

# OCTOBER MENU 2024

Mon	Tue	Wed	Thu	Fri
<p><b>\$4.00 Suggested Meal Donation for Over 60</b>  <b>\$6.00 for Carry out and Under 60</b></p>	<p>1                      Chicken Fried Chk'n                      Potatoes/Gravy                      Catalina Veggies                      Hot Roll                      Cookie</p>	<p>2                      Vegetable Beef Soup                      1/2 Grilled Cheese                      Crackers                      Fruit</p>	<p>3                      Fried Shrimp                      Coleslaw                      Fried Okra                      Cornbread                      Jello</p>	<p>4                      Baked Ziti                      Italian Vegetables                      Garlic Roll                      Fruit</p>
<p>7                      Chili Cheese Dog                      Tater Tots                      Fiesta Corn                      Rice Crispy Treat</p>	<p>8                      Breaded Cod                      Potatoes &amp; Onions                      Spinach                      Hushpuppies                      Fruit Crisp</p>	<p>9                      Orange Chicken                      Veggie Fried Rice                      Eggroll                      Mandarin Oranges</p>	<p>10                      Ham &amp; Cheese                      Loaded Potato                      Garden Salad w/                      Dressing                      Fruited Yogurt</p>	<p>11                      Beef Tips / Noodles                      Green Beans/Bacon                      Hot Roll                      Cookie</p>
<p>14                      Beef Soft Tacos                      Spanish Rice                      Refried Beans                      Peanut Butter                      Brownie</p>	<p>15                      Ham &amp; Beans                      Fried Potatoes                      Seasoned Greens                      Cornbread                      Farmhouse Cake</p>	<p>16                      Lasagna                      Tuscan Vegetables                      Garlic Bread                      Cookie</p>	<p>17                      Sausage Patties                      Scrambled Eggs                      Hashbrowns                      Biscuit &amp; Gravy</p>	<p>18                      Chicken Quesadilla                      Pinto Beans                      Chips &amp; Salsa                      Chocolate Brownie</p>
<p>21                      Chicken Tenders                      Potatoes/Gravy                      Fried Okra                      Hot Roll                      Fruit Crisp</p>	<p>22                      Pulled Pork Plate                      Macaroni &amp; Cheese                      Baked Beans                      Hot Roll                      Banana Pudding w/                      Vanilla Wafers</p>	<p>23                      General Tso's                      Chicken                      Fried Rice                      Eggroll                      Mandarin Oranges</p>	<p>24                      Pot Roast w/Onions                      Potatoes, Carrots                      Whole Kernel Corn                      Hot Roll                      Fruit Cobbler</p>	<p>25                      Chicken Bacon Wrap                      Broccoli Salad                      Chips                      Fruit</p>
<p>28                      Ham &amp; Cheese                      Sliders                      Green Beans                      Chips                      Fruit Crisp</p>	<p>29                      Chili w/Crackers or                      Cornbread                      Fiesta Corn                      Peanut Butter Bars</p>	<p>30                      Grilled Chicken                      Sandwich                      Onion Rings                      Apple Cider Slaw                      Cake</p>	<p>31                      Ghoulish Goulash                      Gruesome Green                      Beans                      Halloween Carrot                      Fingers                      Halloween Dessert</p>	<p>Menu Subject to Change                      Due to Supply Chain                      Availability</p> <p><b>Breakfast Served                      Wednesday @                      8:30am</b></p>



Madison County Senior Activity & Wellness  
 Center  
 903 N College St  
 Huntsville, AR 72740  
 479-738-2750

This institution is an equal  
 opportunity provider and  
 employer. EEO Employer/AA/M/F/  
 VET/Disabled

Monday-Friday 8 a.m.—4 p.m.

# OCTOBER ACTIVITIES 2024

Mon	Tue	Wed	Thu	Fri
<b>Suggested van ride donation \$3.00-\$10.00 Based on Destination</b>	1 Highlighters 10am  Silver Sneakers 8:30 am Tai Chi 9:45 am Art Class 1 pm	2 Breakfast 8:30 am  Beanbag Baseball Practice 10 am	3 Silver Sneakers 8:30am Tai Chi 9:45 am  Wii Bowling 10 am	4 Bingo 10 am Sponsored by Arvest
7 Crafts with Judy 10:30 am	8 Highlighters 10am  Silver Sneakers 8:30 am Tai Chi 9:45 am Art Class 1 pm	9 Breakfast 8:30 am  Marion Johnson Band 10 am	10 Silver Sneakers 8:30am Tai Chi 9:45 am Boulder Creek Band 10 am  <b>Dinner Out Wagon Wheel Cafe Leave at 4pm</b>	11 Bingo 10 am Sponsored by Aurora Church of Christ
14 Wii Bowling 10 am	15 Highlighters 10am  Silver Sneakers 8:30 am  Tai Chi 9:45 am Art Class 1 pm	16 Breakfast 8:30 am  Wii Bowling 10 am <b>Aldi's &amp; Cargill Store Leave at 9am</b>	17 Silver Sneakers 8:30am  Tai Chi 9:45am  <b>Fall Foliage Tour Destination &amp; Time TBD</b>	18 Bingo 10 am Sponsored by McAlister Dental
21 Lady Bug Meeting 12:30 pm  <b>BINGO 10 am Sponsored by Arkansas Hospice</b>	22 <b>FLU SHOTS 10 am</b> Highlighters 10am  Silver Sneakers 8:30 am  Tai Chi 9:45 am Art Class 1 pm	23 Breakfast 8:30 am  Marion Johnson Band 10 am	24 Silver Sneakers 8:30am  Tai Chi 9:45am  Boulder Creek Band 10 am	25 Bingo 10 am <b>FRIDAY NIGHT BINGO &amp; DINNER</b> <b>Dinner at 5 pm</b> <b>Bingo at 6 pm</b> <b>Cost \$10.00</b>
28 Retired Secretaries meeting 11:00 am  Wii Bowling 10 am	29 Highlighters 10am  Silver Sneakers 8:30 am  Tai Chi 9:45 am Art Class 1 pm	30 Breakfast 8:30am  <b>Branson Show Doug Gabriel Lunch at Golden Corral Leave at 8am</b>	31 Silver Sneakers 8:30am  Tai Chi 9:45am  Wii Bowling 10am	<b>Dance 2nd &amp; 4th Saturday night 7:00—10:00 pm</b>



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**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  
800-432-9721 or 870-741-1144  
www.aanwva.org