


LOWELL SENIOR ACTIVITY CENTER



SEPTEMBER MENU

Mon	Tue	Wed	Thu	Fri
	2 Chicken Veggie Soup 1/2 Pimento Cheese Veggie Pasta Salad Potato Chips Summer Fruit	3 Pineapple Glazed Ham Scalloped Potatoes Fall Vegetables Fresh Baked Roll Carrot Cake	4 Roast Beef w/Gravy Mashed Potatoes Carrots/Onions/Celery Fresh Baked Biscuit Peach Crisp	5 Fried Chicken Potatoes w/Gravy Buttered Corn Fresh Baked Biscuit Banana Cream Pie
8 Chicken Spaghetti Parmesan Carrots Garlic Bread Stick Cherry Crisp	9 Hearty Chili /Crackers Whole Kernel Corn Garden Salad Spiced Peaches	10 Grilled Chicken Club W/ Lettuce & Tomato Sweet Potato Fries Veggie Pasta Salad Watermelon Wedges	11 Chicken Fried Steak Potatoes/Cream Gravy Sonoma Vegetables Fresh Baked Biscuit Farmhouse Cake	12 Fried Fish Mac & Cheese Seasoned Greens Green Tomato Relish Hushpuppies
15 Meatloaf w/Potatoes & Brown Gravy Brussel Sprouts Berry Crisp	16 Turkey Club Sandwich Creamy Potato Soup Fresh Fruit Fresh Baked Cookie	17 Gourmet Chicken Mashed Potatoes Sonoma Vegetables Fresh Baked Roll Macadamia Cookie	18 Grilled Brat on Bun Potato Salad Baked Beans Fried Pie	19 Chicken Bacon Wrap Veggie Pasta Salad Potato Chips Fresh Fruit Fresh Baked Cookie
22 Sweet/Sour Chicken Veggie Fried Rice Oriental Vegetables Eggroll Macadamia Cookie	23 Fried Fish Potatoes & Onions Creamy Coleslaw Green Tomato Relish Hushpuppies Fruit Pie	24 Grilled Hamburger w/ Trimmings on side Tater Tots Baked Beans Watermelon Wedges	25 Roasted Turkey w/ Cornbread Stuffing Sweet Potato Cass. Green Beans Cranberry Butter Bar	26 Chicken Fried Chicken Potatoes w/ Gravy Sonoma Vegetables Fresh Baked Biscuit Farmhouse Cake
29 Hearty Beef Stew W/ Cornbread/Crackers Garden Salad w/ Dressing Cinnamon Apples	30 Chicken Broccoli Bake Maple Carrots Fresh Baked Roll Peach Crisp	\$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	Lunch served 11:30—12:15 Mon-Fri



Lowell
Senior Activity Center
704 East Monroe
Lowell, AR 72745

479-365-2755
Mon—Fri 8:00—200

The Aging Experts

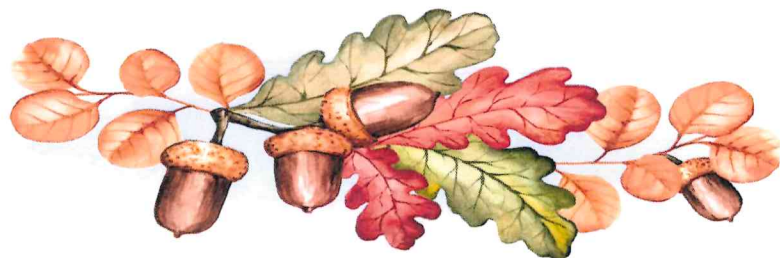
Do you have questions or need services for senior adults?

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

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SEPTEMBER

ACTIVITIES

Mon	Tue	Wed	Thu	Fri
<p>★ LABOR ★ ★ DAY ★</p>	2	3 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	4 Wii Bowling Practice 12:30 pm	5 Chair Yoga 10:00 am Wii Bowling 12:30 pm
8 12:00 Magnet Diamond Art	9 CASINO DAY @ CHEROKEE LEAVE @ 9:15	10 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	11 Wii Bowling Practice 12:30 pm	12 Chair Yoga 10:00 am NEW ACTIVITY 11:00 A.M. LAUGHTER YOGA
15 Cards 9:00am Chair Yoga 10:00 am	16 Beanbag Baseball Game @ Bentonville Leave @ 9:45	17 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	18 Wii Bowling Practice 12:30 pm	19 Leave @ 6:00 a.m. Beanbag Baseball World Series In Harrison
22 12:00 Magnet Diamond Art	23 DINNER OUT WAGON WHEEL CAFÉ 4:00 P.M.	24 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	25 Wii Bowling Practice 12:30 pm	26 Chair Yoga 10:00 am Wii Bowling 12:30 pm
29 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm	30 12:00 Beanbag Baseball Practice			Suggested Donation for Transportation \$3 to \$10 Based on Destination



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