

Lincoln Senior Activity Center

116 E Park Street, Lincoln, AR 72744

Phone: 479-824-3861 Email: lincolnsc@aaanwar.org

Hours: Monday–Friday 8:00 am to 4:30 pm Lunch Served at 11:30 am.

All carry out and under 60 meals are \$8.00



We will be closed May 26th for Memorial Day



Bean Bag Baseball

May 8th after lunch

Vs. Prairie Grove @ Home

May 28th at 10:00 am

Vs. West Fork @ Home

Bingo Fundraiser Night

Saturday May 17th


Doors @ 5pm Bingo @ 6pm

Dinner and 1 card for \$5

Additional cards 2 for \$5

Lincoln SAC May 2025 Lunch Menu

116 E Park Street, Lincoln AR 72744 • (479) 824-3861

Monday	Tuesday	Wednesday	Thursday	Friday
Congregate and Home Delivered Meals: Suggested Donation Seniors 60+: \$4.00	Under 60 and all take out meals: \$8.00 TO GO ORDERS CALL (479) 824-3861 <u>Menu is subject to change due to availability</u>		1 Oven Fried Chicken Mac & Cheese Fried Okra Biscuit Fruit	2 Ham Scalloped Potatoes Peas & Carrots Roll Cake
5 Tacos Fiesta Corn Mexican Rice Fruit	6 Salisbury Steak w/Peppers & Onions Mashed Potatoes Green Beans Roll Banana Pudding	7 Sweet and Sour Chicken Fried Rice Broccoli Egg Roll Fruit	8 Catfish Macaroni & Tomatoes Coleslaw Hushpuppies Brownie	9 Ham & Eggs Biscuit & Gravy Sliced Tomatoes Orange Juice
12 Spaghetti & Meatballs Broccoli Garlic Knot Fruit	13 Hamburger Lettuce & Tomato Fries Cobbler	14 Grilled Chicken Salad Crackers Fruit	15 Chicken Enchiladas Corn Refried Beans Cake	16 Turkey Breast Sweet Potatoes Asparagus Roll Fruit
19 Beef Brisket Corn Potato Salad Roll Fruit	20 Country Fried Steak Mashed Potatoes Vegetable Blend Biscuit Cookie	21 Turkey & Cheese Sandwich Cucumber Salad Chips Fruited Jello	22 Catfish Vegetable Blend Baked Potato Hushpuppies Lemon Bar	23 Chicken & Dumplings Mixed Veggies Roll Fruit
26 Closed for MEMORIAL DAY... 	27 Pot Roast Mashed Potatoes Vegetable Blend Roll Fruit	28 Oven Fried Chicken Mac & Cheese Fried Squash Biscuit Banana Pudding	29 Pork Carnitas w/Flour Tortillas Fiesta Corn Refried Beans Strawberry Short-cake	30 Ham Baked Potato Broccoli w/Cheese Roll Fruit

We will be streaming this in the dining room for everyone to view together. I would encourage you all to come! If you need help registering let me know.

Ashley

Join Live!

Upcoming Community Education Programs for Older Adults

**May 14 , 2025
@ 10:30am CST**

DISASTER PREPAREDNESS FOR SENIORS

Join Zoom Meeting

[https://uams.zoom.us/j/92094649976?
pwd=GSxr5W70UxWpnuhlOrLvP3ztzqgx0o.1](https://uams.zoom.us/j/92094649976?pwd=GSxr5W70UxWpnuhlOrLvP3ztzqgx0o.1)



THESE VIRTUAL PRESENTATIONS WILL
PROVIDE INSIGHT ON VARIOUS OLDER
ADULT HEALTH TOPICS!

