

CENTER ACTIVITIES

Shopping Trip To Conway

Tues. 6/10/2025

Ice Cream Social

Wed. 6/11/25

4:00-600 P.M.

Father;s Day Breakfast

Fri. 6/13/25

7:00-9:00 A.M.

Basket Bingo

Fri.6/20/25

5:00-7:00 P.M.

Open

Monday-Friday

7:00 3:00

9975 HWY 14 EAST

BIG FLAT AR 72617

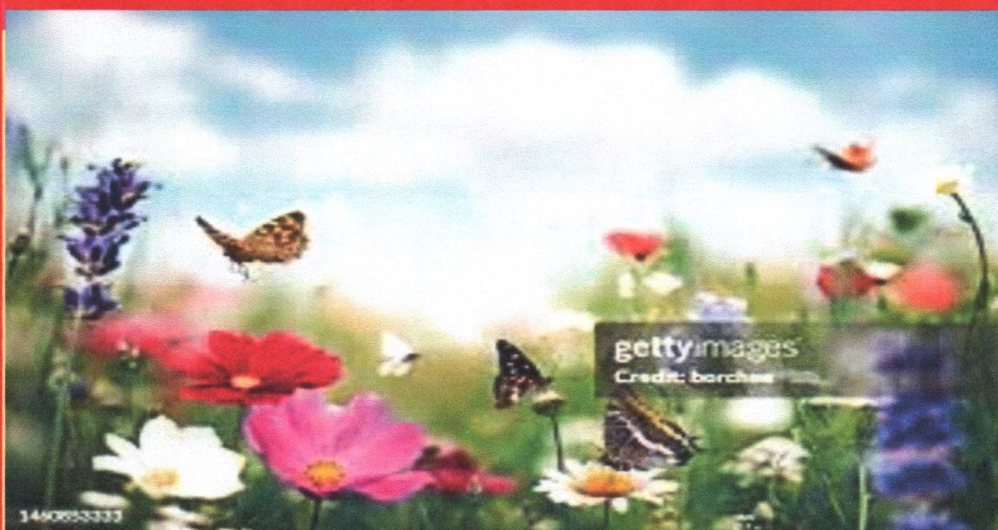
PHONE;870-448-3674

Fax; 870 448-3674

EMAIL;

dwallis@aanwar.org

BIG FLAT SENIOR CEMTER *JUNE2025*



Call the center @870-448-3674 if you need a ride to the dr. grocery shopping or just to go shopping.

June fundraisers: 6/11/25 Ice Cream Social, 6/13/25 Father's Day Breakfast, 6/20/25

Basket Bingo 6/20/25.

Area Agency on Aging of Northwest Arkansas
800-432-9721 or 870-741-1144 www.aanwar.org

JUNE 2025



MEALS ON WHEELS
AMERICA 2019 MEMBER

MONDAY	Tuesday	Wednesday	Thursday	Friday
2 Reuben Sandwich Onion Rings Broccoli Salad Grapes	3 Salisbury Steak/ Peppers Duchess Potatoes Herbed Zucchini Wheat Roll Rosy Apples	4 Pineapple Chicken Fried Rice Stir Fry Veg. Blend Vegetable Egg Roll German Chocolate Cake	5 Roast Beef Au Ju Chessy Potatoes Green Peas Wheat Roll Banana Cream Pie	6 Lasagna Italian Vegetables Breadsticks Ice cream
9 Swedish Meatballs Noodles Broccoli Wheat Roll Blushing Pears	10 Glazed Ham Black -Eyed Peas Greens Cornbread Fruited Gelatin Parfait	11 Sweet & Sour Pork Steamed Rice Asian Vegetables Wheat Roll Orange Pineapple Cream	12 Glazed Turkey Baked Sweet Potato Spinach Wheat Roll Peanut Butter Cookies	13 Mushroom Swiss Burger Lettuce & tomatoes Tater Tots Ice Cream Sundae
16 Italian Beef Sandwich Waffle Fries Sauteed peppers & Onions Rocky Road Pudding	17 Chicken & Dumpling Mashed Potatoes Green Beans Wheat Roll Grapes	18 Vegetable Pasta Primavera Tossed Salad Garlic Bread Gelatin Jewels	19 Chef's Choice Ham & Beans Fried Potatoes Greens Cornbread Fruit Parfait	20 Chicken Club Sandwich Onion Rings Steamed Vegetable Sticks Chocolate Chip Bar
23 Crispy Chicken Salad Marinated Cucumber Salad Wheat Roll Strawberry Dessert Bar	24 Breaded Pork Chops Confetti Rice Butter Beans Wheat Roll Peaches & Cream	25 Meatloaf Roasted potatoes Broccoli Wheat Roll Mandarin Oranges	26 Ham Steak Cream Cheese Corn Brussels Sprouts Medley Wheat Roll Chocolate Pudding	27 Breaded Shrimp Cocktail Sauce Macaroni & Cheese Broccoli Wheat Roll Pineapple & Banana
30 Chicken Cobb Salad Ranch Dressing Pasta Salad Wheat Roll Tropical Fruit Dream				

