

BENTON COUNTY SENIOR ACTIVITY & WELLNESS CENTER



OCTOBER MENU

Mon	Tue	Wed	Thu	Fri
\$5.00 Suggested Donation for 60+ \$8.00 Charge for under 60 eating on site \$8.50 All Carry out meals	Lunch served 11:30—12:15 Mon-Fri	1 Fried Chicken Potatoes w/Gravy Buttered Corn Fresh Baked Biscuit Banana Cream Pie	2 Turkey Club Sandwich Creamy Potato Soup Potato Chips Fresh Fruit Fresh Baked Cookie	3 Pulled Pork Plate Mac & Cheese Baked Beans Cornbread Fruit Crisp
6 Chili w/ Crackers Whole Kernel Corn Garden Salad w/ Dressing on side Ice Cream	7 Grilled Chicken Club w/ Lettuce & Tomato Sweet Potato Fries Apple Cider Slaw Watermelon Wedges	8 Chicken Spaghetti Maple Glazed Carrots Garlic Bread Stick Cherry Crisp	9 Chicken Fried Steak Potatoes/Cream Gravy Sonoma Vegetables Fresh Baked Biscuit Carrot Cake	10 Fried Fish Mac & Cheese Seasoned Greens Green Tomato Relish Hushpuppies Lemon Cream Pie
13 Pinto Beans w/ Ham Fried Potatoes/Onions Seasoned Greens Cornbread Peach Crisp	14 Chopped Beef Steak W/ Mashed Potatoes & Mushroom Gravy Brussel Sprouts Fresh Baked Biscuit Mixed Berry Crisp	15 Gourmet Chicken Mashed Potatoes Sonoma Vegetables Fresh Baked Roll Macadamia Cookie	16 Chicken Tacos Texas Pinto Beans Mexican Street Corn Coconut Cream Cake	17 Meatloaf w/ Potatoes Brown Gravy Vegetable Casserole Fresh Baked Roll Spiced Apples & Cranberries
20 Sweet / Sour Chicken Veggie Fried Rice Oriental Vegetables Eggroll Macadamia Cookie	21 Sloppy Joe on Bun Tater Tots Apple Cider Slaw Banana Pudding Parfait	22 Chicken Veggie Soup 1/2 Pimento Cheese Veggie Pasta Salad Potato Chips Fresh Fruit	23 Smoked Brisket Hot Potato Salad Baked Beans Cornbread Ice Cream Bars	24 Chicken Fried Chicken Potatoes/Cream Gravy Sonoma Vegetables Fresh Baked Biscuit Fruit Crisp
27 Fried Fish Potatoes & Onions Creamy Coleslaw Green Tomato Relish Hushpuppies Fruit Crisp	28 Chicken Pot Pie Mashed Potatoes Garden Salad/Ranch Carrot Cake	29 Grilled Hamburger Lett/Tom/Pick/Onion Sweet Potato Fries Watermelon Wedges Fresh Baked Cookie	30 Grilled Chicken Qtr. Baby Baked Potatoes Southern Green Beans Cornbread Farmhouse Cake	31 Roasted Turkey w/ Cornbread Stuffing Sweet Potato Cass. Green Beans Cranberry Butter Bar



Benton County
 Senior Activity & Wellness Center
 3501 SE L Street
 Bentonville, AR 72712

 479-273-7348
 Mon—Thurs 8:00—4:00
 Fri—8:00—2:00

The Aging Experts

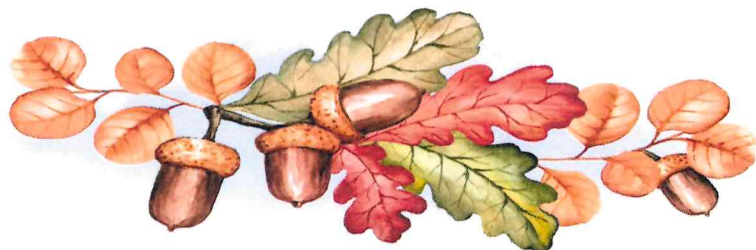
Do you have questions or need services for senior adults?

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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OCTOBER ACTIVITIES

Mon	Tue	Wed	Thu	Fri
Suggested Donation for Transportation \$3 to \$10 Based on Destination	Cards, Pool, Dominoes, Exercise Equipment Available Everyday	1 9:00 Walmart Cards, Pool, Dominoes Exercise Equipment EVERYDAY	2 8:30 Bella Vista Senior Expo 9:30 AF Exercise 10:15 Bible Study	3 9:30 Beanbag Baseball Practice 11:00 Parkcrest Sound Band
6 9:30 BINGO 11:00 Bridge Cards, Pool, Dominoes Exercise Equipment EVERYDAY	7 9:30 AF Exercise Deaf Seniors Group Cards, Pool, Dominoes, Exercise Equipment	8 9:00 Walmart 10:00 Prairie Roads Band Cards, Pool, Dominoes Exercise Equipment	9 8:45 Thrift Store Shopping 9:30 AF Exercise 10:15 Bible Study 10:30 Gospel Music	10 9:30 Beanbag Baseball Practice Cards, Pool, Dominoes Exercise Equipment EVERYDAY
13 9:30 BINGO 11:00 Bridge Cards, Pool, Dominoes Exercise Equipment	14 9:00 Casino Day Downstream 9:30 AF Exercise Cards, Pool, Dominoes, Exercise Equipment	7:15 Fall Foliage Train Tour S'dale to VanBuren 9:00 Walmart 11:00 Games with Phil & Sandi	16 8:30 Craft Fair 9:30 AF Exercise 10:15 Bible Study Cards, Pool, Dominoes Exercise Equipment	17 9:30 Beanbag Baseball Practice 11:00 Parkcrest Sound Band
20 9:30 BINGO 11:00 Bridge Cards, Pool, Dominoes Exercise Equipment EVERYDAY	21 9:30 AF Exercise Deaf Seniors Group 10:00 Beanbag Baseball w/ Lowell 1:00 Malco Theater Matinee	22 9:00 Walmart 10:30 Pumpkin Decorating	23 9:30 AF Exercise 10:15 Bible Study 10:30 Gospel Music	24 9:30 Beanbag Baseball Practice
27 9:30 BINGO 10:30 Fall Prevention Presentation w/ Schmieding Center 11:00 Bridge	28 9:30 AF Exercise Deaf Seniors Group 3:45 Dinner out At Marketplace Grill	29 9:00 Walmart 10:30 Halloween Painting With Kathy	30 9:30 AF Exercise 10:15 Bible Study	31 HAPPY HALLOWEEN! 9:30 Beanbag Baseball Practice



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NOVEMBER LOOK AHEAD

Inspirations Concert in Springdale

Thanksgiving Celebration Lunch

Dinner Out at Pastafina

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