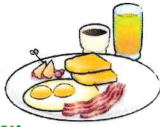




# September Menu

Mon	Tue	Wed	Thu	Fri
<b>1 Closed</b> <i>Happy Labor Day Weekend</i>	<b>2</b> Oven Fried Chicken Macaroni & Cheese Fried Okra Biscuit Fruit Medley	<b>3</b> Goulash Mixed Vegetables Bread Birthday Cake	<b>4</b> Chicken Quesadilla Ranch Melt Mexican Street Corn Bake Guacamole & Tortilla Chips Tropical Fruit	<b>5</b> Fried Catfish Pinto Beans Coleslaw Hushpuppies Lemon Bar
<b>8</b> Chicken Cordon Bleu Long Grain & Wil Rice Asparagus Biscuit Cantaloupe	<b>9</b> Cowboy Stew Garden Salad Cornbread Honey Bun Cake	<b>10</b> Turkey Bacon Swiss Wrap w/Cranberry Cream Cheese Spread Broccoli Salad Cottage Cheese w/Tomato Wedge Ambrosia	<b>11</b> Pork Tenderloin Baked Sweet Potato Creamed Spinach Roll Apple Brown Betty	<b>12</b> Sloppy Joe on Bun Fire Roasted Corn Onion Rings Fruit Cookie
<b>15</b> Tater Tot Casserole Mixed Vegetables Texas Toast Applesauce	<b>16</b> Chicken Fried Chicken Mashed Potatoes w/Gravy Green Peas Biscuit Summer Peach Cake	<b>17</b> Pot Roast Roasted Red Potatoes Glazed Carrots Roll Blonde Brownie	<b>18</b> Italian Hoagie Sandwich w/Lettuce & Tomato Pasta Salad Dill Pickle Spear Chips Strawberries & Bananas	<b>19</b> St Louis Style Ribs Potato Salad Baked Beans Roll Watermelon
<b>22</b> Taco Salad Spanish Rice Avocado Tomato Salad Tapioca Pudding	<b>23</b> Smothered Chicken Breast Noodles Jefferson Brussels Sprouts in Rosemary Cream Sauce Roll Fruit Crisp	<b>24</b> Meatloaf w/Ketchup Loaded Baked Potato Vegetable Casserole Roll Hummingbird Cake	<b>25</b> Chicken Lasagna Caesar Salad Bread Stick Tiramisu	<b>26</b> Pinto Beans & Ham Fried Potatoes w/Onions Seasoned Greens Cornbread Peanut Butter Bar
<b>29</b> Sweet & Sour Chicken Over Rice Oriental Vegetables Egg Roll Fortune Cookie Mandarin Oranges	<b>30</b> Country Fried Steak Mashed Potatoes w/Gravy Green Beans Roll Cobbler	<b>Ages 60+ Suggested Meal Donation \$4.00</b>  <b>\$8.00 For Under 60 Eating @ Senior Center</b>  <b>\$8.50 For All Take Out</b>	<b>Breakfast every Friday Morning 8:00am to 9:00am Price: Donation</b>  <b>Lunch served daily: 11:30am-12:15pm</b>  <b>Takeout Pickup: 11:00-11:30am</b> 	<b>Meals are subject to change due to supply chain availability.</b>

## Billy V. Hall Senior Activity & Wellness Center

1870 Limekiln Rd.  
P.O. Box 1648  
Gravette, AR 72736

Phone: 479-787-5950

Director - Melissa Provence

Email: [director.gravette@ohcnwa.org](mailto:director.gravette@ohcnwa.org)

"Billy V. Hall Senior Activity & Wellness Center  
is an equal opportunity provider, and employer."  
EEO Employer/AA/M/F/Vet/Disabled



