

# Lincoln Senior Activity Center

116 E Park Street, Lincoln, AR 72744



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



PACE of  
the Ozarks

P.A.C.E of the Ozarks will have a representative here Wed, August 20th at 10:30 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.

## DANCE

**Sat. 23rd**  
**Doors @ 5 Music @ 6**  
Featuring the Bobby  
Russell Project  
**\$5 cash at the door**  
**ALL AGES WELCOME**

## Cici's Pizza & a Movie

Tuesday Aug. 26th

Van leaves at 10:15

Eat lunch and then go to the Malco Theater

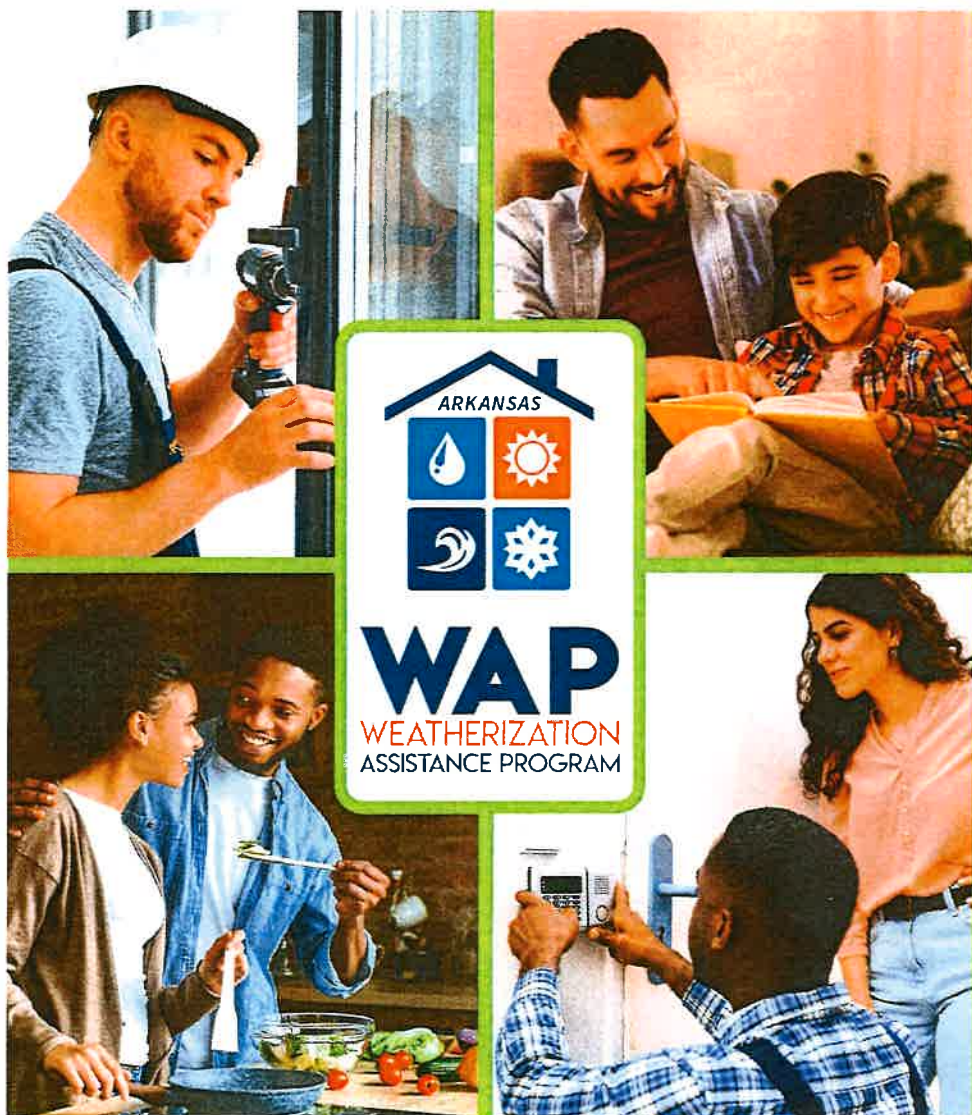
Sign up sheet next to Ashley's office!

