



October Menu

MON	TUE	WED	THU	FRI
<p>Carry-Out meals are available between 11:00am-11:30am. Please call by 9:30 am to place an order \$6.00 each</p>	<p>1 Pork Loin w/ Potatoes / Carrots, Onion / Celery Whole Kernel Corn Fresh Roll Peach Cobbler</p>	<p>2 Lemon Pepper Chk'n Wild Rice Fried Squash Medley Breadstick</p>	<p>3 Chicken Fried Steak Potatoes w/ Gravy Country Veggies Cornbread</p>	<p>4 Chicken Salad Sandwich Broccoli Salad Potato Chips Fresh Strawberries</p>
<p>7 Chicken Alfredo Tuscan Veggies Garlic Bread Fruit Cocktail</p>	<p>8 Sloppy Joe on Bun Tater Tots Apple Cider Slaw Peach Dump Cake</p>	<p>9 BLT Sandwich Veggie Pasta Salad Potato Chips Fresh Fruit</p>	<p>10 Frito Chili Pie Sour Cream & Salsa Fiesta Corn Berry Crisp</p>	<p>11 Pulled Pork Plate w/ Potato Salad Baked Beans Cornbread Banana Pudding</p>
<p>14 Chicken Spaghetti Maple Carrots Garlic Breadstick Apple Crisp</p>	<p>15 Ham and Beans Fried Potato / Onion Seasoned Greens Cornbread Fruit Cobbler</p>	<p>16 Cheeseburger w/ Lettuce / Tomato Onion / Pickle Tater Tots Baked Beans</p>	<p>17 Turkey Club Sandwich Vegetable Soup Crackers Strawberry Shortcake</p>	<p>18 Spaghetti / Meat Sauce Italian Vegetables Garlic Bread Blonde Brownie</p>
<p>21 Chicken Tenders Macaroni & Cheese Green Beans Cookie</p>	<p>22 Open Face Roast Beef Sandwich w/ Mashed Potatoes Black-Eyed Peas Vanilla Peaches</p>	<p>23 Chef Salad w/Turkey Ham / Eggs / Cheese Lettuce w/ Dressing Crackers & Croutons Fruited Yogurt w/ Granola</p>	<p>24 Chicken Cordon Bleu Rice Pilaf Glazed Carrots Cherry Cobbler</p>	<p>25 Fried Catfish Pinto Beans Seasoned Greens Green Tomato Relish Hushpuppies</p>
<p>28 BBQ Chicken Breast Au Gratin Potatoes Capri Vegetables Fresh Baked Roll</p>	<p>29 Salisbury Steak Potatoes & Gravy Buttered Corn German Choc Cake</p>	<p>30 Chicken & Dumplings Peas & Carrots Cornbread Cherry Crisp</p>	<p>31 HAPPY HALLOWEN Ghoulish Goulash Gruesome Green Beans Caramel Spiced Apples Grave Digger Dirt Cake</p>	<p><u>MENU SUBJECT TO CHANGE DUE TO SUPPLY CHAIN AVAILABILITY MUST CALL BY 9:30 AM</u></p>



**Carroll County Senior
Activity & Wellness Center**
202 West Madison Avenue
Berryville, AR 72616
Monday-Thursday
8:00am-4:00pm
Friday 8:00am-2:00pm

Lunch is a \$6.00 Charge for ALL Guests Under age 60 and ALL Carry-Out Meals
Ambassador Committee Meetings will be the 3rd Tuesday of the month 11:00am –11:45 am

Suggested Meal Donation for those age 60 or older is \$4.00
Lunch is served at 12:00 pm Please arrive before 12:00pm



October Activities



MON	TUE	WED	THU	FRI
<p>WED 10/23 TRIP TO CHEROKEE CASINO IN WEST SILOAM SIGN UP TODAY!! Call for more info!</p>	<p>1 10:00am-11:00am Board Games</p> <p>12:45pm-1:45pm</p>	<p>2 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p>	<p>3 8:30am-11:30am Quilting Group</p> <p>10:00am-11:00am BINGO!</p>	<p>4 10:00am-11:00am Bean Bag Baseball</p> <p>Available All Day: Billiard Tables Pinochle Dominoes Gym Area</p>
<p>7 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p> <p>10:00am-11:00am Tai Chi Class</p>	<p>8 10:00am-11:00am Board Games</p> <p>12:45pm-1:45pm Walmart</p>	<p>9 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p>	<p>10 8:30am-11:30am Quilting Group</p> <p>10:00am-11:00am BINGO!</p>	<p>11 10:00am-11:00am Bean Bag Baseball</p>
<p>14 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p> <p>10:00am-11:00am Tai Chi Class</p>	<p>15 10:00am-11:00am Board Games</p> <p>11:00am-11:45am Ambassador Committee meeting</p> <p>12:45pm-1:45pm Walmart</p>	<p>16 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p> <p>8:00am Bus Leaves for Harrison Shopping Trip</p>	<p>17 8:30am-11:30am Quilting Group</p> <p>10:00am-11:00am BINGO!</p>	<p>18 10:00am-11:00am Bean Bag Baseball</p>
<p>21 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p> <p>10:00am-11:00am Tai Chi Class</p>	<p>22 10:00am-11:00am Board Games</p> <p>12:45pm-1:45pm Walmart</p>	<p>23 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p> <p>8:00am Bus Leaves for Cherokee Casino - West Siloam</p>	<p>24 8:30am-11:30am Quilting Group</p> <p>10:00am-11:00am BINGO!</p>	<p>25 10:00am-11:00am Bean Bag Baseball</p>
<p>28 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p> <p>10:00am-11:00am Tai Chi Class</p>	<p>29 10:00am-11:00am Board Games</p> <p>12:45pm-1:45pm Walmart</p>	<p>30 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p>	<p>31 Happy Halloween 8:30am-11:30am Quilting Group</p> <p>10:00am-11:00am BINGO!</p> <p>11:30am-11:45 pm Costume Contest</p>	<p>Drawing For Free Meal Ticket will be held at the end of the Month!</p>



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

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
 1519 Rock Springs Road
 Harrison, Arkansas
 800-628-9728 or 870-741-1144
 www.aaawill.org

Shop the Carroll County Senior Thrift Store on the Square! Between Wilson's TV & Farmer in the Deli! Wed-Sat 11am-4pm (870) 929-6280