

SPONSORED BY NORTHWEST HEALTH SYSTEM

www.northwesthealth.com • 1-800-734-2024

LETTER FROM THE SENIOR CIRCLE ADVISORS

Happenings at Senior Circle

Benton County

Laura Whitaker

Yeah, warm weather is here! It is so funny during the winter people grumble about the cold, ice, and snow and they state that they cannot wait for warmer weather and when it comes...well, you know the story.

We are excited about so many things in our program! Our Lunch and Learns continue to be a success and now with the weather getting nicer we are seeing a better turn out for all of our events. Check out the new calendar as we have fun and educational events planned this quarter.

You all have asked us to take you to Branson! We are going twice later this year. There will be more information in the newsletter about the events.

Today we had our Senior Circle birthday party on the Bentonville campus and it went great! Members enjoyed the treats and there was fun and laughter.

Next time you are at one of our events please grab some extra newsletters to share with your friends. We really want to educate the community and YOU are the best recruiters we have.

I am in my office most days, but if you need to contact me my telephone number at the hospital is (479) 553-4301. Come and try your hand at Sequence, Bingo, and soon we will be having Bunco! I will let you know when that gets started!

Please use the call center as they help us better serve you by knowing how many people will be attending each event.

As always, this is your program, so any input that you have to offer is appreciated.

Have a nice summer!

Regards, *Laura*



Washington County

Lauren Sanders

Hello to all my Senior Circle friends!

The warm temperatures are here, reminding us that summer has arrived! Keep cool this summer and join us for any of our Senior Circle activities! We have some great trips and events coming up, so head on over and have some fun!

We are continuing to partner with Collette Vacations to offer exciting travel opportunities. If there is a specific location you would like to visit, let us know! It could be a possible future trip for our chapters, or you could join another Senior Circle chapter for their trip. The opportunities are endless.

I'd like to welcome our new Senior Circle Ambassadors! I am so lucky to have their support and assistance. They will be assisting with mailings, planning and event preparation. If you are interested in being a Senior Circle Ambassador, let us know.

Just as a reminder, our monthly Birthday Parties honor members with birthdays in the current month, but all members are welcome to attend.

We continue to add new activities each quarter. If you have ideas or suggestions for activities you would like to see be a part of Senior Circle, don't hesitate to let me know! I can be reached by phone at (479) 757-4640 or by email at LDSanders@nw-health.com.

Please join us for one of our events. We have lots of great activities going, and we would love to see you there!

See you soon,

Lauren



CircleNews

NORTHWEST HEALTH SYSTEM SENIOR CIRCLE CHAPTER

LETTER FROM THE CEO

Dear Senior Circle Member,

Is it Summer yet? I hope every one of you has been able to stay dry and warm through the incredibly wet weather we have been having. I know a lot of people in other parts of the country would love to have our rain however. We have some exciting things happening within the Northwest Health System I'll share with you.

Last month, the staff and physicians of NMC-Willow Creek Women's Hospital celebrated the hospital's 10th anniversary. In that time, they have helped over 20,000 babies come into the world and celebrated that many "birth" days. As the areas only dedicated women's hospital with a Level III Neonatal Intensive Care Unit and services for women of all ages, Willow Creek Women's Hospital is truly a jewel on the crown of our community!

NMC-Bentonville recently began a \$1.3 million construction project that will make having surgery more convenient for our patients. We are building a 3,700 square foot pre-operative patient preparation area on the first floor to replace the one that is currently on the second floor. The relocation of this center will allow patients to remain in the same area of the hospital from admission to recovery when having surgery. We will be adding two beds to the area for a total of 12. We expect to have this project completed in July.

NMC-Springdale has an exciting project anticipated to begin this fall. We have purchased the land around the hospital and will use that to build a new Emergency Department and create beautiful grounds and parking around the hospital. The new ED entrance will face Thompson Ave. when the \$8 million project is complete later next year. We will be adding 20,000 additional square feet to the hospital with the construction and increasing our ER beds from 16 to 26 so we can serve the growing number of patients in need of emergency medical care at NMC-Springdale.

