

Bingo Time!!!!

Friday September 12th

5:00—7:00 PM

Cajun Cooking

Red Beans & Rice

Friday September 26th

5:00 –7:00 PM

Open

Monday-Friday

7:00 3:00

9975 HWY 14 EAST

BIG FLAT AR 72617

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EMAIL;

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## *BIG FLAT SENIOR CENTER SEPTEMBER 2025*



**If you need a ride to go shopping , buy groceries or to the Doctor. Call Donna @ 870-448-3674. I will be happy to set you for a Tuesday, or**


Area Agency on Aging of Northwest  
800-432-9721 or 870-741-1144 [www.aanwar.org](http://www.aanwar.org)



# SEPTMEBER




**MEALS ON WHEELS**  
AMERICA 2019 MEMBER

MONDAY	Tuesday	Wednesday	Thursday	Friday
 <p>LABOR DAY</p>	<p>2</p> <p>Grilled Chicken Salad Potato Salad Breadstick White Cake/Chocolate Icing</p>	<p>3</p> <p>Breaded Fish Fillets French Fries Marinated Vegetable Salad Wheat Roll Lemon Pound Cake</p>	<p>4</p> <p>Sweet &amp; Sour Pork Steamed Rice Asian Vegetables Wheat Roll Orange Pineapple Cream Gelatin</p>	<p>5</p> <p>Mushroom Swiss Hamburger Lettuce &amp; Tomato Tater Tots Ice Cream Sundaes</p>
<p>8</p> <p>Zesty Bean Soup Saltine Crackers Ham &amp; Cheese Sandwich Cucumber Sour Cream Salad Hawaiian Fruit Cup</p>	<p>9</p> <p>Roast Turkey Dressing / Gravy Succotash Wheat Roll Blueberries &amp; Peaches</p>	<p>10</p> <p>BBQ Brisket Sweet Potato Wedges Baked Beans Cornbread Oatmeal Raisin Cookie</p>	<p>11</p> <p>Chicken &amp; Dumplings Mashed Potatoes Green Beans Wheat Roll Grapes</p>	<p>12</p> <p>Chicken Club Sandwich Onion Rings Steamed Vegetables Chocolate Chip Bar</p>
<p>15</p> <p>Chicken Vesuvio Peas &amp; Pearl Onions Wheat Roll Coconut Cream Cake</p>	<p>16</p> <p>Breaded Pork Chops Confetti Rice Butter Beans Wheat Roll Peaches &amp; Cream</p>	<p>17</p> <p>Meatloaf Roasted Potatoes Broccoli Wheat Roll Mandarin Oranges</p>	<p>18</p> <p>Breaded Shrimp Cocktail Sauce Macaroni &amp; Cheese Broccoli Florets Wheat Roll Pineapple &amp; Banana</p>	<p>19</p> <p>Chef's Choice Goulash Tossed Salad Wheat Roll Pound Cake/ Strawberries</p>
<p>22</p> <p>Salisbury Steak/Peppers Duchess Potatoes Herbed Zucchini Wheat Roll Rosy Apple Slices</p>	<p>23</p> <p>Lasagna Italian Vegetables Breadstick Assorted Ice Cream</p>	<p>24</p> <p>Pineapple Chicken Fried Rice Stir Fry Vegetable Blend Vegetable Egg Roll German Chocolate Cake</p>	<p>25</p> <p>Slice Baked Ham Macaroni &amp; Cheese Greens Biscuits Blondie Brownies</p>	<p>26</p> <p>Reuben Sandwich Onion Rings Broccoli Salad Grapes</p>
<p>29</p> <p>Cheese Enchiladas Fiesta Rice Pico de Gallo Sour Cream Strawberries/ Topping</p>	<p>30</p> <p>Glazed Baked Ham Black-eyed peas Greens Cornbread Fruited Gelatin Parfait</p>	<p>1</p> <p>Chopped Steak Mushroom Gravy Mashed Potato Casserole Multi-Colored Cauliflower Wheat Roll Marbled Cheesecake</p>	<p>2</p> <p>Fish Kiev Garlic Roasted Potatoes Calico Cabbage Wheat Roll Chocolate Brownie</p>	<p>3</p> <p>Braised Stew Beef Tips With Gravy Rice Pilaf Prince Edward Vegetables Wheat Roll Ambrosia</p>

**Do you have questions or need services for senior adults?**



# BIG FLAT SR. CENTER'S SEPTEMBER 2025 ACTIVITIES

MONDAY	Tuesday	Wednesday	Thursday	Friday
	<p>2</p> <p>Dominoes Pool Puzzle Table</p>	<p>3</p> <p>Dominoes Cards Pool</p>	<p>4</p> <p>Dominoes Pool Puzzle Table</p>	<p>5</p> <p>Dominoes Pool Card Games</p>
<p>8</p> <p>DOMINOES POOL PUZZLE TABLE</p>	<p>9</p> <p>DOMINOES POOL CARD GAMES</p>	<p>10</p> <p>DOMINOES POOL Puzzle table</p>	<p>11</p> <p>DOMINOES POOL PUZZLE TABLE</p>	<p>12</p> <p>PUZZLE TABLE CARD GAMES POOL BINGO!!!</p>
<p>15</p> <p>POOL CARD GAMES DOMINOES</p>	<p>16</p> <p>DOMINOES CARD GAMES PUZZLE TABLE</p>	<p>17</p> <p>DOMINOES POOL PUZZLE TABLE</p>	<p>18</p> <p>DOMINOES POOL CARD GAMES</p>	<p>19</p> <p>POOL CARD GAMES PUZZLE TABLE</p>
<p>22</p> <p>DOMINOES POOL PUZZLE TABLE</p>	<p>23</p> <p>POOL CARD GAMES DOMINOES</p>	<p>24</p> <p>CARD GAMES POOL DOMINOES</p>	<p>25</p> <p>POOL CARD GAMES PUZZLE TABLE</p>	<p>26</p> <p>POOL DOMINOES PUZZLE TABLE RED BEANS &amp; RICE !!!</p>
<p>29</p> <p>DOMINOES POOL PUZZLE TABLE</p>	<p>30</p> <p>Pool Card Games Dominoes</p>	<p>1</p> <p>Card Games Pool Puzzle Table</p>	<p>2</p> <p>Dominoes Card Games Puzzle Table</p>	<p>3</p> <p>Pool Dominoes Puzzle Table</p>



