

LOWELL SENIOR ACTIVITY CENTER



OCTOBER MENU

Mon	Tue	Wed	Thu	Fri
\$5.00 Suggested Donation for 60+ \$8.00 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	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



Lowell
Senior Activity Center
704 East Monroe
Lowell, AR 72745

479-365-2755
Mon—Fri 8:00—200

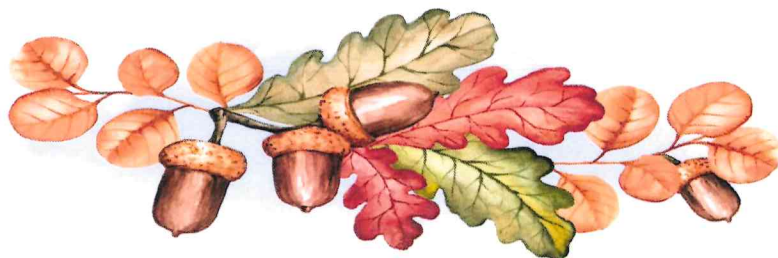
The Aging Experts

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.aanw.org

LOWELL SENIOR ACTIVITY CENTER



OCTOBER ACTIVITIES

Mon	Tue	Wed	Thu	Fri
Suggested Donation for Transportation \$3 to \$10 Based on Destination		1 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	2	3 Chair Yoga 10:00 am
6 10:00am Chair Yoga 11:00am Laughter Yoga 12:00 Magnet Diamond Art	7 12:00 Beanbag Baseball Practice	8 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	9 WII Bowling Practice 12:30 pm	10 Chair Yoga 10:00 am Wii Bowling 12:30 pm
13 Cards 9:00am Chair Yoga 10:00 am	14 8:45 Casino Day Downstream 12:00 Beanbag Baseball Practice	15 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	16	17
20 Cards 9:00am Chair Yoga 10:00 am 11:00am Laughter Yoga 12:00 Magnet Diamond Art	21 10:00 Beanbag Baseball Game w/ Bentonville At Bentonville Leave at 9:45	22 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	23	24 Chair Yoga 10:00 am
27 Cards 9:00am Chair Yoga 10:00 am	28 12:00 Beanbag Baseball Practice DINNER OUT TO BE DETERMINED	29 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	30	31



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