

BIG FLAT SENIOR CENTER OCTOBER 2024

CENTER ACTIVITIES

RAFFLE DRAWING

OCT.16TH

PANCAKE BREAKFAST

FRIDAY OCT. 11TH

7:00 –9:00 AM

BIRTHDAY CELEBRATION

WED. OCT 16TH

LUNCHTIME

BASKET BINGO

FRIDAY OCT.18TH

5:00– 7:00 PM

Open

Monday-Friday

7:00 3:00

9975 HWY 14 EAST

BIG FLAT AR 72617

PHONE;870-448-3674

Fax; 870 448-3674

EMAIL;

dwallis@aanwar.org



If you need a ride to your dr.'s appointment, grocery shopping etc. Contact Carl He will be happy to take you in our van. You can contact either Carl or Donna @ 870-448-3674 for more information.

Area Agency on Aging of Northwest Arkansas
800-432-9721 or 870-741-1144 www.aanwar.org

OCTOBER 2024



**MEALS ON WHEELS
AMERICA** 2019 MEMBER

MONDAY	Tues2	Wednesday	Thursday	Friday
<p>30</p> <p>Sloppy Joe / Bun Baked Potato Wedges Summer Coleslaw Pudding Parfait</p>	<p>1</p> <p>Breaded Pork Chops Cream Gravy Flame Roasted Corn & Peppers Wheat Roll Fresh Melon Cup</p>	<p>2</p> <p>Chicken Tenders Macaroni & Cheese Broccoli Wheat Roll Cinnamon Applesauce</p>	<p>3</p> <p>Chopped Steak Brown Gray Mashed Potatoes Seasoned Greens Wheat Bread Glazed Angel Food Cake</p>	<p>4</p> <p>Boneless Chicken Wings Baked Potato Wedges Peas & Carrots Dinner Roll Pears</p>
<p>7</p> <p>Cheeseburger /Bun Baked French Fries Spinach Fruit Medley</p>	<p>8</p> <p>Chicken & Dumpling Mixed Vegetables Garden Salad Wheat Bread Pineapple Cream Pudding</p>	<p>9</p> <p>Fried Fish Corn Casserole Creamy Coleslaw Wheat Bread Citrus Fruit Cup</p>	<p>10</p> <p>Salisbury Steak Mushroom Gravy Mashed Potatoes Green peas Wheat roll Glazed Angel Food Cake</p>	<p>11</p> <p>Breaded Shrimp Homestyle Fries Creamy Coleslaw Fruited Gelatin With Topping</p>
<p>14</p> <p>Tomato Basil Soup Crackers Popcorn Chicken Salad Winter Fruit Cup</p>	<p>15</p> <p>Oven Fried Chicken Rice Pilaf Broccoli & Cauliflower Roll Banana</p>	<p>16</p> <p>Beef Stroganoff Parslied Noodles Yellow Squash Wheat Roll Pineapple Tidbits</p>	<p>17</p> <p>Chicken Pot Pie California Blend Veggies Wheat Roll Chocolate Pudding</p>	<p>18</p> <p>Hearty Chili Baked Potatoes Mexican Corn Crackers Fruited Gelatin</p>
<p>21</p> <p>Breaded Chicken Filet Poultry Gravy Baked potato Succotash Wheat Roll Harvest Fruit Cup</p>	<p>22</p> <p>Homestyle Beans & Ham Fried Potatoes Seasoned Greens Cornbread Cinnamon Applesauce</p>	<p>23</p> <p>Dijon Pork Cutlet Hash Brown Potatoes Green Beans Wheat Roll Chilled Pineapple</p>	<p>24</p> <p>Baked Chicken Wild Rice Pilaf Green Peas Roll Fruit Salad</p>	<p>25</p> <p>Spaghetti & Meat Balls Broccoli Garden Salad Wheat Roll Angel Food Cake</p>
<p>28</p> <p>Meatball Sub Baked French Fries Peas & Carrots Sliced Peaches</p>	<p>29</p> <p>BBQ Pork Cutlet New Red Potatoes Lima Beans Wheat Bread Fruit Medley</p>	<p>30</p> <p>Meatloaf Mashed Potatoes Mixed Vegetables Wheat Roll Fresh Fruit</p>	<p>31</p> <p>Teriyaki Chicken Fried Rice Broccoli Egg Roll Mandarin Oranges</p>	<p>1</p> <p>Beef Stew Romaine Lettuce Salad Wheat Roll Warmed Spiced Peaches</p>

Do you have questions or need services for senior adults?