BIG FLAT SR. CENTER'S JUNE 2025 ACTIVITIES

MONDAY	Tuesday	Wednesday	Thursday	Friday
	2 CARD GAMES DOMINOES PUZZLE TABLE	3 DOMINOES POOL PUZZLE TABLE	4 POOL DOMINOES PUZZLE TABLE	5 DOMINOES CARD GAMES PUZZLE TABLE
9 DOMINOES POOL PUZZLE TABLE	10 DOMINOES POOL CARD GAMES CONWAY TRIP	11 DOMINOES POOL Puzzle table ICE CREAM SOCIAL	12 DOMINOES POOL PUZZLE TABLE	13 PUZZLE TABLE CARD GAMES POOL BREAKFAST
16 POOL CARD GAMES DOMINOES	17 DOMINOES CARD GAMES PUZZLE TABLE	18 DOMINOES POOL PUZZLE TABLE	19 DOMINOES POOL CARD GAMES	20 POOL CARD GAMES PUZZLE TABLE BINGO
23 DOMINOES POOL PUZZLE TABLE B	24 POOL CARD GAMES DOMINOES	25 CARD GAMES POOL DOMINOES	26 POOL CARD GAMES PUZZLE TABLE	27 POOL DOMINOES PUZZLE TABLE
30 DOMINOES POOL PUZZLE TABLE				

