

CADC Administration Office  
 722 Gaunt St., Benton  
 Phone: 501.778.1133  
 Fax 501.778.9120  
[www.cadc.com](http://www.cadc.com)

CADC IS:  
 A Community Action Agency  
 An Equal Opportunity Employer  
 A United Way Agency

**Calhoun County**

*Hampton (71744)* 210 S. Lee 870.798.2457

**Clark County**

*Amity (71921)*  
 Head Start 213 N. Clark 870.342.5358

**Arkadelphia (71921)**

Community Dev. 1311 N. 10th St. 870.403.0679  
 Head Start 301 N. 23<sup>rd</sup> St. 870.246.8931  
 Fam/HEAP/SPS 301 N. 23<sup>rd</sup> St. 870.246.8089  
 Senior Center 1311 N. 10th St. 870.246.9871  
 Transportation 1311 N. 10th St. 870.246.8747

**Gurdon (71743)**

Senior Center 410 E. Main 870.353.2095  
 Head Start 410 E. Main 870.353.6616

**Columbia County**

*Magnolia (71753)* 1503 North Vine 870.234.6444

**Dallas County**

*Fordyce (72742)* 410 E. 4th St. 870.352.8894

**Hot Spring County**

*Bismarck (71929)*  
 Head Start 2078 Arlie Moore 501.865.1882

**Magnet Cove (72104)**

Head Start 21977 Hwy. 51 501.332.6906

**Malvern (72104)**

Head Start 1735 E. Sullenberger 501.337.1502  
 Operations/HEAP 1303 S. Main 501.332.5426  
 Senior Center 1800 W. Moline 501.332.5374  
 Transportation 830 W. Moline 501.332.6215  
 Fam/Com Dev/SPS 1735 E. Sullenberger 501.337.8401

**Lonoke County**

*Lonoke (72086)* 117 S.E. Front St. 501.676.0019

**Montgomery County**

*Mount Ida (71957)*  
 Head Start/HEAP 156 Senior Dr. 870.867.3722  
 Senior Center 158 Senior Dr. 870.867.2313  
 Transportation 112 Hwy 270 W Ste.10 870.867.4666

**Pike County**

*Delight (71940)*  
 Head Start 611 Webb St. 870.379.2270

**Glenwood (71943)**

Head Start 747 Lakeshore Dr. 870.356.4780  
 Senior Center/HEAP 229 Betty St. 870.356.4212

**Kirby (71950)**

Fam/Com Dev/SPS 2614 Hwy 27 N 870.398.4243

**Murfreesboro (72086)**

Head Start 120 E. Court, Ste. B 870.285.3351  
 Senior Activity/HEAP 120 E. Court, Ste. A 870.356.2312

**Pulaski County**

*Jacksonville (72076)* #2 Crestview Plaza 501-457-5621

*Little Rock (72209)* 5401 S. University Ave. 501.603.0909

*N. Little Rock (72116)* 3901 McCain Park Rd. 501.771.0745  
 Ste. 102

**Quachita County**

*Camden (71701)* 313 Jefferson St. SW 870.836.3200

**Saline County**

*Benton (72015)*  
 Fam/Com Dev/  
 HEAP/SPS 309 S. East St. 501.315.0885

Head Start 1600 Dixie 501.315.6456  
 Senior Center 210 Jefferson St. 501.315.0645

Transportation 408 W. Walnut St. 501.315.0800

**Bryant (72022)**

Senior Center 702 SW Fourth St. 501.847.0809

**Harmony Grove (72015)**

Head Start 115 School Dr. 501.776.1697

**Paron (72122)**

Head Start 16494 W. 12th St. 501.594.5668

**Shannon Hills (72002)**

Head Start 11925 Co. Line Rd. 501.455.4932

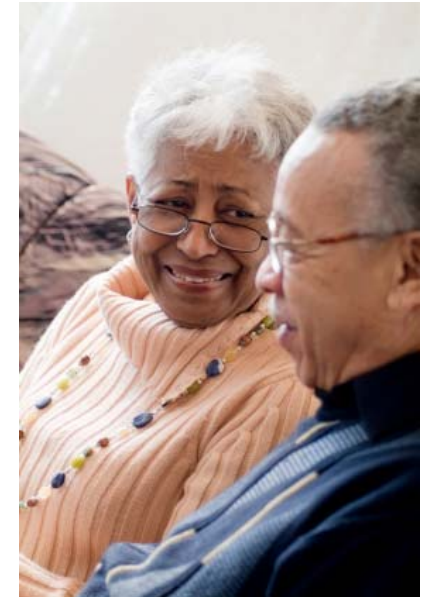
**Union County**

*El Dorado (71730)* 1426 NW Avenue 870.864.0067

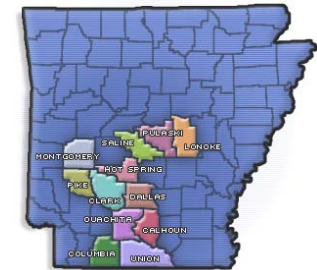
**Southern Region Transportation (SCAT)**

*Calhoun, Columbia, Dallas, Ouachita, & Union Counties*  
*Camden (71730)* 313 Jefferson St. SW 870.836.3200

# CADC Senior Activity Centers



## Central Arkansas Development Council



Building Futures  
 Through  
 Community Action  
[www.cadc.com](http://www.cadc.com)

CADC provides services in 12 counties in Arkansas. Contact any of our local offices for more information about the programs and services offered in your area.

## Who We Are

CADC's Senior Activity Center Program began in 1974 and offers a variety of services and activities for older persons. It provides socialization, hot meals, and recreational activities for senior citizens.

Each Senior Activity Center includes a Senior Council, in which participants in the center help develop activities.

CADC has eight Senior Activity Centers in five counties: Clark (Arkadelphia and Gurdon), Hot Spring (Malvern), Montgomery (Mt. Ida), Pike (Glenwood and Murfreesboro), and Saline (Benton and Bryant).

Seniors 60 and over are welcome to enjoy the activities and services provided by the centers.



## Services at the Centers



- ◆ Exercise Classes
- ◆ Commodity Food Distribution
- ◆ Meal Delivery for Homebound Individuals
- ◆ Meals in Congregate Setting
- ◆ Socialization
- ◆ Free Transportation to and from the Center
- ◆ Blood Pressure and Blood Sugar Screenings
- ◆ Consumer and Nutrition Education
- ◆ Field Trips and Tour Information
- ◆ Games, Crafts, and Music
- ◆ Monthly Birthday Parties
- ◆ Opportunities to Volunteer

***Visitors are Always Welcome***

CADC complies with Title VI and VII of the Civil Rights Act

## Lots to Do Here!

Our Senior Activity Centers offer a variety of activities.

You can get help with your taxes, learn about legislation affecting you, and attend interesting and informative programs.

For fun, there are dances, bingo, pool, dominoes, card games, and more. You can also learn to quilt or make crafts.



We provide activities for seniors to visit their friends or make new ones in a relaxed atmosphere.

Each day, we serve a fresh cooked, nutritious meal at the center and also deliver these meals to the homebound. A small donation is requested.

You can also get fit - we have exercise rooms with equipment donated by various organizations. We also offer exercise programs and classes tailored to seniors.