

Locations

Clark County

Arkadelphia Senior Activity Center

1305 N. 10th St. Arkadelphia 71923

Cindy Rhodes, Director

870-246-9871

Gurdon Senior Activity Center

410 E. Main, Gurdon 71743

Royce Ann Barbaree, Director

870-353-2095

Hot Spring County

Malvern Senior Activity Center/Community Center

1800 W. Moline Malvern 72104

Darlene Bryant, Director

501-332-5374

Pike County

Glenwood Senior Activity Center

229 Betty St. Glenwood 71943

Tammy Cogburn, Director

870-356-4212

Murfreesboro Senior Activity Center

120 E. Court, Suite A

Murfreesboro 71958

Vickie Hutson, Director

870-285-2312

Locations

Montgomery County

Mount Ida Senior Center

158 Senior Dr. Mt. Ida, 71957

Sue Ledbetter, Director

870-867-2313

Saline County

Benton Senior Activity and Wellness Center

1800 Citizens Dr. Benton, 72015

Sherry Parsons, Director

501-315-0645

Bryant Senior Activity and Wellness Center

6401 Boone Rd. #3 Bryant 72022

Mary Vickers, Director

501-943-0056, ext 3

All participants must meet eligibility requirements.

CADC is a Community Action Agency; An Equal opportunity Employer and a United Way Agency. CADC complies with Title VI and VII of the Civil Rights Act.



Central Arkansas
Development
Council

Senior Activity Centers



The mission of CADC is to alleviate the causes and conditions of poverty, to help vulnerable populations achieve their potential and to build strong communities in Arkansas through community action.

ww.cadc.com

321 Edison Avenue
PO Box 580

Benton, AR 72018

Phone: 501-315-1121

Fax: 501-778-9120

What is a Senior Activity Center?

Senior Activity Centers give persons 60 and older the chance to enjoy meals and social activities with other senior citizens who have a common interest. Activities offered at the SACs include exercise, transportation, recreational event, book clubs, computer training, motivational speakers, nutrition, guided tours, and more. SACS offer opportunities for persons to participate in health fairs, legislative events, and explore new areas of Arkansas.



Why a Senior Activity Center?

Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.

How do I Enroll?

Senior Center Applications are online (www.cadc.com) or you can call your local Senior Activity Center For more information. The easiest way is just to **SHOW UP** at your Local Center and get acquainted.



There is always something special happening at the Senior Activity Center. Call yours Today!

Volunteer Opportunity

CADC is the best because of its wonderful volunteers. Home Delivered meal delivery is a great way to volunteer. Also, centers are always looking for volunteers. Contact any of the locations for more information.



HAPPY BIRTHDAY!

