\$25.00  
Silver Members-\$35.00  
Instructor: Jenny Corbusier

Lower Body Strength Training is a 30-minute class dedicated to building a stronger lower body and improving balance. This class is for the beginner to intermediate exerciser.

**Morning Movers-In Person Class**

All Weekdays  
3/08/21-4/30/21  
8:00-8:40am  
Class Fee-\$5.00  
Facilitator: Nicole Vogler

This cardio class keeps you moving! Come join the fun!

**Morning Movers-Virtual Class**

All Weekdays  
3/08/21-4/30/21  
8:00-8:40am  
Class Fee-\$5.00  
Facilitator: Nicole Vogler

This cardio class keeps you moving! Come join the fun!

**Wake Up Your Joints-In Person Class**

Every Mon/Wed/Fri  
3/08/21-4/30/21  
10:00-10:30am  
Class Fee-\$5.00  
Facilitator: Nicole Vogler

Exercise level is beginner. Arthritis, joint stiffness got you down? Join Nicole for this class that focuses on stretching your joints. Participants will use weights, bands and chairs in this new class.

**Yoga on a Ball-In Person Class**

Every Mon/Wed  
3/08/21-4/28/21  
8:45-9:30am  
Class Fee-\$5.00  
Instructor: Jeanie Pierson

Yoga on a Ball blends ancient yoga techniques with a total body workout using an exercise ball that encourages muscle sculpting and deep breathing. This creates a rejuvenating flow of energy that leaves you feeling strong and centered. Yoga for all ability levels - low impact, body strengthening and toning - great for balance. Maximum 3 for in-person classes. Course level is beginner to intermediate with modifications given.

**Yoga on a Ball-Virtual Class**

Every Mon/Wed  
3/08/21-4/28/21  
8:45-9:30am  
Class Fee-\$5.00  
Instructor: Jeanie Pierson

Yoga on a Ball blends ancient yoga techniques with a total body workout using an exercise ball that encourages muscle sculpting and deep breathing. This creates a rejuvenating flow of energy that leaves you feeling strong and centered. Yoga for all ability levels - low impact, body strengthening and toning - great for balance. Maximum 3 for in-person classes. Course level is beginner to intermediate with modifications given.

**Chair Yoga-In Person Class**

Every Tue/Thu  
3/09/21-4/29/21  
9:15-10:00am  
Class Fee-\$5.00  
Facilitator: Staff or Volunteer

A class that teaches the benefits of quiet stretching and joint movements. This class will utilize video and internet instruction.

## **FITNESS, CONTINUED..**

### **Beginning Yoga with Joy-In Person Class**

Every Tue/Thu  
3/09/21-4/29/21  
8:45-9:45am  
Class Fee-\$45.00  
Instructor: Joy Reed

This is an hour-long beginning yoga class with standing, seated, and lying down postures. No previous experience with yoga is necessary. The pace is slow and we focus on gradually increasing strength, balance, and flexibility. Students are encouraged to use props and to modify or omit poses as needed. Please consider bringing your own mats, straps, blankets and bolster.

### **Beginning Yoga with Joy-Virtual Class**

Every Tue/Thu  
3/09/21-4/29/21  
8:45-9:45am  
Class Fee-\$45.00  
Instructor: Joy Reed

This is an hour-long beginning yoga class with standing, seated, and lying down postures. No previous experience with yoga is necessary. The pace is slow and we focus on gradually increasing strength, balance, and flexibility. Students are encouraged to use props and to modify or omit poses as needed. Please consider bringing your own mats, straps, blankets and bolster.

### **Gentle Yoga with Joy-In Person Class**

Every Tue/Thu  
3/09/21-4/29/21  
11:00-11:45am  
Class Fee-\$45.00  
Instructor: Joy Reed

Relieve tension and safely increase mobility in Gentle Yoga, a class for beginning and advanced practitioners alike. It's an excellent introduction for those who have never tried yoga before. The focus is on gentle stretching, deep breathing, and stress relief. All poses are performed seated or lying down. Class length is 45 minutes. Wear comfortable clothing that allows for free movement. Please consider bringing your own mats, straps, blankets and bolster.

