

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.

October



Saturday Night Bingo

October 19th

Doors at 4:45

Bingo starts at 5:30

Dinner and a card \$5

Additional cards 2 for \$5

ALL AGES WELCOME!!!

COME JOIN THE FUN!!



**HALLOWEEN DAY
Costume Contest
at 11:15**

**Prizes for 1st and 2nd
place**

Apple Festival Breakfast Fundraiser

Country Breakfast

Saturday October 5th

Sunday October 6th

6 am to 11 am both days

\$5 per person

Fall Drive to Eureka Springs

To look at the leaves

Lunch in Eureka

Van leaves at 9:30 am

Ambassador meeting Thursday, October 10th, after lunch. Please attend if you are able. We would love to have more input from different people.

Topics discussed last month were:

Volunteers for the Apple Festival Breakfast (we still need more), Farmington's dining room furniture and how they got it, Replacing windows on the front of the building, And lining up for lunch down the west aisle

Lincoln SAC October 2024 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
Congregate and Home Delivered Meals for Seniors 60+ Suggested Donation \$4.00	1 Sweet and Sour Chicken Fried Rice Broccoli Egg Roll Cookie	2 Beef Stew Salad Crackers Mandarin Orange Fluff	3 Beef Brisket Baked Beans Okra Roll Fruit	4 Meatloaf Mashed Potatoes Green Beans Roll Banana
7 BBQ Pulled Pork Sandwich Potato Wedges California Veggies Fruit	8 Popcorn Chicken Mac & Cheese Peas & Carrots Roll Turnover	9 White Chicken Chili Chef Salad Crackers Banana Pudding	10 Pork Roast Mashed Potatoes Carrots Roll Fruit	11 Catfish Pinto Beans Coleslaw Hushpuppies Fruit
14 Chicken and Dumplings Mixed Veggies Roll Cobbler	15 Hamburger French Fries Baked Beans Fruit	16 Chicken Spaghetti Carrots Garlic Knot Fruit	17 Catfish Baked Beans Broccoli w/Cheese Hushpuppies Fruit	18 Turkey with Gravy Sweet Potatoes Green Beans Roll Cake
21 Roast Beef with Gravy Mashed Potatoes Carrots Roll Fruit	22 Oven Fried Chicken Rice Pilaf Broccoli/Cauliflower Biscuit Chocolate Pudding	23 Taco Salad Corn & Black Bean Fiesta Ice Cream	24 Chicken Pot Pie Black-eyed Peas Roll Fruit	25 Chili Baked Potato Mexican Corn Crackers Banana
28 Eggs & Sausage Biscuits & Gravy Potatoes Sliced Tomatoes Orange Juice	29 Spaghetti w/ Meat Sauce Broccoli Salad Garlic Knot Cake	30 Chicken Fried Chicken w/Gravy Mashed Potato Peas Biscuit Fruit	31 Turkey Cornbread Dressing Green Beans Roll Pumpkin Pie	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>

TOP 10 Nutrition Facts That Everyone Agrees on



#1

Added Sugar Is a Disaster

Added sugar provides empty calories and is believed to be a leading cause of diseases that kill millions of people each year.



#2

Omega-3 Fats Are Crucial and Most People Don't Get Enough

A large part of the population is not getting enough omega-3 fats from their diet. Avoiding a deficiency in these essential fatty acids may help prevent many diseases.

There Is No Perfect Diet for Everyone

The best diet for you is the one that works for you and you can stick to in the long term.

#3



Artificial Trans Fats Are Very Unhealthy

Trans fats form in chemically processed oils and are linked to all sorts of chronic diseases. You should avoid them like the plague.

#4



#5

Eating Vegetables Will Improve Your Health

Vegetables are rich in all sorts of nutrients. Eating vegetables each day is associated with improved health and a lower risk of disease.



#6

It Is Critical to Avoid a Vitamin D Deficiency

Vitamin D is a crucial hormone in the body and many people are deficient in it. Reversing a deficiency can have powerful health benefits.



Refined Carbohydrates Are Bad for You

Refined carbohydrates like processed grains are unhealthy. They are lacking in nutrients and eating them may lead to rapid spikes in blood sugar and insulin, which can cause all sorts of problems down the line.

#7



Supplements Can Never Fully Replace Real Foods

It is much more important to eat real, nutritious foods than to count on supplements to provide the nutrients you need.

#8



#9

"Diets" Don't Work — a Lifestyle Change Is Necessary

Adopting a healthy lifestyle is the only way to ensure long-term weight loss and a lifetime of improved health.



#10

Unprocessed Food Is Healthiest

The most important thing you can do to ensure optimal health is to eat real food. If it looks like it was made in a factory, don't eat it!



Lincoln SAC October 2024 Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Jam Session/Live Music	2 10:45 Ageless Grace 12:15 Bingo	3 10:00 BB Baseball Practice	4 10:45 Ageless Grace Birthday celebration for October after lunch! <u>Apple Festival Breakfast 5th and 6th</u> <u>6 am to 11 am</u>
7 10:00 Gospel Singing	8 9:30 Jam Session/Live Music	9 10:45 Ageless Grace 12:15 Bingo	10 10:00 BB Baseball Practice Ambassador committee meeting after lunch 12:00 everyone welcome	11 10:45 Ageless Grace.
14 10:00 Gospel Singing Halloween themed craft after lunch 	15 9:30 Jam Session/Live Music 9:00 Food Bank (Sanctuary Church)	16 10:45 Ageless Grace 12:15 Bingo	17 10:00 BB Baseball Practice Bean Bag Baseball @ P.G. after lunch	18 10:45 Ageless Grace BINGO fundraiser Saturday 19th Doors at 4:45 Bingo starts at 5:30
21 10:00 Gospel Singing Ice Cream Sundaes after lunch	22 9:30 Jam Session/Live Music <u>"Medicare 101 and Part D Changes" info talk at noon</u>	23 10:45 Ageless Grace 12:15 Bingo	24 10:00 BB Baseball Practice	25 10:45 Ageless Grace Fall Leaves Drive to Eureka Springs van leaves at 9:30 am
28 10:00 Gospel Singing	29 9:30 Jam Session/Live Music	30 10:45 Ageless Grace 12:15 Bingo	31 10:00 BB Baseball Practice Costume Contest 11:15 Tic Tournament after lunch 12:15	

HALLOWEEN WORD SEARCH



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

BAT
BOO
CANDY
COSTUME
MASK
MONSTER

MUMMY
PUMPKIN
SCARECROW
SKELTON
SPIDER
SPOOKY

TREATS
TRICK
VAMPIRE
WEREWOLF
WITCH
ZOMBIE