NMC-Springdale is the first hospital to earn accreditation as a Chest Pain Center in NWA and we are proud that NMC-Bentonville became an accredited Chest Pain Center earlier this year. NMC-Bentonville was also one of the first hospitals selected to participate in the Arkansas Saves stroke prevention and education program. I am grateful to the staff and physicians who worked tirelessly to earn these accreditations as they reflect our commitment to not only saving lives of cardiac patients in the community but preserving quality of life for those we treat and care for.

I hope you all have a safe and healthy summer!

Warmest regards,
Dan McKay
Chief Executive Officer



Dan McKay, CEO
Northwest
Health System

CircleNews

NORTHWEST HEALTH SYSTEM SENIOR CIRCLE CHAPTER

A Surgical Solution for Heartburn Without Incisions - Now Being Performed At Northwest Medical Center-Springdale

What may have seemed like science fiction, surgery without an incision, is now a reality that is making lives better for patients suffering from chronic acid reflux also known as gastroesophageal reflux disease (GERD). Dr. James Irwin here at Northwest Medical Center - Springdale offers the TIF (transoral incisionless fundoplication) procedure for the treatment of GERD.

“The TIF procedure with the EsophyX device can significantly improve quality of life for our patients,” said Dr. Irwin. “Many patients take reflux medications which suppress acid production such as PPIs (proton pump inhibitors) to help relieve their heartburn symptoms and are still unable to eat the foods they want or have to sleep sitting up to reduce nighttime reflux. In addition recent studies have shown that long term use of PPIs can lead to inadequate absorption of minerals such as calcium leading to bone fractures. Studies have also shown that PPIs can interact with other prescription medications reducing their efficacy. Clinical studies show that at two years after the TIF procedure nearly 80% of patients are off their daily reflux medications and can eat and drink foods and beverages they avoided for many years. Reflux no longer impacts their life like it previously did.”

In a healthy patient, there is a natural valve between the esophagus and the stomach that forms a physical barrier preventing stomach fluids from backwashing, or “refluxing,” up into the esophagus. “In a patient with chronic GERD, this valve has become dysfunctional,” explained Dr. Irwin. The TIF procedure reconstructs the valve between the

esophagus and the stomach to prevent reflux. It is based on the same well proven principles of conventional more invasive laparoscopic GERD surgery. TIF’s advantage is that it is ‘surgery from within’ performed transorally (through the mouth). Because the procedure is incisionless, there is reduced pain, no visible scar and most patients can get back to their normal activities within a few days.”

With millions of Americans diagnosed with GERD and not fully satisfied with their treatment options, the TIF procedure with the EsophyX device offers an excellent alternative.

“We are very excited to be able to offer our patients the same benefits as more invasive procedures with only minimal risk,” expressed Dr. Irwin.

For more information about TIF, visit www.northwesthealth.com/TIF or call 1-800-734-2024 for a physician referral.

About the Author

James Irwin, D.O.
Board Certified General Surgeon

Northwest Arkansas
Surgical Clinic
724 Deaver St. • Springdale
(479) 751-3202



Senior Circle Office Hours

Mondays-Thursdays
9:30 a.m.-Noon & 1-4 p.m.

The office is closed during most SC events

Senior Circle Services

Remember, Senior Circle offers these benefits to our members:

Copy
Fax
Notary

July, August, September

Lunch & Learn Programs at The Schmieding Center

Join Us for a Free Lunch & Informative Program • Call 1-800-734-2024 to Reserve Your Seat

Don't miss these exciting programs coming up at the Schmieding Center! Please RSVP at least seven days in advance. Persons who register later are welcome to attend the event, but regrettably we cannot guarantee a lunch. To reserve your lunch please call 800-734-2024.

JULY

Tuesday, July 26, Bella Vista - "Skin Cancer Awareness"

Jared R. Spencer, MD • 12-1 p.m.

This discussion will include topics such as after care following face reconstruction surgery as well as general information regarding facial cosmetic surgery.

Wednesday, July 27, Springdale - "Heat & Hydration"

Caleb Gaston, MD • 12-1 p.m.

Learn the signs and symptoms of dehydration and heat stroke how you can prevent these things from happening to you and your loved ones.



AUGUST - "Pain & Depression"

Tuesday, August 23, Bella Vista - Rachel Fiori, MD

Wednesday, August 24, Springdale - Rachel Fiori, MD

12-1 p.m.

Many seniors suffer from chronic pain. Pain can cause depression and depression can make pain worse. Join us for a look at this important topic and what to do if you or someone you love is experiencing this.