### **Gentle Yoga with Joy-Virtual Class**

Every Tue/Thu  
3/09/21-4/29/21  
11:00-11:45am  
Class Fee-\$45.00  
Instructor: Joy Reed

Relieve tension and safely increase mobility in Gentle Yoga, a class for beginning and advanced practitioners alike. It's an excellent introduction for those who have never tried yoga before. The focus is on gentle stretching, deep breathing, and stress relief. All poses are performed seated or lying down. Class length is 45 minutes. Wear comfortable clothing that allows for free movement. Please consider bringing your own mats, straps, blankets and bolster.

### **Begin Moving w/Ease w/Qi Gong-In Person Class**

Mon/Wed/Fri  
3/08/21-4/30/21  
10:45-11:30am  
Class Fee-\$5.00  
Facilitator: Sybil Babington

This class is great for people with physical challenges of all kinds. Gentle exercises may be done seated or standing to improve flexibility, range of motion, balance & muscle strength. We will focus on improving body alignment and abdominal breathing to enhance wellness. Maximum 3.

### **Qi Gong Basics for Beginners-In Person Class**

Tue/Thu  
3/09/21-4/29/21  
10:00-10:45am  
Class Fee-\$5.00  
Facilitator: Sybil Babington

This class is great for people with physical challenges of all kinds. Gentle exercises may be done seated or standing to improve flexibility, range of motion, balance & muscle strength. We will focus on improving body alignment and abdominal breathing to enhance wellness. Maximum 9.

## MARCH/APRIL

### Qi Gong and Tai Chi: Beyond the Basics In-Person Class

Mon/Wed/Fri

3/08/21-4/30/21

9:00-9:45am

Class Fee-\$5.00

Facilitator: Kim White

This class is for people who are familiar with the basics of Qi Gong and Tai Chi including proper stance, balance and breathing techniques. With these basics the class moves into the health and elegance of Qi Gong and Tai Chi movements and poses. Max 9.

### Walk with Ease-In Person Class

Mon/Tue/Thu

3/08/21-4/29/21

9:00-10:00am

Class Fee-\$5.00

Instructor: Roberta Faulkner

This program will help participants understand the 4 main types of arthritis. Participants will learn benefits of walking for someone afflicted with arthritis. This course is a great starting point for anyone who would like to begin walking as a way to relieve pain from arthritis. Participants who sign up for this evidenced-based program are encouraged to meet at the Center on Monday, Tuesday, and Thursday to walk the paths around Lake Willastein along with other participants in the program. Everyone is encouraged to walk at his or her own pace. Benefits of this program include:

- Decreased pain
- Improved physical ability
- Increased strength
- Improved balance

### Pinnacle Mountain Hike and Picnic Lunch

Friday, 4/09/21

11:00-2:00pm

Van Fee \$7.00

It is spring in Arkansas, what a great time to get outdoors, enjoy a short hike, and have a picnic. Join us on a field trip for a beautiful short hike at Pinnacle Mountain State Park. Bring a picnic lunch and we will eat lunch at the picnic tables in the park. A van will leave at 11:00 am from Center on the Lake and will return at approximately 2 pm.

Van fee is \$7.00. Please register at Front Desk. Trip will close when filled to capacity and/or one week prior to event. Max 5 participants

### Tabata Bootcamp-In-Person Class

Tue/Wed/Thu

3/09/21-4/29/21

3:00-3:45pm

Class Fee-\$40.00

Instructor: Trish Hogan, Certified Tabata Boot Camp Instructor

This class is based on High, Intensity, Interval Training(HIIT). This HIIT training will help deliver amazing body transformation results! The class is a 3-day a week, total body workout that focuses on lower body, upper body, and core; providing cardio and strength. This class is a calorie drenching workout and post metabolic boost. The program fee will help cover cost of new equipment purchased for this class.

### Tabata Bootcamp-Virtual Class

Tue/Wed/Thu

3/09/21-4/29/21

3:00-3:45pm

Class Fee-\$40.00

Instructor: Trish Hogan, Certified Tabata Boot Camp Instructor

This class is based on High, Intensity, Interval Training(HIIT). This HIIT training will help deliver amazing body transformation results! The class is a 3-day a week, total body workout that focuses on lower body, upper body, and core; providing cardio and strength. This class is a calorie drenching workout and post metabolic boost. The program fee will help cover cost of new equipment purchased for this class.

