



# THE CARROLL COUNTY BREEZE

# February Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><u>9:00am-10:00am</u> Strength, Flexibility &amp; Balance Exercise Class</p> <p><u>10:00am-11:00am</u> Tai Chi Class</p> <p><u>10:00-11:30</u> <b>SUPPER NOGGIN WORKSHOP</b></p>	<p>3</p> <p><u>9:15am- 9:45am</u> <b>Ageless Graces</b> <u>exercises for body &amp; brain</u></p> <p><u>12:45pm-1:45pm</u> Walmart</p>	<p>4</p> <p><u>9:00am-10:00am</u> Strength, Flexibility &amp; Balance Exercise Class</p> <p><u>8:00 am</u> Bus leaves shopping trip to Harrison</p>	<p>5</p> <p><u>8:30am-11:30am</u> Quilting Group</p> <p><u>9:15 am- 9:45am</u> <b>Ageless Graces</b> <u>exercises for body &amp; brain</u></p> <p><u>10:00am-11:00am</u> BINGO!</p>	<p>6</p> <p>Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles</p>
<p>9</p> <p><u>9:00am-10:00am</u> Strength, Flexibility &amp; Balance Exercise Class</p> <p><u>10:00am-11:00am</u> Tai Chi Class</p> <p><u>10:00-11:30</u> <b>SUPER NOGGIN WORKSHOP</b></p>	<p>10</p> <p><u>9:15am- 9:45am</u> <b>Ageless Graces</b> <u>exercises for body &amp; brain</u></p> <p><u>12:45pm-1:45pm</u> Walmart</p>	<p>11</p> <p><u>9:00am-10:00am</u> Strength, Flexibility &amp; Balance Exercise Class</p>	<p>12</p> <p><u>8:30am-11:30am</u> Quilting Group</p> <p><u>9:15 am- 9:45am</u> <b>Ageless Graces</b> <u>exercises for body &amp; brain</u></p> <p><u>10:00am-11:00am</u> BINGO!</p>	<p>13</p> <p>Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles</p>
	<p>17</p> <p><u>9:15am- 9:45am</u> <b>Ageless Graces</b> <u>exercises for body &amp; brain</u></p> <p><u>10:00am-11:00am</u> <b>Crafty Tuesday</b></p> <p><u>12:45pm-1:45pm</u> Walmart</p>	<p>18</p> <p><u>9:00am-10:00am</u> Strength, Flexibility &amp; Balance Exercise Class</p> <p><u>9:00am- 2:45pm</u> <b>Fundraiser</b> <b>Cut it Forward</b></p>	<p>19</p> <p><u>8:30am-11:30am</u> Quilting Group</p> <p><u>9:15m- 9:45am</u> <b>Ageless Graces</b> <u>exercises for body &amp; brain</u></p> <p><u>10:00am-11:00am</u> BINGO!</p>	<p>20</p> <p>Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles</p>
<p>23</p> <p><u>9:00am-10:00am</u> Strength, Flexibility &amp; Balance Exercise Class</p> <p><u>10:00am-11:00am</u> Tai Chi Class</p> <p><u>10:00-11:30</u> <b>SUPPER NOGGIN WORKSHOP</b></p>	<p>24</p> <p><u>9:15am- 9:45am</u> <b>Ageless Graces</b> <u>exercises for body &amp; brain</u></p> <p><u>11:00am-11:45am</u> <b>Ambassador Committee Meeting</b></p> <p><u>12:45pm-1:45pm</u></p>	<p>25</p> <p><u>9:00am-10:00am</u> Strength, Flexibility &amp; Balance Exercise Class</p>	<p>26</p> <p><u>8:30am-11:30am</u> Quilting Group</p> <p><u>9:15 am- 9:45am</u> <b>Ageless Graces</b> <u>exercises for body &amp; brain</u></p> <p><u>10:00am-11:00am</u> BINGO!</p>	<p>27</p> <p>Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles</p>
<p>SUGGESTED DONATION FOR VAN RIDES \$4-\$10 BASED ON DESTINATION</p>	<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER-PERMITTING</p>	<p><b>FUNDRAISER: 18th</b> <b>9:00am-2:45 pm</b> <b>CUT IT FORWARD</b> <b>\$10 HAIR CUTS</b></p>		



**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  
1210 Rock Springs Road  
Harrison, Arkansas  
800-422-0721 or 870-743-1144  
www.aaanwv.org

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!



