

BENTON COUNTY SENIOR ACTIVITY & WELLNESS CENTER



AUGUST MENU

Mon	Tue	Wed	Thu	Fri
\$4.00 Suggested Donation for 60+ \$8.00 for under 60 eating on site \$8.50 All Carry out				1 Chicken Fried Chicken Potatoes/Cream Gravy Sonoma Vegetables Fresh Baked Biscuit Farmhouse Cake
4 Roast Beef w/Gravy Mashed Potatoes Carrots/Onions/Celery Fresh Baked Biscuit Peach Crisp	5 Turkey Club Sandwich W/ Cranberry Mustard Broccoli Cheese Soup Fresh Fruit Fresh Baked Cookie	6 Pineapple Glazed Ham Scalloped Potatoes Summer Vegetables Fresh Baked Roll Carrot Cake	7 Grilled Brat on Bun Potato Salad Baked Beans Fresh Baked Cookie	8 Fried Chicken Potatoes w/Gravy Buttered Corn Fresh Baked Biscuit Banana Cream Pie Bar
11 Frito Chili Pie Whole Kernel Corn Garden Salad/Ranch Orange Slices	12 Grilled Chicken Club W/ Lettuce & Tomato Sweet Potato Fries Veggie Pasta Salad Watermelon Wedges	13 Bolognese Sauce over Pasta Tossed Salad/ Garlic Bread Pound Cake w/ Fruit	14 <u>Pool Tournament</u> Fried Fish Mac & Cheese Seasoned Greens Tomato Relish Hushpuppies Lemon Cream Pie	15 Chicken Fajita w/ Peppers & Onions Fiesta Rice Charro Beans Coconut Cream Cake
18 Chicken Veggie Soup 1/2 Pimento Cheese Broccoli Salad Potato Chips Summer Fruit	19 Chicken Fried Steak Potatoes w/ Gravy Sonoma Vegetables Fresh Baked Roll Strawberry Dessert	20 Gourmet Chicken Mashed Potatoes Summer Vegetables Fresh Baked Roll Macadamia Cookie	21 Beef Stroganoff Over Noodles Parmesan Carrots Garlic Toast Fruit Crisp	22 Roasted Turkey Breast Cornbread Stuffing Sweet Potatoes Green Beans Carrot Cake
25 Beef Quesadilla w/ Salsa & Sour Cream Texas Pinto Beans Mexican Street Corn Coconut Cream Cake	26 Italian Baked Chicken Pasta Primavera W/ Vegetables Side Salad w/Dressing Garlic Bread Glazed Angel Cake	27 Meatloaf w/ Potatoes & Brown Gravy Brussel Sprouts Fresh Baked Roll Peach Crisp	28 Grilled Hamburger w/ Trimmings on side Tater Tots Baked Beans Watermelon Slices	29 Fish Potatoes & Onions Creamy Coleslaw Green Tomato Relish Hushpuppies Fruit Pie



Benton County
 Senior Activity & Wellness Center
 3501 SE L Street
 Bentonville, AR 72712

 479-273-7348
 Mon—Thurs 8:00—4:00
 Fri—8:00—2:00

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.aanw.org

This institution is an equal opportunity provider and employer. EEO Employer/AA/M/F/VET/Disabled

BENTON COUNTY SENIOR ACTIVITY & WELLNESS CENTER



AUGUST

ACTIVITIES

Mon	Tue	Wed	Thu	Fri
<p>Suggested Donation for Transportation \$3 to \$10 Based on</p>				<p>1 9:30 Beanbag Baseball Practice</p> <p>11:00 Parkcrest Sound Band Cards, Pool, Dominoes</p>
<p>4 9:30 BINGO 10:30 Brandi w/ Schmeiding Center "Mental Health Awareness" Education</p> <p>11:00 Bridge</p>	<p>5 9:30 AF Exercise Deaf Senior Group</p> <p>Cards, Pool, Dominoes Exercise Equipment</p>	<p>6 9:00 Walmart</p> <p>Cards, Pool, Dominoes Exercise Equipment</p>	<p>7 7:45 Senior Safety and scam awareness @ Bntv. Police Dept.</p> <p>10:15 Bible Study Cards, Pool, Dominoes Exercise Equipment</p>	<p>8 9:30 Beanbag Baseball Practice</p> <p>Cards, Pool, Dominoes Exercise Equipment</p>
<p>11 9:30 BINGO</p> <p>11:00 Bridge</p> <p>Cards, Pool, Dominoes, Exercise Equipment</p>	<p>12 9am CASINO DAY @ DOWNSTREAM 9:30 AF Exercise</p> <p>Cards, Pool, etc. Dominoes, Exercise Equipment</p>	<p>13 9:00 Walmart 10:00 Prairie Roads Band</p> <p>Cards, Pool, Dominoes Exercise Equipment</p>	<p>14 9:00 Pool Tournament 9:30 AF Exercise 10:15 Bible Study 10:30 Gospel Music</p> <p>Cards, Pool, Dominoes Exercise Equipment</p>	<p>15 9:30 Beanbag Baseball Practice</p> <p>11:00 Parkcrest Sound Band</p>
<p>18 9:30 BINGO</p> <p>11:00 Bridge</p> <p>Cards, Pool, Dominoes Exercise Equipment</p>	<p>19 9:30 AF Beanbag Baseball w/Lowell—HERE @10:30am</p> <p>Cards, Pool, etc. Dominoes, Exercise Equipment</p>	<p>20 9:00 Walmart 11:00 Games with Phil & Sandi</p> <p>Cards, Pool Dominoes Exercise Equipment</p>	<p>9:00 Trip to Crystal Bridges</p> <p>9:30 AF Exercise 10:15 Bible Study Cards, Pool, Dominoes</p>	<p>22 9:30 Beanbag Baseball Practice</p> <p>Cards, Pool, Dominoes Exercise Equipment</p>
<p>25 9:30 BINGO</p> <p>11:00 Bridge</p> <p>Cards, Pool, Dominoes Exercise Equipment</p>	<p>26 9:30 AF Exercise 3:45 Dinner @ CASA Alejo-Rogers</p> <p>Cards, Pool, Dominoes Exercise Equipment</p>	<p>27 9:00 Walmart</p> <p>Cards, Pool, Games Exercise Equipment</p>	<p>28 9:30 AF Exercise 10:15 Bible Study 10:30 Gospel Music</p> <p>Cards, Pool, Dominoes Exercise Equipment</p>	<p>29 9:30 Beanbag Baseball Practice</p> <p>Cards, Pool, Dominoes Exercise Equipment</p>



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SEPTEMBER LOOK AHEAD

- ♦ **1-6—Ark Encounter trip to Kentucky**
- ♦ **Beanbag Baseball World Series**
- ♦ **Dinner Out Honey Pops-Anderson, MO**

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