

# July Menu

Mon	Tue	Wed	Thu	Fri
<b>Ages 60+</b> <b>Suggested Meal Donation \$4.00</b> <b>\$8.00 For Under 60 Eating @ Senior Center</b> <b>\$8.50 For All Take Out</b>	<b>1</b> Lasagna Italian Blend Vegetables Breadstick Sherbert	<b>2</b> Chicken Cobb Salad Pasta Salad Saltine Crackers Fruit Medley Birthday Cake	<b>3</b> Reuben Sandwich Onion Rings Pea Salad Watermelon	<b>4 Closed</b> 
<b>7</b> Apple Ginger Pork Chop Oven Roasted Potatoes Seasoned Zucchini Cornbread Peach Crisp	<b>8</b> Cheese Omelet Bacon Hash Browns Muffin Orange Juice Banana	<b>9</b> Baked Turkey Baked Sweet Potato Brussels Sprouts Roll Cantaloupe	<b>10</b> Minute Steak w/Gravy Mashed Potato Casserole Roasted Cauliflower Bread Chess Square	<b>11</b> Catfish Steak Fries Coleslaw Hushpuppies Pound Cake w/Lemon Sauce
<b>14</b> Chicken Club Sandwich Sweet Potato Fries Pickled Beets Cookie	<b>15</b> Pot Roast Baked Potato w/Butter & Sour Cream Glazed Carrots Roll Raspberry Zinger Cake	<b>16</b> Broccoli & Cheese Quiche Garden Blend Rice Herb Roasted Tomatoes Fruit Parfait	<b>17</b> Blueberry Dijon Chicken Noodles Jefferson Broccoli Roll Pears	<b>18</b> BBQ Beef Brisket Hot Potato Salad Baked Beans Biscuit Strawberry Earthquake Cake
<b>21</b> Pork Tamales Refried Beans Mexican Corn Tropical Fruit	<b>22</b> Oven Fried Chicken Macaroni & Cheese Fried Okra Biscuit Stupid Pie	<b>23</b> Fried Shrimp w/ Cocktail Sauce Roasted Red Potatoes Asparagus Garlic Bread Mixed Berries	<b>24</b> Meatloaf Mashed Potatoes w/Gravy Green Beans Roll Apple Pie	<b>25</b> Thin Crust Pizza Fried Mushrooms Garden Salad Breadstick Poke Cake
<b>28</b> Kielbasa Root Vegetables Fried Cabbage Cornbread Creamy Fruit Salad	<b>29</b> Crispy Chicken Salad Creamy Cucumber Salad Saltine Crackers Cherry Whip	<b>30</b> Swiss Burger w/ Lettuce, Tomato, Onions & Pickles Tater Tots Pork & Beans Banana Split Delight	<b>31</b> Tomato Soup Saltine Crackers Tuna Salad Sandwich Fruit Cookie	<b>Breakfast every Friday Morning 8:00am to 9:00am Price: Donation</b>  <b>Lunch served daily: 11:30am-12:15pm</b> <b>Takeout Pickup: 11:00-11:30am</b>

## Billy V. Hall Senior Activity & Wellness Center

1870 Limekiln Rd.  
 P.O. Box 1648  
 Gravette, AR 72736

Phone: 479-787-5950

Director - Melissa Provence

Email: [director.gravette@ohcnwa.org](mailto:director.gravette@ohcnwa.org)

"Billy V. Hall Senior Activity & Wellness Center is an equal opportunity provider, and employer."  
 EEO Employer/AA/M/F/Vet/Disabled

Meals are subject to change due to supply chain availability.



