

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



Dance Saturday October 18th

IN THE NEW COMMUNITY BUILDING!!

Doors@5 pm Music@6 \$5 cash at the door

**No dinner served but bring a dessert or
snack to share!!**

Featuring The Bobby Russell Project

Fall Leaf Drive

Thurs. Oct. 23rd

Van leaves at 10:00

**Traveling to
Huntsville Lunch at
Granny's Kitchen
and Shopping at
Cogers Surplus**

COSTUME CONTEST

AFTER LUNCH

ON HALLOWEEN

PRIZES FOR 1ST

AND 2ND PLACE

IMPORTANT MESSAGE

Please see page 3

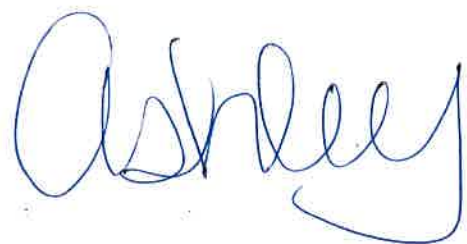
Lincoln SAC October 2025 Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
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>	1 Chef Salad Pasta Salad Crackers Fruit	2 Hamburger Fries Lettuce/Tomato Cookie	3 Eggs Sausage Biscuit & Gravy Sliced Tomatoes Cake
6 Salisbury Steak Mashed Potatoes Okra Roll Fruit	7 Baked Chicken Mac & Cheese Peas Roll Strawberries & Pound Cake	8 Sweet & Sour Chicken Fried Rice Broccoli Egg Roll Chocolate Pudding	9 Chili Baked Potato Corn Crackers Fruit	10 Tilapia New Potatoes and Green Beans Garlic Biscuit Fruit
13 Cordon Bleu Rice Vegetable Blend Roll Fruit	14 Broccoli & Cheese Soup Turkey Sandwich Potato Salad Fruited Jello	15 Pork Roast Mashed Potatoes Peas & Carrots Roll Pistachio Fluff	16 Chicken Broccoli Casserole Vegetable Blend Roll Blackberry Cobbler	17 Pizza Salad Garlic Knot Roasted Apples
20 BBQ Pulled Pork Sandwich Potato Wedges Coleslaw Fruit	21 Steak Fingers Mashed Potatoes Corn Biscuit Brownies	22 Oven Fried Chicken Twice Baked Potato Casserole Okra Biscuit Fruit	23 Baked Ham Mac & Cheese Carrots Roll Fruit	24 Meatloaf Mashed Potatoes Green Beans Roll Carrot Cake
27 Beef Lasagna Cauliflower Garlic Knot Fruit	28 Turkey/ Dressing Sweet Potatoes Green Beans Roll Banana Pudding	29 Beef Tacos Mexican Rice Refried Beans Fruit	30 Potato Soup Chicken Salad Sandwich Broccoli Salad Fruit	31 Catfish Baked Potato Broccoli w/Cheese Hushpuppies Cookies

Hello everyone!

As we all know, food prices just keep going up these days. With that in mind, and after careful consideration, starting November 1, 2025, the suggested donation for a congregate meal will be increasing to \$5.00. For to-go meals, the cost will be \$10.00 plus tax. We really appreciate your understanding and continued support. It is such a joy being able to serve this community!

A handwritten signature in blue ink that reads "Ashley". The signature is written in a cursive, flowing style.

Lincoln SAC October 2025 Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:45 Ageless Grace Exercise Class 12:15 Bingo	2 10:00 BB Baseball Practice	3 10:45 Ageless Grace Exercise Class Birthday Cake for Oct. after lunch Breakfast Saturday 4th and Sunday 5th 6:30 to 10:30 \$8
6 10:00 Gospel Singing	7 9:30 Jam Session/Live Music	8 10:45 Ageless Grace Exercise Class 12:15 Bingo	9 10:00 BB Baseball Practice	10 10:45 Ageless Grace Exercise Class
13 10:00 Gospel Singing	14 9:30 Jam Session/Live Music	15 9:30 Baseball vs WF here 12:15 Bingo	16 10:00 BB Baseball Practice Baseball vs PG here after lunch	17 10:45 Ageless Grace Exercise Class Dance Sat. Oct 18th in the new community building
20 10:00 Gospel Singing Ice Cream Social after lunch	21 9:30 Jam Session/Live Music 9:00 Food Bank (Sanctuary Church)	22 10:30 Presentation On How to Avoid Social Isolation and Loneliness in Seniors 12:15 Bingo	23 10:00 BB Baseball Practice Fall drive to Huntsville Lunch at Granny's Kitchen and shopping at Cogers Surplus Van leaves at 10:00	24 10:45 Ageless Grace Exercise Class
27 10:00 Gospel Singing	28 9:30 Jam Session/Live Music	29 10:45 Ageless Grace Exercise Class 12:15 Bingo	30 10:00 BB Baseball Practice 12:15 Tic Tournament	31 10:45 Ageless Grace Exercise Class Costume Contest after lunch!!

We will be streaming this on the tv in the dining room. Come and join us!!



Join Live
October 22, 2025
@ 10:30am CST

**PREVENTING SOCIAL
ISOLATION & LONELINESS
IN OLDER ADULTS**

Join Zoom Meeting
[https://uams.zoom.us/j/97579948695?](https://uams.zoom.us/j/97579948695?pwd=iiXWsanC3zX7JaTS0wFQJZnmKhJW2Q.1)
[pwd=iiXWsanC3zX7JaTS0wFQJZnmKhJW2Q.1](https://uams.zoom.us/j/97579948695?pwd=iiXWsanC3zX7JaTS0wFQJZnmKhJW2Q.1)



Scan to join
meeting on your
mobile device



**Register by
scanning the
QR code
or visit**

<https://redcap.link/q488sofq>

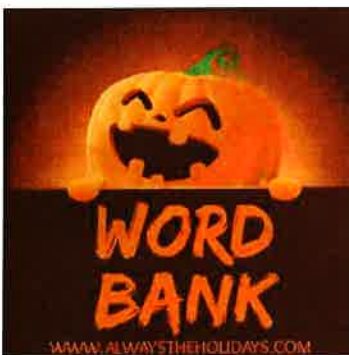
UAMS
Donald W. Reynolds
Institute on Aging
Arkansas Geriatric
Education Collaborative

**OAKLAWN
CENTER
ON AGING**

HALLOWEEN

WORD SEARCH

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



ALL HALLOWS EVE

BAT

BLACK CAT

CANDY

CARAMEL APPLE

COSTUMES

DECORATIONS

GHOST

HALLOWEEN PARTY

HAUNTED HOUSE

JACK O LANTERN

MASK

MUMMY

ORANGE

PUMPKIN

SAMHAIN

SKELETON

SPIDER

TRICK OR TREAT

VAMPIRE

WITCH