

Lincoln Senior Activity Center

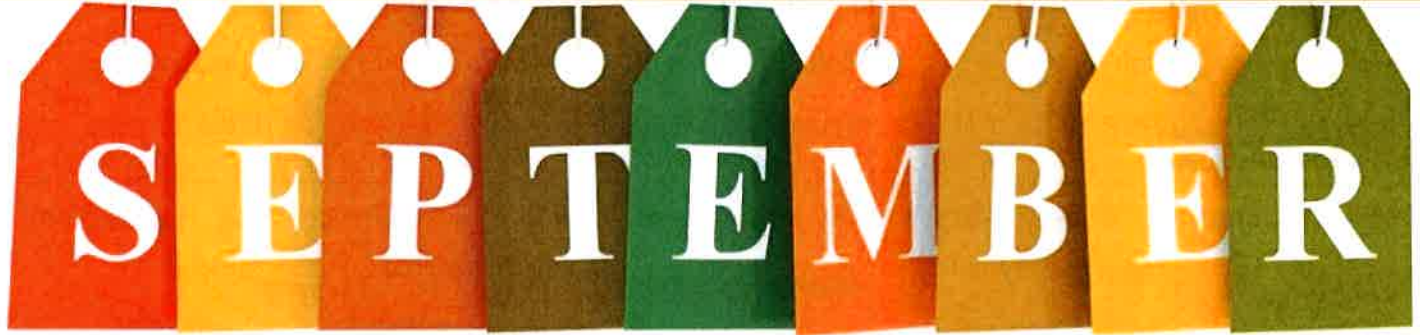
116 E Park Street, Lincoln, AR 72744



Phone: 479-824-3861 Email: 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



Bingo Night Fundraiser

**Saturday
Sept. 13th**

Doors @ 4:30 pm

Bingo starts @ 5:15

Dinner and 1 card \$5

**Additional cards 2
for \$5**

ALL AGES WELCOME!

APPLE FESTIVAL BREAKFAST

Saturday and Sunday

October 4th and 5th

6:30 to 10:30 am

**ALL YOU CAN
EAT FOR \$8!**

(Kids under 3 eat free)

**Eggs, Bacon, Sausage,
Potatoes, Biscuits &
Gravy, Juice, and Milk**

Lincoln SAC September 2025 Lunch Menu

116 E Park Street, Lincoln AR 72744 • (479) 824-3861

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
|  | 2 Chopped Steak Mashed Potatoes Green Beans Roll Fruit | 3 Pork Chops Rice Vegetable Blend Roll Brownies | 4 Hamburger Tater Tots Lettuce/Tomato Fruit | 5 Catfish Pinto Beans Coleslaw Hushpuppies Cake |
| | 8 Chicken & Dump- lings Mixed Veggies Roll Fruit | 9 Turkey & Dress- ing w/Gravy Sweet Potatoes Green Beans Roll Cherry Dream Squares | 10 Beef Fingers Mashed Potatoes Corn Biscuit Fruit | 11 Chicken Broc- coli Casserole Vegetable Blend Roll Apple Crisp |
| 15 Pot Roast Baby Bakers Carrots Roll Fruit | 16 Beef Tacos Brown Beans Mexican Rice Fruit | 17 Ham Scalloped Potatoes Cabbage Roll Pistachio Cake | 18 Meatloaf Mashed Potatoes Corn Roll Fruit | 19 Tilapia New Potatoes and Green Beans Garlic Biscuit Cookie |
| 22 Stuffed Bell Peppers Carrots Roll Fruit | 23 Sweet & Sour Chicken Fried Rice Vegetable Blend Egg Roll Possum Pie | 24 Ham Scrambled Eggs Biscuit and Gravy Fried Taters Orange Juice | 25 Catfish Baked Potato Broccoli w/Cheese Hushpuppies Lemon Bars | 26 Salisbury Steak w/Peppers & Onions Mashed Potatoes Corn Roll Fruit |
| 29 Pulled Pork Sandwich Baked Beans Coleslaw Fruit | 30 Potato Soup Turkey & Cheese Sandwich Broccoli Salad Banana Pudding | | Congregate and Home Delivered Meals: Suggested Donation Seniors 60+: \$4.00 | Under 60 and all take out meals: \$8.00 TO GO ORDERS CALL (479) 824-3861 <i>Menu is subject to change due to availability</i> |

TIPS FOR STAYING HYDRATED WITH OLDER AGE

Drinking enough fluid throughout the day is important for older adults (65+).

