

BIG FLAT SENIOR CENTER FEBRUARY 2026

Valentine Dinner

Friday February 13th

5:00—7:00 pm

Basket Bingo

Friday February 27th

5:00 –7:00 p.m.

Open

Monday-Friday

7:00 3:00

9975 HWY 14 EAST

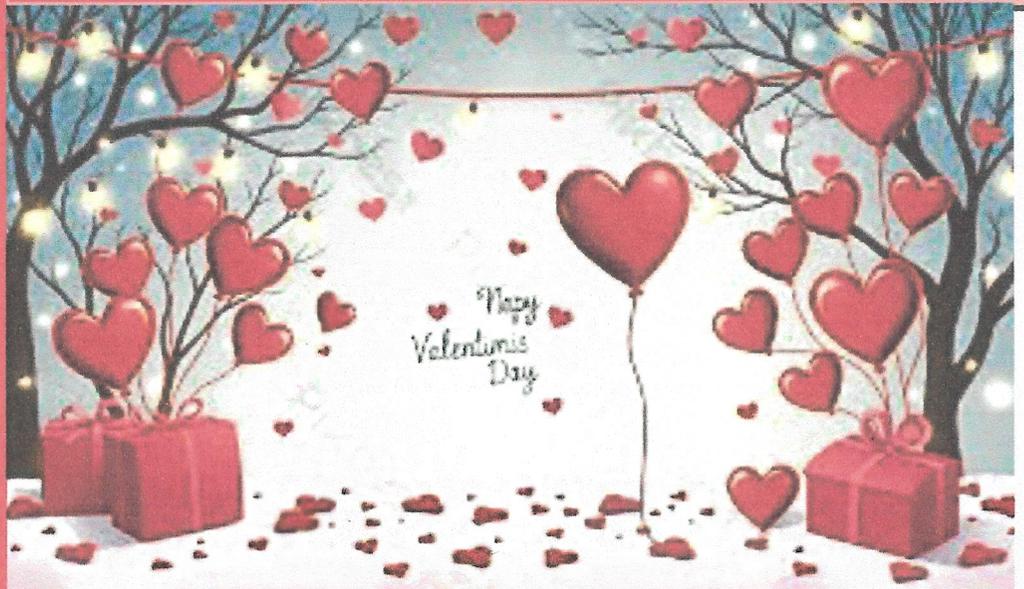
BIG FLAT AR 72617

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**Our Valentine Dinner Will Be
Friday 13th starting at 5 pm. Make
Plans to attend .Transportation
will be provided if needed.
Basket Bingo will be on Friday 27
We hope to see everyone here!!!**

Area Agency on Aging of Northwest
800-432-9721 or 870-741-1144 www.aanwar.org

BIG FLAT SR. CENTER'S FEBRUARY 2026 ACTIVITIES

MONDAY	Tuesday	Wednesday	Thursday	Friday
2 Dominoes Pool Puzzle Table	3 Dominoes Card Games Pool	4 Dominoes Pool Puzzle Table	5 Dominoes Card Games Puzzle Table	6 Dominoes Pool Card Games
9 DOMINOES POOL PUZZLE TABLE	10 DOMINOES POOL CARD GAMES	11 DOMINOES POOL Puzzle table	12 DOMINOES POOL PUZZLE TABLE	13 PUZZLE TABLE CARD GAME Valentine Dinner
	17 DOMINOES CARD GAMES PUZZLE TABLE	18 DOMINOES POOL PUZZLE TABLE	19 DOMINOES POOL CARD GAMES	20 POOL CARD GAMES PUZZLES
	23 DOMINOES POOL PUZZLE TABLE	24 POOL CARD GAMES DOMINOES	25 CARD GAMES POOL DOMINOES	26 POOL CARD GAMES PUZZLE TABLE
2 DOMINOES POOL PUZZLE TABLE	3 Pool Card Games Dominoes	4 Card Games Pool Puzzle Table	5 Dominoes Card Games Puzzle Table	6 Pool Dominoes Puzzle Table