Name: \_\_\_\_\_ Date: \_\_\_\_\_

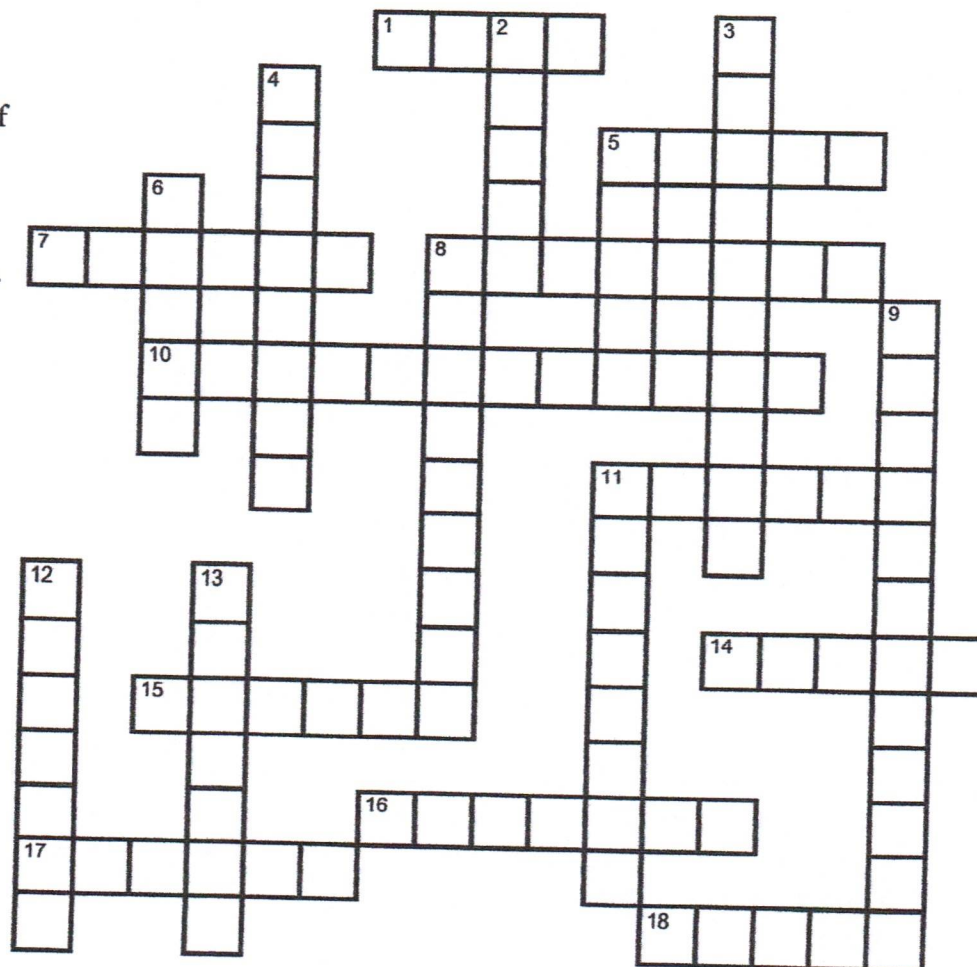
## ACROSS

1. Season that begins in September.
5. Flower associated with September.
7. Number of days in September.
8. Birthstone for the month of September.
10. Celebrated on the second Sunday of September: \_\_\_\_ Day.
11. These might get raked into a pile in September.
14. September is the \_\_\_\_ month of the year.
15. Season that ends in September.
16. Where you might pick apples in the fall.
17. This might start up in September.
18. Fruit of the oak tree.



## DOWN

2. Astrological sign for the second half of September (pair of scales).
3. September 11th.
4. Team sport often associated with September.
5. Crisp fruit which is often red.
6. Astrological sign for the first half of September (maiden).
8. Name for this month comes from the Roman word for seventh.
9. Celebrated on September 17th: \_\_\_\_ Day.
11. First Monday of September.
12. Gathering of crops at the end of summer.
13. Event which occurs around September 22nd or 23rd.



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|--------------|-------------|
| Acorn        | Libra       |
| Apple        | Ninth       |
| Aster        | Orchard     |
| Constitution | Patriot Day |
| Equinox      | Sapphire    |
| Fall         | School      |
| Football     | September   |
| Grandparents | Summer      |
| Harvest      | Thirty      |
| Labor Day    | Virgo       |
| Leaves       |             |



# *Welcome September*

New month, new chapter, new page and new wishes.

May the month give you courage, strength, Confidence, patience, self-love & inner peace. May everyday in September fill your days with Hope, love, sunshine and energy. Let there be Joy, Fun and Laughter.

