

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 would like to say thank
you for a thoughtful donation
made in memory of
Roy Gene Rinehart

Breakfast Fundraiser

Saturday June 21st

6:30 am to 10:30 am

During the Car Show

**Only \$8 for
All you can eat eggs, bacon,
sausage, biscuits & gravy**

Summer Dance
Featuring the Bobby
Russell Project
Saturday June 28th
Doors @ 5 Music @ 6
\$5 cash at the door
ALL AGES WELCOME



Quilt Raffle

\$1 chance or 6 chances for \$5
Drawing Monday June 23rd

Hi everyone,

I have an ambassador meeting scheduled for June, Friday the 13th. We will be going over budget and spending and taking suggestions as well as listening to your feedback. Anyone is welcome to come and participate. I look forward to talking about the success that we have been having, challenges we are facing, and what you all would like to see more or less of.

Thanks!

Ashley



**Ice Cream
Social
Monday
June 16th
after
lunch**

A person from the VA will be here
Tuesday June 10th from 10:30 to
11:30 with information and
resources about suicide prevention
for veterans.

The road to hope can start with a single
call, chat, or text.



 **Veterans
Crisis Line**
DIAL 988 then PRESS 1

Lincoln SAC June 2025 Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sweet and Sour Chicken Fried Rice Broccoli Egg Roll Fruit	3 Salisbury Steak w/Peppers & Onions Mashed Potatoes Corn Roll Fruit	4 Turkey Breast Sweet Potatoes Green Beans Roll Banana Pudding	5 Lasagna Carrots Garlic Knot Fruit	6 Roast Scalloped Potatoes Peas Roll Cake
9 Ham Black-eyed Peas Vegetable Blend Roll Fruit	10 Grilled Chicken Salad Crackers Cottage Cheese Peaches	11 Beef Enchiladas Corn Refried Beans Strawberry Short-cake	12 Spaghetti Broccoli Garlic Knot Fruit	13 Catfish Vegetable Blend Baked Potato Hushpuppies Pudding
16 Lemon & Herb Baked Tilapia Wild Rice Green Beans Roll Fruit	17 Chicken & Dumplings Mixed Veggies Roll Peach Cobbler	18 Scrambled Eggs & Sausage Biscuit & Gravy Sliced Tomatoes Cinnamon Roll	19 Beef Brisket Tomato Cucumber Salad Potato Wedges Cornbread Fruit	20 Sloppy Joes Chips Corn Fruit
23 Roast Baby Baker Taters Carrots Roll Fruit	24 Baked Chicken Rice Broccoli Salad Roll Brownie	25 Pork Carnitas w/Flour Tortillas Refried Beans Corn Lettuce & Tomato Orange Fluff	26 Meatloaf Mashed Potatoes Green Beans Roll Fruit	27 Potato Soup Deli Sandwich Pea Salad Fruit
30 Lasagna Broccoli Garlic Knot Fruit			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 <i>Menu is subject to change due to availability</i>

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)
- Call 911 right away—heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)
- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- Get medical help right away if:
 - You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms
- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:
 - Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin
- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



Lincoln SAC June 2025 Activities

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Gospel Singing	3 9:30 Jam Session/Live Music	4 10:45 Ageless Grace Exercise Class 12:15 Bingo	5 10:00 BB Baseball Practice	6 10:45 Ageless Grace Exercise Class 12:00 Birthday Cake for June
9 10:00 Gospel Singing	10 9:30 Jam Session/Live Music 10:30-11:30 VA representative available with information	11 10:45 Ageless Grace Exercise Class 12:15 Bingo	12 10:00 BB Baseball Practice Beanbag Baseball @Home vs PG after lunch	13 10:45 Ageless Grace Exercise Class Ambassador meeting after lunch 12:00
16 10:00 Gospel Singing Ice Cream Social after lunch 12:00	17 9:30 Jam Session/Live Music 9:00 Food Bank (Sanctuary Church)	18 12:15 Bingo	19 10:00 BB Baseball Practice	20 10:45 Ageless Grace Exercise Class Breakfast for the Car Show Saturday 21st 6:30 to 10:30
23 10:00 Gospel Singing	24 9:30 Jam Session/Live Music	25 10:45 Ageless Grace Exercise Class 12:15 Bingo	26 10:00 BB Baseball Practice 12:15 Tic Tournament	27 10:45 Ageless Grace Exercise Class SUMMER DANCE Sat June 28th Doors@5 Music@6
30 10:00 Gospel Singing				

FATHER'S DAY WORD SEARCH

Happy Father's Day!



Celebrate
Relaxation
Inspiration
Appreciate
Grandfather
Devoted

Gift
Son
Wise
Laugh
Kiss
Card

Home
Hugs
Sunday
Happy
Fun
Cake

Caring
Holiday
Giving
Love
Family
Strong

Honor
Hero
Daddy
Loyal
Friend
Father

Daughter
Gentleman
Children
Encourager
Provider
Greatest

© 2010 Funational, Inc.

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.