### Tabata Encore Bootcamp-Virtual Class

Tue/Wed/Thu

3/09/21-4/29/21

6:00-6:45pm

Class Fee-\$40.00

Instructor: Trish Hogan, Certified Tabata Boot Camp Instructor

This class is based on High, Intensity, Interval Training(HIIT). This HIIT training will help deliver amazing body transformation results! The class is a 3-day a week, total body workout that focuses on lower body, upper body, and core; providing cardio and strength. This class is a calorie drenching workout and post metabolic boost. The program fee will help cover cost of new equipment purchased for this class.

## Financial Assessment for CEO Dental Program

Wednesday, 3/03/21

9:00-11:00am OR 1:00-3:00 pm

**Members will need check in at front desk on day and time of financial assessment.**

**No pre-registration prior to day of event.**

**Please read below for more details of the program**

### Counting on Each Other Inc. 16th Annual Senior Dental Program 2021 Program Guidelines

- Applicants must attend (1) of the scheduled Financial Assessments for program
- Application must be COMPLETE on date of Financial Assessment
- Applicants must be members of Maumelle Center on the Lake
- Financial documentation (previous month bank statement or statement from bank of previous 30 days of activity) must be provided and attached to application (copies can be made at Financial Assessment) & current medical card
- Participants insurance will be used first (if available), any remaining balanced paid by Counting on Each Other, Inc. to dental clinic.
- Applicants who live in household with 2 or more people, must attach to application financial information on all household members (previous month bank statement or statement from bank of previous 30 days of activity)
- Qualified applicants will be scheduled for upcoming Dental Assessment w/participating dentist
- Dentists will rank the applicants based on the dental needs found at Dental Assessment.
- All approved participants will be assigned a dental clinic for this program cycle. Dental clinic assigned is final.
- All dental work provided will be medically necessary and not cosmetic.
- Counting on Each Other Inc. will be responsible for costs of the dental care noted by the dentists at the Dental Assessment only. Any dental needs that arise after the assessment will not be covered by this program, unless prior written approval authorized by CEO board.
- Assistance will depend on available funds
- All information received from program will be kept confidential and may be subject to HIPAA.
- City of Maumelle, Department of Senior Services staff assist Counting on Each Other Inc. in administration of Senior Dental Program
- Counting on Each Other Inc. sets the policies and procedures and funds the Senior Dental Care Program
- Participant may not miss more than two scheduled dental appointments in program cycle or become subject to dropped from the program cycle
- Appeal process-Decision may be appealed within 30 days by majority decision of Counting on Each Other, Inc. board. The board meets the first Monday of each month. All appeals must be made in writing. The CEO, Inc. board will respond within one week after board meeting.

### Maximum Income Guidelines Per Month & Year

	Monthly Income	Annual Income
Household of 1	up to \$1,449	or \$17,388 annually
Household of 2	up to \$1,959.75	or \$23,517 annually
Household of 3+	Please ask for more info	

**Treatment of Injuries and Disorders of the Foot and Ankle, Sponsored by Arkansas Surgical Hospital-In Person Event**

Thursday, 3/18/21

12:00-2:00pm

Presented by Arkansas Surgical Hospital  
Presenter is Dr. Kevin M. Goodson, MD

Common Complaints of the foot & Ankle. Presentation will include treatment of injuries and disorders of the foot and ankle. Kent Charles from Baptist Health Therapy Centers will follow up Dr. Goodson's presentation with non-surgical rehab of ankle injuries and rehab following a surgery. Please register to attend this special event! Space will be limited, register at front desk.

**Treatment of Injuries and Disorders of the Foot and Ankle, Sponsored by Arkansas Surgical Hospital-Virtual Event**

Thursday, 3/18/21

12:00-2:00pm

Presented by Arkansas Surgical Hospital  
Presenter is Dr. Kevin M. Goodson, MD

Common Complaints of the foot & Ankle. Presentation will include treatment of injuries and disorders of the foot and ankle. Kent Charles from Baptist Health Therapy Centers will follow up Dr. Goodson's presentation with non-surgical rehab of ankle injuries and rehab following a surgery. Please register to attend this special event! Space will be limited, register at front desk.

