



July Menu

MON	TUE	WED	THU	FRI
<p>\$4 Suggested Donation for 60+</p> <p>\$8 Charge for under 60 eating on site</p> <p>\$8.50 Charge for all take out</p>	<p>1 Caesar Salad w/ Grilled Chicken Croutons, Dressing Brownie Fruited Ambrosia</p>	<p>2 Broccoli Cheese Soup ½ Turkey Club Potato Chips Fresh Fruit</p>	<p>3 Pulled Pork w/Pickle Spear Mustard Potato Salad Baked Beans Coleslaw</p>	
<p>7 Beef Stroganoff Green Beans Garlic Knots Apple Crisp</p>	<p>8 Chicken Spaghetti Brown Sugar Carrots Garlic Bread Cherry Crisp</p>	<p>9 Chef Salad w/Turkey, Ham, Egg, Tomato Dressing Crackers Fruited Yogurt</p>	<p>10 Meatball Sub Italian Pasta Salad Side Salad /Dressing Fruit Salad Deluxe</p>	<p>11 Chicken Tenders Mashed Potatoes w/Gravy Fried Okra Cornbread</p>
<p>14 Sausage and Eggs Biscuits and Gravy Fried Apples Blueberry Muffin</p>	<p>15 Stuffed Bell Peppers Glazed Carrots Hot Roll Fruit Crisp</p>	<p>16 Chicken Taco Salad Baja Ranch Dressing Corn & Black Beans Chips and Salsa</p>	<p>17 Cheeseburger w/Fixings French Fries Baked Beans Cookie</p>	<p>18 Chicken Parmesan over Egg Noodles Capri Vegetable Mix Garlic Bread Berry Crisp</p>
<p>21 Tuna Salad Sandwich Pasta Salad Fruit Salad Brownie</p>	<p>22 Seasoned Baked Chicken Rice Pilaf Roasted Broccoli Biscuit Fruited Jello</p>	<p>23 Philly Cheesesteak Creamy Cucumbers Potato Chips Fresh Fruit</p>	<p>24 Blackened Chicken Alfredo over Pasta Side Salad w/Dressing Fresh Roll Peach Crisp</p>	<p>25 Roasted Turkey Sweet Potatoes Dressing w/Gravy Green Bean Casserole Pumpkin Dump Cake</p>
<p>28 Orange Chicken Fried Rice Stir Fry Veggies Egg Rolls Mandarin Oranges</p>	<p>29 Beef and Bean Tacos w/Queso Spanish Rice Fiesta Corn Cinnamon Churros</p>	<p>30 Chicken and Rice Casserole Peas and Carrots Fresh Roll Peach Crisp</p>	<p>31 Pepperoni Pizza Side Salad w/Dressing Buttered Corn Oreo Parfait</p>	<p>Drawing For Free Meal Ticket will be held at the end of the Month</p>



"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. EEO EMPLOYER/AA/M/F/VET/DISABLED".

**Carroll County
Senior Activity & Wellness Center
202 West Madison Avenue
Berryville, Arkansas 72616
(870) 423-3265**

**Monday - Thursday 8:00am-4:00pm
Friday 8:00am-2:00pm**



Suggested Meal Donation for those age 60 or older is \$4.00
Lunch is served at 12:00pm
MON-FRI
PLEASE ARRIVE EARLIER THAN 12:00 PM FOR LUNCH
MENU SUBJECT TO CHANGE DUE TO SUPPLY CHAIN AVAILABILITY
MUST CALL BY 9:30 AM



July Activities

MON	TUE	WED	THU	FRI
SUGGESTED DONATION FOR VAN RIDES \$4-\$10 BASED ON	1 <u>10:00am-11:00am</u> Board & Card Games <u>12:45pm-1:45pm</u> Walmart	2 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>9:00am Bus Leaves to</u> <u>Cherokee Casino—Siloam</u>	3 <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	
7 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>10:00am-11:00am</u> Tai Chi Class	8 <u>10:00am-11:00am</u> Board & Card Games <u>10:00am-11:00am</u> CRAFTY TUESDAY <u>12:45pm-1:45pm</u> Walmart	9 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class	10 <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	11 Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles
14 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>10:00am-11:00am</u> Tai Chi Class	15 <u>10:00am-11:00am</u> Board & Card Games <u>12:45pm-1:45pm</u> Walmart	16 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>800am</u> Bus Leaves for Harrison Shopping Trip	17 <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	18 Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzle s
21 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>10:00am-11:00am</u> Tai Chi Class	22 <u>10:00am-11:00am</u> Board & Card Games <u>11:00am-11:45am</u> Ambassador Committee Meeting <u>12:45pm-1:45pm</u> Walmart	23 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class	24 <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	25 Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles
28 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>10:00am-11:00am</u> Tai Chi Class	29 <u>10:00am-11:00am</u> Board & Card Games <u>12:45pm-1:45pm</u> Walmart	30 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class	31 <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	Fundraiser Quilt Raffle Come get your Tickets today \$1 =1 Ticket \$5 = 6 Tickets \$10= 13 Tickets Drawing will be Sept 30



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Friday 8:00am-2:00pm



Shop the Carroll
County Senior
Thrift Store on the
Square! Between
Wilson's TV &
Farmer in the Deli!
Wed-Sat 11am-4pm
(870) 929-6280

