The PEAK CENTER in Cabot

PEOPLE EXPERIENCING ACTIVITY, ARTS & KNOWLEDGE

CENTER ACTIVITY NEWSLETTER

Phone: 501.843.2196 **Address:** 506 N. Grant, Cabot, AR 72023 **Email:** thepeakcenter@cabotar.gov **Website:** Coming soon……..
Hours: Monday-Friday 9:00am-4:00pm; Lunch served at Noon

November 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breaded Chicken Sandwich (Fried & Flattened Chicken Breast, Pickle, Lettuce Mayo) Green Beans w/Dill Apple Crumble	2 Beef Tips w/Gravy Steamed Rice Lima Beans Dinner Roll Blueberry Tart	3 Creamy Paprika Pork Egg Noodles Garlic Lemon Broccoli Glazed Carrots Wheatberry Bread Caramel Cheesecake	4 Baked Mac & Cheese Succotash Dinner Roll Samoa Dessert Lasagna	5 Mushroom Swiss Burger (Burger topped w/ Sauteed Mushrooms, Swiss Cheese, and Basil Aioli) Garlic Parmesan Fries Lemon Blueberry Cornmeal Cake
8 Open Face Turkey Sandwich on Texas Toast Stuffing Cranberry Sauce Tomato Cucumber Salad Lemon Cupcakes	9 Baked Chicken Spaghetti Parmesan Brussel Sprouts Garlic Bread Oreo Cheesecake Bars	10 Chicken & Dumplings Brown Butter Cornbread Black Eyed Peas Chess Pie	11 Closed in Observance of Veteran's Day	12 Patriot Burger (Blackened Burger topped with Melted Bleu Cheese Sauce & Crispy Tabasco Onion Straws) BBQ Baked Beans Apple Cobbler
15 Chili Dogs Corn Tator Tots Fudge Brownies	16 Pecan Chicken (Breaded Chicken Breast served on Seasoned Linguini Noodles w/Lemon Honey Butter) Sweet & Sour Green Beans Dinner Roll Pecan Pie Brownies	17 Pork Street Taco's (Chopped Pork, Pico, Black Bean Salsa, Cheddar Cheese) Guacamole & Chips Churro Cheesecake Taco's	18 Chicken Alfredo Creamed Spinach Garlic Rolls Creamy Strawberry Semifreddo	19 All American Bacon Cheeseburger (Burger, Bacon, Cheddar Cheese, Tomato, Onion, Lettuce) Sweet Potato Fries Banana Pudding
22 Flat Bread Pizza (Toasted Flat Bread, Pizza Sauce, Mozzarella, Pepperoni, Basil) Cheesy Cauliflower Breadsticks Chocolate Mousse	23 Country Breakfast Platter (Biscuits & Gravy, Sausage, Hashbrowns, Scrambled Eggs) Cinnamon Apples	24 Pot Roast Mashed Potatoes & Gravy Green Beans w/Bacon Dinner Roll Pumpkin Brownie	25 Closed for Thanksgiving	26 Closed for Thanksgiving
29 Philly Cheesesteak Sandwich (Sliced Ribeye w/Onion & Peppers, Melted American Cheese on a Toasted Roll) Avocado Fries Applesauce Spiced Cupcakes	30 Biscuit Chicken Pot Pie Smashed Sweet Potato Fluffy Key Lime Pie			

Lunch Served Weekdays At Noon
$3.00-Guests 60 Years of Age & Up
$5.00-Guests Under 60 Years of Age

