

November Menu

MON	TUE	WED	THU	FRI
3 Fish - N - Chips Squash Medley Breaded Okra Warm Cinnamon Peaches Cookie	4 Chicken Teriyaki Steamed Rice Broccoli Wheat Roll Pineapple Tidbits	5 Mini Pizza Italian Blend Vegetables Side Salad w/Dressing Fruit Pizza Dessert	6 Beef Tips in Gravy Baked lima Beans Buttered Carrots Whole Wheat Roll Blushing Pears	7 Apple Glazed Pork loin Roasted Sweet Potatoes Steamed Cabbage W/ Parsley Whole Wheat Roll Fruit Shortcake
10 Grilled Sausage w/ sauteed Peppers & Onions Green Beans Baby Bakers Banana Foster Bread Puddings		12 Lemon Baked Chicken Sweet Potatoes Brussel Spouts Whole Wheat Roll Tropical Fruit	13 Garden Quiche Bacon or Sausage Hashbrowns Cinnamon Toast Breakfast Fruit	14 Oven Fried Fish Roasted Red Potatoes Broccoli Florets Whole Wheat Roll Lemon Blueberry Dessert
17 Chicken Soft Taco w/ Shredded Lettuce, Diced Tomatoes & Sour Cream Frijoles Con Queso Key West Vegetables Churros'	18 Baked Ham Navy Beans Mixed Greens Cornbread Hot Spiced Peaches	19 Beefy Tator Tot Casserole Tossed Salad w/ Dressing Whole Wheat roll Cookies N Cream Cake	20 THANKSGIVING LUNCH Roasted Turkey w/ Gravy Sweet Potato Casserole Green Bean Casserole Herb Stuffing Pumkin Pie	21 Homemade meatloaf Mashed Potatoes w/ Gravy Winter Vegetable Blend Whole Wheat Roll Fruit Fluff
24 Chicken Tenders Au Gratin Potatoes Asparagus Tips Whole Wheat Roll Lemon Layer Dessert	25 Cheese Tortellini w/ Peas, Mushrooms in Alfredo sauce Sautéed Zucchini & Yellow Squash Garlic Bread Sticks Cinnamon Baked Pears	26 Chili Dog on Bun Crinkle Cut French Fries Breaded Vegetable Sticks Creamy Fruit Salad		
\$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 DUE TO SUPPLY CHAIN AVAILABILITY MUST CALL BY 9:30 AM FOR TO GO ORDERS</u>	Drawling for Free Meal Ticket will be held at the end of the month	ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER- PERMITTING



"THIS INSTITUTION IS AN EQUAL OPPORTUNITY
PROVIDER AND EMPLOYER. EEO
EMPLOYER/AA/M/F/VET/DISABLED".

Carroll County Senior Activity & Wellness Center
 202 West Madison Avenue
 Berryville, AR 72616
 Phone: 870-423-3265
 Monday-Thursday 8:00AM-4:00PM
 Friday 8:00AM-2:00PM

**Suggested Meal Donation for those
age 60 or older is \$5.00**
Lunch is served at 12:00pm
MON-FRI
LUNCH IS SERVED BETWEEN
12-12:45



November Activities

MON	TUE	WED	THU	FRI
3 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>10:00am-11:00am</u> Tai Chi Class	4 <u>10:00am-11:00am</u> Board Games <u>12:45pm-1:45pm</u> Walmart	5 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class	6 FUNDRAISER CUT IT FORWARD 9AM- 2:45PM <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	7 Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles
10 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>10:00am-11:00am</u> Tai Chi Class <u>10:00-11:30</u> SUPER NOGGIN WORKSHOP	★★★★★★ Veterans Day	12 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class	13 <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	14 Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles
17 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>10:00am-11:00am</u> Tai Chi Class <u>10:00-11:30</u> SUPPER NOGGIN WORKSHOP	18 <u>10:00am-11:00am</u> Board Games <u>10:00am-11:00am</u> Crafty Tuesday <u>12:45pm-1:45pm</u> Walmart	19 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>9:30 Bus Leaves</u> <u>Branson Craft Museum</u>	20 <u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!	21 Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles
24 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class <u>10:00am-11:00am</u> Tai Chi Class <u>10:00-11:30</u> SUPPER NOGGIN WORKSHOP	25 <u>10:00am-11:00am</u> Board Games <u>11:00am-11:45am</u> Ambassador Committee Meeting <u>12:45pm-1:45pm</u> Walmart	26 <u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class		
SUGGESTED DONATION FOR VAN RIDES \$4-\$10 BASED ON DESTINATION	FUNDRAISER: 6TH CUT IT FORWARD \$10 HAIR CUTS 9AM -11:45 AM SENIORS (60 & OLDER) 12:45PM- 2:45 pm ANYONE	ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER- PERMITTING		Drawing For Free Meal Ticket will be held at the end of the Month!



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



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