



Meals are subject to change due to supply chain availability.



October Menu

Mon	Tue	Wed	Thu	Fri
<p>60+ Suggested Meal Donation \$4.00</p> <p>Under 60 & Take Out Must Pay \$6.00</p>	<p>1 Shepherd's Pie Peas & Carrots Texas Toast Orange Zephyr Whip</p>	<p>2 Brown Sugar Pork Chop Sweet Potatoes Collard Greens Bread Birthday Cake</p>	<p>3 Pulled Brisket on Bun Fire Roasted Corn Macaroni Salad Rice Krispie Treat</p>	<p>4 Catfish Pinto Beans Coleslaw Hushpuppies Lemon Bar</p>
<p>7 Orange Chicken over Rice Stir Fry Vegetables Egg Roll Fortune Cookie Mandarin Oranges</p>	<p>8 Liver & Onions Baked Potato w/Sour Cream Catalina Vegetables Roll Honey Bun Cake</p>	<p>9 Polish Sausage on Bun w/Sauerkraut Scalloped Potatoes Squash Medley Emerald Pears</p>	<p>10 Grilled Salmon Long Grain & Wild Rice Asparagus Roll Éclair Cake</p>	<p>11 Baked Ham & Cheese Sliders Baked Beans Tater Tots Cookie</p>
<p>14 Spaghetti w/Meat Sauce That Good Salad Garlic Bread Spiced Peaches</p>	<p>15 Monterey Chicken Baby Baker Potatoes Monterey Vegetables Bread Chocolate Covered Strawberry Dream Bar</p>	<p>16 Pot Roast Roasted Red Potatoes Green Beans Roll Cobbler</p>	<p>17 Turkey Avocado Panini Broccoli Soup Crackers Fruit Parfait</p>	<p>18 Chicken Fried Chicken Mashed Potatoes w/Gravy Glazed Carrots Roll Fruit Crisp</p>
<p>21 Taco Salad Mexican Street Corn Bake Refried Beans Tropical Fruit</p>	<p>22 St Louis Style Ribs Baked Beans Hot Potato Salad Biscuit White Chocolate Raspberry Cheesecake Brownie</p>	<p>23 Chicken Diane Noodles Jefferson Spinach Bread Ambrosia</p>	<p>24 Pulled Pork on Bun Black Eyed Peas Fried Cabbage Apple Blossom</p>	<p>25 Chili w/Beans Tossed Salad Cornbread Chocolate Pudding</p>
<p>28 Oven Fried Chicken Macaroni & Cheese Brussels Sprouts Biscuit Fruit Medley</p>	<p>29 Beef Stew Stewed Tomatoes Cornbread German Chocolate Cake</p>	<p>30 Sliced Turkey Mashed Potatoes w/Gravy Capri Vegetables Pineapple Dream Dessert</p>	<p>31  Ghoulish Goulash Ogre Rings Moldy Bread Rotten Pumpkin Bars</p>	<p>Come join us for Breakfast every Friday Morning from 8:00am to 9:00am Price: Donation</p> <p>Lunch served daily: 11:30am-12:15pm</p> 

Billy V. Hall Senior Activity & Wellness Center
 1870 Limekiln Rd.
 P.O. Box 1648
 Gravette, AR 72736
 Phone: 479-787-5950

Director - Melissa Provence
 Email: director.gravette@ohcnwa.org

"Billy V. Hall Senior Activity & Wellness Center is an equal opportunity provider, and employer."
 EEO Employer/AA/M/F/Vet/Disabled



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
 1510 Rock Springs Road
 Harrison, Arkansas
 800-432-9721 or 870-741-1144
www.aaanwar.org