November 2021 Activities Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **9:00-9:45 am** Transform w/Alyssa **1:00-1:45 pm** Exotic Education w/Safari Pets **2:00-2:45 pm** Power Up w/Alyssa	**2** **9:00-9:45 am** P.E.P.P.I w/Ruth **1:00-1:45 pm** Bean Bag Baseball Practice **2:00-2:45 pm** Cardio Drumming w/Alyssa	**3** **9:00-9:45 am** Walking Group (Ritchie Road Park) **9:00 am** Haircuts By Ruth *Appointment Required **2:00-4:00 pm** Shopping Trip (Harps)	**4** **9:00-9:45 am** P.E.P.P.I w/Ruth **9:00-2:00 pm** Ceramics w/Carolyn **1:00-1:45 pm** Bean Bag Baseball Game **2:00-2:45 pm** Cardio Drumming w/ Alyssa	**5** **9:00-9:45 am** Transform w/Alyssa **10:00-10:45 am** Puppy Paw-ty w/CASS **1:00-1:45 pm** Power Up w/Alyssa **2:00-4:00 pm** Movies & Popcorn
8 **9:00-9:45 am** Transform w/Alyssa **1:00-1:45 pm** Line Dancing w/Karen **2:00-2:45 pm** Power Up w/Alyssa	**9** **9:00-9:45 am** P.E.P.P.I w/Ruth **1:00-1:45 pm** Bean Bag Baseball Practice **2:00-2:45 pm** Cardio Drumming w/Alyssa	**10** **9:00-9:45 am** Walking Group (Ritchie Road Park) **11:00-11:45 am** BINGO!!! **2:00-4:00 pm** Shopping Trip (Wal-Mart Super Center)	**11** **Closed in Observance of Veteran's Day**	**12** **9:00-9:45 am** Transform w/Alyssa **12:00-1:00 pm** "Taste of the Town" Lunch **1:00-1:45 pm** Power Up w/Alyssa **2:00-4:00 pm** Movies & Popcorn
15 **9:00-9:45 am** Transform w/Alyssa **9:00-11:00 am** Patton's Fishing Club: Trip to Lake Pickthorne **2:00-2:45 pm** Power Up w/Alyssa	**16** **9:00-9:45 am** P.E.P.P.I w/Ruth **1:00-1:45 pm** Bean Bag Baseball Practice **2:00-2:45 pm** Cardio Drumming w/Alyssa **3:00-3:45 pm** Genealogy w/Lisa	**17** **8:45-4:00 pm** Petit Jean State Park **9:00-9:45 am** Walking Group (Ritchie Road Park) **2:00-4:00 pm** Shopping Trip (Kroger)	**18** **9:00-9:45 am** P.E.P.P.I w/Ruth **9:00-2:00 pm** Ceramics w/Carolyn **1:00-1:45 pm** Bean Bag Baseball Game **2:00-2:45 pm** Cardio Drumming w/ Alyssa	**19** **9:00-9:45 am** Transform w/Alyssa **1:00-1:45 pm** Power Up w/Alyssa **2:00-4:00 pm** Movies & Popcorn
22 **9:00-9:45 am** Transform w/Alyssa **2:00-2:45 pm** Power Up w/Alyssa	**23** **9:00-9:45 am** P.E.P.P.I w/Ruth **1:00-1:45 pm** Bean Bag Baseball Practice **2:00-2:45 pm** Cardio Drumming w/Alyssa	**24** **9:00-9:45 am** Walking Group (Ritchie Road Park) **11:00-11:45 am** BINGO!!! **2:00-4:00 pm** Shopping Trip (Harps)	**25** **Closed for Thanksgiving**	**26** **Closed for Thanksgiving**
29 **9:00-9:45 am** Transform w/Alyssa **2:00-2:45 pm** Power Up w/Alyssa	**30** **9:00-9:45 am** P.E.P.P.I w/Ruth **1:00-1:45 pm** Bean Bag Baseball Practice **2:00-2:45 pm** Cardio Drumming w/Alyssa			

Fitness Class Descriptions Taught By: Alyssa Majeske & Ruth Towbridge

Transform: This class is great for people who are new to exercising or have physical challenges of any kind. We begin with gentle stretching before moving into exercises that focus on improving flexibility, muscle strength, range of motion, balance, and even cardiovascular health! A chair can be used for seated exercises or as support for standing.

Power Up!: This is a moderate to advanced class! Get ready to get your heart rate up and burn those calories! This class is a total body workout, providing cardio and strength! Power Up is sure to boost that metabolism!

Walk This Way: This group/class is a great starting point for anyone considering a place to get more active and/or anyone who just enjoys getting outside for some fresh air and some company while getting in some exercise! We meet at The Peak Center and then drive over to a local park to walk the paved trails. Everyone is always encouraged to walk at their own pace!

Hit the Beat: Cardio Drumming: This class is all about enjoying yourself, raising your heart rate, burning those calories - and as an added benefit, improving coordination, ability to focus, and strengthening muscles like your core! Using drumsticks, we drum on stability balls while listening to super fun music…and simply have a blast while doing it!!

P.E.P.P.I. (Peer Exercise Program Promotes Independence): Physical activity program specifically designed for older adults ages 60+, as well as disabled adults. The goal of the program is to maintain or improve a person's level of fitness and independence.

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November 2021 Monthly "Excursion"

When: Wednesday, November 17, 2021

Where: Petit Jean State Park
1285 Petit Jean Mountain Road, Morrilton, AR

Departure from The Peak Center: 8:45 am
Departure from Petit Jean State Park: BY 2:30 pm
$5 Transport Fee Per Member, Members are responsible for their own meal
(Mather Lodge-Limited Menu Available)

Peaker's will meet Park Interpreter, BT Jones, at the Visitors Center and proceed to the Rock House Cave to view Native American rock art created over 500 years ago. It is not a true "cave" but a rock shelter. The distance is 0.25 miles. This guided tour will take about 1 hour including travel time. Peaker's will then get a bite to eat at Mather Lodge. Ms. Cherry will have a copy of the limited menu available to us. Prices are about mid-range. After lunch, we will proceed to the Petit Jean Overlook and Gravesite with our Park Interpreter to hear a presentation on the "Legends of Petit Jean". We will have time to view the area after his presentation, get pictures, and just enjoy the beautiful scenery that our great state has to offer.

If you are interested in securing a spot for this trip, there will be a signup sheet at The Peak Center or email us at directly at thepeakcenter@cabotar.gov.

Upcoming Activities!!

We have so many fun things planned for The Peak Center. This month we will be launching our new activity calendar and continually adding new things throughout the remainder of the year. If there is something specific that you have an interest in or would like to see, please email us at thepeakcenter@cabotar.gov and let us know! For now, here are some things to look forward to:

*Wood Sign Making Classes
*Community Gardening
*Hiking Club
*Book Club
*Fun Hour w/Cabot Library
*Health & Wellness Exams
*Photography Classes
*Yoga
*Karaoke
*Commodity Distribution
*Wii Tournaments
*"Yard" Games
*Flu/Covid Vaccines
*Crocheting/Knitting

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Thanksgiving Word Search

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Word List:

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