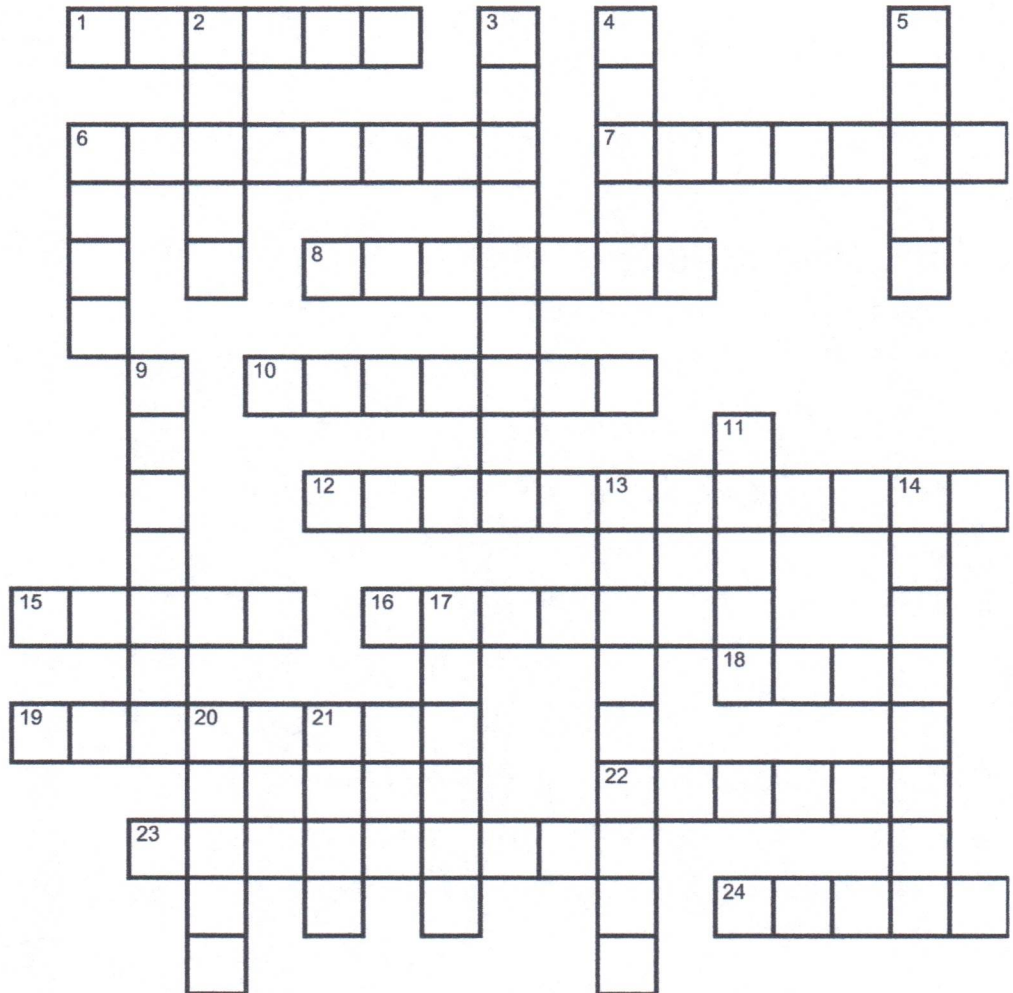
In-Home Services • Senior Activity Centers • Home Delivered Meals • Family Caregiver Assistance
Personal Emergency Response System • Incontinence Supplies, Housing • Veteran Directed Program

MONDAY	Tuesday	Wednesday	Thursday	Friday
	<p>1 Dominoes POOL PUZZLE TABLE</p>	<p>2 DOMINOES POOL CARD GAMES</p>	<p>3 DOMINOES POOL PUZZLE TABLE</p>	<p>4 DOMINOES POOL CARD GAMES FISH FRY 5- 7 PM</p>
<p>7 DOMINOES POOL PUZZLE TABLE</p>	<p>8 DOMINOES POOL PUZZLE TABLE</p>	<p>9 DOMINOES POOL 1:30 BEANBAG BASEBALL</p>	<p>10 DOMINOES POOL CARD GAMES</p>	<p>11 PANCAKE BREAKFAST 7- 9 AM DOMINOES POOL PUZZLE TABLE</p>
<p>14 DOMINOES POOL PUZZLE TABLE</p>	<p>15 DOMINOES POOL CARD GAMES</p>	<p>16 DOMINOES POOL PUZZLE TABLE BIRTHDAY CELEBRATION</p>	<p>17 Dominoes Pool Puzzle Table</p>	<p>18 Dominoes Pool Puzzle Table BINGO 5 PM</p>
<p>21 DOMINOES POOL PUZZLE TABLE</p>	<p>22 DOMINOES POOL CARD GAMES</p>	<p>23 DOMINOES POOL PUZZLE TABLE</p>	<p>24 DOMINOES POOL PUZZLE TABLE</p>	<p>25 DOMINOES POOL PUZZLE TABLE</p>
<p>28 DOMINOES POOL PUZZLE TABLE</p>	<p>29 DOMINOES POOL CARD GAMES</p>	<p>30 DOMINOES POOL 1:30 BEANBAG BASEBALLL</p>	<p>31 DOMINOES POOL PUZZLE TABLE</p>	<p>1 DOMINOES POOL CARD GAMES</p>

Name: _____ Date: _____

I LOVE FALL

Acorn
 Apple
 Autumn
 Chestnut
 Cider
 Cobweb
 Fall
 Football
 Gourd
 Halloween
 Harvest
 Hay Bale
 Hayride
 Leaves
 Maize
 November
 Nuts
 October
 Pumpkin
 Quilt
 Rake
 Scarecrow
 September
 Sleet
 Thanksgiving



ACROSS

1. They fall from trees.
6. Popular autumn sport.
7. Jack-o-lantern gourd.
8. The 10th month of the year.
10. The gathering of crops.
12. The fourth Thursday in November.
15. Might be patchwork.
16. Seat at a square dance (two words).
18. Leaf gathering yard tool.
19. They are roasted on an open fire.
22. Halloween decoration made by a spider.
23. The 9th month of the year.
24. Decorative squash.

DOWN

2. Oak tree's fruit.
3. October 31st.
4. Honeycrisp.
5. Also known as corn.
6. The season that follows summer.
9. Fun activity on a farm.
11. Drink made from apples.
13. Used to keep birds off of crops.
14. The 11th month of the year.
17. Another word for the fall season.
20. Semi-frozen rain.
21. What squirrels often gather.