SEPTEMBER - "Influenza"

Tuesday, September 27, Bella Vista - Daniel Young, MD

Wednesday, September 28, Springdale - Daniel Young, MD

12-1 p.m.

Before the onset of flu season, Dr. Young will give us a look into different strains of influenza, a history of the illness and what to expect this flu season.



SPRINGDALE
The Schmieding Center
Auditorium
2422 N. Thompson

BELLA VISTA
United Lutheran
Church, Luther Hall
100 Cooper Road

Partnering to bring you interesting & informative senior events!

CircleNews

NORTHWEST HEALTH SYSTEM SENIOR CIRCLE CHAPTER

New MRI Offers Improved Images and Patient Comfort

The Diagnostic Imaging Department at Northwest Medical Center-Springdale has a new MRI scanner, the GE 450W 1.5 Tesla MRI machine.

This machine has several unique features that allow us to offer our patients dramatic improvements including image quality and patient comfort. One of the new features available is the 70cm gantry aperture, the largest on the market which is the same size as a CT scanner. The short bore configuration eliminates the “tunnel effect” our patients used to dislike.

In addition to the new MRI, we have remodeled the MRI suite to be more spacious and with abundant natural light for the comfort of our patients. This combination of a state of the art high field strength MRI imaging, comfortable, open, well lighted patient environment allows us to offer our patients the best of both worlds. Claustrophobic patients will no longer need to have exams performed on low field “open” magnets or undergo sedation when an MRI exam is indicated.

At Northwest Health System, we strive daily to improve the quality of care we provide our patients and the community.



Membership Application

Today's Date: _____ Referred By: _____

Northwest Health System		<input type="checkbox"/> New <input type="checkbox"/> Renewal
Last Name	Middle I.	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	
Phone Number ()	Birthday Mo. ____ Day ____ Yr. ____	
Address		Apt #
City	State	Zip
E-mail		

I authorize do not authorize
that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met.

Signature: _____

Last Name	Middle I.	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	
Phone Number ()	Birthday Mo. ____ Day ____ Yr. ____	
E-mail		

I authorize do not authorize
that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met.

Signature: _____

PAY BY CHECK ONLY – Check one:

- | | |
|---|---------------|
| One Year Membership | \$15.00 (SC1) |
| Two – One Year Memberships | \$27.00 (TW1) |
| <i>(you save 10% - Same Household only)</i> | |
| Two Year Membership | \$27.00 (SC2) |
| <i>(you save 10% compared to a one year membership)</i> | |

Return completed application with check or money order to:

Senior Circle
3000 Medical Center Parkway
Bentonville, Arkansas 72712

CircleNews

NORTHWEST HEALTH SYSTEM SENIOR CIRCLE CHAPTER

Game Days

Space needed? Game groups wanted!

Do you need a space for your group to play cards? Would you like to start a monthly or weekly group for card games? Let us host your group! Senior Circle has a fabulous new space and we would like to share with you. If you are interested in using our space for a game group, contact Lauren at (479) 757-4640.

Sequence

The game is played by two players, two teams, three players or three teams. Players are dealt a certain number of cards (3-7 depending on the number of players), and then take turns to play these cards, placing a chip of their color on one of the corresponding card images on the board. The object of the game is to form one or two rows of 5 chips (be it horizontally, vertically or diagonally) before the other player or players, team or teams. If there are two players or two teams, 2 sequences must be formed to win the game. When there are three teams or three players only 1 sequence needs to be formed in order to win.

Remember, beginners are welcome!

There is an instructor on hand to teach newcomers. Please join us!

This game has gathered quite a following!

Interested in what it is or how to play? Read below...

We'll be playing sequence on these upcoming dates:

Bentonville @ NMC-B Cafeteria

Friday, July 8 @ 2p.m.

Friday, August 12 @ 2p.m.

Friday, September 9 @ 2p.m.

Springdale @ Senior Circle Office • 417 W. Maple Ave

Tuesday, August 23 @ 2p.m.

Scrabble

Springdale @ Senior Circle Office • 417 W. Maple Ave

Tuesday, September 27 @ 2p.m.

Dominoes

Springdale @ Senior Circle Office • 417 W. Maple Ave

Tuesday, July 26 @ 2p.m.