Maumelle Center on the Lake | 15



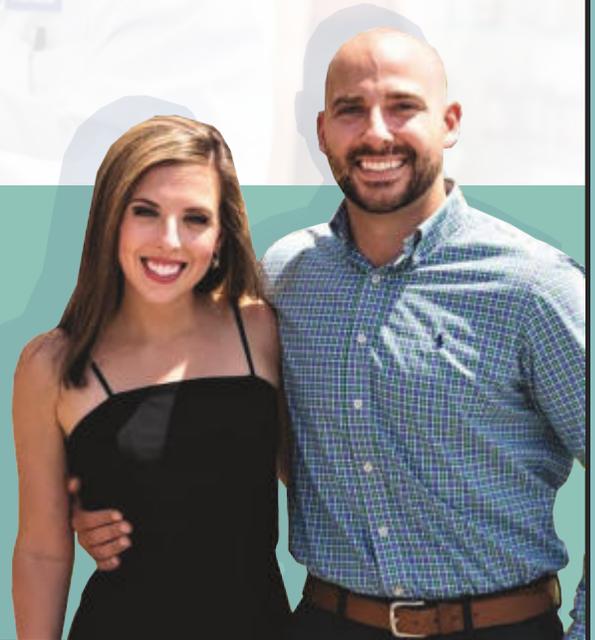
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**Grief Support-Virtual Class**

Wed  
3/10/21-4/21/21  
10:00-11:00am  
No Class Fee  
Facilitator: Dr. Mary Ann Stafford

Grief is a normal reaction to a major loss; whether death, divorce, dementia, or other. Learning about the mourning process and being able to tell our story to others who are also grieving, eases the pain and may even shorten the healing time. All discussions are confidential.

**Grief Support for Bereaved-In Person Event**

Tue  
3/09/21-4/27/21  
10:00-11:30am  
No Class Fee  
Facilitator: Dr. Mary Ann Stafford

Grief is a normal reaction to a major loss; whether death, divorce, dementia, or other. Learning about the mourning process and being able to tell our story to others who are also grieving, eases the pain and may even shorten the healing time. All discussions are confidential.

**Bean Bag Baseball-In Person Class**

Mon/Wed/Fri  
3/08/21-4/30/21  
12:00-1:30pm  
No Class Fee  
Facilitator: Jean Dutton

Friendly practice BBB games for team members to hone their skills. New members are welcome. Please register to participate in this event.

**Canasta Plus-Monday In Person Event**

Mon  
3/08/21-4/26/21  
12:00-2:30pm  
No Class Fee  
Facilitator: Mary Jo Cline

Canasta "Plus." We will play fun canasta card games "plus" we may play other interesting card games. Come join the fun! Due to limited number of players, participants are asked to choose Monday OR Wednesday.

**Canasta Plus-Wednesday In Person Event**

Wed  
3/10/21-4/28/21  
12:00-2:30pm  
No Class Fee  
Facilitator: Mary Jo Cline

Canasta "Plus." We will play fun canasta card games "plus" we may play other interesting card games. Come join the fun! Due to limited number of players, participants are asked to choose Monday OR Wednesday.

**Wii Bowling-In Person Event**

Mon/Wed/Fri  
3/08/21-4/30/21  
12:00-3:00pm  
No Class Fee  
Facilitator: June Whyte

Wii bowling is similar to normal bowling. The player attempts to knock down 10 pins with a ball controlled by motion and hand-held device. Lots of fun without the heavy ball!

**Bridge Group-In Person Event**

Tue/Fri  
3/09/21-4/30/21  
12:00-2:30pm  
No Class Fee  
Facilitators: Sue Hylton

The ladies and gentlemen in Bridge Group have a great time! All skill levels are invited to attend, and one-on-one assistance is offered, if needed. Up to 40 people may register to sign up for session. Participants must call Sue Hylton at 681-6011 by 10 am on Tuesday or Friday to reserve one of the 8 chairs available. Play will be available on a first come, first serve basis.

**Pitch Card Game**

Mon/Fri  
3/01/21-3/05/21  
1:45-3:45pm  
Facilitator: Larry Egger

Pitch is a game of English origin and dates back to the 17th century. There are many versions of Pitch, and while the rules have changed greatly over the years, the essential feature has always been the scoring of high, low, jack, and the game. Min:4 Max:9

**Advanced Line Dancing-In Person Event**

Tue  
3/09/21-4/27/21  
6:00-7:45pm  
Advanced Line Dancing. Class fee is \$5.

