





January Menu

MON	TUE	WED	THU	FRI
<p>LUNCH IS SERVED AT 12:00 PM MON-FRI PLEASE ARRIVE EARLIER THAN 12:00PM FOR LUNCH</p>	<p>Lunch is a \$8.00 Charge for ALL Guests Under age 60 and \$8.50 for ALL Carry-Out Meals</p>	<p>1</p> 	<p>2</p> <p>Soft Beef Tacos Texas Pinto Beans Mixed Green Salad Vinaigrette Dressing Fruited Gelatin</p>	<p>3</p> <p>Cream of Broccoli Soup Crackers Tuna Salad Sandwich Sweet Potato Fries Banana Pudding Parfait</p>
<p>6</p> <p>Goulash Roasted Brussels Sprouts Wheat Roll Pound Cake w/ Strawberries</p>	<p>7</p> <p>Tuna Noodle Casserole Green Beans Wheat Roll Warm Rosy Applesauce</p>	<p>8</p> <p>Cheese Ravioli w/Pesto Buttered Corn Tossed Salad w/Dressing Gelatin Parfait</p>	<p>9</p> <p>Chicken Pot Pie California Veggies Wheat Roll Fresh Fruit</p>	<p>10</p> <p>Cream of Potato Soup Turkey Swiss Sandwich Lettuce/Tomato Fruit Crisp</p>
<p>13</p> <p>Country Fried Steak Potatoes & Gravy Green Beans Roll Fruit Medley</p>	<p>14</p> <p>Herbed Pork Loin Whipped Sweet Potatoes California Medley Roll</p>	<p>15</p> <p>Vegetable Beef Soup Crackers Cottage Cheese Spinach Salad w/Balsamic</p>	<p>16</p> <p>Roasted Greek Chicken Rice Pilaf Broccoli Florets Roll Brownie</p>	<p>17</p> <p>Tater Tot Casserole Green Beans Wheat Roll Angel Food Cake</p>
<p>20</p> 	<p>21</p> <p>Chicken Tenders Mac & Cheese Lima Beans Wheat Bread Chilled Peaches</p>	<p>22</p> <p>BBQ Ribette Sandwich Baked Beans Mixed Vegetables Rice Krispy Treat</p>	<p>23</p> <p>Oven Chicken Fajitas w/Peppers & Onions Buttered Rice Black Beans Fresh Fruit</p>	<p>24</p> <p>Hamburger on Wheat Bun Mustard Potato Salad Creamy Coleslaw Chilled Pudding</p>
<p>27</p> <p>Beef Chopped Steak w/Mushroom Gravy Roasted Potatoes Brussels Sprouts Wheat Roll Fruit Medley</p>	<p>28</p> <p>Cornbread Pork Cutlet Mashed Potatoes & Gravy Buttered Carrots Roll Orange Fluff</p>	<p>29</p> <p>Meatloaf Roasted Potatoes Broccoli & Cauliflower Roll Fruit Crisp</p>	<p>30</p> <p>Chicken & Rice Casserole Peas & Carrots Garlic Bread Fruit Crisp</p>	<p>31</p> <p>French Dip Sandwich Baked Potato Chips Coleslaw Fruit Cocktail</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
800-432-9722 or 870-741-1144
www.aaanw.org

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

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

Suggested Meal Donation for those age 60 or older is \$4.00
Lunch is served at 12:00pm
MENU SUBJECT TO CHANGE DUE TO SUPPLY CHAIN AVAILABILITY
MUST CALL BY 9:30 AM



January Activities

MON	TUE	WED	THU	FRI
<p>SUGGESTED DONATION FOR VAN RIDES \$3.00-\$10.00 BASED ON DESTINATION</p>	<p>Local Shopping trip Jan 22nd . Come join us for a day of shopping our Local Berryville shops Sign up today. Come in for more Information.</p>	<p>1</p> 	<p>2</p> <p><u>8:30am-11:30am</u> Quilting Group</p> <p><u>10:00am-11:00am</u> BINGO!</p>	<p>3</p> <p>Available All Day: Billiard Tables Pinochle Dominoes Gym Area</p>
<p>6</p> <p><u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class</p> <p><u>10:00am-11:00am</u> Tai Chi Class</p>	<p>7</p> <p><u>10:00am-11:00am</u> Board Games <u>10:00am-11:00am</u> CRAFTY TUESDAY Create your own mug cost \$4.00 <u>12:45pm-1:45pm</u> Walmart</p>	<p>8</p> <p><u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class</p> <p><u>8:00am</u> Bus Leaves for <u>Harrison Shopping Trip</u></p>	<p>9</p> <p><u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO! <u>11:45-12:00</u> Joe Harrison Insurance awareness</p>	<p>10</p> <p>Available All Day: Billiard Tables Pinochle Dominoes Gym Area</p>
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<p>20</p> 	<p>21</p> <p><u>10:00am-11:00am</u> Board Games <u>11:00am-11:45am</u> <u>Ambassador Committee Meeting</u> <u>12:45pm-1:45pm</u> Walmart</p>	<p>22</p> <p><u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class</p> <p><u>8:00am bus leaves</u> <u>Local Shopping Trip Berryville with lunch at the center</u></p>	<p>23</p> <p><u>8:30am-11:30am</u> Quilting Group <u>10:00am-11:00am</u> BINGO!</p>	<p>24</p> <p>Available All Day: Billiard Tables Pinochle Dominoes Gym Area</p>
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Berryville, Arkansas 72616
(870) 423-3265
Monday - Thursday 8:00am-4:00pm
Friday 8:00am-2:00pm



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