Ice Cream Social

**Bentonville
NMC-B Cafeteria
Thursday, August 4
2p.m.**

-and-

**Springdale
NMC-S Cafeteria
Wednesday, August
10
2p.m.**

**Please RSVP
800-734-2024**

CircleNews

NORTHWEST HEALTH SYSTEM SENIOR CIRCLE CHAPTER



Join Senior Circle for a Sunday matinee show.
RSVP 479-757-4640 for tickets
Cost: \$14 each show

The Sound of Music
Sunday, July 31 @ 2p.m.
Rogers Little Theater

The final collaboration between Rodgers & Hammerstein was destined to become the world's most beloved musical. When a postulant proves too high-spirited for the religious life, she is dispatched to serve as governess for the seven children of a widowed naval Captain. Her growing rapport with the youngsters, coupled with her generosity of spirit, gradually captures the heart of the stern Captain, and they marry. Upon returning from their honeymoon they discover that Austria has been invaded by the Nazis, who demand the Captain's immediate service in their navy. The family's narrow escape over the mountains to Switzerland on the eve of World War II provides one of the most thrilling and inspirational finales ever presented in the theatre.

Love, Loss and What I Wore
Sunday, August 28 @ 2p.m.
Rogers Little Theater

Love, Loss and What I Wore is a scrapbook of stories about unfortunate prom dresses, the traumatic lighting in fitting rooms, high heels, short skirts and the existential state of having nothing to wear. Accessorizing these tales--which are mostly comic but often sad or sentimental too--are the mothers who disapprove, the men who disappear, the sisters who've got your back.

I'm Sorry, the Bridge is Out, You'll Have to Spend the Night
Sunday, October 23 @ 3p.m.
Arts Center of the Ozarks

Back again! Just like Vampires, Mummies and Monsters! This zany musical is the perfect Halloween celebration written by the guy who gave us "The Monster Mash"! Innocence is lost and found in this witty ditty of a tale about how Dr Frankenstein and Count Dracula vie for the brains and bodies of two innocents who just happen to be caught with the Bridges down! Family fun for Halloween! An ACO classic written by Bobby Pickett, Sheldon Allman.

Dutch Treat

Join us for Dutch Treat dinner out! Come for great food and fellowship.

Senior Circle treats our members to a FREE drink!

On July 14 we will meet at **Dixie Cafe**
4600 W. Rosell St. • Rogers

On August 11 we will meet at **PF Changs**
2203 S. Promenade • Rogers

On September 15 we will meet at **Abuelos**
4005 W Walnut St. • Rogers
We will meet at 5p.m.

Just ask for the Senior Circle group.

If you have a favorite restaurant you would like the group to have dinner at, send a request to LDSANDERS@nw-health.com.

Please RSVP for this event. (800) 734-2024

Book Club

We will begin a monthly book club discussion in September. Join us at our first meeting where we will discuss what topics and what books we would like to work through.

Members John & Barbara Gray will lead this group.

Wednesday, September 14
2 p.m.

Senior Circle Office Springdale
417 W. Maple Ave.



SCRIPTSAVE

Senior & Circle

The ScriptSave® Prescription Drug Savings Program is available to you with no enrollment fees, no age limits, and no income restrictions. Whether or not you have enrolled in Medicare Part D, the ScriptSave® Program from Senior Circle helps you save on your prescriptions when you need it!

If you are enrolled in Medicare Part D:

- Use your ScriptSave® Card for prescriptions that are **excluded** by Medicare Part D law. Remember, your ScriptSave® Card is provided to you at no cost from Senior Circle.

If you are NOT enrolled in Medicare Part D:

- Use your ScriptSave® Card for savings on both brand name and generic prescriptions.
- Use your ScriptSave® Card for potential savings of up to 50%* per prescription, with no limits on usage.

Questions about using the ScriptSave program?

Contact Senior Circle Member Services at 1-800-211-4148 or www.seniorcircle.com
OR contact ScriptSave directly at 800-700-3957 or www.scriptsave.com

*Savings average 31%, with potential savings of up to 50% (based on 2010 national program savings data).

DISCOUNT ONLY - NOT INSURANCE. Discounts are available exclusively through participating pharmacies. You may cancel your registration at any time by contacting Senior Circle Member Services. AR, SC, SD and TN residents: You may cancel your registration under this program within thirty (30) days from the date your discount card is issued.