**Card Making-In Person Class**

Wed  
3/10/21-4/28/21  
10:00-11:00am  
Class Fee-\$40.00  
Instructor: Patience Holt

Card making will be a fun and creative way to make professional looking cards to send to your friends and family. The instructor will provide ready-cut card stock, embellishments, stamped images on cardstock, and have available water color pencils. Watercolors and pencils can be used in future classes.

**Beginning Mah Jongg-In Person Event**

Thur  
3/11/21-4/29/21  
1:00-4:00pm  
No Class Fee  
Facilitator: Shelia Young

American Mah Jongg is a tile game in which you match tiles to fit a pattern on an American Mah Jongg card. Participants will need to purchase a their own card. A new card mst be purchased each year. ATTENDANCE AT THE FIRST CLASS IS MANDATORY! Minimum: 3 Maximum: 8. Please register to participate in this event.

**Daffodils at Wye Mountain and Lunch at Food Trucks**

Friday, 3/12/21  
10:00-2:00pm  
Van Fee \$14.00

It's spring in Arkansas, and that means Daffodils and other flowers are pushing up and blooming. Join us on a beautiful tour of Wye Mountain, 18-acre farm with Daffodils covering over 3 acres. Bring money for lunch and flower bulbs you may wish to purchase. A van will leave at 9:00 am from Center on the Lake and will return at approximately 2 pm. Van fee is \$14.00. Please register at Front Desk. Trip will close when filled to capacity and/or one week prior to event. Max 5 participants

**Scrabble-In Person Event**

Thu  
3/11/21-4/29/21  
1:00-4:00pm  
No Class Fee  
Facilitator: Linda Tharp

This is a word game using tiles with letters to form words in crossword fashion to score points. A great way to strengthen your memory and make new friends! Minimum: 4 Maximum: 8.

**Lifelong Learning**

**Dulcimer Jam**

Thu  
3/11/21-4/29/21  
1:00-2:30pm  
Facilitators: Don & Diane Johnson

The Center's Dulcimer group meets to work on techniques and learn new tunes. Newcomers are welcome. You must have your own dulcimer and know the basics. Other acoustic instruments are welcome. Class fee is \$5.

**Conversational Spanish I -In Person Class**

Every other Mon  
3/08/21, 3/22/21, 4/5/22, 4/19/21  
5:00-6:45pm  
Gold Member Class Fee-\$20.00  
Silver Member Class Fee-\$25.00  
Facilitator: Denise Fleming

Conversational Spanish for beginners! We will incorporate basic language pronunciation and useful phrases for everyday situations and travel. Learning will come from group activities, printed materials and music! \$35 for gold members. Minimum:4 Maximum 6.

**Conversational Spanish II -In Person Class**

Tue  
3/09/21-4/27/21  
5:00-6:45pm  
Gold Member Class Fee-\$35.00  
Silver Member Class Fee-\$40.00  
Facilitator: Denise Fleming

Conversational Spanish for beginners! We will incorporate basic language pronunciation and useful phrases for everyday situations and travel. Learning will come from group activities, printed materials and music! Minimum:4 Maximum 6.

Counting on Each Other

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**For Information Contact**

**Lawanda 681-4239 or Nila 539-0140**

All proceeds benefit Counting on Each Other, Inc.  
a non-profit benefiting Senior citizens in our community.

**406 Edgewood Dr. Maumelle, AR 72113**

# In Partnership with Arkansas Game & Fish Commission

## Fishing Event

Friday, 4/16/21

9:00-12:00pm

Arkansas Game and Fish Commission and the City of Maumelle invite you to Lake Valencia for the largest senior fishing event in Arkansas! Open to all seniors over the age of 50. ARGFC requires participants to PRE-REGISTER for this event. Registration begins February 22<sup>nd</sup>, 2021. Fishing license is required.

Come out and fish, enjoy music, and door prizes. Registered participants will receive a ticket for door prizes that will be given away to participants.

Due to COVID19 restrictions the following changes have occurred for this event:

Bait & fishing equipment will be the responsibility of the participants. Groups will have a minimum of 10 ft of separation and up to 8 people per group.