SIGNS OF DEHYDRATION



Thirst, dry lips, or dry mouth



Flushed skin



Headache



Dark yellow, strong-smelling urine



Dizziness and/or fainting



Low blood pressure and high heart rate

HOW TO STAY HYDRATED

1. DRINK REGULARLY



Drink 8 cups* of fluid each day.

This includes water, milk, coffee, tea, and soup.

*1 cup = 250 mL

2. CHOOSE WATER



Choose water when you are thirsty.

Drink water when you wake up, and during meals and snacks.

3. PLAN AHEAD



Drink more in **hot weather** and when you are **active**.

Keep a bottle or glass of water with you during the day, and re-fill it regularly.



SIMPLE SELF-CHECK:

- ☐ Check your thirst (e.g., dry lips or mouth)
- ☐ Check your urine (it should be light yellow)
- ☐ Check how you feel (e.g., hot, dizzy, etc.)

Lincoln SAC September 2025 Activities

116 E Park Street, Lincoln AR 72744 • (479) 824-3861

| Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|--|---|--|--|---|
| <div><div>WE WILL BE</div><div>★ closed ★</div><div>LABOR DAY</div></div> | <div>2</div> <div>9:30 Jam Session/Live Music</div> | <div>3</div> <div>10:45 Ageless Grace Exercise Class</div> <div>12:15 Bingo</div> | <div>4</div> <div>10:00 BB Baseball Practice</div> | <div>5</div> <div>10:45 Ageless Grace Exercise Class</div> <div>Birthday Cake for Sept. after lunch</div> | |
| | <div>8</div> <div>10:00 Gospel Singing</div> | <div>9</div> <div>9:30 Jam Session/Live Music</div> | <div>10</div> <div>10:45 Ageless Grace Exercise Class</div> <div>12:15 Bingo</div> | <div>11</div> <div>10:00 BB Baseball Practice</div> | <div>12</div> <div>10:45 Ageless Grace Exercise Class</div> <div>BINGO NIGHT</div> <div>Saturday 13th</div> <div>Doors @ 4:30</div> <div>Bingo @ 5:15</div> |
| | <div>15</div> <div>10:00 Gospel Singing</div> | <div>16</div> <div>9:30 Jam Session/Live Music</div> <div>9:00 Food Bank (Sanctuary Church)</div> | <div>17</div> <div>10:45 Ageless Grace Exercise Class</div> <div>12:15 Bingo</div> | <div>18</div> <div>10:00 BB Baseball Practice</div> <div>Bean Bag Baseball vs. P.G. at home after lunch</div> | <div>19</div> <div>10:45 Ageless Grace Exercise Class</div> |
| | <div>22</div> <div>10:00 Gospel Singing</div> | <div>23</div> <div>9:30 Jam Session/Live Music</div> | <div>24</div> <div>10:45 Ageless Grace Exercise Class</div> <div>12:15 Bingo</div> | <div>25</div> <div>10:00 BB Baseball Practice</div> <div>12:15 Tic Tournament</div> | <div>26</div> <div>10:45 Ageless Grace Exercise Class</div> |
| <div>29</div> <div>10:00 Gospel Singing</div> | <div>30</div> <div>9:30 Jam Session/Live Music</div> | <div></div> | | <div>Apple Festival Breakfast</div> <div>Saturday & Sunday</div> <div>Oct 4th & 5th</div> <div>6:30 to 10:30</div> | |

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

Apple Picking

Word Search

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

AUTUMN

BAG

BASKET

BUSHEL

CLIMB

CORE

CRATE

FARM

FUJI

GALA

GATHER

HARVEST

JONAGOLD

JUICE

LEAVES

MCINTOSH

ORCHARD

PEEL

PICK

PINK LADY

REACH

SEEDS

SKIN

SLICES

SOUR

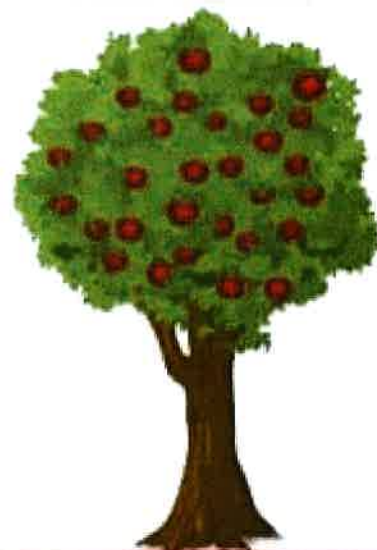
STEM

SWEET

TART

TREE

WAGON



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