

# Lincoln Senior Activity Center

116 E Park Street, Lincoln, AR 72744



Find us on  
Facebook

Phone: 479-824-3861 Email: [lincolnsc@aaanwar.org](mailto: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



**Strawberry  
milkshakes  
after lunch  
Friday the 11th**



**PACE of  
the Ozarks**

**P.A.C.E of the Ozarks will have a representative here Thursday July 3rd at 10:45 to talk about their program and the services that they provide. PACE stands for Program of All-inclusive Care for the Elderly. The program is designed to support seniors to be able to stay in their home rather than going into a nursing facility. Come learn more.**



**Saturday July 19th**

**Doors @ 4:30**

**Bingo starts 5:15**

**\$5 for 1 card and food**

**Additional cards 2 for \$5**

**All ages welcome!!**

# Lincoln SAC July 2025 Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Congregate and Home Delivered Meals:</b>  <b>Suggested Donation</b>  <b>Seniors 60+: \$4.00</b>	<b>1</b> Salisbury Steak w/Peppers & Onions Mashed Potatoes Green Beans Roll Brownie	<b>2</b> Ham Mac & Cheese Peas & Carrots Roll Fruit	<b>3</b> Sweet & Sour Chicken Fried Rice Egg Roll Broccoli Cake	<b>4 Closed for</b>  
<b>7</b> Spaghetti & Meatballs Broccoli Garlic Knot Fruit	<b>8</b> Hamburger Baked Beans Lettuce & Tomato Roasted Apples	<b>9</b> Chef's Salad Crackers Pasta Salad Banana Pudding	<b>10</b> Pork Loin Chop Baked Potato Corn Roll Fruit	<b>11</b> Catfish Pinto Beans Coleslaw Hushpuppies Fruit
<b>14</b> Pulled Pork Sandwich Baked Beans Tater Tots Fruit	<b>15</b> Roast Turkey Dressing Sweet Potatoes Green Beans Roll Lemon Bar	<b>16</b> Beef Fingers Mashed Potatoes Corn Biscuit Fruit	<b>17</b> Chicken Salad Sandwich Broccoli Salad Chips Pudding Cups	<b>18</b> Scrambled Eggs Sausage Biscuits & Gravy Sliced Tomatoes Cinnamon Roll
<b>21</b> Pot Roast Mashed Potatoes Carrots Roll Fruit	<b>22</b> Oven Fried Chicken Mac & Cheese Peas & Carrots Roll Fruit	<b>23</b> Ham Au Gratin Potatoes Black-eyed Peas Roll Orange Fluff	<b>24</b> Lemon & Herb Baked Tilapia Rice Vegetable Blend Garlic Cheese Biscuit Fruit	<b>25</b> Meatloaf Mashed Potatoes Green Beans Roll Cobbler
<b>28</b> Baked Chicken Potato Wedges Vegetable Blend Roll Fruit	<b>29</b> Sweet & Sour Chicken Fried Rice/Egg Roll Broccoli Strawberry Shortcake	<b>30</b> Salisbury Steak Peppers & Onions Mashed Potatoes Green Beans Roll Fruit	<b>31</b> French Dip Sandwiches Vegetable Blend Chips Roasted Apples	<b>Under 60 and all take out meals: \$8.00</b>  <b>TO GO ORDERS CALL</b> <b>(479) 824-3861</b>  <i>Menu is subject to change due to availability</i>



**We will be streaming this live in the dining room for anyone interested in attending.**



**Join Live!**  
**July 23 , 2025**  
**@ 10:30am CST**

## **FALL PREVENTION & HOME SAFETY**

Join Zoom Meeting  
[https://uams.zoom.us/j/91607514024?](https://uams.zoom.us/j/91607514024?pwd=sjBP7TMcwOFSBo8IYanLa8g5AT3WkL1)  
[pwd=sjBP7TMcwOFSBo8IYanLa8g5AT3WkL1](https://uams.zoom.us/j/91607514024?pwd=sjBP7TMcwOFSBo8IYanLa8g5AT3WkL1)



Scan to join  
meeting on your  
mobile device



**Register by  
scanning the  
QR code  
or visit**

**<https://redcap.link/q488sofq>**


**UAMS**

Donald W. Reynolds  
Institute on Aging  
Arkansas Geriatric  
Education Collaborative

