

LOWELL SENIOR ACTIVITY CENTER

JUNE 2025 MENU



Mon	Tue	Wed	Thu	Fri
2 Reuben Sandwich Creamy Potato Soup Cinnamon Apples Fresh Baked Cookie	3 Fried Chicken Potatoes W/ Gravy Whole Kernel Corn Fresh Baked Roll Chocolate Cream Pie	4 Country Fried Steak Potatoes/Cream Gravy Sonoma Vegetables Fresh Baked Roll Mixed Berry Parfait	5 Chicken Spaghetti Maple Glazed Carrots Garlic Bread Cherry Crisp	6 Grilled Chicken Club On Whole Wheat Bun w/ Honey Mustard side Garden Pasta Salad Potato Chips Summer Fruit Cup
9 Chicken Salad w/ Cocktail Croissant Vegetable Quiche Fresh Fruit Fresh Baked Cookie	10 Roast Beef W/ Gravy Mashed Potatoes Carrots/Onions/Celery Whole Kernel Corn Fresh Baked Biscuit Peach Crisp	11 Turkey Club Sandwich w/ Cranberry Mustard Creamy Broccoli Soup Fresh Fruit Fresh Baked Cookie	12 Chicken Fried Chicken Potatoes w/ Gravy Sonoma Vegetables Fresh Baked Roll Farmhouse Cake	13 Father's Day Smoked Brisket Potato Salad Baked Beans Cowboy Cornbread Ooey Gooney Cake
16 Sweet/Sour Chicken Oriental Vegetables Vegetable Fried Rice Egg Roll Mandarin Oranges	17 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Whole Kernel Corn Cornbread	18 Gourmet Chicken Mashed Potatoes Spring Vegetables Fresh Baked Roll Macadamia Cookie	19 Meatloaf w/Potatoes & Brown Gravy Sonoma Vegetables Fresh Baked Roll Woolworth Cheesecake	20 Fried Fish Potatoes & Onions Creamy Coleslaw Green Tomato Relish Hushpuppies Blackberry Crisp
23 Pulled Pork Plate Macaroni & Cheese Sweet & Sour Slaw Lemon Bar	24 Chicken Veggie Soup 1/2 Pimento Cheese Broccoli Salad Summer Fruit Mix	25 Beef Stroganoff over Noodles Parmesan Carrots Garlic Toast Strawberry Dessert	26 Pineapple Glazed Ham Scalloped Potatoes Summer Vegetables Fresh Baked Roll Carrot Cake	27 Chicken Fried Steak Potatoes w / Gravy Sonoma Vegetables Fresh Baked Roll Farmhouse Cake
30 Fried Fish Macaroni & Cheese Pinto Beans Green Tomato Relish Hushpuppies Million \$ Pie		\$4.00 Suggested Donation for 60+ \$8.00 for under 60 eating on site \$8.50 All Carry out		Menu Subject to Change Due to Supply Chain Availability



Lowell
Senior Activity Center
704 East Monroe
Lowell, AR 72745
479-365-2755
Mon-Fri 8:00-200

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

LOWELL SENIOR ACTIVITY CENTER

JUNE 2025 ACTIVITIES



Mon	Tue	Wed	Thu	Fri
2 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30	3 12:00 Beanbag Baseball Practice Wii Bowling 12:30 pm	4 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	5 Wii Bowling Practice 12:30 pm	6 Chair Yoga 10:00 am Wii Bowling 12:30 pm
9 12:00 Magnet Diamond Art Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm	10 8:45 Casino Day INDIGO Sky 12:00 Beanbag Baseball Practice Wii Bowling 12:30 pm	11 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	12 Wii Bowling Practice 12:30 pm	13 Chair Yoga 10:00 am Wii Bowling 12:30 pm
16 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm	17 Beanbag Baseball Game @ Bentonville Leave @ 9:45	18 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	19 Wii Bowling Practice 12:30 pm	20 Chair Yoga 10:00 am Wii Bowling 12:30 pm
23 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm	24 12:00 Beanbag Baseball Practice Dinner Out MJ's Pizza Leave @ 4:00 Wii Bowling 12:30 pm	25 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	26 Wii Bowling Practice 12:30 pm	27 Chair Yoga 10:00 am Wii Bowling 12:30 pm
30 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm				Suggested Donation for Transportation \$3 to \$10 Based on Destination



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