# Lincoln SAC August 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>Under 60 and all take out meals: \$8.00</b> <b>TO GO ORDERS CALL (479) 824-3861</b> <i><u>Menu is subject to change due to availability</u></i>			<b>1 Lasagna</b> Vegetable Blend Garlic Knot Cake
<b>4 Spaghetti &amp; Meatballs</b> Brussel Sprouts Breadstick Fruit	<b>5 Chicken Fried Chicken</b> Mashed Potatoes Corn Biscuit Banana Pudding	<b>6 Crispy Chicken Salad</b> Crackers Potato Salad Orange Fluff	<b>7 Ham</b> Au Gratin Potatoes Peas & Carrots Roll Fruit	<b>8 Catfish</b> Baked Potato Broccoli w/Cheese Hushpuppies Fruit
<b>11 Pork Roast</b> Mashed Potatoes Green Beans Roll Fruit	<b>12 Chicken &amp; Dumplings</b> Mixed Vegetables Roll Lemon Bar	<b>13 Scrambled Eggs</b> Sausage Biscuits & Gravy Sliced Tomatoes Orange Juice	<b>14 Turkey &amp; Dressing w/Gravy</b> Sweet Potatoes Roll Pie	<b>15 Pork Chops</b> Rice Carrots Roll Fruit
<b>18 Pot Roast</b> Baby Bakers Carrots Roll Fruit	<b>19 Baked Chicken</b> Mac & Cheese Peas Biscuit Fruit	<b>20 Baked Tilapia</b> Red Potatoes & Green Beans Roll Chocolate Pudding Cup	<b>21 Baked Ziti w/ Cheese</b> Vegetable Blend Garlic Knot Fruit	<b>22 Meatloaf</b> Mashed Potatoes Corn Roll Cobbler
<b>25 Ham</b> Sweet Potatoes Green Beans Roll Fruit	<b>26 Tacos</b> Refried Beans Roasted Corn Brownie	<b>27 Sweet &amp; Sour Chicken</b> Fried Rice Stir Fry Vegetables Egg Roll P.B. Cookie	<b>28 Salisbury Steak w/Peppers &amp; Onions</b> Mashed Potatoes Fried Okra Roll Fruited Jello	<b>29 Hot Ham &amp; Cheese Sandwiches</b> Peas & Carrots Chips Roasted Apples





### GOAL OF WEATHERIZATION:

- Reduce amount paid for home energy utilities
- Make the home more comfortable and livable

### HOW WAP WORKS:

The Arkansas Weatherization Assistance Program (WAP) is administered by the Arkansas Energy Office, an entity of the Department of Energy and Environment, which annually issues grant fund to non-profit agencies to provide specific home energy efficiency measures for low-income families in Arkansas. Priority is given to the elderly, disabled, households with children, and households with a high energy burden or high energy usage.

### FREQUENTLY ASKED QUESTIONS:

#### Q. Are There Any Out Of Pocket Costs?

A. No. Weatherization is without cost to the homeowner, renter or landlord.

#### Q. What Weatherization Services Can I Receive?

A. The actual energy conservation work completed is dependent on the specific needs of the home.

### Typical Work May Include:

- Air sealing
- Attic insulation
- Floor insulation
- Weather-stripping
- Lighting retrofits – replacing incandescent light bulbs with more energy efficient bulbs
- Clean, tune, repair, or replace heating and/or cooling systems

**SAVE!**

**\$372**

**OR MORE EVERY YEAR  
AVERAGE ANNUAL  
ENERGY COST SAVINGS**

Source:

[www.energy.gov/scep/wap/weatherization-assistance-program](http://www.energy.gov/scep/wap/weatherization-assistance-program)



## Are There Income Limits for Eligibility for WAP?

Yes! The chart shows the maximum allowable household income to be eligible to receive WAP services (auto eligibility for HUD, LIHEAP, SSI, and TANF recipients).

2023 MAXIMUM ALLOWABLE INCOME CHART	
HOUSEHOLD SIZE	ANNUAL INCOME
1	\$30,120
2	\$40,880
3	\$51,640
4	\$62,400
5	\$73,160
6	\$83,920
7	\$94,680
8	\$105,440

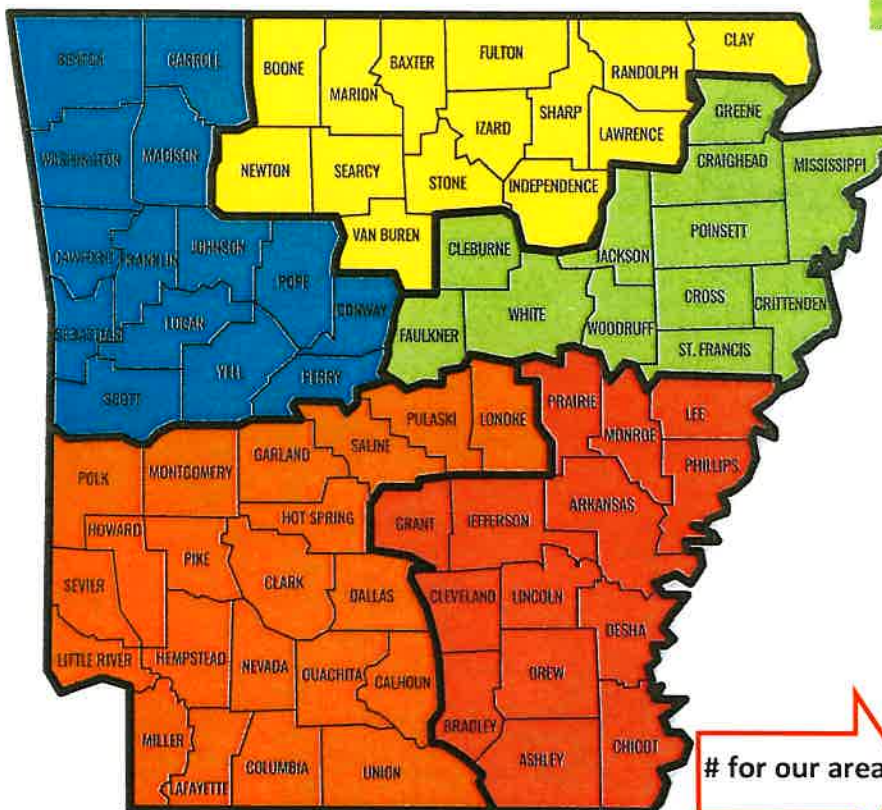
## What Is The Weatherization Process Like?

