

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.



Closures:

Mon 11th Veteran's day

Thurs 28th/Fri 29th

Thanksgiving

Dance featuring the Bobby Russell Band

Saturday Nov 16th

Doors at 5:00

Music starts at 6:00

Sandwiches & Chips & Pot

Luck Desserts

\$5 at the door

ALL AGES WELCOME!

Bingo Matinee

Saturday Nov 9th

Doors at 11:45 am

Bingo starts 12:30

Chili dogs, chips, and a brownie

Lunch and 1 card \$5

Additional cards 2 for \$5

ALL AGES WELCOME!!

THE FOUR PARTS OF MEDICARE



PART A
HOSPITAL
INSURANCE



PART B
MEDICAL
INSURANCE

Chiropractic Benefits are included in traditional Medicare Part B.



PART C
MEDICARE
ADVANTAGE
PLANS
(HMOs/PPPOs)
Includes Part A,
Part B, and sometimes
Part D coverage



PART D
MEDICARE
PRESCRIPTION
DRUG
COVERAGE

Medicare Open Enrollment Assistance

with Area Agency on Aging Care
Coordinator Mary Helzer

Thursday Nov 7th 9:30 to 12:30

Lincoln SAC November 2024 Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Congregate and Home Delivered Meals for Seniors 60+</p> <p>Suggested Donation \$4.00</p>	<p>Under 60 and all take out meals: \$6.59</p> <p>TO GO ORDERS CALL (479) 824-3861</p> <p><i>Menu is subject to change due to availability</i></p>			<p>1 Baked Chicken</p> <p>Rice Pilaf</p> <p>Peas</p> <p>Roll</p> <p>Fruit</p>
<p>4 Brisket</p> <p>Baked Beans</p> <p>Fried Okra</p> <p>Roll</p> <p>Fruit</p>	<p>5 Beef Stew</p> <p>Salad</p> <p>Crackers</p> <p>Fruited Jello</p>	<p>6 Sweet and Sour Chicken</p> <p>Fried Rice</p> <p>Egg Roll</p> <p>Broccoli</p> <p>Brownie</p>	<p>7 Meatloaf</p> <p>Mashed Potatoes</p> <p>Mixed Veggies</p> <p>Roll</p> <p>Fruit</p>	<p>8 Scrambled Eggs</p> <p>Potatoes</p> <p>Biscuits & Gravy</p> <p>Sliced Tomatoes</p> <p>Orange Juice</p>
<p>11</p> <p>Closed for Veteran's Day</p> 	<p>12 Pork Roast</p> <p>Mashed Potatoes</p> <p>Peas & Carrots</p> <p>Roll</p> <p>Fruit</p>	<p>13 White Chicken Chili</p> <p>Chef Salad</p> <p>Crackers</p> <p>Cookie</p>	<p>14 Popcorn Chicken</p> <p>Baked Potato</p> <p>Broccoli w/Cheese</p> <p>Roll</p> <p>Cobbler</p>	<p>15 BBQ Sandwich</p> <p>Chips</p> <p>Roasted Corn</p> <p>Banana</p>
<p>18 Catfish</p> <p>Tomatoes/Macaroni</p> <p>Coleslaw</p> <p>Hushpuppies</p> <p>Fruit</p>	<p>19 Salisbury Steak</p> <p>Mashed Potatoes</p> <p>Asparagus</p> <p>Roll</p> <p>Turnover</p>	<p>20 Chicken Spaghetti Casserole</p> <p>Broccoli</p> <p>Garlic Knot</p> <p>Fruit</p>	<p>21 Chicken & Dumplings</p> <p>Mixed Veggies</p> <p>Roll</p> <p>Fruit</p>	<p>22 Thanksgiving dinner</p> <p>Turkey & Gravy</p> <p>Sweet Potatoes</p> <p>Green Beans</p> <p>Dressing & Roll</p>
<p>25 Roast Beef</p> <p>Mashed Potatoes</p> <p>Carrots</p> <p>Roll</p> <p>Sherbert</p>	<p>26 Chili</p> <p>Baked Potato</p> <p>Mexican Corn</p> <p>Crackers</p> <p>Brownie</p>	<p>27 Oven Fried Chicken</p> <p>Mac & Cheese</p> <p>Black-eyed Peas</p> <p>Roll</p> <p>Fruit</p>	<p>28 Closed for Thanksgiving</p>	<p>29 Closed for Thanksgiving</p>  <p>May your <i>Thanksgiving</i> be full of peace, love, and joy.</p>

Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

BE WARM AND SAFE THIS WINTER!

- »»» Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- »»» Have a three-foot "kid-free zone" around open fires and space heaters.
- »»» Never use your oven to heat your home.
- »»» Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- »»» Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- »»» Remember to turn portable heaters off when leaving the room or going to bed.
- »»» Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- »»» Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- »»» Test smoke alarms monthly.



Heating Equipment Smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



FACT

Half of home heating fires are reported during the months of **December, January, and February.**

Lincoln Fire Department

(479) 824 - 3425



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

Lincoln SAC November 2024 Activities

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:45 Ageless Grace Birthday celebration for November after lunch!
4 10:00 Gospel Singing	5 9:30 Jam Session/Live Music	6 10:45 Ageless Grace 12:15 Bingo	7 10:00 BB Baseball Practice Area Agency on Aging Care Coordinator help with Medicare open enrollment 9:30-12:30	8 10:45 Ageless Grace. Bingo Sat 9th Doors @ 11:45 Bingo @ 12:30
11 Closed for Veteran's Day 	12 9:30 Jam Session/Live Music Ice Cream Sundaes after lunch	13 10:45 Ageless Grace 12:15 Bingo	14 10:00 BB Baseball Practice Bean Bag Baseball after lunch at home vs PG 	15 10:45 Ageless Grace Dance Saturday 16th Doors at 5 Music starts at 6
18 10:00 Gospel Singing Christmas Craft after lunch	19 9:30 Jam Session/Live Music 9:00 Food Bank (Sanctuary Church)	20 10:45 Ageless Grace 12:15 Bingo	21 10:00 BB Baseball Practice Tic Tournament after lunch 12:15 	22 10:45 Ageless Grace
25 10:00 Gospel Singing	26 9:30 Jam Session/Live Music	27 10:45 Ageless Grace 12:15 Bingo	28 Closed for Thanksgiving 	29 Closed for Thanksgiving