**OAKLAWN  
CENTER  
ON AGING**

# Lincoln SAC July 2025 Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:30 Jam Session/Live Music	<b>2</b> 10:45 Ageless Grace Exercise Class 12:15 Bingo	<b>3</b> 10:00 BB Baseball Practice <b>10:45 PACE of the Ozarks Info meeting</b> <b>12:00 Birthday Cake for July</b>	<b>4 Closed for</b> 
<b>7</b> 10:00 Gospel Singing	<b>8</b> 9:30 Jam Session/Live Music	<b>9</b> 10:45 Ageless Grace Exercise Class 12:15 Bingo	<b>10</b> 10:00 BB Baseball Practice	<b>11</b> 10:45 Ageless Grace Exercise Class <b>Strawberry Milkshakes after lunch</b>
<b>14</b> 10:00 Gospel Singing	<b>15</b> 9:30 Jam Session/Live Music <b>9:00 Food Bank (Sanctuary Church)</b>	<b>16</b> 12:15 Bingo	<b>17</b> 10:00 BB Baseball Practice	<b>18</b> 10:45 Ageless Grace Exercise Class <b>BINGO NIGHT</b> <b>Sat July 19th</b> <b>Doors 4:30 Bingo 5:15</b>
<b>21</b> 10:00 Gospel Singing	<b>22</b> 9:30 Jam Session/Live Music	<b>23</b> <b>10:30 Program about Fall Prevention and Home Safety</b> 12:15 Bingo	<b>24</b> 10:00 BB Baseball Practice <b>Beanbag Baseball @ Home vs PG after lunch</b>	<b>25</b> 10:45 Ageless Grace Exercise Class
<b>28</b> 10:00 Gospel Singing	<b>29</b> 9:30 Jam Session/Live Music	<b>30</b> <b>10:00 Beanbag Baseball @ Home vs WF</b> 12:15 Bingo	<b>31</b> 10:00 BB Baseball Practice <b>12:15 Tic Tournament</b>	

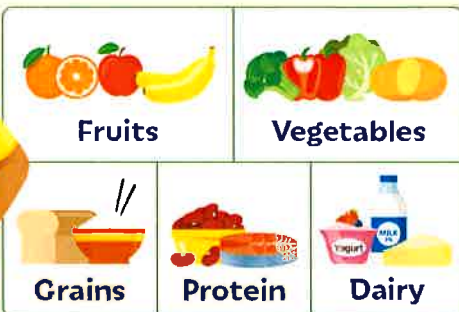


# 5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



**Eat a variety of foods each day.**



Keep a food diary to track what you eat.



Learn more about healthy eating as you age at [www.nia.nih.gov/healthy-eating](http://www.nia.nih.gov/healthy-eating).



**Read food labels to learn what's in your food.**



Nutrition Facts	
8 servings per container	
Serv. size 1 cup	
Amount per serving	Calories 370
Total Fat 5g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 150mg	
Total Carbohydrate 40g	
Dietary Fiber 5g	
Sugars 15g	

**Choose foods that don't have a lot of sugar, saturated fats, and sodium.**



**Be aware of how many calories you need per day.**

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

## Beanbag Baseball Homestand

**July 24th vs P.G**

**@ Home after lunch**

**July 30th vs W.F.**

**@ Home 10:00**



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.





# 4<sup>TH</sup> of July

## WORD SEARCH

S	Y	B	G	O	D	B	M	B	L	B	F	U	U	I
T	R	R	E	F	L	A	G	S	E	O	S	S	N	E
R	A	A	A	U	J	M	F	A	U	A	E	D	C	U
I	T	V	E	E	R	S	U	R	I	C	E	A	L	C
P	I	E	S	D	U	T	T	H	E	P	N	Y	E	E
E	L	T	S	U	I	H	E	A	E	E	J	D	S	B
S	I	L	T	F	O	K	E	N	R	K	D	Z	A	R
C	M	S	U	F	I	S	D	Z	D	S	F	O	M	A
B	C	L	J	O	R	E	P	C	Y	W	I	K	M	B
V	X	U	I	A	N	S	K	R	O	W	E	R	I	F
M	L	S	A	C	I	R	E	M	A	R	Q	C	K	V
Y	T	R	E	B	I	L	F	O	E	U	T	A	T	S
D	I	D	Q	T	V	E	T	D	O	C	P	Z	O	P
Z	A	E	E	R	F	E	H	T	F	O	D	N	A	L
Y	I	G	F	C	K	W	E	T	I	H	W	C	S	C

AMERICA  
BARBECUE  
BEAUTIFUL  
BLUE  
BRAVE

FIREWORKS  
FLAG  
FOURTH OF JULY  
FREEDOM  
INDEPENDENCE DAY

LAND OF THE FREE  
MAJESTIC  
MILITARY  
RED  
STARS

STATUE OF LIBERTY  
STRIPES  
UNCLE SAM  
USA  
WHITE

Hidden Message: