

Lincoln Senior Activity Center



116 E Park Street, Lincoln, AR 72744 Phone: 479-824-3861

Email: lincolnsc@aanwar.org

Hours: Monday—Friday 8:00 am to 4:30 pm Lunch Served at 11:30 am.



Bingo Night May 18th

Doors at 5:00

Bingo starts at 5:30

Dinner and 1 card \$5

Additional cards 2 for \$5

happy
mother's day!



All gave some...
Some gave all

Remember them this
Memorial Day

Beanbag Baseball



May 2nd @ Huntsville
van leaves at 8:30 am

May 9th @ home vs. Elkins @ 10am

May 16th @ home vs. P.G.
after lunch

May 20th @ PACE
van leaves after lunch

WF game @ home TBD

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Monday	Tuesday	Wednesday	Thursday	Friday
Congregate and Home Delivered Meals for Seniors 60+ Suggested Donation \$4.00	Under 60 and all take out meals: \$6.59 TO GO ORDERS CALL (479) 824-3861 <i>Menu is subject to change due to availability</i>	1 Sloppy Joes Potato Chips Peas & Carrots Chocolate Pudding Cup	2 Catfish Tomatoes & Zucchini Coleslaw Cornbread Fruit	3 Italian Baked Chicken Rice Pilaf Cauliflower Roll Fruit
6 Honey Chicken New Potatoes Green Beans Biscuit Fruit	7 Ham & Beans Fried Taters Spinach Cornbread Rice Krispie Treat	8 Meatloaf Mashed Potatoes Corn Roll Cookie	9 Tuna Salad Sandwich Potato Chips Cottage Cheese Fruit	10 Chili Baked Potato Mexican Corn Banana
13 Pot Roast Mashed Potatoes Green Beans Roll Fruit	14 Chicken Cordon Bleu Baked Potato Broccoli w/Cheese Sauce Roll Ice Cream	15 BBQ Pulled Pork Sandwich Coleslaw Baked Beans Lemon Bars	16 Oven Fried Chicken Potato Salad Mixed Vegetables Roll Fruit	17 Beef Tips & Brown Gravy Egg Noodles Carrots Roll Fruit
20 Spaghetti and Meatballs Broccoli Garlic Knot Fruit	21 Pork Carnitas Mexican Corn Refried Beans Orange Fluff	22 Sausage and Eggs Biscuit & Gravy Potatoes Sliced Tomatoes Orange Juice	23 Chicken Pot Pie Carrots Roll Fruit	24 Chicken Enchilada Casserole Mexican Rice Lettuce Salad Cake
27 Closed for MEMORIAL DAY 	28 Chicken Tenders Mac & Cheese Peas & Carrots Roll Ice Cream	29 French Dip Sandwiches Mixed Veggies Chips Blackberry Cobbler	30 Catfish Brown Beans Coleslaw Hushpuppies Fruit	31 Lasagna Salad Garlic Knot Fruit



Senior Farmers Market Nutrition Program

2024 Coupon Book Sign-Up Washington County Sites:

May 20	9 am-11 am	Lincoln Senior Activity Center 116 East Park Street Lincoln, AR 72744	(479) 824-3861
May 20	1 pm-3 pm	Prairie Grove Senior Activity & Wellness Center 475 Ed Staggs Drive Prairie Grove, AR 72753	(479) 846-2794
May 13	9 am-12 pm	Springdale Senior Activity & Wellness Center 203 Park Street Springdale, AR 72764	(479) 751-1521
May 23	9 am-11 am	Elkins Senior Activity & Wellness Center 149 West First Street Elkins, AR 72727	(479) 643-2741
May 21	9 am-11 am	Farmington Senior Activity & Wellness Center 340 West Main Street Farmington, AR 72730	(479) 267-5709
May 24	9 am-1 pm	Fayetteville Senior Activity & Wellness Center 945 South College Fayetteville, AR 72701	(479) 571-5709

<u>Income Limits:</u>	<u>Requirements:</u>	<u>Other Services:</u>
\$2,322 – 1 person	*Bring Proof of Household Income*	Screening for other Financial Assistance Programs such as SNAP, Medicaid, and Extra Help
\$3,152 – 2 people	*Bring Photo ID*	
\$3,981 – 3 people	Age 60 or older	
\$4,810 – 4 people	1 coupon per household	Nutrition Information

Lincoln SAC May 2024 Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:45 Ageless Grace 12:15 Bingo	2 BB Baseball @ Huntsville van leaves @ 8:30	3 10:45 Ageless Grace Birthday celebration for May after lunch!
6 10:00 Gospel Singing	7 9:30 Jam Session/Live Music	8 10:45 Ageless Grace 12:15 Bingo	9 BB Baseball vs Elkins at home 10:00	10 10:45 Ageless Grace.
13 10:00 Gospel Singing	14 9:30 Jam Session/Live Music	15 10:45 Ageless Grace 12:15 Bingo	16 10:00 BB Baseball Practice BB Baseball vs P.G. at home after lunch	17 10:45 Ageless Grace  Bingo night May 18th Doors at 5:00 Bingo starts at 5:30
20 10:00 Gospel Singing 9:00-11:00 Farmer's Market Voucher Sign-ups BB Baseball @ PACE van leaves after lunch	21 9:30 Jam Session/Live Music 9:00 Food Bank (Sanctuary Church)	22 10:45 Ageless Grace 12:15 Bingo	23 10:00 BB Baseball Practice Crafts with Becky after lunch	24 10:45 Ageless Grace
27 Closed for MEMORIAL DAY 	28 9:30 Jam Session/Live Music	29 10:45 Ageless Grace 12:15 Bingo	30 10:00 BB Baseball Practice Tic Tournament after lunch	31 10:45 Ageless Grace

Hi everyone,

It's me again with a quick reminder that we offer the service of transportation to and from medical appointments and errand running as needed. This all depends on the availability of the van so letting us know ahead of time can help us to better serve you in this way. I'm so thankful for our staff that has made operations smooth enough to make this possible!!! We have a wonderful, dependable delivery driver and the kitchen staff is beyond compare. That frees up time to allow us to help you get from place to place. If you'd like us to take you somewhere please call the center 824-3861 and we will see if we can!!! Take care this month!!



The Lincoln Senior Activity Center is in need of volunteers. Would you be able to help us?

- Volunteers needed to help with delivering meals to hungry homebound seniors
- Volunteers needed to help with fundraising events

The Lincoln Senior Center would appreciate donations of coffee, tea, paper towels, toilet paper and cleaning supplies.



Great Outdoors

Word Search Puzzle



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



BACKPACK

BEARS

BIRDS

CAMPING

CANOE

DEER

FISHING

FOREST

HIKING

KAYAK

LAKE

MOUNTAINS

NATURE

RACCOON

RANGER

RIVER

SCENERY

SQUIRREL

SUMMER

TRAILS

TREES

WATERFALL

WILDERNESS

WILDLIFE

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