## 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](http://www.aanwar.org)





# September Activities

Su	Mon	Tue	Wed	Thu	Fri	Sat
<b>Green-Exercise Blue-Regular Pink-Music Black-Games &amp; Activities Red-Trips &amp; Special Events Purple-Clubs</b>	<b>1 Closed</b> 	<b>2</b> 10am-11:30am-  Old Town String Band 12:30pm-Lions Club 12:30pm-Ageless Grace 12:30-4:00pm-Cards & Dominos	<b>3</b> 10am-11am-PEPPI 11:30am-Birthday Recognition 12:30-4:00pm-Cards & Dominos 1pm-Beanbag Baseball	<b>4</b> 9:00am- (\$15.00) 12:30pm-Ageless Grace 12:30-4:00pm-Cards & Dominos	<b>5</b> 8am-9am-Breakfast 9am-Creation Safari Wildlife Park @ Wyandotte, OK 10am-11am-PEPPI 12:30-2:00pm-Cards & Dominos	<b>6</b>
<b>7</b>	<b>8</b> 10am-11am-PEPPI 10:30am-11:30am-Book Mobile 12:30-4:00pm-Cards & Dominos	<b>9</b> 10am-Chair Volleyball 12:30pm-Ageless Grace 1:30pm-Walmart @ Jane, MO 12:30-4:00pm-Cards & Dominos	<b>10</b> 10am-11am-PEPPI 11am-Medicare Fraud Presentation 12:30-4:00pm-Cards & Dominos 1pm-  Super Noggin	<b>11</b> 10am-Watercolor Class w/Sheila (\$10.00) 12:30pm-Ageless Grace 12:30-4:00pm-Cards & Dominos 1:30pm-Beanbag Baseball	<b>12</b> 8am-9am-Breakfast 10am-11am-PEPPI 10am-11:30am-Country Edge Band 12:30pm-Ice Cream Sundee Bar 12:30-2:00pm-Cards & Dominos	<b>13</b>
<b>14</b>	<b>15</b> 10am-11am-PEPPI 10:30am-11:30am-Book Mobile 12:30-4:00pm-Cards & Dominos 1:30pm-Beanbag Baseball	<b>16</b> 10am-11:30am-  Old Town String Band 12:30pm-Lions Club 12:30pm-Ageless Grace 12:30-4:00pm-Cards & Dominos	<b>17</b> 9:30am-Beaded Craft Class w/Michelinda (\$10.00) 10am-11am-PEPPI 12:30pm-Pineville Bowling Alley 12:30pm-Cards & Dominos	<b>18</b> 9:30am-Wii Bowling w/Siloam @ Siloam Springs Senior Center 12:30-4:00pm-Cards & Dominos	<b>19</b> 8am-9am-Breakfast 9:30-11:30am-  Prairie Roads Band 10am-11am-PEPPI 12:30-2:00pm-Cards & Dominos	<b>20</b> Essential Give Away 10-11am @ Senior Center
<b>21</b>	<b>22</b> 9:30-11:30am-  Blood Pressure & Blood Sugar 10am-11am-PEPPI 10:30am-11:30am-Book Mobile 12:30-Cards & Dominos	<b>23</b> 12:30pm-Ageless Grace 12:30-Cards & Dominos Time to be Announced: Matinee Movie Rogers (A Big Bold Beautiful Journey)	<b>24</b> Bring Friend or Family Member to Lunch Day 10am-11:30am-  Country Edge Band 10am-11am-PEPPI 1pm-  Super Noggin	<b>25</b> 10am-Watercolor Class w/Sheila (\$10.00) 12:30pm-Ageless Grace 12:30-4:00pm-Cards & Dominos 4:30pm-Game Night	<b>26</b> 8am-9am-Breakfast 10am-11am-PEPPI 11am-Ambassabor Meeting 12:30-2:00pm-Cards & Dominos	<b>27</b>
<b>28</b>	<b>29</b> 10am-11am-PEPPI 10:30am-Book Mobile 12:30-4:00pm-Cards & Dominos 1pm-	<b>30</b> 10am-Chair Volleyball 12:30pm-Ageless Grace 12:30-4:00pm-Cards & Dominos 5pm-Pizza Night @ Senior Center	<b>Please Note:</b> Activities are subject to change and are weather permitting.	<b>Hours of Operation:</b> Monday - Thursday 8am to 4pm & Fridays 8am to 2pm.	<b>Speak Out Seniors-</b> If you have any ideas or activities you would like to do at your Senior Center, we would love to hear from you. You can also bring up new ideas at your monthly Ambassador Committee Meeting.	

september

Adonia Carson  
Fran Croxdale  
Allan Demsky  
Lester Dunn  
Toby Estep  
Andra Hecht  
Lynn Howard  
Jerry Kail  
Kevin Kokojan

Cindy Mullen  
Donna Perry  
Sue Rice  
Wayne Rimkus  
Jana Scantlin  
Martha Smith  
John Varner  
Max Wallace  
Juanita Whiteside  
Don Zook

**Billy V Hall Senior Activity & Wellness Center**  
 1870 Limekiln Road / PO Box 1648  
 Gravette, AR 72736 Phone: 479-787-5950

In observance of National Senior Center Month this coupon is good for the month of September for one guest for a free nutritious meal for someone who is 60 years of age or older.

Come join us for lunch.



**OUR SENIORS**