Precautions for Seniors in Hot Weather

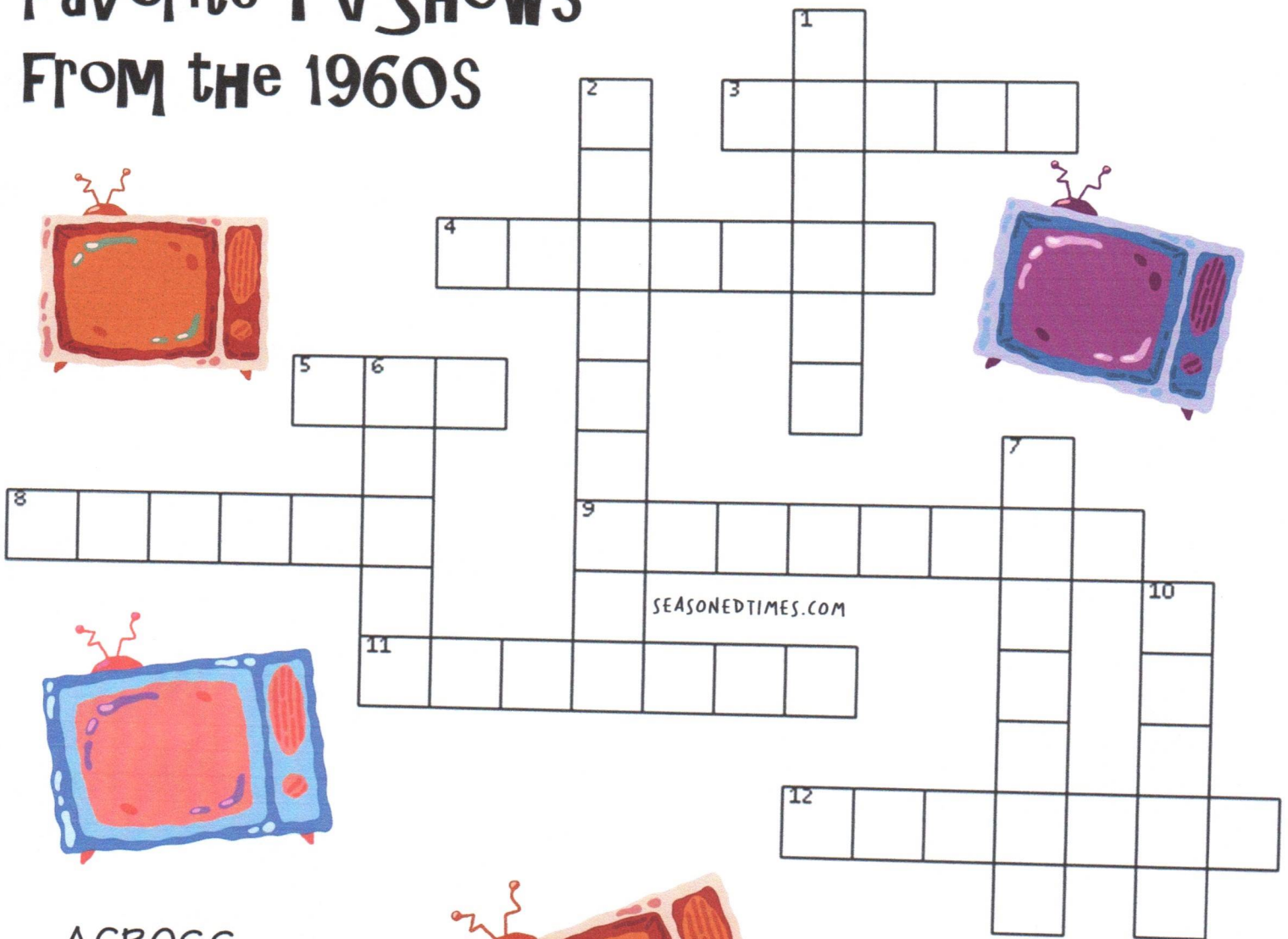
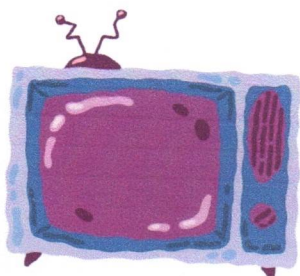
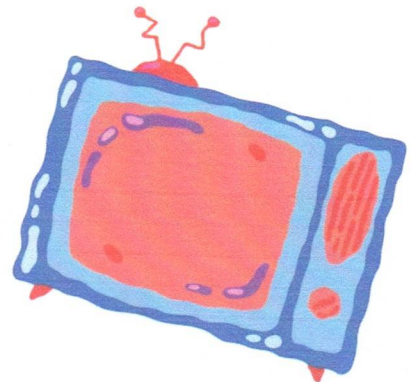
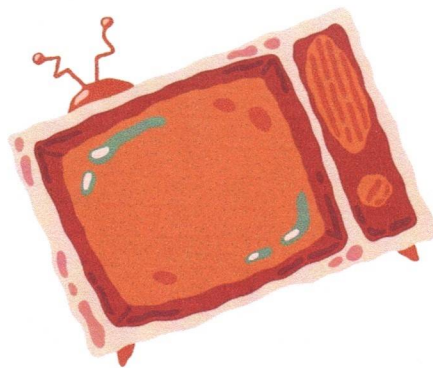
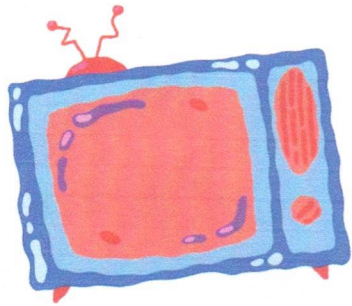
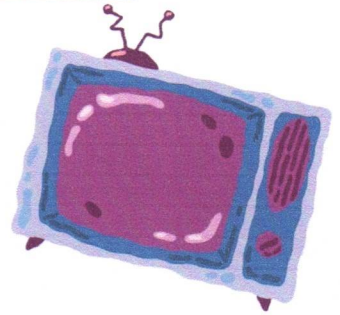
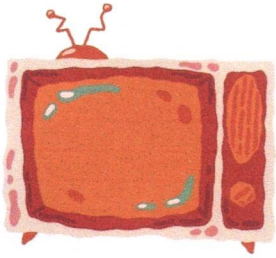
People 65 and older are one of the at-risk groups for heat exhaustion and heat strokes and should be careful on hot days.

Steps you should take:

1. Spend a short amount of time outside so your body adjusts to the heat.
2. Drink fluids, even before getting thirsty and avoid alcohol
3. Wear loose lightweight clothing and a hat.
4. Replace salt lost from sweating by drinking fruit juice or sport drinks.
5. Avoid spending time outdoors during the hottest part of the day, from 11:00 am-3 pm
6. Wear sunscreen, sunburn affects the body's ability to cool itself.
7. Pace yourself when you exert your body.
8. Take time to rest and cool down-air conditioning is best.

If you already have health conditions, they can create more issues on a hot day. If you are spending time outdoors, remember to put on sunscreen a hat and have plenty of water with you.

Favorite TV Shows From the 1960s



ACROSS

3. _____ Train
4. Wild _____
5. The _____ Patrol
8. Family _____
9. Love, _____ Style
11. Dark _____
12. Hollywood _____

DOWN

1. The _____ Adventures of Mr. Magoo
2. American _____
6. Green _____
7. My Favorite _____
10. The _____ Limits