

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 \$10.00



thankful ♥ grateful ♥ blessed

We will be closed November 11th, 27th, and 28th



BINGO!

Fundraiser

Saturday November 22nd

Doors at 4:30 Bingo starts at 5:00

Dinner and 1 card for \$5

Additional cards 2 for \$5

Beef Stew, Crackers, and a Dessert

ALL AGES WELCOME!!

shutterstock

**VETERANS
DAY**

**HONORING ALL
WHO SERVED**



**Veterans' Day Program Friday November 7th
before lunch**

Presented by students of Lincoln High School

**Important message and chance to
enter drawing on page 5!!**

**LET'S GIVE
THANKS**
together

Please join us for
THANKSGIVING DINNER

**Friday
November
21st**



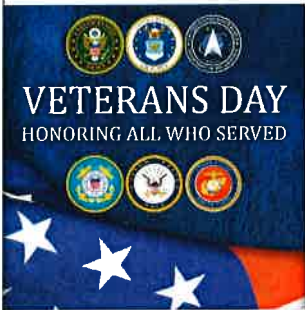
**Shopping Trip
to A-Z in Alma,
and lunch in
Alma.**

**Monday
Nov. 10th**

**Van leaves
at 10**

Lincoln SAC November 2025 Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Battered Cod Potato Wedges Coleslaw Hushpuppies Fruit	4 Oven Fried Chicken Hashbrown Casserole Fried Okra Biscuit & Fruit	5 Broccoli and Cheese Soup Tuna Salad Sandwich Pasta Salad Banana Pudding	6 Meatloaf Mashed Potatoes Green Beans Roll Fruit	7 Pot Roast Baby Baker Potatoes Carrots Roll Cake
10 Beef Tips over Egg Noodles Brussel Sprouts Roll Fruit	11 Closed for 	12 Steak Fingers Mashed Potatoes Green Beans Biscuit Cookies	13 Catfish Baked Potato Broccoli w/cheese sauce Hushpuppies Fruit	14 Potato Soup Turkey Sandwich Pea Salad Fruited Jello
17 Sweet & Sour Chicken Fried Rice Broccoli Egg Roll Fruit	18 Salisbury Steak w/Peppers & Onions Mashed Potatoes Mixed Veggies Roll Brownie	19 Ham Au Gratin Potatoes Peas & Carrots Roll Fruit	20 White Chicken Chili Crackers Salad Fruit	21 Thanksgiving Dinner Turkey & Dressing Sweet Potatoes Green Beans Roll Pumpkin Pie
24 BBQ Pulled Pork Sandwich Baked Beans Chips Fruit	25 Chicken Strips Mac & Cheese Peas Roll Sherbert Cup	26 Cordon Bleu Baked Potato Broccoli w/Cheese Roll Fruit	27 Closed	28 Closed
Congregate and Home Delivered Meals: Suggested Donation Seniors 60+: \$5.00	Under 60 and all take out meals: \$10.00 TO GO ORDERS CALL (479) 824-3861 <i>Menu is subject to change due to availability</i>			

6 Ways to Eat Well as You Get Older



1

Know what a healthy plate looks like

See how to build a healthy plate at [ChooseMyPlate.gov](https://www.choosemyplate.gov)



2

Look for important nutrients

Eat enough protein, dietary fiber, potassium, calcium, Vitamin D, and Vitamin B12.



3

Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4

Use recommended servings

Learn the daily servings that are right for you at www.myplate.gov/myplate-plan



5

Stay hydrated

Water is an important nutrient, too! Drink fluids consistently throughout the day.



6

Stretch your food budget

Get help paying for healthy food at [BenefitsCheckUp.org](https://www.benefitscheckup.org)