1. Apply to the Weatherization Assistance Program by calling the agency serving your county or visit the website and complete the WAP application.
2. If you are found eligible, the agency will conduct an initial home assessment to determine if your home is ready for weatherization.
3. An energy audit will be completed, and the results will determine what specific work will be done.
4. Knowledgeable contractors will install the allowable energy efficiency measures in your home.

**Because your household is eligible, you receive all weatherization services at no cost to you.**

# Arkansas Weatherization Assistance Program

[www.acf.hhs.gov/sites/default/files/documents/ocs/CED-HHS-Poverty-Guidelines-](http://www.acf.hhs.gov/sites/default/files/documents/ocs/CED-HHS-Poverty-Guidelines-)



## Where to Apply for WAP

### (BCD)

**Better Community Development**

t: 501.379.1535

w: [www.bcdinc.org](http://www.bcdinc.org)

### (BRAD)

**Black River Area Development Corp.**

t: 870.202.1347 or 870-892-4547

w: [www.bradcorp.org](http://www.bradcorp.org)

### (CADC)

**Central Arkansas Development Council**

t: 501.776.8446

w: [www.cadc.com](http://www.cadc.com)

### (CRDC)

**Crowley's Ridge Development Council**

t: 870.333.5127

w: [www.crdcnea.org](http://www.crdcnea.org)

### (CSCDC)

**Crawford-Sebastian Community Development Council**

t: 479.785.2303 - ext. 111

w: [www.cscdc.net](http://www.cscdc.net)

# for our area

To learn more about AR WAP, watch this client testimonial video about the benefits of WAP.



# Lincoln SAC August 2025 Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>  10:45 Ageless Grace Exercise Class  <b>Birthday Cake for August after lunch</b>
<b>4</b>  10:00 Gospel Singing	<b>5</b>  9:30 Jam Session/Live Music	<b>6</b>  10:45 Ageless Grace Exercise Class  12:15 Bingo	<b>7</b>  10:00 BB Baseball Practice	<b>8</b>  10:45 Ageless Grace Exercise Class
<b>11</b>  10:00 Gospel Singing  <b>Ice Cream Social After Lunch</b>	<b>12</b>  9:30 Jam Session/Live Music  <b>First Day of School For Lincoln</b>	<b>13</b>  10:45 Ageless Grace Exercise Class  12:15 Bingo	<b>14</b>  10:00 BB Baseball Practice  <b>Bean Bag Baseball vs. P.G. at home after lunch</b>	<b>15</b>  10:45 Ageless Grace Exercise Class
<b>18</b>  10:00 Gospel Singing	<b>19</b>  9:30 Jam Session/Live Music  <b>9:00 Food Bank (Sanctuary Church)</b>	<b>20</b>  <b>10:30 PACE of the Ozarks Information Presentation</b>  12:15 Bingo	<b>21</b>  10:00 BB Baseball Practice	<b>22</b>  10:45 Ageless Grace Exercise Class  <b>DANCE!</b>  <b>Saturday 23rd</b>  <b>Doors @ 5 Music @ 6</b>
<b>25</b>  10:00 Gospel Singing	<b>26</b>  9:30 Jam Session/Live Music  <b>Trip to the movies and Cici's Pizza van leaves at 10:15</b>	<b>27</b>  10:45 Ageless Grace Exercise Class  12:15 Bingo	<b>28</b>  10:00 BB Baseball Practice  <b>12:15 Tic Tournament</b>	<b>29</b>  10:45 Ageless Grace Exercise Class



# GIANT Back to School Word Search

**DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

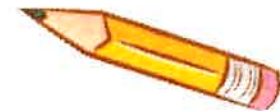
Answer  
Arithmetic  
Art  
Assignment  
Backpack  
Binder  
Biology  
Blackboard  
Cafeteria  
Calculator  
Chair  
Chemistry  
Clock  
Compass  
Crayon  
Curriculum  
Desk  
Dictionary  
Drama  
Dress Code  
Education  
Eraser  
Exam  
Folder  
Friend  
Geography  
Globe  
Glue  
Grade  
Gymnasium  
Highlighter  
History  
Kindergarten  
Language  
Learn  
Lesson  
Library  
Listen  
Lunchbox

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

Map  
Marker  
Math  
Music  
Notebook  
Open House  
Paper  
Pencil  
Physics  
Principal  
Protractor  
Pupil

Question  
Read  
Recess  
Respect  
Ruler  
Schedule  
School Bus  
Science  
Scissors  
Sharpener  
Silence  
Stapler

Student  
Subject  
Tape  
Teacher  
Test  
Textbook  
Tutor  
Uniform  
Write



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