


LOWELL SENIOR ACTIVITY CENTER

JULY 2025 MENU



Mon	Tue	Wed	Thu	Fri
Menu Subject to Change Due to Supply Chain Availability	1 Frito Chili Pie Whole Kernel Corn Side Salad w/Ranch Watermelon Slices	2 Chicken Fried Chicken Potatoes/Cream Gravy Sonoma Vegetables Fresh Baked Biscuit Farmhouse Cake	Celebrating July 4th Grilled Brat on Bun Potato Salad Baked Beans Orange Slices	
7 Turkey Club Sandwich W/ Cranberry Mustard Broccoli Cheese Soup Fresh Fruit Fresh Baked Cookie	8 Roast Beef w/Gravy Mashed Potatoes Carrots/Onions/Celery Fresh Baked Biscuit Peach Crisp	9 Pineapple Glazed Ham Scalloped Potatoes Summer Vegetables Fresh Baked Roll Carrot Cake	10 Smoked Brisket Potato Salad Baked Beans Cowboy Cornbread Fresh Baked Cookie	11 Grilled Chicken Qtr. Baby Baked Potatoes Country Green Beans Fresh Baked Biscuit Blueberry Butter Bar
14 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Whole Kernel Corn Cornbread Lemon Blueberry Parfait	15 Fried Fish Potatoes & Onions Creamy Coleslaw Green Tomato Relish Hushpuppies Blackberry Crisp	16 Gourmet Chicken Mashed Potatoes Spring Vegetables Fresh Baked Roll Macadamia Cookie	17 Sweet & Sour Chicken Oriental Vegetables Vegetable Fried Rice Egg Roll Mandarin Oranges	18 Meatloaf w/ Potatoes & Brown Gravy Sonoma Vegetables Fresh Baked Roll Cheesecake w/Fruit
21 Beef Stroganoff Over Noodles Parmesan Carrots Garlic Toast Fruit Crisp	22 Pulled Pork Plate w/ Macaroni & Cheese Sweet & Sour Slaw Cornbread Lemon Bar	23 Chicken Veggie Soup 1/2 Pimento Cheese Broccoli Salad Potato Chips Summer Fruit	24 Country Fried Steak Potatoes w/ Gravy Sonoma Vegetables Fresh Baked Roll Strawberry Dessert	25 Baked Ham Au Gratin Potatoes Green Beans Fresh Baked Biscuit Farmhouse Cake
28 Reuben Sandwich Creamy Potato Soup Cinnamon Apples Fresh Baked Cookie	29 Chicken Stir-Fry Fluffy White Rice Oriental Vegetables Eggroll Mandarin Oranges	30 Beef Goulash Buttered Corn Garden Salad w/ Dressing Fruited Gelatin Parfait	31 Grilled Chicken Club W/ Lettuce & Tomato Baked Sweet Potato Fries Veggie Pasta Salad Key Lime Bars	\$4.00 Suggested Donation for 60+ \$8.00 for under 60 eating on site \$8.50 All Carry out



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

JULY 2025 ACTIVITIES

Mon	Tue	Wed	Thu	Fri
	1 12:00 Beanbag Baseball Practice Wii Bowling 12:30 pm	2 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	3 Wii Bowling Practice 12:30 pm	
7 12:00 Magnet Diamond Art Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm	8 9:15 Casino Day Cherokee 12:00 Beanbag Baseball Practice Wii Bowling 12:30 pm	9 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	10 Wii Bowling Practice 12:30 pm	11 Chair Yoga 10:00 am Wii Bowling 12:30 pm
14 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm	15 Beanbag Baseball Game @ Bentonville Leave @ 9:45	16 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	17 Fraud Awareness Bingo @ 12:30 Sponsored by Senior Medicare Patrol	18 Chair Yoga 10:00 am Wii Bowling 12:30 pm
21 12:00 Magnet Diamond Art Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm	22 12:00 Beanbag Baseball Practice Dinner Out To Be Determined Leave @ 4:00 Wii Bowling 12:30 pm	23 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	24 Wii Bowling Practice 12:30 pm	25 Chair Yoga 10:00 am Wii Bowling 12:30 pm
28 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm	29 12:00 Beanbag Baseball Practice Wii Bowling 12:30 pm	30 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	31 Wii Bowling Practice 12:30 pm	Suggested Donation for Transportation \$3 to \$10 Based on Destination



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