FEBRUARY 2026



MEALS ON WHEELS
AMERICA 2019 MEMBER

MONDAY	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Braised Beef Seasoned Rice Oven Roasted Veg- gies Wheat Roll Mandarin Orange Jello</p>	<p>3</p> <p>Herbed Pork Chops Parslie Potatoes Beets Wheat roll Apple Crumb Cake</p>	<p>4</p> <p>Roasted Chicken Poultry Gravy Dressing Mixed Vegetables Wheat Roll Blushing Pears</p>	<p>5</p> <p>Baked Fish Loaded Bake Potato Sauteed Squash Wheat Roll Vanilla Cupcakes</p>	<p>6</p> <p>Beef Bourguignonne Egg Noodles Baby Carrots Wheat Roll Chocolate Éclair Trifle</p>
<p>9</p> <p>Beef Stroganoff Egg Noodles Peas & Mushrooms Wheat Roll Scalloped Apples</p>	<p>10</p> <p>Oven Fried Chicken Mashed Potato Casserole Spinach Cornbread Peach Coblér</p>	<p>11</p> <p>Meatloaf Roasted Potatoes Capri Vegetables Wheat Roll Blueberry Vanila Cake</p>	<p>12</p> <p>Sliced Ham Macaroni & Cheese Cabbage Wheat Roll Frosted Banana Cake</p>	<p>13</p> <p>Chef's Choice Stuffed Green Pepper Tossed Salad Sweet roasted Corn Wheat Roll Peaches</p>
	<p>17</p> <p>Lasagna Garden Salad Wheat Roll Italian Cream Cake</p>	<p>18</p> <p>Marinated Pork Loin Oven Potatoes Calico Cabbage Wheat roll Apricot Fluff</p>	<p>19</p> <p>Baked Pork Chops Risotto Squash Medley Wheat Roll Ice Cream</p>	<p>20</p> <p>Blackened Tilapia Tartar Sauce Potato Wedges Cauliflower Wheat Roll Carmel Brownie</p>
<p>23</p> <p>Teriyaki Beef Fried rice Sugar Snap Peas Vegetable Egg Roll Fruited Gelatin</p>	<p>24</p> <p>Pork Cutlet Pinto Beans Capri Vegetables Cornbread Apricot Halves</p>	<p>25</p> <p>Chili Baked Potato Tossed Salad Crackers Ice Cream</p>	<p>26</p> <p>Crispy Baked Chicken Spinach Souffle Baked Tomatoes Wheat Roll Snickerdoodle Cookie</p>	<p>27</p> <p>Salisbury Steak Au Gratin Potatoes Prince Edwrd Vegetables Wheat Roll Pudding Parfait</p>

Valentine's Word Search

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

ADMIRER	FRIEND	RED
BOYFRIEND	GIRLFRIEND	ROMANCE
CRUSH	HEART	ROMANTIC
CUPID	HONEY	ROSE
DARLING	HUG	SENTIMENTAL
DEVOTION	KISS	SMITTEN
EMBRACE	LOVE	SWEETHEART
FLAME	MOONSTRUCK	SWEETS
FLIRT	PASSION	TENDERNESS
FLOWERS	POEM	VALENTINE



Blueberries are consistently highlighted as the top choice for seniors due to their powerful antioxidants (flavonoids/anthocyanins) that support brain health, memory, heart health, and blood sugar regulation, reducing the risks of cognitive decline, heart disease, and inflammation, making them the leading “superfruit” for aging well.

Why Blueberries Are Good for Seniors:

Brain Power: They’re called “brain berries” for their ability to slow cognitive decline and improve memory

Heart Health: Antioxidants in blueberries can help lower blood pressure and cholesterol, supporting cardiovascular function.

Blood Sugar Control: They improve insulin sensitivity, which is great for managing diabetes.

Anti-inflammatory: They fight inflammation and oxidative stress, key factors in aging and chronic disease.

Digestive Aid: Rich in fiber, they promote good digestion

Welcome February

**New month, new chapter,
new page and new wishes. May**

**February give you courage,
strength, confidence, patience,
self love and inner peace. May
everyday of February fill your
days with Peace, Hope, Love,
Sunshine and New Energy.**

Let there be Fun, Peace, Joy,

