

# August Menu

Mon	Tue		Thu	Fri
Ages 60+ Suggested Meal Donation \$4.00 \$8.00 For Under 60 Eating @ Senior Center \$8.50 For All Take Out	Breakfast every Friday Morning 8:00am to 9:00am Price: Donation Lunch served daily: 11:30am-12:15pm Takeout Pickup:11:00-11:3	30am	Meals are subject to change due to supply chain availability.	1 Creamy Beef Shells Casserole Garden Salad Bread Better Than Anything Bars
4 Chicken Rice Casserole California Blend Vegetables Beets Roll Fresh Fruit	5 Country Fried Steak w/Cream Gravy Baked Potato Broccoli Roll Coconut Cream Dessert	6 Turkey Club Sandwich w/Apricot Spread Dill Pickle Spear Butternut Squash Soup Crackers Birthday Cake	7 Spaghetti w/Meat Sauce Spinach Salad Garlic Bread Fruit Parfait	8 Southern BBQ Pulled Pork Panini Sweet Potato Fries Tangy Coleslaw Fruit Cookie
11 Salisbury Steak Roasted Potatoes Brussels Sprouts Roll Cantaloupe	12 Italian Baked Chicken Pasta Primavera Bread Stick Black Forrest Cake	13 Salmon Burger w/Lemon Dill Sauce Baby Baker Potatoes Asparagus Honey Fruit Cup	14 Chicken & Dumplings Mashed Potatoes Green Beans Roll Peaches	15 Beef Soft Tacos Cucumber Avocado Salad Pinto Beans Fruited Jell-O
18 Brown Sugar Pork Chop Roasted Potato Medley Okra & Stewed Tomatoes Cornbread Spiced Apples	19 Herb Baked Chicken Long Grain Wild Rice Squash Casserole Bread Strawberry Pretzel Dessert	20 Liver & Onions Mashed Potatoes w/Brown Gravy Riviera Blend Vegetables Roll Brownie	21 Sliced Ham Au Gratin Potatoes Sugar Snap Peas Cornbread Emerald Pears	22 Fried Cod Waffle Fries Coleslaw Garlic Cheddar Biscuit Lemon Pie
25 Loaded Bacon Cheese Burger Pasta Bake Mixed Vegetables Bread Fig Bar	26 BBQ Chicken Leg Quarter Hash Browns Seasoned Greens Biscuit Fruit Cobbler	27 Hot Open Faced Roast Beef Sandwich w/Gravy Roasted Red Potatoes Glazed Carrots Banana Pudding	28 Fried Pork Chop Steamed Cabbage Black Eyed Peas Cornbread Watermelon	29 French Dip Sandwich Curly Fries Cucumber, Tomato & Onion Salad Fruit Medley Cookie

EEO Employer/AA/M/F/Vet/Disabled

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### 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



