





# February Menu

MON	TUE	WED	THU	FRI
<p><b>LUNCH IS SERVED AT 12:00 PM MON-FRI</b>  <u>PLEASE ARRIVE EARLIER THAN 12:00PM FOR LUNCH</u></p>	<p><b>\$4 Suggested Donation for 60+</b>  <b>\$8 Charge for under 60</b>  <b>Eating on site</b>  <b>\$8.50 Charge for All Carry out</b></p>	<p><u>MENU SUBJECT TO CHANGE DUE TO SUPPLY CHAIN AVAILABILITY MUST CALL BY 9:30 AM</u></p>		<p><b>Drawing For Free Meal Ticket will be held at the end of the Month</b></p>
<p><b>3</b>            Steak Fingers w/ Cream Gravy            Baked Potato            Peas &amp; Carrots            Wheat Bread            Chilled Peaches</p>	<p><b>4</b>            Opened Faced Hot Turkey Sandwich            Potatoes &amp; Gravy            Green Beans            Chocolate Cake</p>	<p><b>5</b>            Goulash            Tossed Salad W/ Dressing            Wheat Roll            Pound Cake w/Fruit</p>	<p><b>6</b>            Fried Fish Filet            Buttered Corn            Collard Greens            Wheat Bread            Lemon Cream Pie</p>	<p><b>7</b>            Hearty Chili w/Crackers            Romaine Lettuce Salad W/ Catalina Dressing            Fruit Medley            Sugar Cookie</p>
<p><b>10</b>            Meatloaf            Roasted Potatoes            Broccoli &amp; Cauliflower            Wheat Roll            Fruit Parfait</p>	<p><b>11</b>            Chicken &amp; Noodles            Mashed Potatoes            Green Beans            Wheat Roll            Hot Baked Apples</p>	<p><b>12</b>            Beef Soft Tacos            Texas Pinto Beans            Mixed Green Salad w/Vinaigrette            Fruit &amp; Gelatin</p>	<p><b>13</b>            Ham &amp; Beans            Potatoes &amp; Onions            Seasoned Greens            Cornbread</p>	<p><b>14 Happy Valentine's Day</b>            Marry Me Chicken            Au Gratin Potatoes            Spinach Casserole            Garlic Bread            Strawberry Covered Twinkie</p>
	<p><b>18</b>            Tangy Ranch Chicken            Au Gratin Potatoes            Seasoned Carrots            Wheat Roll            Cinnamon Apples</p>	<p><b>19</b>            Cheese Ravioli w/Pesto            Buttered Corn            Tossed Salad w/Dressing            Garlic Bread</p>	<p><b>20</b>            Pork Roast            Pinto Beans            Seasoned Cabbage            Cornbread            Sunshine Cake</p>	<p><b>21</b>            BBQ Chicken Sandwich W/ Lettuce &amp; Tomato            Baked Potato Wedges            Green Beans            Snickerdoodle Cookie</p>
<p><b>24</b>            Chicken Pot Pie            California Medley            Veggies            Wheat Roll            Fruit Cocktail</p>	<p><b>25</b>            Beef Stroganoff over Noodles            Buttered Carrots            Wheat Roll            Applesauce</p>	<p><b>26</b>            Baked Ham            Au Gratin Potatoes            Creamed Spinach            Wheat Roll            Banana</p>	<p><b>27</b>            Pot Roast w/Carrots, Celery and Onion            Parslied Potatoes            Wheat Roll            Cherry Crisp</p>	<p><b>28</b>            Country Fried Steak            Potatoes W/Gravy            Green Beans            Wheat Roll</p>



**Carroll County Senior Activity & Wellness Center**

202 West Madison Avenue  
 Berryville, AR 72616  
 Mon-Thurs 8:00AM-4:00PM  
 Fri 8:00AM-2:00PM  
 Phone: 870-423-3265

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

**The Aging Experts**

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 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.aaahvar.org



# February Activities

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<p><b>SUGGESTED DONATION FOR VAN RIDES \$3.00-\$10.00 BASED ON DESTINATION</b></p>	<p><b>50/50 pot fundraiser</b> Help raise money for our Center ! We get half ! You get half ! Come get your Tickets today . Drawing is May 30 at 12pm</p>	<p><b>Crystal Bridges Museum of Art trip</b> Feb 26th call or come by for more Information</p>		<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER PERMITTING</p>
<p>3 <u>9:00am-10:00am</u> Strength, Flexibility &amp; Balance Exercise Class</p> <p><u>10:00am-11:00am</u> Tai Chi Class</p>	<p>4 <u>10:00am-11:00am</u> Board Game</p> <p><u>12:45pm-1:45pm</u> Walmart</p>	<p>5 <u>9:00am-10:00am</u> Strength, Flexibility &amp; Balance Exercise Class</p>	<p>6 <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>7 Available All Day: Billiard Tables Pinochle Dominoes Gym Area</p>
<p>10 <u>9:00am-10:00am</u> Strength, Flexibility &amp; Balance Exercise Class</p> <p><u>10:00am-11:00am</u> Tai Chi Class</p>	<p>11 <u>10:00am-11:00am</u> <b>CRAFTY TUESDAY</b> Create your own Valentine's', wreath</p> <p><u>12:45pm-1:45pm</u> Walmart</p>	<p>12 <u>9:00am-10:00am</u> Strength, Flexibility &amp; Balance Exercise Class</p> <p><u>8:00am</u> Bus Leaves for Harrison Shopping Trip</p>	<p>13 <u>8:30am-11:30am</u> Quilting Group</p> <p><u>10:00am-11:00am</u> BINGO!</p>	<p>14 <b>Happy Valentine's Day</b> Available All Day: Billiard Tables Pinochle Dominoes Gym Area</p>
	<p>18 <u>10:00am-11:00am</u> Board Games <u>11:00am-11:45am</u> <u>Ambassador Committee Meeting</u></p> <p><u>12:45pm-1:45pm</u> Walmart</p>	<p>19 <u>9:00am-10:00am</u> Strength, Flexibility &amp; Balance Exercise Class</p>	<p>20 <u>8:30am-11:30am</u> Quilting Group</p> <p><u>10:00am-11:00am</u> BINGO!</p>	<p>21 Available All Day: Billiard Tables Pinochle Dominoes Gym Area</p>
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Fayetteville, Arkansas  
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www.aaznwa.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**