October Activities

Su	Mon	Tue	Wed	Thu	Fri	Sat
<p><small>Green-Exercise Blue-Regular Pink-Music Black-Games & Activities Red-Trips & Special Events Purple-Clubs</small></p>	<p>Hours of Operation: Monday - Thursday 8am to 4pm & Fridays 8am to 2pm.</p>	<p>1 10am-11:30am- Old Town String Band 12:30pm-Lions Club 12:30pm- Ageless Grace 12:30pm-4pm- Cards & Dominos</p>	<p>2 10am-11am-PEPPI 11:30am- Birthday Recognition 12:30pm- Beanbag Baseball 12:30pm-Cards/Dominos</p>	<p>3 8:30am-9:30am- Shopping Gravette 9:00am- HENZIE'S art studio (\$15.00) 12:30pm-Ageless Grace 4:30pm-Silver Spur @ Jane, MO 12:30pm-Cards & Dominos</p>	<p>4 8am-9am-Breakfast 10am-11am-PEPPI 12:30pm- Jewelry Making w/Portia 12:30pm-2pm- Cards & Dominos</p>	5
6	<p>7 10am-11am-PEPPI 10:30am-11:30am- Book Mobile 12:30pm-Drums Alive 12:30pm-4pm- Cards & Dominos</p>	<p>8 10am-11:30am- Music by Gary Mucci 12:30pm- Ageless Grace 1:30pm-Audrey's Resale Boutique & Walmart @ Jane, MO</p>	<p>9 10am-11am-PEPPI 12:30pm- Chair Volleyball 12:30pm-4pm- Cards & Dominos</p>	<p>10 8:30am-9:30am- Shopping Gravette 10am-Watercolor Class w/Sheila (\$10.00) 12:30pm-Ageless Grace 12:30pm-Cards & Dominos</p>	<p>11 8am-9am-Breakfast 10am-11am-PEPPI 10am-11:30am- Country Edge 12:30pm-2pm- Cards & Dominos</p>	12
13	<p>14 10am-11am-PEPPI 10:30am-11:30am- Book Mobile 12:30pm-Drums Alive 12:30pm-4pm- Cards & Dominos</p>	<p>15 10am-11:30am- Old Town String Band 12:30pm-Lions Club 12:30pm- Ageless Grace 12:30pm-4pm- Cards & Dominos</p>	<p>16 10am-11am-PEPPI 12:30pm- BINGO 12:30pm-4pm- Cards & Dominos</p>	<p>17 8:30am-9:30am- Shopping Gravette 12:30pm-Ageless Grace 1:30pm-Bella Vista Arts & Crafts Festival 12:30pm-4pm- Cards & Dominos</p>	<p>18 8am-9am-Breakfast 9:30am-11:30am- Prairie Roads Band 10am-11am-PEPPI 12:30pm-2pm- Cards & Dominos</p>	19 Essential Give Away 10am-11am @ Senior Center
20	<p>21 9:30-11:30am- Blood Pressure 10am-11am-PEPPI 10:30am-11:30am- Book Mobile 12:30pm-Drums Alive 12:30pm-Cards/Dominos</p>	<p>22 10am-11:30am- Country Edge 12:30pm- Ageless Grace 12:30pm-4pm- Cards & Dominos</p>	<p>23 8:30am- Top of the Rock Lost Canyon Cave & Nature Trail & Ancient Ozarks Natural History Museum & Eat Out 10am-11am-PEPPI 12:30pm-Cards/Dominos</p>	<p>24 8:30am-9:30am- Shopping Gravette 10am-Watercolor Class w/Sheila (\$10.00) 12:30pm-Ageless Grace 12:30pm-Cards & Dominos</p>	<p>25 8am-9am-Breakfast 10am-11am-PEPPI 12:30pm- Chair Volleyball 12:30pm-2pm- Cards & Dominos</p>	26
27	<p>28 10am-11am-PEPPI 10:30am-11:30am- Book Mobile 12:30pm-Drums Alive 12:30pm-4pm- Cards & Dominos</p>	<p>29 10am- Fall Prevention Class w/Jalyn Bounds 12:30pm- Ageless Grace 12:30pm-Cards/Dominos 5pm-Pizza Night</p>	<p>30 10am-11am-PEPPI 11am- Ambassador Meeting 12:30pm- Halloween Crafting 12:30pm-4:30pm- Cards & Dominos</p>	<p>31 Happy Halloween 8:30am-9:30am- Shopping Gravette 10am-Fall Party 12:30pm-Ageless Grace 12:30pm-Cards & Dominos</p>	<p>The senior van picks up daily to transport Seniors to the Center. The van is scheduled for Thursday morning shopping in Gravette from 8:30-9:30am, during this time van riders may do errands in town. Please notify the Senior Center the day before for pick up. (479) 787-5950</p>	

October Birthdays

Beverly Carter
Jan Freels
Snooky Garrett
Sandra Grover
Gaylene Hall
Susan Mullen
Rhonda Patterson
Jody Peterson
Billy Porch
BJ Ray
Lana Richmond

Ron Rose
Everett Sanders
Linda Schmitz
Margo Thomas
Lotus Ward
Jerry Weatherbee
JD Wells
Bobby Woods
Rhonda Wotowis
Marie Wynn

Please Note-
Activities are subject to change and are weather permitting.



Thursday, Oct. 3rd @ 4:30pm -
Eat Out at The Silver Spur @ Jane, MO

Friday, Oct. 4th @ 12:30pm -
Jewelry Making w/Portia

Tuesday, Oct. 8th @ 1:30pm -
Audrey's Resale Boutique & Walmart @ Jane, MO

Thursday, Oct. 17th @ 1:30pm -
Bella Vista Arts & Crafts Festival

Wednesday, Oct. 23rd @ 8:30am -
Top of the Rock Lost Canyon Cave & Nature Trail & Ancient Ozarks Natural History Museum & Eat Out

Wednesday, Oct. 30th @ 12:30pm -
Halloween Crafting

Thursday, Oct. 31st @ 10:00am - Fall Party