Lincoln SAC November 2025 Activities

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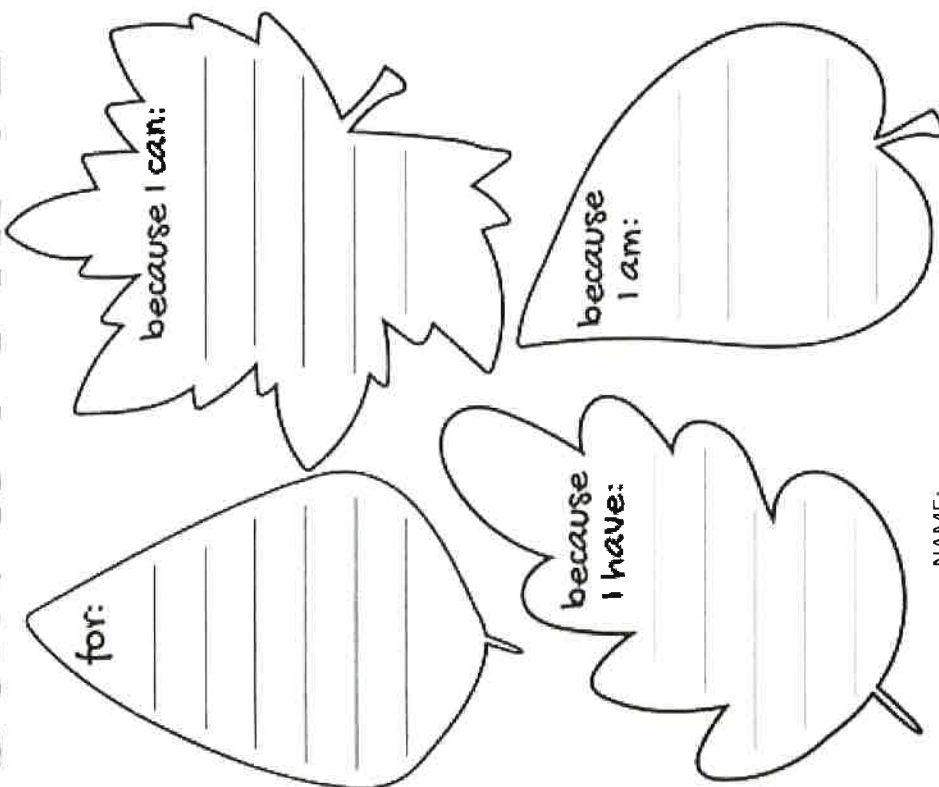
Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Gospel Singing	4 9:30 Jam Session/Live Music	5 10:45 Ageless Grace Exercise Class 12:15 Bingo	6 10:00 BB Baseball Practice	7 10:45 Ageless Grace Exercise Class Veterans' Day Program before lunch Birthday Cake for Nov. after lunch
10 10:00 Gospel Singing Trip to A-Z for shopping and lunch in Alma van leaves @10	11 Closed for  VETERANS DAY HONORING ALL WHO SERVED	12 10:45 Ageless Grace Exercise Class 12:15 Bingo	13 Bean Bag Baseball Vs. P.G. @ home after lunch	14 10:45 Ageless Grace Exercise Class
17 10:00 Gospel Singing 	18 9:30 Jam Session/Live Music 9:00 Food Bank (Sanctuary Church)	19 10:45 Ageless Grace Exercise Class 12:15 Bingo	20 10:00 BB Baseball Practice 12:15 Tic Tournament	 10:45 Ageless Grace Exercise Class Drawing for Thanksgiving prize at lunch
ACCEPTING DONATIONS FOR HOMEBOUND CHRISTMAS GIFTS				
24 10:00 Gospel Singing	25 9:30 Jam Session/Live Music Ice Cream Social after lunch	26 12:15 Bingo	27 Closed	28 Closed
ACCEPTING DONATIONS FOR HOMEBOUND CHRISTMAS GIFTS				

Hello everyone,

Christmas is right around the corner and we are going to try to make the season a bright one for our homebound seniors that we deliver lunches to every day. Because we are still delivering to around 60 people this year, we will do Christmas gifts for them like we did last year. We ask that if you are able to, please bring new and unused items that they might enjoy. Home goods such as cleaning supplies, paper towels, toilet paper, etc. are always appreciated. Also any snack foods, or shelf stable items like soups are enjoyed by them as well. Personal care items like body washes, shampoos, lotions, brushes and combs. They like word search books, and other activity books. In Christmases past the Chase Family Foundation has provided us with dog and cat food for those that have pets, but sadly their ministry has come to an end, so cans of cat food or dog food, or small bags would make a lovely gift. Anything that you think they might be able to use or enjoy will be appreciated more than you can ever imagine. We have several on the route that have no family and wouldn't have Christmas presents at all if it wasn't for the generosity of you all. I'm so thankful to be able to help make this happen every year. We will be accepting donations the last two weeks in November as well as the first two weeks in December. Thank you guys for helping us to help them!

Ashley

I AM THANKFUL



Fill out, cut on dotted line, turn in to Ashley for a chance to win a Thanksgiving prize!

Happy Thanksgiving!

SM OV H DABL
 YFDZHTSTIRM
 ID GRAVYSTIRNV
 HROLLSHYHTHNV
 THANKSGIVINGTHANESV
 BPNBFZGNEMOHTAVFESW
 YLICYMOICBNTAVFESW
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GRATITUDE	BLESSINGS	CORNBREAD	AUTUMN	THANKSGIVING
CIDER	POTATOES	PIE	PUMPKIN	TURKEY
FRIENDS	GOBBLE	FAMILY	CORNUCOPIA	GRAVY
HOME	BAKING	THANKFUL	PILGRIM	STUFFING
CHILLY	ROLLS	GATHERING	PARADE	CRANBERRIES
BOUNTY	LEAVES	CELEBRATION	DINNER	FEAST
NOVEMBER	SEASON	NAPKINS	YAMS	HARVEST