

LOWELL SENIOR ACTIVITY 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 meals		Menu Subject to Change Due to Supply Chain Availability		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
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 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/Trimming on side Tater Tots Baked Beans Watermelon Slices	29 Fish Potatoes & Onions Creamy Coleslaw Green Tomato Relish Hushpuppies Fruit Pie



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


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

LOWELL SENIOR ACTIVITY CENTER



AUGUST

ACTIVITIES

Mon	Tue	Wed	Thu	Fri
Suggested Donation for Transportation \$3 to \$10 Based on Destination				1 Chair Yoga 10:00 am Wii Bowling 12:30 pm
4 Bargain Bins in Rogers Leave at 9:30	5 12:00 Beanbag Baseball Practice Wii Bowling 12:30 pm	6 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	7 Wii Bowling Practice 12:30 pm	8 Chair Yoga 10:00 am Wii Bowling 12:30 pm
11 Cards 9:00am Chair Yoga 10:00 am 12:00 Magnet Diamond Art	12 8:45am CASINO DAY @ DOWNSTREAM 12:00 Beanbag Baseball Practice DINNER Out PASTA FINA @ 4:30	13 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	14 Wii Bowling Practice 12:30 pm	15 Chair Yoga 10:00 am Wii Bowling 12:30 pm
18	19 Beanbag Baseball Game @ Bentonville Leave @ 9:45	20 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	21 Wii Bowling Practice 12:30 pm	22 Chair Yoga 10:00 am Wii Bowling 12:30 pm
25 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm 12:00 Magnet Diamond Art	26 12:00 Beanbag Baseball Practice Wii Bowling 12:30 pm	27 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	28 Wii Bowling Practice 12:30 pm	 Looking Ahead Sept. 19th BBB World Series-Harrison



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