

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.



VALENTINE'S DANCE

SATURDAY 15TH

DOORS AT 5:00 MUSIC AT 6:00

\$5 AT THE DOOR

SANDWICHES AND CHIPS

ALL AGES WELCOME!!!



Saturday 22nd

Doors at 11:45

Bingo at 12:30

Lunch and 1 card \$5

Additional cards 2 for \$5

ALL AGES WELCOME!!

Bean Bag Baseball

**Wed 12th @ home vs.
West Fork**

**Thur 20th @ Prairie
Grove**

Craft

**Mon the 10th
After Lunch**

**We will make
heart shaped
coasters.**



Lincoln SAC February 2025 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Pork Roast Baked Potato Broccoli w/Cheese Roll Fruit	4 Steak Fingers Mashed Potatoes Green Beans Roll Brownie	5 Vegetable Beef Soup Cottage Cheese Salad Peaches	6 Ham Au Gratin Potatoes Peas & Carrots Roll Fruit	7 Catfish Tomatoes & Macaroni Coleslaw Hushpuppies Cake
10 Chicken Fried Chicken Mashed Potatoes Green Beans Biscuit Fruit	11 Potato Soup Turkey & Cheese Sandwich Chips Cherry Fruit Fluff	12 Cheese Ravioli w/Marinara Sauce Asparagus Garlic Knot Salad Cookie	13 Sweet & Sour Chicken Fried Rice Broccoli Egg Roll Fruit	14 Chicken Pot Pie California Veggies Roll Spiced Apples
17 Closed for President's Day 	18 Chicken Strips Au Gratin Potatoes Brussel Sprouts Roll Fruit	19 Beef Chopped Steak Baked Potato Broccoli w/Cheese Roll Fruit	20 Meatloaf Mashed Potatoes Green Beans Roll Cherry Turnover	21 Soft Taco Refried Beans Lettuce/Tomato Ice Cream Cup
24 Pot Roast Mashed Potatoes Green Beans Roll Fruit	25 Oven Fried Chicken Mac and Cheese Squash Biscuit Fruit	26 French Dip Sandwich Chips Mixed Veggies Roasted Apples	27 Chicken and Rice Casserole Carrots Roll Peach Cobbler	28 Cream of Broccoli Soup Chicken Salad Sandwich Chips Chocolate Pudding
	Under 60 and all take out meals: \$8.00 TO GO ORDERS CALL (479) 824-3861 <i>Menu is subject to change due to availability</i>		Congregate and Home Delivered Meals for Seniors 60+ Suggested Donation \$4.00	

The Benefits Of Playing Bingo For Your Mind

Playing bingo can be a fun and social way to improve your cognitive function. Not only will you have a good time, but you'll also see some amazing benefits in terms of memory recall, problem-solving, and other cognitive skills. In fact, playing bingo can help to improve your cognitive flexibility and creativity as well! Here are four key reasons that playing bingo is a great way to boost your brainpower:

1. Bingo can help stimulate the mind. Bingo is an exciting game that requires players to think quickly on their feet. As your brain is activated in this way, it becomes better at solving problems and recalling information.
2. Bingo can improve memory recall and other cognitive skills. As mentioned before, playing bingo stimulates the mind and makes it better at recalling information quickly. This means that players will be able to remember more details from their past experiences with bingo – whether it's playing regularly or just one time!
3. Bingo helps to sharpen decision-making skills. When faced with a difficult decision, playing bingo can help you make quick decisions that are based on logic rather than emotion or intuition. This means that you'll be able to make better choices in both personal and professional life situations.
4. Bingo allows players to socialize with others while improving their communication skills overall. By participating in group games such as bingo, players are able to develop relationships and build stronger connections with others than they would if they were just sitting at home by themselves. In turn, this enhances socialization abilities – something that is essential for healthy mental well-being!

To Sum Up

Playing bingo can be an enjoyable and rewarding experience that not only provides entertainment but also helps to improve mental abilities. Bingo helps to stimulate the mind, improve memory recall, sharpen decision-making skills, and enhance communication skills. For those suffering from Alzheimer's disease, bingo is a great way to stay mentally alert and reduce stress levels. So, why not give it a try today and enjoy yourself? You may just find that bingo has more benefits than you anticipated! Start playing today and see how it can help improve your cognitive function!