CircleNews

NORTHWEST HEALTH SYSTEM SENIOR CIRCLE CHAPTER

Travel Opportunities

Senior Circle is excited to offer you these upcoming travel opportunities. Call Lauren for more information (479) 757-4640.

Heritage of America April 13 - 22, 2012



Highlights... New York City, Philadelphia, Amish Country, Gettysburg, Shenandoah Valley, Monticello, Colonial Williamsburg, Mount Vernon, Washington D.C., Smithsonian Institution

10 Days • 13 Meals: 8 Breakfasts, 5 Dinners

Per Person Rates: \$2,799* including airfare

*Price based on double occupancy

Join us at one of our travel meetings to hear in detail about this great opportunity for travel!

Informational Travel Meetings

Tuesday, August 18 @ 2p.m. - 3p.m.

NMC-B Cafeteria

Tuesday, September 20 @ 2p.m. - 3p.m.

NMC-S Cafeteria

Branson Day Trips

Thursday, October 13, 2011

\$130 • Includes transportation, show & dinner

Lunch & Shopping at Branson Landing

Shake, Rattle & Roll, Best Hits of the 50's Show

This show will take you on a trip down memory lane with your favorite 50's songs such as; "Good Golly Miss Molly", "Da Do Ron Ron", "Rock Around the Clock", "Only You", "Blue Suede Shoes" and many, many more. Within the era of 1950's, this show will be a doo-wop complete with poodle skirts and bobby socks.

Dinner at Hard Luck Diner

A visit to Branson is not complete without at least one meal from Mel's Hard Luck Diner, home of Branson's original singing servers. The diner's servers, hosts, cooks, and cashiers are also professional singers, song writers, and musicians. They offer you a great dining experience seasoned with a song!

Thursday, December 8, 2011

\$130 • Includes transportation, show & dinner

Lunch & Shopping at Tanger Outlets

Yakoff Smirnoff Christmas Show

From the heartland of America, this funny philosopher takes your family on a comedic journey filled with love and laughter! Yakov's personal coming to America experience is touching and his take on American culture is absolutely hilarious. Yakov's authentic Russian Dance Troupe is thrilling as they leap and spin on stage.

Dinner at Fall Creek Restaurant

For more than 18 years Fall Creek Steak & Catfish House has been Branson's Home of the Tossed Rolls. Where melt-in-your-mouth fresh baked rolls fly through the air. Catch-em while they're hot! Delicious home-style cooking and fast friendly service. Choose from hand-breaded and deep-fried catfish, hand-cut steaks, ribs, burgers, and more.

CircleNews

NORTHWEST HEALTH SYSTEM SENIOR CIRCLE CHAPTER

New Diagnostic Tool for Peripheral Arterial Disease (PAD)

Peripheral arterial disease, often referred to as P.A.D, affects millions of Americans over age 50. Up to 1 in 3 people who smoke or have diabetes will have P.A.D. P.A.D. affecting the arms and legs may cause discomfort such as cramps, aches, weakness, burning, or sharp or “Charlie-horse” type pain.

PAD is the result of fatty cholesterol plaque buildup in the arteries. This narrows or blocks blood flow starving the muscle and tissues of vital nutrients and oxygen causing discomfort. Discomfort may occur at rest but is often worse with walking or exercise referred to as claudication (klaw d - ka 'shun).

“Most people with P.A.D that causes leg pain or claudication can be successfully treated with improved diet, lifestyle modification, and medications. Unfortunately, many people suffering with leg pain have not been tested for P.A.D.” according to cardiologist, Dr. Shaun Senter, who specializes in the treatment of P.A.D.

Unfortunately, P.A.D. may be the first sign that other arteries throughout the body also have fatty cholesterol plaque buildup resulting in narrowed or blocked arteries to vital organs like the heart or brain. This is why people with P.A.D. have up to 5-times greater chance of death from a heart attack or a stroke.

Severe P.A.D. may result pain at rest, cool feet, bluish toes, wounds that do not heal, infections, or even amputations. If symptoms limit activities or are severe, the arteries can most often be opened without surgery through a catheterization procedure known as peripheral angioplasty.

