



October Menu

MON	TUE	WED	THU	FRI
\$5 Suggested Donation for 60+ \$8 Charge for under 60 eating on site \$8.50 Charge for all take out	<u>MENU SUBJECT TO CHANGE</u> <u>DUE TO</u> <u>SUPPLY CHAIN</u> <u>AVAILABILITY</u> <u>MUST CALL BY 9:30 AM</u> <u>FOR TO GO ORDERS</u>	1 Lemon Pepper Chicken Wild Rice Mix Fried Squash Breadstick Fruit Cocktail	2 Pork Loin w/Potatoes, Carrots, Onion, Celery Fresh Roll Peach Crisp	3 Chicken Fried Steak Potatoes/Gravy Fried Squash Cornbread Fresh Baked Cookie
6 Chicken Salad Sandwich Broccoli Salad Potato Chips Fresh Fruit	7 Ham & Beans Fried Potatoes & Onion Seasoned Greens Cornbread Pineapple Upside Down Cake	8 Chicken Spaghetti Maple Carrots Garlic Breadstick Apple Crisp	9 Frito Chili Pie /w Sour Cream and Salsa Fiesta Corn Cupcake	10 BLT Sandwich Veggie Pasta Salad Potato Chips Fresh Fruit
13 Chicken Alfredo Tuscan Veggies Garlic Bread Fruit Cocktail	14 Salisbury Steak Potatoes & Br. Gravy Buttered Corn Berry Crisp	15 Cheeseburger Lett/Tom/Pick/Onion Onion Petals Baked Beans Grapes	16 Pulled Pork Plate Baked Beans Potato Salad Warm Roll Banana Pudding	17 Sloppy Joe Tater Tots Green Beans Cookie
20 Chicken Tenders Macaroni & Cheese Seasoned Green Beans Brownie	21 Turkey Club Sandwich Vegetable Soup Crackers Strawberry Shortcake	22 Spaghetti w/Meat Sauce Italian Vegetables Garlic Bread Vanilla Peaches	23 Chef Salad w/Turkey, Ham, Eggs, Cheese w/ Dressing Crackers and Croutons Fruited Yogurt	24 Open Face Roast Beef Sandwich Peas and Carrots Potato Wedges Diced Pears
27 Smothered Pork Chop Au Gratin Potato Buttered Corn Fresh Roll Apple Crisp	28 Chicken Rice Casserole Peas and Carrots Garlic Cheese Biscuit Cherry Crisp	29 Beef Broccoli Fried Rice Stir Fry Veggie Mix Egg Roll Fortune Cookie	30 BBQ Chicken Breast Au Gratin Potatoes Capri Vegetables Fresh Baked Roll Mixed Fruit	HAPPY HALLOWEEN Ghoulish Goulash Gruesome Green Beans Caramel Spiced Apples Grave Digger Dirt Cake



Carroll County Senior Activity & Wellness Center
202 West Madison Avenue
Berryville, Arkansas 72616
(870) 423-3265

Monday - Thursday 8:00am-4:00pm
Friday 8:00am-2:00pm

Suggested Meal Donation
for age 60 or older is \$5.00

Lunch is served at 12:00pm

MON-FRI

LUNCH IS SERVED BETWEEN

12 -12:45



THE CARROLL COUNTY BREEZE

October Activities

MON	TUE	WED	THU	FRI
SUGGESTED DONATION FOR VAN RIDES \$4-\$10 BASED ON DESTINATION	ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER- PERMITTING	1 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class	2 <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	3 Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles
6 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>10:00am-11:00am</u> Tai Chi Class <u>10-11:30am</u> Super noggin workshop	7 <u>10:00am-11:00am</u> Board & Card Games <u>9:00-11:45</u> Clip it Forward <u>12:45pm-1:45pm</u> Walmart <u>12:45-2:25</u> Clip it forward fundraiser	8 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class	9 <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	10 Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles
13 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>10:00am-11:00am</u> Tai Chi Class <u>10-11:30 am</u> Super Noggin Workshop	14 <u>10:00am-11:00am</u> Board & Card Games <u>10:00am-11:00am</u> CRAFTY TUESDAY <u>12:45pm-1:45pm</u> Walmart	15 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>9:30</u> Buss leaves Cherokee Casino	16 <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	17 Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles
20 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>10:00am-11:00am</u> Tai Chi Class <u>10-11:30 am</u> Super noggin workshop	21 <u>10:00am-11:00am</u> Board & Card Games <u>11:00am-11:45</u> Ambassador Committee Meeting <u>12:45pm-1:45pm</u> Walmart	22 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class	23 <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	24 Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles
27 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>10:00am-11:00am</u> Tai Chi Class	28 <u>10:00am-11:00am</u> Board & Card Games <u>12:45pm-1:45pm</u> Walmart	29 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class	30 <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	31 HAPPY HALLOWEEN <u>11:30-11:45 am</u> <u>Halloween Costume Contest</u> Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles



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Friday 8:00am-2:00pm



Shop the Carroll
County Senior Thrift
Store on the Square!
Between Wilson's TV
& Farmer in the Deli!
Wed-Sat 11am-4pm
(870) 929-6280