

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



Bingo Night Fundraiser

Saturday Feb. 28th

Doors @ 4

Bingo starts 4:30

\$5 dinner and 1 card

Additional cards 2 for \$5

Taco Salad and a Cookie

All Ages Welcome!

Valentine's Dance

Thurs. Feb 19th

Doors @ 5 Music @ 6

\$5 Cash at the Door

All Ages Welcome!

Sandwiches and Chips

Bring a Dessert to Share

Beanbag Baseball

Wed. 11th at Home
@9:30 vs W.F.

Thur. 19th at Home
After lunch vs P.G.

Weekly Activities

Mon: Gospel Singing

Tues: Live Music

Wed: Exercise Class

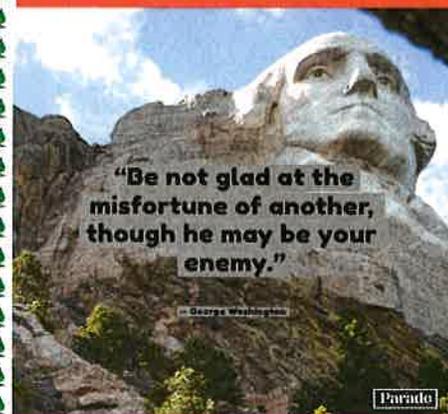
Wed: Bingo

Thur: Beanbag Baseball

Fri: Exercise Class

See Calendar for Details

We will be closed Monday
Feb. 16th for President's Day



Lincoln SAC February 2026 Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Steak Fingers Mashed Potatoes Green Beans Biscuit Fruit	3 Sweet & Sour Chicken Fried Rice Broccoli Egg Roll Fruit	4 White Chicken Chili Salad Crackers Banana Pudding	5 Oven Baked Chicken Mac & Cheese Brussel Sprouts Roll Fruit	6 Ham Baked Potato Veggies Roll Cake
9 Pulled Pork Sandwich Baked Beans Coleslaw Fruit	10 Vegetable Soup Turkey Sandwich Pea Salad Fruit Fluff	11 Chicken Fried Steak Mashed Potatoes Corn Biscuit Fruit	12 Scrambled Eggs Bacon Biscuit & Gravy Tomatoes Orange Juice	13 Tilapia Baked Potato Broccoli w/Cheese Sauce Roll Brownies
16 Closed for President's Day 	17 Pot Roast Baby Baker Potatoes Carrots Roll Fruit	18 Ham Scalloped Potatoes Peas & Carrots Roll Cookie	19 Vegetable Beef Stew Salad Crackers Cucumber/Tomato Salad Fruit	20 Meatloaf Mashed Potatoes Green Beans Roll Fruit Crisp
23 Steak Fingers Mashed Potatoes Corn Roll Fruit	24 Taco Salad Refried Beans Mexican Corn Ice Cream	21 Potato Soup Sandwich Broccoli Salad Fruited Jello	22 Catfish Brown Beans Coleslaw Hushpuppies Fruit	23 Hamburger French Fries Veggie Fruit
			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>

7 Key Nutrients for Senior Nutrition

The Geriatric Dietitian



VITAMIN D

Vitamin D is a fat-soluble vitamin involved in bone health, muscle health, immunity, and cognition. Older adults > age 70 need 800 IU daily (younger adults need 600 IU daily). Low vitamin D is common in seniors.

CALCIUM

Calcium is a mineral involved in bone health, muscle health, nerve transmission, and hormone secretion. Men >70 years old and women 51+ years old need 1,200 mg daily (younger men need 1,000 mg daily).



VITAMIN B-6

Vitamin B-6 is a water-soluble vitamin that has a role in metabolism, immune function, and enzyme reactions. Those ages 51-70 need 1.3 mg daily. Men >70 years need 1.7 mg daily. Women > 70 years need 1.5 mg daily.

VITAMIN B-12

Vitamin B-12 is a water-soluble involved in making DNA, red blood cell formation, and proper nerve function. Men and women need 2.4 mcg daily. Many seniors cannot absorb vitamin B-12 from food sources.



FIBER

Fiber is a type of carbohydrate that the body is unable to digest. Fiber is involved with healthy digestion, feeling full, and preventing constipation. Men 51+ years need 30 gms daily. Women 51+ years need 21 gms daily.

PROTEIN

Protein supports good health, immunity, maintains muscle, and physical function in older adults. Researchers recommend that older adults consume 1-1.2 grams of protein per kilogram body weight.



CALORIES

Seniors who lose weight unintentionally need more calories to stop weight loss, protect their muscle, and prevent malnutrition. Foods highest in calories typically include those high in fat like avocado, whole fat dairy, nuts, and oils. Consult a geriatric dietitian as needed.

Lincoln SAC February 2026 Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Gospel Singing	3 9:30 Jam Session/Live Music	4 10:45 Ageless Grace Exercise Class 12:15 Bingo	5 10:00 BB Baseball Practice	6 10:45 Ageless Grace Exercise Class Birthday Cake for Feb. after lunch
9 10:00 Gospel Singing	10 9:30 Jam Session/Live Music	11 9:30 Baseball vs. WF at Lincoln 12:15 Bingo	12 10:00 BB Baseball Practice Vote for Valentine's King and Queen during lunch	13 10:45 Ageless Grace Exercise Class 11:15 Crowning of the King and Queen
16 Closed for President's Day 	17 9:30 Jam Session/Live Music 9:00 Food Bank (Sanctuary Church)	18 10:45 Ageless Grace Exercise Class 12:15 Bingo	19 10:00 BB Baseball Practice Baseball vs. PG at Lincoln after lunch Valentine's Dance Doors @ 5 Music @ 6	20 10:45 Ageless Grace Exercise Class
23 10:00 Gospel Singing	24 9:30 Jam Session/Live Music	25 10:45 Ageless Grace Exercise Class 12:15 Bingo	26 10:00 BB Baseball Practice 12:15 Tic Tournament	27 10:45 Ageless Grace Exercise Class BINGO Fundraiser Sat. Feb 28th Doors @ 4:00 Bingo @ 4:30

Valentine Word Search

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

fourteenth
sweet heart
fairy tale
affection
girlfriend
teddy bear
chocolate
Feburary
boyfriend
valentine
love song
romance
serenade
be mine
flower
doves
flirt
crush
arrow
candy
heart
cupid
pink
love
gift
kiss
rose
red
hug
bow