Hand sanitizer will be available and the check-in tent will be marked. Event participants must wear a mask anytime they are within 6 ft of other participants.

Organizers and volunteers will wear face coverings at all times. Please register to attend event by 4/16/21!

## Kayak Event

Monday, 4/19/21

1:00-3:00pm

Instructor: Chanel Pennington,

Intro to Kayaking

Location: Meet in the Washington room at MCOTL/ Kayaking will take place at Lake Willastein

Arkansas Game and Fish Commission and the Maumelle Center on the Lake invite you to attend an Introduction to Kayaking Class. The Arkansas Game and Fish Commission will provide all of the equipment and instruction you will need for this event.

Maximum of 10 participants.

All participants, organizers and volunteers are required to wear a mask during programs and practice social distancing.

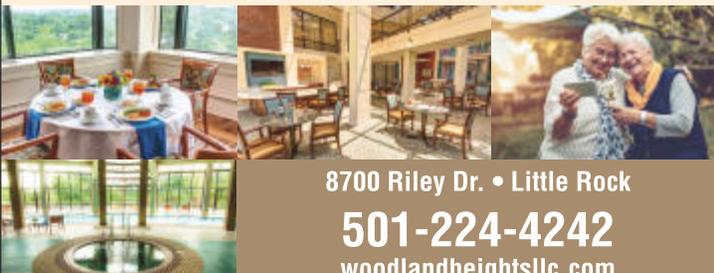
ARGFC requires participants to PRE-REGISTER for this event. Registration begins February 22<sup>nd</sup>, 2021.

Fishing license required.



**Nestled in a secluded forest** of evergreen and oak, Woodland Heights is the premier senior living community in the region. We are setting the standard for independent living, assisted living, and memory care in a community setting. Our focus is on your quality of life, so you can enjoy each day – your own way.

From social dining and recreation opportunities, to personal care services that can assist with daily life – it's all here. Being a part of a community of care and support while being surrounded by friends is the best of all worlds. We welcome you to join us at Woodland Heights.



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Because senior citizens are the **#1 target** of healthcare fraud and scams, the Arkansas Senior Medicare Patrol (SMP) empowers seniors statewide to protect, detect and report! For a free educational presentation call **866-726-2916**

If you have questions about charges on your Medicare statement, are interested in volunteering, or would like to schedule a free speaker call or email the Arkansas SMP — **866-726-2916**  
Kathleen.Pursell@dhs.arkansas.gov

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# SHRED IT - MAUMELLE

**Saturday, April 3rd  
9:00am - 1:00pm**

**Maumelle Center on the Lake  
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COUNTING ON EACH OTHER

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All proceeds will go to  
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senior citizens in our community.  
Shredding services donated by  
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## Shuttle Service

### Center Shuttle Monday- Friday

Curbside shuttle service is from residences within Maumelle to the Center and return home.

#### RESERVATIONS

- Reservations may be made up to one (1) month prior, but at least by 8:00 a.m. the day of the service.
- Best efforts are made to stay on schedule, but this is a shared service with multiple passengers and locations.
- Pickups to the Center
  - 8:30 a.m.
  - 10:30 a.m.
  - 12:15 p.m.
- Returns from the Center
  - 11:00 a.m.
  - 12:15 p.m.
  - 3:00 p.m.

### Around Town Shuttle Tuesday & Thursday Monday- Friday 8:30 a.m. - 1:00 p.m.

The Around Town Shuttle is available to transport members to any destination within the city limits of Maumelle; Bank, Center, Grocery Store, Dentist, Pharmacy, Hair Salon, Medical Clinic, etc.

#### RESERVATIONS

- Reservations may be made up to one (1) month prior, but at least by 8:00 a.m. the day of the service.
- Provide all destination(s) at the time of the request; limit three (3) per day. Last stop home.
- Best efforts are made to stay on schedule, but this is a shared service with multiple passengers and locations.
- Member should only buy what they are able to carry, as carts may not be available.
- Transferring items to and into a residence is the member's responsibility.
- Driver/Van Buddy:
  - Only permitted to assist with transferring items to and from the shuttle.
  - May retrieve a cart (if available) to carry items
  - Not permitted to handle financial transactions, enter drive through lanes, or enter a member's residence.

