

MARCH MENU

Mon	Tue	Wed	Thu	Fri
3 Chicken Rice Bake Steamed Broccoli Fresh Baked Roll Cran-Orange Relish Apple Crisp	4 Roast Beef W/ Gravy Over Mashed Potatoes Carrots/Onion/Celery Whole Kernel Corn Cornbread Farmhouse Cake	5 Creamy Chicken Vegetable Soup 1/2 Pimento Cheese Broccoli Salad Spring Fruit Mix	6 Pulled Pork Plate Macaroni & Cheese Baked Beans Cornbread Lemon Bar	7 Fried Chicken Potatoes w/Gravy Sonoma Veggies Fresh Baked Biscuit Blueberry Butter Bar
10 Soft Beef Tacos Texas Pinto Beans Fiesta Rice Coconut Cream Cake	11 Fried Fish Potatoes & Onions Creamy Coleslaw Hushpuppies Banana Pudding w/ Vanilla Wafers	12 Grilled Hamburger Pickle/Onion/Mustard & Ketchup on side Tater Tots Baked Beans Melon Medley	13 Pineapple Ham Gourmet Potatoes Catalina Vegetables Fresh Baked Roll Strawberry Lemon Blondie	14 Chick'n Fried Chick'n Potatoes w/Gravy Whole Kernel Corn Fresh Baked Roll Chocolate Pie
17 <u>ST Patrick's Day</u> Corned Beef Cabbage Potatoes & Carrots Cornbread Million Dollar Pie Bar	18 Salisbury Steak w/ Mashed Potatoes & Mushroom Gravy Whole Kernel Corn Fresh Baked Roll Peach Crisp	19 Gourmet Chicken Mashed Potatoes Spring Vegetables Fresh Baked Roll Macadamia Cookie	20 Ham/Cheese Quiche Roasted Veggie Soup Blueberry Crumb Bar Spring Fruit Mix	21 Meatloaf w/ Mashed Potatoes / Brn Gravy Sonoma Vegetables Fresh Baked Roll Strawberry Dessert
24 Beef Stroganoff over Noodles Southern Green Beans Garlic Bread Strawberry Blondie	25 Broccoli Cheese Soup 1/2 Turkey Club Sandwich w/ Side of Cranberry Mustard Potato Chips Fresh Fruit	26 Cider Glazed Pork Sweet Potato Cass. Roast'd Brussel Sprouts Fresh Baked Roll Peaches & Cranberries	27 Chick'n Fried Steak Potatoes & Gravy Whole Kernel Corn Fresh Baked Roll Buttermilk Cake	28 Fried Fish Macaroni & Cheese Pinto Beans Hushpuppies Banana Cream Pie
31 Chicken Stir Fry w/ Oriental Vegetables Fried Rice Egg Roll Macadamia Nut Cookie			\$4 Suggested Donation for 60+ \$8 Charge for under 60 eating on site \$8.50 Charge for all takeout	Lunch served Monday-Friday 11:30am-12:15pm



Benton County Senior
 Activity & Wellness Center
 3501 Southeast L. Street
 Bentonville, AR 72712
 479-273-7348
 Mon - Thurs- 8am - 4pm
 Fri - 8am - 2pm

The Aging Experts

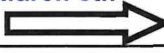

**Do you have questions or
 need services for senior adults?**

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.aaahwar.org


BENTON COUNTY SENIOR ACTIVITY & WELLNESS CENTER

MARCH ACTIVITIES

Mon	Tue	Wed	Thu	Fri
3 9:30 BINGO 11:00 Bridge Cards/Pool/Dominoes Exercise Equipment	4 Deaf Senior Group Lunch & Games Cards/Pool/Dominoes Exercise Equipment	5 9:00 Walmart 12:15 Beanbag Baseball Practice Cards/Pool/Dominoes Exercise Equipment	6 9:30 AF Exercise 10:15 Bible Study 12:00 Hand & Foot Cards/Pool/Dominoes Exercise Equipment	7 12:00 Parkcrest Sound Band “HELLO DOLLY” Leave @ 2:00 Sat. March 8th 
10 9:30 BINGO 11:00 Bridge Cards/Pool/Dominoes Exercise Equipment	11 9:00 CHEROKEE Casino 9:30 AF Exercise 12:00 Hand & Foot Cards/Pool/Dominoes Exercise Equipment	12 9:00 Walmart 10:00 Prairie Roads 12:15 BBB Practice Cards/Pool/Dominoes Exercise Equipment	13 9:30 AF Exercise 10:15 Bible Study 10:30 Gospel Music 12:00 Hand & Foot Cards/Pool/Dominoes Exercise Equipment	14 12:15 BBB Practice Sunday March 16th Jason Crabb Concert-Fayetteville Leave @ 4:00—\$30 
17 9:30 BINGO ST Patrick’s Day 10:30 NWA Women’s Chorus Cards/Pool/Dominoes Exercise Equipment	18 9:30 AF Exercise 12:00 Hand & Foot Deaf Senior Group Lunch & Games Cards, Pool Dominoes Exercise Equipment	19 9:00 Walmart 11:00 Games w/ Phil & Sandi Cards/Pool/Dominoes Exercise Equipment	20 9:30 AF Exercise 10:15 Bible Study 1:00 KYVA Chocolate Factory Tour/Tasting Cards/Pool/Dominoes Exercise Equipment	21 12:00 Parkcrest Sound Band Cards/Pool/Dominoes Exercise Equipment
24 9:30 BINGO 10:30 Nutrition Edu. 11:00 Bridge Cards/Pool/Dominoes	25 9:30 AF Exercise 12:00 Hand & Foot Cards/Pool/Dominoes Exercise Equipment 4:00 Dinner Out Catfish Hole	26 9:00 Walmart 12:15 BBB Cards/Pool/Dominoes Exercise Equipment	27 9:30 AF Exercise 10:15 Bible Study 10:30 Gospel Music 12:00 Hand & Foot Cards/Pool/Dominoes	28 12:15 BBB Practice Cards/Pool/Dominoes Exercise Equipment
31 9:30 BINGO 11:00 Bridge Cards/Pool/Dominoes Exercise Equipment	Suggested Transportation Donation \$3-\$10 Based on Destination		SATURDAY MARCH 29th 4:30-7:00pm Senior Center Fundraiser Dinner	BBQ Plate Brisket / Pulled Pork 2-sides Drink & Dessert \$15

Looking Ahead:
 2025 Cross Country
 Trip to ARK ENCOUNTER
 IN KENTUCKY
 September 1-6, 2025
 \$850 Double Occupancy
 \$1,250 Single Occupancy
 \$100 Deposit at sign-up



April Look Ahead: 

- ◆ Vintage Market Days, April 11
- ◆ Greater Vision/Legacy Five, April 11
- ◆ WE CARE Concert - April 26
- ◆ Dinner Out - Pasta Fina, Lowell
- ◆ Weather Awareness Presentation