

LOWELL SENIOR ACTIVITY CENTER



NOVEMBER MENU

Mon	Tue	Wed	Thu	Fri
3 Chicken Rice Casserole Broccoli Baby Carrots Fresh Baked Biscuit Cherry Crisp	4 Beef Stew Whole Kernel Corn Tossed Salad/ W Dressing Cornbread Carrot Cake	5 Baked Pineapple Ham Scalloped Potatoes Sugar Snap Peas Whole Wheat Roll Mandarin Oranges	6 Meatloaf Potatoes/Brown Gravy Sonoma Vegetables Whole Wheat Roll Peach Crisp	7 Apple Honey Glazed Chicken Sweet Potatoes Green Beans Pumpkin Dessert
10 Chili W/Crackers Whole Kernel Corn Garden Salad W/ Dressing on Side Fruit Pie	Veterans Day 	12 Grilled Chicken Club W/ Lettuce & Tomato Baked Sw. Potato Fries Broccoli Slaw Fresh Fruit	13 Chicken Fried Steak Potatoes/Cream Gravy Sonoma Vegetables Fresh Baked Biscuit Farmhouse Cake	14 Fish Pinto Beans Seasoned Greens Green Tomato Relish Hushpuppies Peach Crisp
17 Pinto Beans w/Ham Potatoes & Onions Seasoned Greens Cornbread Apple Crisp	18 Chopped Beef Steak w/ Mushrooms Potatoes / Br. Gravy Whole Kernel Corn Spiced Peaches & Cranberries	19 Gourmet Chicken Mashed Potatoes Sonoma Vegetables Fresh Baked Roll Macadamia Cookie	Thanksgiving Lunch Roasted Turkey Breast w/ Cornbread Stuffing Green Beans Sweet Potatoes Cranberry Salad Pumpkin Pie	21 Tomato Soup Pimento Cheese Sandwich Veggie Pasta Salad Crackers Fresh Fruit
24 Fish Potatoes & Onions Creamy Coleslaw Green Tomato Relish Hushpuppies Fruit Crisp	25 Chicken Pot Pie Whole Kernel Corn Garden Salad W/ Dressing Carrot Cake	25 Grilled Hamburger Lett/Tom/Pickle/Onion Baked Tater Tots Watermelon Wedges Fresh Baked Cookie		28 CLOSED For Thanksgiving Holiday
\$5.00 Suggested Donation for 60+ \$8.00 Charge for under 60 eating on site \$8.50 All Carry out	Lunch served 11:30—12:15 Mon-Fri			



Lowell
Senior Activity Center
704 East Monroe
Lowell, AR 72745

479-365-2755
Mon—Fri 8:00—200

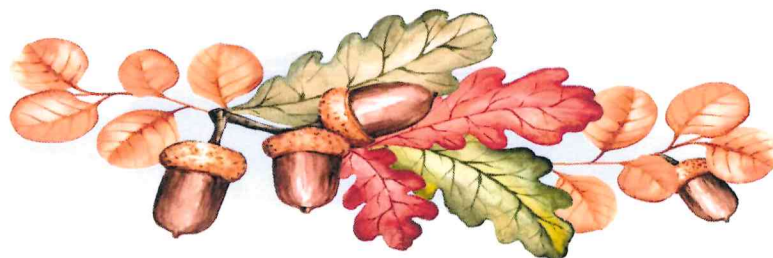
The Aging Experts

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.aanrwa.org

LOWELL SENIOR ACTIVITY CENTER



November

ACTIVITIES

Mon	Tue	Wed	Thu	Fri
3 10:00am Chair Yoga 12:00 Magnet Diamond Art	4 9:15 Casino Day Cherokee	5 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	6	7 10:00am Chair Yoga
10 10:00am Chair Yoga	CLOSED Veterans Day 	12 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	13	14 10:00am Chair Yoga
17 10:00am Chair Yoga 12:00 Magnet Diamond Art	18 10:00 Beanbag Baseball Game w/ Bentonville At Bentonville Leave at 9:45	19 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	20	21 10:00am Chair Yoga
24 10:00am Chair Yoga	25	26 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am		28 CLOSED For Thanksgiving Holiday
				Suggested Donation for Transportation \$3 to \$10 Based on Destination



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.aanwar.org

This institution is an equal opportunity provider and employer. EEO Employer/AA/M/F/VET/Disabled