Northwest Health System now offers PADnet+, which simultaneously measures the pressure and volume of blood in the arteries using blood pressure cuffs to record the ABI (ankle brachial index), TBI (toe brachial index), and PVR (pulse volume recording). This takes just 15 minutes to complete in any Northwest primary care or specialist office. A Northwest Cardiologist specializing in the diagnoses and treatment of P.A.D then reviews every test and communicates the results to your doctor. To find a provider in your local area who offers PADnet+ testing, call (in Benton County) 479-553-2200 and (in Washington County) 479-751-9236.

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About the Author



Shaun Senter, M.D.

2900 Medical Center
Pkwy.,
Suite 240A
Bentonville

(479) 553-2200



SSMH Senior Circle Dance

We are invited...

Senior Circle Siloam Springs Chapter invites all Northwest Health Senior Circle members to a dance.

There is no charge for Senior Circle members of any chapter. Out-of-town members will need to show their Senior Circle membership cards. For those who are not members, cost is \$5.

RSVP Required to Aimee Morrell at 479-549-2443.

Monday, August 8

7:30p.m. - 10:30p.m.

**featuring the band Borderline
Siloam Springs Community Building
110 N. Mt. Olive, Siloam Springs, AR**

CircleNews

NORTHWEST HEALTH SYSTEM SENIOR CIRCLE CHAPTER

Benton County Calendar

July

Tuesday, July 5

Cherokee Casino Day* @ 8a.m. - 5p.m.
Birthday Party @ 2p.m.
NMC-B Cafeteria

Friday, July 8

Sequence* @ 2p.m.
NMC-B Cafeteria

Wednesday, July 13

Lunch & Bingo* @ 11:30a.m.
NMC-B Cafeteria
Eye glasses maintenance @ 12-2p.m.
BVHRC

Thursday, July 14

Dutch Treat @ 2p.m.
Dixie Cafe • Rogers

Monday, July 18

Better Breather Support Group
@ 2p.m. BVHRC

Wednesday, July 20

Breakfast Club* @ 8a.m.
NMC-B Cafeteria

Thursday, July 21

Hearing Aid cleaning and maintenance
@ 1 - 3 - BVHRC

Tuesday, July 26

Lunch & Learn* @ Noon
(see page 4 for more information)

Wednesday, April 27

Q&A Veterans Benefits @ 2-4p.m.
SCBV

Sunday, July 31

The Sound of Music @ 2-4p.m.
Rogers Little Theater

August

Tuesday, August 2

Cherokee Casino Day* @ 8a.m. - 5p.m.
Birthday Party @ 2p.m.
NMC-B Cafeteria

Thursday, August 4

Ice Cream Social* @ 2p.m.
NMC-S Cafeteria

Monday, August 8

SSMH Senior Circle Dance* @ 7:30p.m.
*see page 10 for more details

Wednesday, August 10

Lunch & Bingo* @ 11:30a.m.
NMC-B Cafeteria
Eye glasses maintenance @ 12-2p.m.
BVHRC

Thursday, August 11

Dutch Treat* @ 5p.m.
PF Changs • Rogers

Friday, August 12

Sequence* @ 2p.m.
NMC-B Cafeteria

Monday, August 15

Better Breather Support Group
@ 2p.m. • BVHRC

Wednesday, August 17

Breakfast Club* @ 8a.m.
NMC-B Cafeteria

Wednesday, August 18

Hearing Aid cleaning and maintenance
@ 1 - 3 • BVHRC

Tuesday, August 23

Lunch & Learn* @ Noon
(see page 4 for more information)

Wednesday, August 24

Q&A Veterans Benefits @ 2-4p.m.
SCBV

Sunday, August 28

Love, Loss & What I Wore @ 2p.m.
Rogers Little Theater

September

Tuesday, September 6

Cherokee Casino Day* @ 8a.m. - 5p.m.
Birthday Party @ 2p.m.
NMC-B Cafeteria

Friday, September 9

Sequence* @ 2p.m.
NMC-B Cafeteria
Senior Health Fair @ 9a.m. - 1p.m.
Riordan Hall • Bella Vista

Wednesday, September 14

Lunch & Bingo* @ 11:30a.m.
NMC-B Cafeteria
Book Club* @ 2p.m.
NMC-S
Eye glasses maintenance @ 12-2p.m.
BVHRC

Tuesday, September 15

Dutch Treat* @ 5p.m.
Abuelos • Rogers
Hearing Aid cleaning and maintenance
@ 1 - 3 • BVHRC

