

BIG FLAT SENIOR CENTER OCTOBER 2025

Bingo Time!!!!

Friday October 10th

5:00—7:00 PM

Gun Raffle

Friday October 10th

Fall Fest

Friday October 24th

5:00 —7:00 PM



Due to the increase in food cost beginning on NOV,1st our suggested

**Donation for a congregate meal will
Increase to \$5.00. Under 60 \$8.00 and
Our carry outs will be \$10.00.**

Open

Monday-Friday

7:00 3:00

9975 HWY 14 EAST

BIG FLAT AR 72617

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EMAIL;

Area Agency on Aging of Northwest
800-432-9721 or 870-741-1144 www.aaanwar.org

OCTOBER 2025



MEALS ON WHEELS
AMERICA 2019 MEMBER

MONDAY	Tuesday	Wednesday	Thursday	Friday
		1 Chopped Steak Mushroom Gravy Mash Potato Casserole Cauliflower Wheat Roll Marble Cheese Cake	2 Fish Kiev Garlic Roasted Potato Calico Cabbage Wheat roll Chocolate Brownie	3 Braised Stew Beef Tips Gravy Rie Pilaf Prince Edwards Veggie Wheat Roll Ambrosia
6 Tomato Soup Saltine Crackers Grilled Cheese Sandwich Mixed Vegetables Chocolate Chip Bar	7 Salisbury Steak Au Gratin Potatoes Prince Edwards Veggies Wheat Roll Pudding Parfait	8 Chicken Dijon Orzo Green Beans Bread Sticks Mandar Oranges/ Marshmallows	9 Smothered Pork Cutlet Pinto Beans Capri Vegetables Cornbread Apricot Halves	10 Chili Baked Potatoes Tossed Salad Saltine Crackers Ice Cream
13 Four Cheese Pasta Italian Vegetables Wheat Roll Ambrosia	14 Swiss Steak/Gravy Garlic Mashed Potatoes Stewed Tomatoes Wheat Roll Coconut Bread Pudding	15 Beef Bourguignonne Egg Noodles Baby Carrots Wheat Roll Chocolate Éclair Trifle	16 BBQ Pork Platter Corn Casserole Brussels Sprout Medley Wheat Roll Peach Parfait	17 Cheese Pizza Caesar Salad Breadsticks Berry Cup
20 Egg Salad Sandwich Crispy Waffle Fries Carrots Spiced Apricots	21 Oven Fried Chicken Mashed Potato Casserole Spinach Cornbread Peach Cobbler	22 Meatloaf Roasted Garlic Potato Capri Vegetables Wheat Roll Blueberry Vanilla Cake	23 Sliced Baked Ham White Cheddar Mac & Cheese Cabbage Wheat Roll Frosted Banana Cake	24 Pulled BBQ Pork Sandwich Potato Wedges Calico Coleslaw Chocolate Pudding Parfait
27 Beef Brisket Macaroni & Cheese Succotash WHEAT Roll Peanut Butter Cookie	28 Chef's Choice Pinto Beans & Ham Fried Potatoes Greens Cornbread Peaches	29 Baked Chicken Sour Cream Mashed Potatoes Green Peas Wheat Roll Apple Betty	30 Marinated Pork Loin Oven Browned Potato Calico Cabbage Wheat Roll Apricot Fluff	31 Minestrone Soup Saltine Crackers French Dip Sandwich Balsamic Tomato & Cucumber Salad Gelatin Jewels

Do you have questions or need services for senior adults?

BIG FLAT SR. CENTER'S OCTOBER 2025 ACTIVITIES

MONDAY	Tuesday	Wednesday	Thursday	Friday
		1 Dominoes Cards Pool	2 Dominoes Pool Puzzle Table	3 Dominoes Pool Card Games
6 DOMINOES POOL PUZZLE TABLE	7 DOMINOES POOL CARD GAMES	8 DOMINOES POOL Puzzle table	9 DOMINOES POOL PUZZLE TABLE	10 PUZZLE TABLE CARD GAMES POOL BINGO!!!
13 POOL CARD GAMES DOMINOES	14 DOMINOES CARD GAMES PUZZLE TABLE	15 DOMINOES POOL PUZZLE TABLE	16 DOMINOES POOL CARD GAMES	17 POOL CARD GAMES PUZZLE TABLE
20 DOMINOES POOL PUZZLE TABLE	21 POOL CARD GAMES DOMINOES	22 CARD GAMES POOL DOMINOES	23 POOL CARD GAMES PUZZLE TABLE	24 POOL DOMINOES PUZZLE TABLE RED BEANS & RICE !!!
27 DOMINOES POOL PUZZLE TABLE	28 Pool Card Games Dominoes	29 Card Games Pool Puzzle Table	30 Dominoes Card Games Puzzle Table	31 Pool Dominoes Puzzle Table

Name: _____

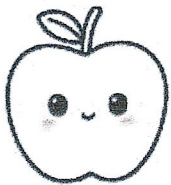
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FALL WORDS



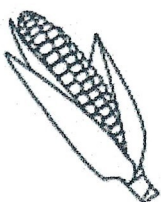
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c h z z f t e f d i w w e n k w e a o h
k c j v l n h r q k i c l e z c s l u i
c r i s p u u t a y k n l k h o y l r l
k y e z l t e e a k z w o o h r g g d l
x b b n p s j k f u e i w b x n f q s y
d f r n p a a o r a n g e h s g n m f s



Find these Fall words.



November
Thanksgiving
rake
squash
chestnuts
red
scarecrow
football
leaves



October
gourds
festivals
sweater
chilly
September
apple
brown
turkey



yellow
crisp
reap
orange
harvest
jacket
pumpkin
corn



Draw your favorite warm fall sweater.

(The words may be hidden vertically, horizontally or diagonally.)