Join live on Zoom



Register by
scanning the
QR code

UAMS

Donald W. Reynolds
Institute on Aging

Arkansas Geriatric
Education Collaborative

OAKLAWN
CENTER
ON AGING

Lincoln SAC May 2025 Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 BB Baseball Practice	2 10:45 Ageless Grace Exercise Class 12:00 Birthday Cake for May
5 10:00 Gospel Singing	6 9:30 Jam Session/Live Music	7 10:45 Ageless Grace Exercise Class 12:15 Bingo	8 10:00 BB Baseball Practice 12:15 Bean Bag Baseball vs Prairie Grove at home	9 10:45 Ageless Grace Exercise Class
12 10:00 Gospel Singing	13 9:30 Jam Session/Live Music	14 10:45 Disaster Preparedness meeting 12:15 Bingo	15 10:00 BB Baseball Practice	16 10:45 Ageless Grace Exercise Class BINGO fundraiser Sat. May 17th Doors at 5 Bingo at 6
19 10:00 Gospel Singing	20 9:30 Jam Session/Live Music 9:00 Food Bank (Sanctuary Church)	21 10:45 Ageless Grace Exercise Class 12:15 Bingo	22 10:00 BB Baseball Practice	23 10:45 Ageless Grace Exercise Class
26 Closed for 	27 9:30 Jam Session/Live Music	28 10:00 Bean Bag Baseball vs West Fork at home 12:15 Bingo	29 10:00 BB Baseball Practice 12:15 Tic Tournament	30 10:45 Ageless Grace Exercise Class



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE



The Lincoln Senior Activity Center is in need of volunteers. Would you be able to help us?

- Volunteers needed to help with delivering meals to hungry home-bound seniors
- Volunteers needed to help with fundraising events

The Lincoln Senior Center would appreciate donations of coffee, tea, paper towels, toilet paper and cleaning supplies.



**Please see Ashley if you want a copy of the application.
Coupon pick up will be in Farmington on the 20th.**

2025 SENIOR FARMERS' MARKET NUTRITION PROGRAM

The Senior Farmers' Market Nutrition Program provides \$50 to eligible seniors in the form of coupons that can be exchanged for fresh, locally-grown fruits, vegetables, cut herbs and honey at local Farmers Markets and Roadside Stands.

To Qualify:

- Must be age 60 or older
- Be an Arkansas resident in Benton, Carroll, Madison or Washington Counties
- Meet income limits
- Verify household income (all persons living together)
- Only 1 coupon book per household

Monthly Income Limits:

\$2,412 - 1 person

\$3,260 - 2 people

\$4,108 - 3 people

\$4,956 - 4 people

Instructions:

Complete the application, including a copy of your proof of income and photo ID. If you need someone else to shop for you, complete the Authorized Representative "Proxy" form. Return during one of our Coupon Distribution Events.

NORTHWEST ARKANSAS
FOOD BANK 



2025 SENIOR FARMERS MARKET NUTRITION PROGRAM COUPON DISTRIBUTION EVENTS

Berryville Community Center

601 Dr Spurlin Cir, Berryville, AR 72616
Monday May 12, 2025 9:00 am-12:00 pm

Madison County Senior Center

903 N College St, Huntsville, AR 72740
Thursday May 15, 2025 9:00 am-12:00 pm

Northwest Arkansas Food Bank

1604 Honeysuckle St, Lowell, AR 72745
Friday May 16, 2025 8:00 am-12:00 pm

Rogers Adult Wellness Center

2001 W Persimmon St, Rogers, AR 72756
Monday May 19, 2025 9:00 am-12:00 pm

Farmington Senior Activity Center

340 W Main Street, Farmington, AR 72730
Tuesday, May 20, 2025 9:00-11:00

Springdale Senior Center

203 Park St, Springdale, AR 72764
Wednesday May 21, 2025 9:00 am-12:00 pm

Fayetteville Senior Activity & Wellness Center

945 S College Ave, Fayetteville, AR 72701
Friday May 23, 2025 9:00 am-1:00 pm

Billy V. Hall Senior Activity & Wellness Center

1870 Limekiln Road, Gravette, AR 72736
Thursday, May 29, 2025 9:00-11:00

For more information call: 479-872-8774

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