

CENTER ACTIVITIES

Cook Out

Fri. 7/11/25

Hamburgers & Hot Dogs

4:00 6:00 P.M.

Basket Bingo

Fri. 7/25/25

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 CENTER

July 2025



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

Cook –Out 4:00—6:00
7/11/25 Hamburgers & Hot
Dogs. Basket Bingo 7/25/25
From 5-7

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

JULY 2025



MEALS ON WHEELS
AMERICA 2019 MEMBER

MONDAY	Tuesday	Wednesday	Thursday	Friday
30 Chicken Cobb Salad Ranch Dressing Pasta Salad Wheat Roll Tropical Fruit Dream	1 Salisbury Steak Duchess Potatoes Herbed Zucchini Wheat Roll Rosy Apple Slices	2 Sliced Baked Ham Macaroni & Cheese Greens Biscuit Blondie Brownie	3 Lasagna Italian Vegetables Breadstick Assorted Ice Cream	
7 Grilled Chicken Salad Potato Salad Bread Stick White Cake/ Chocolate Icing	8 Chopped Steak Mushroom Gravy Mashed Potato Cas- serole Cauliflower Wheat Roll Marbled Cheese	9 Breaded Fish Fillet French Fries Marinated Vegetable Salad Wheat Roll Lemon Pound Cake	10 Mushroom Swiss Hamburger Lettuce & Toma- toes Tater Tots Ice Cream Sundea	11 Baked Ham Black eyed Peas Greens Cornbread Fruited Gelatin Parfait
14 Zesty Bean Soup Crackers Ham & Cheese Sandwich Cucumber Sour Cream Salad Hawaiian Fruit Cup	15 Pork Cutlet Supreme Parslied Potatoes Peas 7 Mushrooms Roll Daffodil Angel Food Cake	16 Chicken & Dumplings Mashed Potatoes Green Beans Cornbread Grapes	17 Beef/ Roasted Vegetables Rissolle Potatoes Wheat Roll Apricot Parfait	18 Chef's Choice Tuna Salad Sandwich Potato Chips Garden Pea Salad Fruit Salad
21 Breaded Shrimp Cocktail Sauce Macaroni & Cheese Broccoli Wheat Roll Pineapple & Banana	22 Chicken Vesuvio Peas & Pearl Onions Wheat Roll Coconut Cream Cake	23 Meatloaf Roasted Potatoes Broccoli Wheat Roll Mandarin Oranges	24 Pork Carnitas Refried Beans Tomato Corn Cilantro Salad Cinnamon Roll Cream Churro	25 Crispy Chicken Salad Marinated Cucum- ber Salad Wheat Roll Strawberry Dessert
28 Chicken Cobb Salad Ranch Dressing Pasta Salad Wheat Roll Tropical Fruit Dream	29 Herbed Pork Loin Sweet Potatoes Roasted Cauliflower Wheat Roll Mandarin /Toasted Coconut	30 Pineapple Chicken Fried Rice Stir Fry Vegetable Blend Vegetable Egg Roll German Chocolate Cake	31 Sliced Ham Macaroni & Cheese Greens Biscuit Blondie Brownie	1 Lasagna Italian Vegetables Breadsticks Assorted Ice cream

BIG FLAT SR. CENTER'S JUNE 2025 ACTIVITIES

MONDAY	Tuesday	Wednesday	Thursday	Friday
	1 CARD GAMES DOMINOES PUZZLE TABLE	2 DOMINOES POOL PUZZLE TABLE	3 POOL DOMINOES PUZZLE TABLE	
7 DOMINOES POOL PUZZLE TABLE	8 DOMINOES POOL CARD GAMES CONWAY TRIP	9 DOMINOES POOL Puzzle table ICE CREAM SOCIAL	10 DOMINOES POOL PUZZLE TABLE	11 PUZZLE TABLE CARD GAMES POOL BREAKFAST
14 POOL CARD GAMES DOMINOES	15 DOMINOES CARD GAMES PUZZLE TABLE	16 DOMINOES POOL PUZZLE TABLE	17 DOMINOES POOL CARD GAMES	18 POOL CARD GAMES PUZZLE TABLE BINGO
21 DOMINOES POOL PUZZLE TABLE B	22 POOL CARD GAMES DOMINOES	23 CARD GAMES POOL DOMINOES	24 POOL CARD GAMES PUZZLE TABLE	25 POOL DOMINOES PUZZLE TABLE
28 DOMINOES POOL PUZZLE TABLE	29 Pool Card Games Dominoes	30 Card Games Pool Puzzle Table	31 Dominoes Card Games Puzzle Table	

Name: _____ Date: _____



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

4TH OF JULY

ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS
FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION
PARADE
REVOLUTION
RIGHTS



STATES
THIRTEEN
UNITED