Su	Mon	Tue	Wed	Thu	Fri	Sat
Green- Exercise Blue- Regular Pink- Music Black- Games & Activities Red-Trips & Special Events Purple- Clubs	Please Note: Activities are subject to change and are weather permitting.	Hours of Operation: Monday - Thursday 8am to 4pm & Fridays 8am to 2pm.	Last day for Water Aerobics will be Friday, August 8th.  PEPPI will resume at the Senior Center Mondays, Wednesdays & Fridays from 10am - 11am.		1 8am-9am-Breakfast 10am-11am- Water Aerobics 12:30-2:00pm- Cards & Dominos	2
3	4 10am-11am- Water Aerobics 10:30am-11:30am- Book Mobile 12:30-4:00pm- Cards & Dominos	5 10am-11:30am- Old Town String Band 12:30pm-Lions Club 12:30pm-Roger's Aquatics Center 12:30-4:00pm- Cards & Dominos	6 10am-11am- Water Aerobics 11:30am- Birthday Recognition 12:30-4:00pm- Cards & Dominos 1pm-Beanbag Baseball	7 9:00am- (\$15.00) 12:30pm-Ageless Grace 12:30-4:00pm- Cards & Dominos 4pm-Drunken Rooster Bar & Grill on the Water @ Grove, OK	8 8am-9am-Breakfast 10am-11am- Water Aerobics 10am-11:30am- Country Edge Band 12:30-2:00pm- Cards & Dominos	9
10	11 10am-11am-PEPPI 10:30am-11:30am- Book Mobile 12:30-4:00pm- Cards & Dominos	12 10am-Chair Volleyball 12:30pm-Ageless Grace 1:30pm-Walmart @ Jane, MO 12:30-4:00pm- Cards & Dominos	9:30am-Chair Volleyball w/Siloam @ Siloam 10am-11am-PEPPI 12:30-4:00pm- Cards & Dominos	14 10am-Watercolor Class w/Sheila (\$10.00) 12:30pm-Ageless Grace 12:30-4:00pm- Cards & Dominos	8am-9am-Breakfast 9:30-11:30am- Prairie Roads Band 10am-11am-PEPPI 12:30-2:00pm- Cards & Dominos	16 Essential Give Away 10-11am @ Senior Center
17	18 10am-11am-PEPPI 10:30am-11:30am- Book Mobile 12:30-4:00pm- Cards & Dominos	19 10am-11:30am-Old Town String Band 12:30pm-Lions Club 12:30pm-Ageless Grace 12:30-4:00pm-Cards & Dominos	20 9:30am-Jewelry Class w/Michelinda (\$10.00) 10am-11am-PEPPI 12:30-4:00pm- Cards & Dominos 1pm-Beanbag Baseball	21 10am-Wii Bowling w/Siloam @ Gravette 12:30-4:00pm- Cards & Dominos 4:30pm-Game Night	8am-9am-Breakfast 10am-11am-PEPPI 12:30-2:00pm- Cards & Dominos	23
24	25 9:30-11:30am- Blood Pressure	26 10am- 12:30pm-Ageless Grace 12:30-4:00pm-	27 10am-11:30am- Country Edge Band 10am-11am-PEPPI	10am-Watercolor Class w/Sheila (\$10.00) 12:30pm-Ageless Grace	29 8am-9am-Breakfast 10am-11am-PEPPI 11:30am-	30
31	10:30am-Book Mobile 12:30-4:00pm- Cards & Dominos	Cards & Dominos 5pm-Pizza Night @ Senior Center	12:30-4:00pm- Cards & Dominos 1pm-Beanbag Baseball	12:30-4:00pm- Cards & Dominos	Quilt Raffle Drawing 12:30-2:00pm- Cards & Dominos	

## HAPPYBURTHDAY

Abby Abbey
Kevin Archer
LaVonda Augustine
Danny Banks
Betty Bradley
Tommy Croxdale
Ron Edmondson
Toby Estep
Garry Finnell
Helen Gibson
Elaine Irons
Connie Lashley
Ginger Lemery

Sheila Reynolds
Sherman Robinson
Tenia Robinson
Donna Schmitz
Paula Scott
Lydia Smith
Frankie Stephens
Dewell Stewart
Lora Tate
Sherry Tusinger
Bonnie Walker
Nadine Zachary

Billy V. Hall Senior Activity & Wellness Center Quilt Raffle

Drawing will be held Friday, August 29, 2025 Tickets may be purchased at

\$1.00 per ticket or 6 tickets for \$5.00

the Senior Center located at 1870 Limekiln Road, Gravette (479) 787-5950

Need not be present to win.

All proceeds go to the Meals on Wheels
Program that serves Gravette,
Sulphur Springs, Decatur, Hiwasse & Maysville.



Tuesday, August 5th @ 12:30pm Billy V Hall Senior Center will be traveling to Rogers.

We will be spending the afternoon at the *Rogers Aquatics Center*. So grab your swimsuit and enjoy a day of swimming or floating in the lazy river or just relaxing by the pool.