Monday, September 19

Better Breather Support Group
@ 2p.m. • BVHRC

Tuesday, September 2

Heritage of American Trip Meeting
@ 2p.m. NMC-S

Wednesday, September 21

Breakfast Club* @ 8a.m.
NMC-B Cafeteria

Tuesday, September 27

Lunch & Learn* @ Noon
(see page 4 for more information)

Wednesday, September 28

Q&A Veterans Benefits @ 2-4p.m.
SCBV

*Items marked with as asterisk require an RSVP. Call (800) 734-2024 to reserve your spot or to receive more information

NMC-B • Northwest Medical Center Bentonville

NMC-S • Northwest Medical Center Springdale

SCBV • Schmieding Center Bella Vista

BVHRC • Bella Vista Health Resource Center

CircleNews

NORTHWEST HEALTH SYSTEM SENIOR CIRCLE CHAPTER

Washington County Calendar

July

Tuesday, July 5

Cherokee Casino Day* @ 8a.m. - 5p.m.
Super Noggin Brain Games @ 10-11a.m.
SSC

Wednesday, July 6

Breakfast Club* @ 8a.m.
NMC-S Cafeteria

Thursday, July 14

Dutch Treat* @ 5 p.m.
Dixie Cafe • Rogers

Friday, July 15

Lunch & Bingo* @ 11:30a.m.
NMC-S Cafeteria

Tuesday, July 19

Game Day - Dominoes* @ 2p.m.
SC

Wednesday, July 27

Lunch & Learn* @ Noon
SCSHE

Thursday, July 28

Birthday Party* @ 2p.m.
SC

Sunday, July 31

Sounds of Music* @ 2p.m.
Rogers Little Theater
Cost \$14

Standing Activities:

Zumba @ SSC
Tuesdays 10:45 a.m. &
Wednesdays 2p.m.
Yoga @ SSC
Thursdays 11a.m.

Walking Club

Tuesday & Friday
7a.m. - 12p.m.
6th Floor, The Jones Clinic

Call (479) 757-4640 for more info

August

Tuesday, August 2

Cherokee Casino Day* @ 8a.m. - 5p.m.
Super Noggin Brain Games @ 10-11a.m.
SSC

Wednesday, August 3

Breakfast Club* @ 8a.m.
NMC-S Cafeteria

Monday, August 8

SSMH Senior Circle Dance* @ 7:30p.m.
*see page 10 for more details

Wednesday, August 10

Ice Cream Social* @ 2p.m.
NMC-S Cafeteria

Thursday, August 11

Dutch Treat* @ 5p.m.
PF Changs • Rogers

Friday, August 19

Lunch & Bingo* @ 11:30a.m.
NMC-S Cafeteria

Tuesday, August 23

Game Day - Sequence* @ 2p.m.
SC

Wednesday, August 24

Lunch & Learn* @ Noon
SCSHE

Thursday, August 25

Birthday Party* @ 2p.m.
SC

Sunday, August 28

Love, Loss and What I Wore* @ 2p.m.
Rogers Little Theater
Cost \$14

*Items marked with as asterisk require
an RSVP. Call (800) 734-2024 to
reserve your spot.

September

Tuesday, September 6

Cherokee Casino Day* @ 8a.m. - 5p.m.
Super Noggin Brain Games @ 10-11a.m.
SSC

Wednesday, September 7

Breakfast Club* @ 8a.m.
NMC-S Cafeteria

Wednesday, September 14

Book Club* @ 2p.m.
SC

Thursday, September 15

Dutch Treat* @ 5p.m.
Abuelos • Rogers

Friday, September 17

Lunch & Bingo* @ 11:30a.m.
NMC-S Cafeteria

Tuesday, September 20

Heritage of America Travel Meeting
@ 2p.m.
NMC-S Cafeteria

Thursday, September 22

Birthday Party* @ 2p.m.
SC

Tuesday, September 27

Gameday* @ 2p.m.
SC

Wednesday, September 28

Lunch & Learn* @ Noon
SCSHE

SC • Senior Circle Office
417 W. Maple Ave. Springdale

NMC-B • Northwest Medical Center
Bentonville

NMC-S • Northwest Medical Center
Springdale

SSC • Springdale Senior Center

SCSHE • Schmieding Center for Senior
Health Education