### Maumelle Shuttle Express Monday

Curb to curb Shuttle service from residence to Walmart, Maumelle Boulevard.

#### RESERVATIONS Call the Center 8:00am-8:30am on Monday

- Residence pickup:
- 9:00am-10:00am
- Return residence pickup:
- 10:00am-11:30am

For any questions or concerns,  
please contact:

**Maumelle Center on the Lake**  
**2 Club Manor Cove**  
**Maumelle, Arkansas 72113**  
**501-851-4344**

[www.maumellecenteronthelake.org](http://www.maumellecenteronthelake.org)

# Non-Emergency Medical Shuttle Service

## GENERAL INFORMATION

Non-Emergency Medical Transit is available to transport members to their appointments.

## RESERVATIONS

- Reservations must be made only with the Coordinator of Transportation (or designee, if out of office) in person, by email, or by telephone.
- Reservations are for non-emergency medical appointments within central Arkansas (approximately 30 minutes or miles, 1 way).
- Reservations may be made up to three (3) months prior, but at least seven (7) calendar days prior to the appointment.

While every effort will be made to accept requests for transportation, the schedule fills quickly, reserve your ride as soon as you confirm your appointment, up to 3 months in advance.

Appointments may be verified with your doctor. At least by the day prior to the appointment, the driver will call the member to verify the pickup time. If your driver has not called you within 24 hours of your scheduled pickup time. Please contact the Center on the Lake.

Please provide a phone number where you can be reached while at your appointment as drivers may need to contact you.

The Center is unable to accommodate surgeries or any appointments, in which the member may be sedated or requires a responsible party, unless a caregiver is provided by the member and accompanies the member to and from the appointment.

Please do not call drivers at home or after your appointment is complete to arrange other transports.

All center related transports must be scheduled by the Transportation department

## It is our pleasure to be of service to the citizens of Maumelle

Complaints of alleged discrimination and inquiries regarding the nondiscrimination policies may be directed to:

City of Maumelle,  
Title VI Coordinator  
550 Edgewood Drive, Suite 595  
Maumelle, AR 72113  
(501) 851-2500

## Appointments may be scheduled

9am-1:00pm with the following exceptions:

- UAMS 8:30am-12:00pm
- All VA 8:30am-12:00pm
- CARTI 8:30am-12:00pm
- DeVita 8:30am-10:30am
- Fresenius 8:30am-10:30am

Transportation is from a residence within Maumelle or the Center to the appointment and return. One (1) stop allowed on the return for a new prescription pickup, if the vehicle is not scheduled for another appointment. If the member or their doctor has to cancel an appointment, call the Center as soon as possible so another reservation may be accommodated. Two (2) cancellations (less than 24 hours prior to the appointment) within any three (3) month period may result in suspension from the program for three (3) months.



## TRANSPORTATION CODE OF CONDUCT

*It is the mission of the Center on the Lake through efforts of staff and volunteers to provide safe and reliable transportation to its members.*

- Eating or drinking, except water, in vehicle is prohibited.
- Individual shall not engage in threatening behavior which is disruptive to others.
- Members shall not board with large carts that block aisles or impeded passengers' safety.
- Personnel hygiene or odors considered offensive by driver or other passengers will not be tolerated.
- Due to Safety concern, passengers will not be transported with bodily fluids, urine, feces, or blood on their self or on clothing.
- Shopping bags must be under the control of the member at all times. No bags may be left on vehicles if members make multiple stops.
- Service animals that assist those with disabilities are allowed onto vehicles. Animals must be under the control of the member at all times. Inappropriate behavior that disrupts the normal course of business or threatens the health or safety of others is automatic grounds for excluding animal from vehicles.
- Members shall be properly clothed.
- Smoking or use of any tobacco product is not allowed.
- Use or transportation of marijuana products prohibited.

### 23 | The Spotlight



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City of Maumelle/Senior Services Department  
Maumelle Center on the Lake  
2 Club Manor Cove  
Maumelle, AR 72113



MAUMELLE  
CENTER ON THE LAKE

Empowering Adults 50+ to Age & Live Well!

NEWSLETTER FOR SENIOR SERVICES

*The Spotlight*