## 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.aaanwar.org](http://www.aaanwar.org)



# July Activities

Su	Mon	Tue	Wed	Thu	Fri	Sat
<p>Green-Exercise Blue-Regular Pink-Music Black-Games &amp; Activities Red-Trips &amp; Special Events Purple-Clubs</p>	<p><b>Please Note:</b> Activities are subject to change and are weather permitting.</p>	<p>1 10am-11:30am- Old Town String Band 12:30pm-Lions Club 12:30pm-Ageless Grace 12:30-4:00pm-Cards &amp; Dominos</p>	<p>2 10am-11am- Water Aerobics 11:30am-Birthday Recognition 12:30pm-Cards &amp; Dominos 1pm-Beanbag Baseball</p>	<p>3 9:00am-(\$15.00)  12:30pm-Ageless Grace 7:30pm-Independence Day Celebration (Join us for food, fun, &amp; fireworks)  Music will be performed by the Prairie Roads Band</p>	<p>4 Closed  11 8am-9am-Breakfast 10am-11am-Water Aerobics 10am-11:30am-Country Edge Band 5:30pm-NWA Growlin' Chickens vs Midland Rock Hounds @ Arvest Ballpark </p>	<p>5</p>
<p>6</p>	<p>7 10am-11am-Water Aerobics 10:30am-11:30am-Book Mobile 12:30-4:00pm-Cards &amp; Dominos</p>	<p>8 10am-Chair Volleyball 12:30pm-Ageless Grace 1:30pm-Aldi &amp; Walmart @ Siloam Springs 12:30-4:00pm-Cards &amp; Dominos </p>	<p>9 10am-11am-Water Aerobics 12:30-4:00pm-Cards &amp; Dominos 1pm-Beanbag Baseball </p>	<p>10 10am-Watercolor Class. w/Sheila (\$10.00)  12:30pm-Ageless Grace 12:30-4:00pm-Cards &amp; Dominos</p>	<p>11 8am-9am-Breakfast 10am-11am-Water Aerobics 10am-11:30am-Country Edge Band 5:30pm-NWA Growlin' Chickens vs Midland Rock Hounds @ Arvest Ballpark </p>	<p>12</p>
<p>13</p>	<p>14 10am-11am-Water Aerobics 10:30am-11:30am-Book Mobile 12:30-4:00pm-Cards &amp; Dominos</p>	<p>15 10am-11:30am- Old Town String Band 12:30pm-Lions Club 12:30pm-Ageless Grace 12:30-4:00pm-Cards &amp; Dominos</p>	<p>16 9:30am-Jewelry Class w/Michelinda (\$10.00)  10am-11am-Water Aerobics 12:30pm-Cards &amp; Dominos</p>	<p>17 10am- 12:30-4:00pm-Cards &amp; Dominos</p>	<p>18 8am-9am-Breakfast 10am-11am-Water Aerobics 12:30-2:00pm-Cards &amp; Dominos</p>	<p>19 Essential Give Away 10-11am @ Senior Center</p>
<p>20</p>	<p>21 10am-11am-Water Aerobics 10:30am-11:30am-Book Mobile 12:30-4:00pm-Cards &amp; Dominos</p>	<p>22 8am-Breakfast Leroy's Café @ Sulphur Springs 12:30pm-Ageless Grace 12:30-4:00pm-Cards &amp; Dominos  Eat Out</p>	<p>23 10am-11am-Water Aerobics 12:30-4:00pm-Cards &amp; Dominos  1pm-Beanbag Baseball</p>	<p>24 10am-Watercolor Class. w/Sheila (\$10.00)  12:30pm-Ageless Grace 12:30-4:00pm-Cards &amp; Dominos 4:30pm-Game Night </p>	<p>25 8am-9am-Breakfast 10am-11am-Water Aerobics 12:30-2:00pm-Cards &amp; Dominos</p>	<p>26</p>
<p>27</p>	<p>28 9:30-11:30am- Blood Pressure 10am-Water Aerobics 10:30am-Book Mobile 12:30-4:00pm-Cards &amp; Dominos</p>	<p>29 10am-Chair Volleyball 12:30pm-Ageless Grace 12:30-4:00pm-Cards &amp; Dominos 5pm-Pizza Night @ Senior Center </p>	<p>30 10am-11:30am- Country Edge Band 10am-11am-Water Aerobics  12:30pm-Cards &amp; Dominos 1pm-Beanbag Baseball</p>	<p>31 10am-Wii Bowling  12:30pm-Ageless Grace 12:30-4:00pm-Cards &amp; Dominos</p>	<p><b>Hours of Operation:</b> Monday - Thursday 8am to 4pm &amp; Fridays 8am to 2pm.</p>	

**July Birthdays**

Raye Deen Boyle	Tim McDougall
Connie Brown	Teresa Mullen
Arcie Cunningham	Gary Porter
David Holt	Lydia Seiden
Randy Hutcheson	Pamela Shields
Laura Kinney	Nancy Spradling
Mary Lara	Maurine Styles
David Lashley	

**DON'T MISS OUT!**

**Thursday, July 3rd @ 7:30pm -**  
Independence Day Celebration  
@ Senior Center

**Tuesday, July 8th @ 1:30pm -**  
Aldi & Walmart @ Siloam Springs

**Friday, July 11th @ 5:30pm -**  
Naturals Ballgame @  
Arvest Ballpark @ Springdale

**Tuesday, July 22nd @ 8:00am -**  
Breakfast @ Leroy's Café  
@ Sulphur Springs

**Independence Day Celebration**

**Thursday, July 3rd @ 7:30pm**  
Join us as we celebrate  
**Independence Day!**

**There will be food, fun and music!**  
Bring your lawn chairs and  
come watch fireworks.

**Music preformed by:**  
**Prairie Roads Band**