The Lincoln Senior Activity Center is in need of volunteers. Would you be able to help us?

- **Volunteers needed to help with delivering meals to hungry homebound seniors**
- **Volunteers needed to help with fundraising events**

The Lincoln Senior Center would appreciate donations of coffee, tea, paper towels, toilet paper and cleaning supplies.



Lincoln SAC February 2025 Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Gospel Singing	4 9:30 Jam Session/Live Music	5 10:45 Ageless Grace Chair Exercise Class 12:15 Bingo	6 10:00 BB Baseball Practice	7 10:45 Ageless Grace Chair Exercise Class Birthday celebration for February after lunch!
10 10:00 Gospel Singing Heart Coaster Craft after lunch	11 9:30 Jam Session/Live Music	12 Baseball at home vs. WF @ 9:45 12:15 Bingo	13 10:00 BB Baseball Practice	14 10:45 Ageless Grace Chair Exercise Class Valentine's Day Dance Sat 15th Doors @ 5:00 Music @ 6:00
17 Closed for President's Day 	18 9:30 Jam Session/Live Music 9:00 Food Bank (Sanctuary Church)	19 10:45 Ageless Grace Chair Exercise Class 12:15 Bingo	20 10:00 BB Baseball Practice Baseball at PG after lunch	21 10:45 Ageless Grace Chair Exercise Class BINGO matinee Sat 22nd Doors @ 11:45 Bingo @ 12:30
24 10:00 Gospel Singing	25 9:30 Jam Session/Live Music	26 10:45 Ageless Grace Chair Exercise Class 12:15 Bingo	27 10:00 BB Baseball Practice Tic Tournament after lunch 12:15	28 10:45 Ageless Grace Chair Exercise Class

Valentine Word Search

D F A H A L C M P P U G S Y Y S N Q J A Z A F F E
 E S N B S U I I C C T H N E D W D O E F D D Z L T
 R B G O B U H K O D O P N O E E M W I Z H O A O A
 O A E S D S R U E N Y V H N I E F N E T D S R W L
 M L L Y T P R C E M E O P A P T S O G S A W Y E O
 A L S R I T B Y K I S S B D D H O C N H Q N Z R C
 N O U N I D R A F J H H N E B E V V C D T L R S O
 E O K N F L A M E P R P E R M A E A E W N Y S A H
 C N G L O V E B I R D S J A S R F T L D Z E U E C
 D S Z G K E L O M T G Y P G R T N O A E J Z S H A
 E M Y Z A R C F E C K X W O D T U C J D N I O S D
 M E H S P Z M N E T A R O C E D T Y A T K T X Y M
 R P M E V A D L U W N D E O B V J H C F S D I O I
 A B W B G E S V C M V U Q X U L S H R E F I L N R
 H F E B R U A R Y S W E E T S I O T V O U P O E E
 C G A N W A H M V Y L B N E R L C O T Z B U V O R
 X S E F N C C B O U V O P E I J D Q P R C C E T J
 T S D R A C J E R V D O H D F N H A Z Q I D F Z P
 S N O I T C E F F A L C A B E T V D A R L I N G A
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 R H H R K E S L V I F H R R V R V U X Z A N O H R
 A U Y N L R L N O B R F D M L K E B Q N B R U E I
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 E C N A M O R V D T L B X I F T G F S E G B U T D

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|-----------|------------|
| ADMIRER | ENAMORED |
| ADORE | ENDEARMENT |
| AFFECTION | ENVELOPE |
| AMOROUS | FEBRUARY |
| ANGEL | FLAME |
| BALLOONS | FLIRT |
| BELOVED | FLOWERS |
| BOUQUET | FONDNESS |
| CANDY | FRIEND |
| CARD | GIFT |
| CARNATION | HEART |
| CHARMED | HEARTTHROB |
| CHERISH | HOLIDAY |
| CHERUB | HONEY |
| CHOCOLATE | HUG |
| COURTING | KISS |
| COURTSHIP | LIKE |
| CRAZY | LOVE |
| CRUSH | LOVEBIRDS |
| CUPID | PINK |
| DARLING | POEM |
| DATE | RED |
| DEAR | ROMANCE |
| DECORATE | SWEETHEART |
| DESIRE | SWEETS |
| DEVOTION | TENDERNESS |
| DOVES | VALENTINE |
| EMBRACE | |

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