

# Prairie Grove SAWC November 2024 Activities

475 Ed Staggs Drive, Prairie Grove, Arkansas 479-846-2794

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| <p><i>Joke of the month.</i></p> <p><i>What did the turkey say to the turkey hunter on Thanksgiving Day?</i></p> <p><i>Quack, Quack!!!</i></p> | <p><i>Hours of Operation</i></p> <p><i>Monday-Friday</i></p> <p><i>8:00 AM-4:30 PM</i></p> | <p><i>Lunch served at 11:30 AM each day</i></p>  | <p><i>Coffee is ready at 8:00 AM every morning</i></p>  | <p>1</p> <p>9:15 Low Impact Exercise Class</p> <p>12:30 Bridge</p> <p>Card Games</p> <p>Dominoes</p>                |
| <p>4</p> <p>9:00 Low Impact Exercise Class</p> <p>9:30 Beanbag Baseball</p> <p>12:30 Trivia Contest</p> <p>Card Games</p>                      | <p>5</p> <p>9:30 Canasta</p> <p>Puzzle Table</p> <p>Card Games</p> <p>Dominoes</p>         | <p>6</p> <p>9:15 Low impact Exercise Class</p> <p>Dominoes</p> <p>Card Games</p> <p>Puzzle Table</p>       | <p>7</p> <p>9:30 Chair Volleyball</p> <p>12:30 Beanbag Baseball</p> <p>5:30 Dinner Out At MaMa Z's</p>                      | <p>8</p> <p>9:15 Low Impact Exercise Class</p> <p>12:30 Bridge</p> <p>Card Games</p> <p>Dominoes</p>                |
| <p>11</p> <p>Closed for Veterans Day</p>   | <p>12</p> <p>9:30 Canasta</p> <p>Card Games</p> <p>Dominoes</p> <p>Puzzle Table</p>        | <p>13</p> <p>9:15 Low Impact Exercise Class</p> <p>12:30 Craft Day with Brenda</p> <p>Card Games</p>       | <p>14</p> <p>9:30 Bingo</p> <p>12:30 Beanbag Baseball at Lincoln</p> <p>12:30 Pitch</p> <p>Card Games</p>                   | <p>15</p> <p>9:15 Low impact Exercise Class</p> <p>9:00 Medicare Open Enrollment</p> <p>Birthday Celebration!!!</p> |
| <p>18</p> <p>9:00 Low impact Exercise Class</p> <p>9:30 Beanbag Baseball</p> <p>12:30 Karaoke</p> <p>Dominoes</p>                              | <p>19</p> <p>9:30 Canasta</p> <p>Card Games</p> <p>Dominoes</p> <p>Puzzle Table</p>        | <p>20</p> <p>9:15 Low impact Exercise Class</p> <p>Card Games</p> <p>Dominoes</p> <p>Puzzle Table</p>      | <p>21</p> <p>9:30 Chair Volleyball</p> <p>12:30 Beanbag Baseball</p> <p>Dance Night \$5.00</p> <p>Pizza 6:00 Dance 6:30</p> | <p>22</p> <p>9:15 Low Impact Exercise Class</p> <p>12:30 Bridge</p> <p>Card Games</p> <p>Dominoes</p>               |
| <p>25</p> <p>9:00 Low Impact Exercise Class</p> <p>9:30 Beanbag Baseball</p> <p>12:30 Trivia Contest</p> <p>Dominoes</p>                       | <p>26</p> <p>9:30 Canasta</p> <p>Card Games</p> <p>Dominoes</p> <p>Puzzle Table</p>        | <p>27</p> <p>9:15 Low Impact Exercise Class</p> <p>12:30 Movie Day</p> <p>Dominoes</p> <p>Puzzle Table</p> | <p>28</p> <p>Closed for Thanksgiving</p>  | <p>29</p> <p>Closed for Black Friday</p>  |

# Prairie Grove SAWC November 2024 Lunch Menu

475 Ed Staggs Dr. Prairie Grove, AR 72753 • (479) 846-2794

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <b>Congregate and Home Delivered Meals for Seniors 60+</b><br><br><b>Suggested Donation \$4.00</b> | <b>Under 60 and all take out meals: \$6.59</b><br><br><b>TO GO ORDERS CALL (479) 846-2794</b><br><br><i>Menu is subject to change due to availability</i> |  |   | <b>1</b> Baked Chicken<br>Rice Pilaf<br>Peas<br>Roll<br>Fruit  |
| <b>4</b> Brisket<br>Baked Beans<br>Fried Okra<br>Roll<br>Fruit                                     | <b>5</b> Beef Stew<br>Salad<br>Crackers<br>Fruited Jello  | <b>6</b> Sweet and Sour Chicken<br>Fried Rice<br>Egg Roll<br>Broccoli<br>Brownie | <b>7</b> Meatloaf<br>Mashed Potatoes<br>Mixed Veggies<br>Roll<br>Fruit            | <b>8</b> Scrambled Eggs<br>Potatoes<br>Biscuits & Gravy<br>Sliced Tomatoes<br>Orange Juice                       |
| <b>11</b><br><b>Closed for Veteran's Day</b>   | <b>12</b> Pork Roast<br>Mashed Potatoes<br>Peas & Carrots<br>Roll<br>Fruit  | <b>13</b> White Chicken Chili<br>Chef Salad<br>Crackers<br>Cookie                | <b>14</b> Popcorn Chicken<br>Baked Potato<br>Broccoli w/Cheese<br>Roll<br>Cobbler | <b>15</b> BBQ Sandwich<br>Chips<br>Roasted Corn<br>Banana  |
| <b>18</b> Catfish<br>Tomatoes/Macaroni<br>Coleslaw<br>Hushpuppies<br>Fruit                         | <b>19</b> Salisbury Steak<br>Mashed Potatoes<br>Asparagus<br>Roll<br>Turnover   | <b>20</b> Chicken Spaghetti Casserole<br>Broccoli<br>Garlic Knot<br>Fruit        | <b>21</b> Chicken & Dumplings<br>Mixed Veggies<br>Roll<br>Fruit                   | <b>22 Thanksgiving dinner</b><br>Turkey & Gravy<br>Sweet Potatoes<br>Green Beans<br>Dressing & Roll<br>Pecan Pie |
| <b>25</b> Roast Beef<br>Mashed Potatoes<br>Carrots<br>Roll<br>Sherbert                             | <b>26</b> Chili<br>Baked Potato<br>Mexican Corn<br>Crackers<br>Brownie  | <b>27</b> Oven Fried Chicken<br>Mac & Cheese<br>Black-eyed Peas<br>Roll<br>Fruit | <b>28 Closed for Thanksgiving</b>   | <b>29 Closed for Thanksgiving</b>  |