


LOWELL SENIOR ACTIVITY CENTER

MAY 2024 MENU



| Mon | Tue | Wed | Thu | Fri |
|---|---|---|--|--|
| Menu Subject to Change Due to Supply Chain Availability | \$4.00 Suggested Meal Donation for 60 + \$6.00 Charge for under 60 | 1 Salisbury Steak Mashed Potatoes w/ Brown Gravy Whole Kernel Corn Fresh Baked Roll | 2 Pulled Pork Plate Macaroni & Cheese Baked Beans Cornbread | 3 Fried Fish Fried Potatoes/ Onions Creamy Coleslaw Hushpuppies |
| 6 Cashew Chicken Veggie Fried Rice Egg Roll Macadamia Nut Cookie | 7 Sloppy Joe on Bun Tater Tots Apple Cider Slaw | 8 Broccoli Cheese Soup 1/2 Turkey Club w/ Cranberry Mustard Potato Chips | 9 Meatloaf w/ Potatoes & Brown Gravy Vegetable Casserole Fresh Baked Roll | 10 Mother's Day Chicken Alfredo W/ Vegetables Green Salad w/ Fruit Raspberry Vinaigrette Garlic Roll |
| 13 Dijon Crusted Pork Sweet Potato Cass Sugar Snap Peas Fresh Baked Roll | 14 Fried Fish Pinto Beans Seasoned Greens Hushpuppies | 15 Chicken Fried Steak Mashed Potatoes w/ Cream Gravy Vegetable Casserole Fresh Baked Roll | 16 Chicken Taco Salad Creamy Baja Dress- ing Corn & Black Beans Chips & Salsa Coconut Cream Cake | 17 Grilled Hamburger Lett/Tom/Pickle/Onion Tater Tots Baked Beans |
| 20 Creamy Chicken Vegetable Soup W/ Cornbread 1/2 Pimento Cheese Fruit | 21 Cheesy Beef/Potatoes Whole Kernel Corn Cornbread | 22 Chicken Spaghetti Maple Glazed Carrots Garlic Roll Cherry Crisp | 23 Smoked Brisket Baked Potato Salad Baked Beans Cornbread | 24 Roasted Turkey w/ Stuffing & Gravy Green Bean Casserole Cranberry Sauce |
|  | 28 Chicken Salad W/ Petite Croissant Three Bean Salad Potato Chips Fruit | 29 Brown Sugar Ham Gourmet Potatoes Sugar Snap Peas Fresh Baked Roll | 30 Bolognese Sauce W/ Penne Pasta Green Beans Garlic Roll | 31 Chicken Fried Chicken Potatoes/Cream Gravy Broccoli & Carrots Fresh Baked Roll |



Lowell Senior Activity Center
704 East Monroe
Lowell, AR 72745
479-365-2755
Mon - Fri - 8am - 2pm

The Aging Experts

Do you have questions or need services for senior adults?

In-Home Services • Senior Activity Centers
Home Delivered Meals • Family Caregiver Assistance
Personal Emergency Response System • Incontinence Supplies
Housing • Veteran Directed Program

Area Agency on Aging
of Northwest Arkansas
1510 Rock Springs Road
Harrison, Arkansas
800-432-9721 or 870-741-1144
www.aanwar.org

This institution is an equal opportunity provider and employer. EEO Employer/AA/M/F/VET/Disabled.

LOWELL SENIOR ACTIVITY CENTER

MAY 2024 ACTIVITIES

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|-------------------------------------|--|
| Suggested Donation for Transportation \$3 to \$10 Based on Destination | | 1 Breakfast 8:30 am Cards 9:00 am Bingo 9:30 am | 2 Wii Bowling Practice 12:30 pm | 3 Chair Yoga 10:00 am Wii Bowling 12:30 pm |
| 6 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm | 7 Beanbag Baseball 12:30 pm | 8 Breakfast 8:30 am Cards 9:00 am Bingo 9:30 am | 9 Wii Bowling Practice 12:30 pm | 10 Chair Yoga 10:00 am Wii Bowling 12:30 pm |
| 13 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm | 14 Beanbag Baseball 12:30 pm | 15 Breakfast 8:30 am Cards 9:00 am Bingo 9:30 am | 16 Wii Bowling Practice 12:30 pm | 17 Chair Yoga 10:00 am Wii Bowling 12:30 pm |
| 20 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm | 21 9:15 Casino Day Beanbag Baseball 12:30 pm | 22 Breakfast 8:30 am Cards 9:00 am Bingo 9:30 am | 23 Wii Bowling Practice 12:30 pm | 24 Chair Yoga 10:00 am Wii Bowling 12:30 pm |
|  | 28 Beanbag Baseball 12:30 pm | 29 Breakfast 8:30 am Cards 9:00 am Bingo 9:30 am | 30 Wii Bowling Practice 12:30 pm | 31 Chair Yoga 10:00 am Wii Bowling Practice 12:30 pm |



Lowell Senior Activity Center
704 East Monroe
Lowell, AR 72745
479-365-2755
Mon - Fri - 8am - 2pm

The Aging Experts

Do you have questions or need services for senior adults?

In-Home Services • Senior Activity Centers
 Home Delivered Meals • Family Caregiver Assistance
 Personal Emergency Response System • Incontinence Supplies
 Housing • Veteran Directed Program

 **Area Agency on Aging**
 of Northwest Arkansas
 1510 Rock Springs Road
 Harrison, Arkansas
 900-432-9721 or 870-741-1144
 www.aaanwark.org

This institution is an equal opportunity provider and employer. EEO Employer/AA/M/F/VET/Disabled.