# THE CARROLL February Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	Braised Beef Seasoned Rice Oven Roasted Vegetables Wheat Roll Mandarin Orange Gelatine	Tuna Noodle Casserole Green Peas Wheat Roll Oatmeal Raisin Cookie	Swiss Steak w/ Gravy Garlic Mashed Potatoes Stewed Tomatoes Wheat Roll Coconut Bread Pudding	Roasted Chicken w/ Gravy Breaded Dressing Mixed Vegetables Wheat Roll Blushing Pears	BBQ Pork Platter Corn Casserole Brussels Spouts Medley Wheat Roll Peach Parfait
9	Rosted Beef Au Jus Creamed potatoes Steamed Vegetable Sticks Wheat Roll Cherry Pie	County Pork loin w/ Gravy Scalloped Corn Brussels Spouts Wheat Roll Fruit Gelatin w/ Marshmallows Fruit Gelatin w/ Marshmallows	Oven Fried Chicken Mashed Potato Casserole Spinach Cornbread Peach Cobbler	Beef Stroganoff Over Egg Noodles Peas & Mushrooms Wheat Roll Scalloped Apple	Sliced Backed Ham White Cheddar Mac & Cheese Braised Red & Green Cabbage Wheat Roll Frosted banana Cake
		17 Herbed Turkey Garlic Mashed Cauliflower Seasoned Green Beans Wheat Roll Apple Pie	18 Braised Stew Beef Tips w/ Gravy Potatoes & Carrots Wheat Roll Mandarin Oranges & Bananas	19 Chicken Stuffed w/ Cornbread dressing Harvard Beets Roasted Broccoli w/ Bacon Wheat Roll Fruit Crisp	20 Pit Ham Fried Grit Cakes Roasted Brussels Spouts Wheat Roll Red Velvet Cake
23	Baked Tilapia w/ Garlic Butter New Lemon Potatoes Wheat roll Sliced Strawberries	24 Roasted Thyme Chicken Mushroom Rice Broccoli Florets Wheat Roll Confetti Cake	25 Salisbury Steak Au Gratin Potatoes Price Edward Vegetable Blend Wheat Roll Fruit Parfait	26 Encrusted Pork Loin Dressing w/ Gravy Winter Vegetable Blend Wheat Roll Sliced Apples	27 Crispy Baked Chicken Spinach Souffle Baked Tomatoes Wheat Roll Snickerdoodle Cookie
<p style="color: red; font-weight: bold;">\$5 Suggested Donation for 60+</p> <p style="color: red; font-weight: bold;">\$10 Charge for under 60 eating on site</p> <p style="color: red; font-weight: bold;">\$11 Charge for all Take out</p>	<p style="font-weight: bold;">Drawing For Free Meal Ticket will be held at the end of the Month</p>	<p style="color: blue; font-weight: bold; text-decoration: underline;">MENU SUBJECT TO CHANGE DUE TO SUPPLY CHAIN AVAILABILITY MUST CALL BY 9:30 AM</p>			



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

**Suggested Meal Donation for those  
age 60 or older is \$5.00  
Lunch is served at 12:00pm  
MON FRI**

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

# *Cut It Forward*

## **FUNDRAISER**

February 18, 2026

The Carroll County Senior Center will be offering haircuts at discounted prices.

For all ages!

We will also be offering tinsel!

Haircuts are \$10.00.

All proceeds go to the Senior Center and Meals on Wheels Program!

This will take place in our center once a month.

Hair cuts will be from 9:00 am to 2:45 pm.

We will break for lunch from 12pm to 12:45 pm.

Seniors 60+, we encourage you to stay for lunch.

When you arrive, please see the Program Assistant and she will direct you. It is a first come, first serve basis.

Our address is 202 West Madison Ave, Berryville, AR 72616

Our phone number is (870) 423-3265