

Saturday 3/15

Domino Tournament 8:00 am

Basket Bingo

Friday 3/28/25

5:00 pm

OPEN

7:00 - 3:00

9975 HWY 14 EAST

BIG FLAT AR. 72617

PHONE : 870-448-3674

EMAIL

dwallis@aanwar.org

*BIG FLAT SENIOR CENTER
MARCH 2025*



Come out on Monday March 17th and
Enjoy some St. Patrick's Day fun, You
don't know what you might see and
What we have planned !!!! You don't
want to miss out!!!!!!

Area Agency on Aging of Northwest Arkansas
800-432-9721 or 870-741-1144 www.aanwar.org

MARCH 2025



MEALS ON WHEELS
AMERICA 2019 MEMBER

MONDAY	Tues2	Wednesday	Thursday	Friday
<p>3</p> <p>BBQ Ribette Sandwich Baked Beans Mixed Vegetables Rice Krispie Treat</p>	<p>4</p> <p>GOULASH Tossed Salad Wheat Roll Pound Cake w/ Strawberries</p>	<p>5</p> <p>Cornbread Pork Cutlet/ Gravy Mashed Potatoes Buttered Carrots Wheat Roll Mandarin Orange</p>	<p>6</p> <p>Chicken Tenders Macaroni & Cheese Lima Beans Wheat Bread Peaches</p>	<p>7</p> <p>Hearty Chili Crackers Romaine Salad Fruit Medley Soft Sugar Coolie</p>
<p>10</p> <p>Steak Fingers/w Gravy Baked Potatoes PEAS & Carrots Wheat Bread Peaches</p>	<p>11</p> <p>Honey Lemon Chicken Red skin Potatoes Broccoli Wheat Roll Oatmeal Cookie</p>	<p>12</p> <p>Breaded Fish Fillet Potato Wedges Calico Slaw Wheat Roll Vanilla Cream Pie</p>	<p>13</p> <p>Herbed Pork Loin Whipped Sweet Potatoes California Blend Wheat Roll Pineapple Chunks</p>	<p>14</p> <p>Vegetable Beef Soup Crackers Cottage Cheese Spinach Salad Peaches</p>
<p>17</p> <p>Chicken Pot Pie California Blend Wheat Roll Fresh Fruit</p>	<p>18</p> <p>Country Fried Steak Cream Gravy Mashed Potatoes Green Beans Wheat Roll Fruit Medley</p>	<p>19</p> <p>Roasted Greek Chicken Rice Pilaf Broccoli Wheat Roll Fudge Bar</p>	<p>20</p> <p>Pork Roast Pinto Beans Seasoned Cabbage Cornbread Sunshine Cake</p>	<p>21</p> <p>Marinated Chicken Sandwich Lettuce & Tomato Potato Wedges Green Beans Frosted Cake</p>
<p>24</p> <p>Chicken & Noodles Mashed Potatoes Green Beans Wheat Roll Hot Baked Spiced Peaches</p>	<p>25</p> <p>Meatloaf Roasted Potatoes Broccoli & Cauliflower Wheat Roll Fruit Parfait</p>	<p>26</p> <p>Pinto Beans & Ham Fried Potatoes Seasoned Greens Wheat bread Fruit Medley</p>	<p>27</p> <p>Tangy Ranch Chicken Au Gratin Potatoes Seasoned Carrots Wheat Roll Cinnamon Apples</p>	<p>28</p> <p>Lasagna California Blend Bread Sticks Angel Food Cake</p>
<p>31</p> <p>Fried Chicken Mash Potatoes/ Gravy Buttered Corn Wheat Bread Pudding /Topping</p>	<p>1</p> <p>Baked Cubed Steak New Red Potatoes Lima Beans Wheat Roll Fruited Gelatin</p>	<p>2</p> <p>Tater Tot Casserole Green Peas Wheat Roll Angel Food Cake</p>	<p>3</p> <p>Cider Glazed Pork Loin Seasoned potato Wedge Steamed Cabbage Wheat Roll Fruit Medley</p>	<p>4</p> <p>French Dip Sandwich Baked Potato Chip Mixed Vegetables Mandarin Oranges</p>

MARCH 2025 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Dominoes Pool Card Games	4 Puzzle Table Pool Dominoes	5 Pool Card Games Dominoes	6 Dominoes Pool Puzzle Table	7 Dominoes Pool Card Games Valentine Dinner 5 pm
10 Dominoes Pool Puzzle Table	11 Card Games Pool Puzzle Table Dominoes	12 Dominoes Pool Card Games	<u>13</u> <u>Pool</u> <u>Puzzle Table</u> <u>Dominoes</u>	14 Puzzle Table Card Games Pool
17 POOL DOMINOES POOL TABLE	18 Pool Dominoes Card Games	19 Dominoes Card Games Puzzle Table	20 Dominoes Pool Puzzle Table Card Games	<u>21</u> Dominoes Pool Puzzle Table
24 Pool Card Games Dominoes	25 Dominoes Card Games Puzzle Table	26 Dominoes Pool Card Games	27 Pool Card Games Puzzle Table	<u>28</u> Puzzle Table Pool Dominoes BINGO 5 PM
DOMINO TOURNAMENT SATURDAY MARCH 15TH @ 8 AM	<p>Do you have a suggestion for an activity next month? Questions about activities this month? Give us a call! 448.3674</p>			

St. Patrick's Day Word Search

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

GREEN SHAMROCK
 LEPRECHAUN RAINBOW
 IRISH MARCH
 POT OF GOLD CLOVER
 LUCKY

MORE FUN: USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR, TO FIND THE HIDDEN MESSAGE.

T _ _ _ _ _ Y _ _ _ _ _ T _ _ _ _ _ U
 R _ _ _ _ _ S _ _ _ _ _ L _ _ _ _ _ C _ _ _ _ _ E _ _ _ _ _ N _ _ _ _ _ S _ _ _ _ _ N _ _ _ _ _ ?
 H _ _ _ _ _ M _ _ _ _ _ K I ©

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MARCH 2025

DOMINO TOURNAMENT

SAT. 3/15/25 @ 8:00 AM

BASKET BINGO

FRI. 3/28/25 @ 5:00 PM

COME OUT AND ENJOY ST. PATRICK'S DAY

WITH US. A FUN DAY TO BE HAD!!

**MAYBE A FEW GAMES BUT GUARANTEE A FUN
TIME AND GOOD FOOD!!!**

Start planning now for our Community Easter Egg Hunt on April 12th @11:00 at the community Park in Big Flat.

Also we are planning an Easter Egg hunt for our Seniors on April 18th!