



November Menu



MON	TUE	WED	THU	FRI
<p>LUNCH IS SERVED AT 12:00 PM MON-FRI <u>PLEASE ARRIVE EARLIER THAN 12:00PM FOR LUNCH</u></p>	<p><u>Lunch is a \$6.00 Charge for ALL Guests Under age 60 and ALL Carry-Out Meals</u></p>	<p><u>Drawing For Free Meal Ticket will be held at the end of the Month</u></p>	<p>Carry-Out meals are available between <u>11:00am-11:30am. Please call by 9:30 am to place an order.</u></p> <p><u>Suggested Donation for those AGR 60 or OLDER is \$4.00</u></p>	<p>1 Chicken & Rice Casserole Peas & Carrots Garlic Cheese Biscuit Spiced Apples</p>
<p>4 Chicken Tetrizzini Glazed Carrots Garlic Roll Caramel Apple Mousse</p>	<p>5 Beef Stew Garden Salad w/ Dressing Cornbread Spiced Peaches & Cranberries</p>	<p>6 Teriyaki Chicken Fried Rice Steamed Broccoli Egg Roll Mandarin Oranges</p>	<p>7 Smoked Brisket Baked Potato Salad Baked Beans Cornbread Creamy Coconut Cake</p>	<p>8 Baked Pork Chop W/ Rice Peas & Carrots Fresh Baked Roll Fruit Crisp</p>
<p>11 Closed for Veteran's Day </p>	<p>12 Baked Chicken Mashed Potatoes Vegetable Casserole Fresh Baked Roll Macadamia Cookie</p>	<p>13 Pulled Pork Plate Macaroni & Cheese Fried Okra Fresh Baked Roll Fruit Crisp</p>	<p>14 Chicken Chili Deli Style Salad w/ Dressing Cornbread Fruit Crisp</p>	<p>15 Fried Fish Pinto Beans Seasoned Greens Cornbread Banana Pudding</p>
<p>18 Baked Ham Potatoes Sugar Snap Peas Fresh Baked Roll Pineapple/Mandarin Orange Cake</p>	<p>19 Grilled Hamburger w/ Trimmings Tater Tots Baked Beans Watermelon</p>	<p>20 Chicken & Dumplings Mixed Vegetables Garden Salad w/ Dressing Banana Pudding</p>	<p>21 <u>Thanksgiving lunch</u> Roasted Turkey w/ Dressing & Gravy Green Bean Cass. Sweet Potato Cass. Fresh Roll Pumpkin Dump Cake</p>	<p>22 Salisbury Steak w/ Mushroom Gravy Whole Kernel Corn Fresh Baked Roll Buttermilk Cake</p>
<p>25 Lasagna Garden Salad w/ Dressing Whole Kernel Corn Gelatin Whip</p>	<p>26 Chicken Sandwich w/ Trimmings Potato Salad Broccoli Salad Fruit Crisp</p>	<p>27 Ham & Beans Potatoes & Onions Seasoned Greens Cornbread Cinnamon Apples</p>	<p>28 CLOSED FOR THANKSGIVING </p>	<p>29 CLOSED FOR THANKSGIVING</p>

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
800-423-9721 or 870-743-1144
www.aaarwa.org

Carroll County Senior Activity & Wellness Center
202 West Madison Avenue
Berryville, AR 72616
Monday-Thursday 8:00AM-4:00PM
Friday 8:00AM-2:00PM
Phone: 870-423-3265

MENU SUBJECT TO CHANGE DUE TO SUPPLY CHAIN AVAILABILITY MUST CALL BY 9:30 AM



"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. EEO EMPLOYER/AA/M/F/VET/DISABLED".



November Activities



MON	TUE	WED	THU	FRI
<p>SUGGESTED DONATION FOR VAN RIDES \$3.00-\$10.00 BASED ON DESTINATION</p>	<p>Fundraiser for Fall Quilt Raffle will be held on the 27th. Come get your tickets today</p>	<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER PERMITTING</p>	<p>WED 11/6 Shopping Day @ The Landing in Branson Mo Sign up today Call for more info!</p>	<p>1 10:00am-11:00am Bean Bag Baseball Available All Day: Billiard Tables Pinochle Dominoes Gym Area</p>
<p>4 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p> <p>10:00am-11:00am Tai Chi Class</p>	<p>5 10:00am-11:00am Board Games</p> <p>12:45pm-1:45pm Walmart</p>	<p>6 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p> <p>8:00am Bus leaves for Branson Landing</p>	<p>7 8:30am-11:30am Quilting Group</p> <p>10:00am-11:00am BINGO!</p>	<p>8 10:00am-11:00am Bean Bag Baseball</p>
<p>11 Closed for Veteran's Day</p> <p>HAPPY VETERANS DAY</p>	<p>12 10:00am-11:00am Board Games 10:00am-11:00am CRAFTY TUESDAY Donation for craft is \$3.00</p> <p>12:45pm-1:45pm Walmart</p>	<p>13 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p> <p>8:00am Bus Leaves for Harrison Shopping Trip</p>	<p>14 8:30am-11:30am Quilting Group</p> <p>10:00am-11:00am BINGO!</p>	<p>15 10:00am-11:00am Bean Bag Baseball</p>
<p>18 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p> <p>10:00am-11:00am Tai Chi Class</p>	<p>19 10:00am-11:00am Board Games 11:00am-11:45am Ambassador Committee Meeting</p> <p>12:45pm-1:45pm Walmart</p>	<p>20 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p> <p>8:00am Bus Leaves for Harrison Shopping Trip</p>	<p>21 8:30am-11:30am Quilting Group</p> <p>10:00am-11:00am BINGO!</p>	<p>22 10:00am-11:00am Bean Bag Baseball</p>
<p>25 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p> <p>10:00am-11:00am Tai Chi Class</p>	<p>26 10:00am-11:00am Board Games</p> <p>12:45pm-1:45pm Walmart</p>	<p>27 9:00am-10:00am Strength, Flexibility & Balance Exercise Class</p> <p>Drawling for fall Quilt Raffle</p>	<p>28 CLOSED FOR THANKSGIVING</p> 	<p>29 CLOSED FOR THANKSGIVING</p>



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 of Northwest Arkansas
 1510 Rock Springs Road
 Harrison, Arkansas
 800-475-2921 or 870-743-1114
 www.aanwta.org

Shop the Carroll County Senior Thrift Store on the Square! Between Wilson's TV & Farmer in the Deli!
Wed-Sat 11am-4pm
 (870) 929-6280