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.

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!!!

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COME JOIN THE FUN!!





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

HALLOWEEN DAY

Costume Contest at 11:15

Prizes for 1st and 2nd place

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 (<u>we still need more</u>), 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

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

Monday	Tuesday	Wednesday	Thursday	Friday
Congregate and	1 Sweet and Sour	2 Beef Stew	3 Beef Brisket	4 Meatloaf
Home Delivered	Chicken	Salad	Baked Beans	Mashed Potatoes
Meals for Seniors 60+	Fried Rice	Crackers	Okra	Green Beans
	Broccoli	Mandarin Orange	Roll	Roll
Suggested	Egg Roll	Fluff	Fruit	Banana
Donation \$4.00	Cookie			
7 BBQ Pulled Pork	8 Popcorn Chicken	9 White Chicken	10 Pork Roast	11 Catfish
Sandwich	Mac & Cheese	Chili	Mashed Potatoes	Pinto Beans
Potato Wedges	Peas & Carrots	Chef Salad	Carrots	Coleslaw
California Veggies	Roll	Crackers	Roll	Hushpuppies
Fruit	Turnover	Banana Pudding	Fruit	Fruit
14 Chicken and	15 Hamburger	16 Chicken	17 Catfish	18 Turkey with
Dumplings	French Fries	Spaghetti	Baked Beans	Gravy
Mixed Veggies	Baked Beans	Carrots	Broccoli w/Cheese	Sweet Potatoes
Roll	Fruit	Garlic Knot	Hushpuppies	Green Beans
Cobbler		Fruit	Fruit	Roll
				Cake
21 Roast Beef	22 Oven Fried	23 Taco Salad	24 Chicken Pot Pie	25 Chili
with Gravy	Chicken	Corn & Black Bean	Black-eyed Peas	Baked Potato
Mashed Potatoes	Rice Pilaf	Fiesta	Roll	Mexican Corn
Carrots	Broccoli/Cauliflower	Ice Cream	Fruit	Crackers
Roll	Biscuit			Banana
Fruit	Chocolate Pudding			
28 Eggs & Sausage	29 Spaghetti w/	30 Chicken Fried	31 Turkey	Under 60 and all take out meals: \$6.59
Biscuits & Gravy	Meat Sauce	Chicken w/Gravy	Cornbread Dressing	TO GO ORDERS CALL
Potatoes	Broccoli	Mashed Potato	Green Beans	
Sliced Tomatoes	Salad	Peas	Roll	(479) 824-3861 Menu is subject to change
Orange Juice	Garlic Knot	Biscuit	Pumpkin Pie	due to availability
	Cake	Fruit		

— TOP 10 — Nutrition Facts That Everyone Agrees on





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.



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.



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.





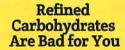
Eating Vegetables Will Improve Your Health

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



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 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.



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.





"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.



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

Lincoln SAC October 2024 Activities

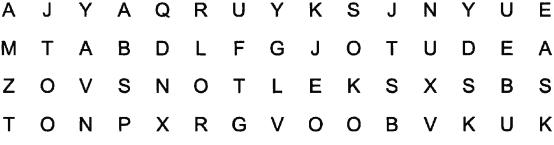
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Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:30 Jam Session/Live Music	10:45 Ageless Grace 12:15 Bingo	10:00 BB Baseball Practice	10:45 Ageless Grace Birthday celebration for October after lunch! Apple Festival Breakfast 5th and 6th
7	8	9	10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



HALLOWEEN WORD SEARCH





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BAT BOO CANDY COSTUME MASK MONSTER MUMMY
PUMPKIN
SCARECROW
SKELTON
SPIDER
SPOOKY

TREATS
TRICK
VAMPIRE
WEREWOLF
WITCH
ZOMBIE

