


DECEMBER 2024 MENU

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|--|---|
| 2 Pulled Pork Plate Macaroni & Cheese Fried Okra Fresh Baked Roll Fruit Crisp | 3 1/2 Turkey Club w/ Cranberry Mustard Broccoli Cheese Soup Potato Chips Fresh Fruit | 4 Sloppy Joe on Bun Tater Tots Apple Cider Slaw Peach Crumb Cake | 5 Chicken Chili Deli Style Salad w/ Dressing Cornbread Fruit Crisp | 6 Fried Fish Pinto Beans Seasoned Greens Baked Hushpuppies Banana Pudding |
| 9 Teriyaki Chicken Fried Rice Steamed Broccoli Egg Roll Mandarin Oranges | 10 Meatloaf w/ Potatoes & Brown Gravy Catalina Vegetables Fresh Baked Roll Cranberry Butter Bar | 11 Gourmet Chicken Mashed Potatoes Vegetable Casserole Fresh Baked Roll Macadamia Cookie | 12 Smoked Brisket Baked Potato Salad Baked Beans Cornbread Farmhouse Cake | 13 Chicken Tetrizzini Glazed Carrots Garlic Roll Caramel Apple Mousse |
| 16 Grilled Hamburger W/Trimmings Baled Tater Tots Baked Beans Fresh Baked Cookie | 17 Christmas Lunch Pineapple Glazed Ham Cornbread Dressing Sweet Potato Casserole Green Beans Cranberry Dessert | 18 Chicken & Dumplings Okra & Tomatoes Three Bean Salad Cornbread Fruited Jell-O Whip | 19 Fried Fish Potatoes & Onions Creamy Coleslaw Baked Hushpuppies Fruit Crisp | 20 Chicken Rice Bake Roasted Broccoli Fresh Baked Roll Spiced Peaches & Cranberries |
| 23 Bolognese Sauce w/ Penne Pasta Green Beans Garlic Bread Chocolate Cake |  | | 26 Chicken Fried Chick'n Potatoes & Gravy Sonoma Vegetables Fresh Baked Roll Cranberry Butter Bar | 27 Ham & Beans Potatoes & Onions Seasoned Greens Cornbread Cinnamon Apples |
| 30 Frito Chili Pie w/ Sour Cream / Salsa Fiesta Corn Caramel Apple Cake | 31 Creamy Chicken Vegetable Soup 1/2 Pimento Cheese Crackers Fresh Fruit | | Menu Subject to Change Due to Supply Chain Availability | \$4.00 Suggested Meal Donation for 60 + \$8 + tax Charge For Carry out & |



Lowell Senior Activity Center
704 East Monroe
Lowell, AR 72745
479-365-2755
Mon - Fri - 8am - 2pm

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
800-432-9721 or 870-741-1144
www.aaanwar.org

DECEMBER 2024 ACTIVITIES

| Mon | Tue | Wed | Thu | Fri |
|--|---|--|---|--|
| 2 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm | 3 Beanbag Baseball 12:30 pm | 4 Breakfast 8:30 am Cards 9:00 am Bingo 9:00 Wii Bowling Practice 11:00 am | 5 Wii Bowling Practice 11:00 am | 6 Chair Yoga 10:00 am Wii Bowling 12:30 pm |
| 9 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm | 10 8:45 Casino Day Indigo Sky Beanbag Baseball 12:30 pm | 11 Breakfast 8:30 am Cards 9:00 am Bingo 9:00 Wii Bowling Practice 11:00 am | 12 Wii Bowling Practice 11:00 am | 13 Chair Yoga 10:00 am |
| 16 Cards 9:00am Chair Yoga 10:00 am | 17 Beanbag Baseball 12:30 pm | 18 Breakfast 8:30 am Cards 9:00 am Bingo 9:00 am | 19 Wii Bowling Practice 11:00 am | 20 Chair Yoga 10:00 am Board Games 10:30 am |
| 23 Cards 9:00am Chair Yoga 10:00 am |  | | 26 Wii Bowling Practice 11:00 am | 27 Chair Yoga 10:00 am Board Games 10:30 am |
| 30 Cards 9:00am Chair Yoga 10:00 am | 31 Beanbag Baseball 12:30 pm | | Suggested Donation For Transportation \$3 to \$10 Based on Destination | |



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