

March Menu

MON	TUE	WED	THU	FRI
3 Tangy Ranch Chicken Au Gratin Potatoes Seasoned Carrots Wheat Roll Cinnamon Apples	4 Vegetable Beef Soup Peaches/Cottage Cheese Spinach Salad w/ Balsamic Vinaigrette	5 Open Faced Turkey Sandwich Mashed Potatoes Green Beans Wheat Roll Fruit Crisp	6 Ham / Potato Casserole Sauteed Spinach Wheat Roll Banana Pudding Cake	7 Steak Fingers w/ Cream Gravy Baby Baked Potatoes Peas and Carrots Cookie
10 Beef Chopped Steak w/Mushroom Gravy Mashed Potatoes California Veggie Mix	11 Italian Baked Chicken Alfredo Pasta Peas & Carrots Garlic Bread	12 Cream of Potato Soup Turkey / Swiss Sandwich Baked Potato Chips Relish Plate Mixed Fruit	13 Asian Ginger Chicken Fluffy White Rice Oriental Cabbage/Onion Mandarin Oranges	14 Lasagna California Veggie Mix Bread Stick Angel Food Cake
17 Happy St Patricks' Day Reuben Sandwich Irish Potato Soup Green Beans Leprechaun Cake	18 Chicken Pot Pie Capri Vegetables Roll Fruit Crisp	19 Cheeseburger w/Fixings Baked Potato Wedges Baked Beans Fresh Fruit	20 Cheese Ravioli w/Pesto Side Salad w/Dressing Buttered Corn Breadstick	21 Roasted Greek Chicken Rice Pilaf Broccoli Florets Roll Fruit Cocktail
24 Beef Stroganoff w/ Noodles Buttered Carrots Wheat Roll Peaches	25 Pork Roast Pinto Beans Seasoned Cabbage Cornbread Apple Cake	26 Chicken Sandwich Lettuce/Tomato French Fries Green Beans Sugar Cookie	27 Taco Salad w/Green Chili Ranch Dressing Corn and Black Beans Tropical Fruit Cocktail Chips and Salsa	28 Tuna Noodle Casserole Green Beans Wheat Roll Rosy Applesauce
31 Goulash Buttered Mixed Veggies Fresh Baked Roll Cherry Crisp	Drawing For Free Meal Ticket will be held at the end of the Month	Lunch is a \$8.00 Charge for ALL Guests Under age 60 ALL Carry-Out Meals Plus tax \$8.50	LUNCH IS SERVED AT 12:00 PM MON-FRI PLEASE ARRIVE EARLIER THAN 12:00PM FOR LUNCH	<u>MENU SUBJECT TO CHANGE DUE TO SUPPLY CHAIN AVAILABILITY MUST CALL BY 9:30 AM</u>



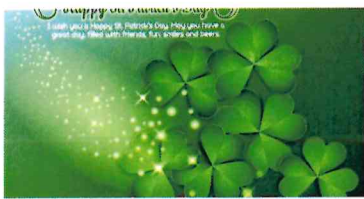
The Aging Experts
 Do you have questions or need services for senior adults?
 In-Home Services • Senior Activity Centers
 Home Delivered Meals • Family Caregiver Assistance
 Personal Emergency Response System • Incontinence Supplies
 Housing • Veteran Directed Program

Area Agency on Aging
 of Northwest Arkansas
 1510 Rock Springs Road
 Fayetteville, Arkansas
 800-472-5771 or 870-781-1144
 www.aanar.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**



March Activities

MON	TUE	WED	THU	FRI
<p>3</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>4</p> <p><u>10:00am-11:00am</u> Board & Card Games</p> <p><u>12:45pm-1:45pm</u> Walmart</p>	<p>5</p> <p><u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class</p>	<p>6</p> <p><u>8:30am-11:30am</u> Quilting Group</p> <p><u>10:00am-11:00am</u> BINGO!</p>	<p>7</p> <p>Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles</p>
<p>10</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>11</p> <p><u>10:00am-11:00am</u> Board & Card Games</p> <p><u>10:00am-11:00am</u> CRAFTY TUESDAY Shamrock door hanger</p> <p><u>12:45pm-1:45pm</u> Walmart</p>	<p>12</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>13</p> <p><u>8:30am-11:30am</u> Quilting Group</p> <p><u>10:00am-11:00am</u> BINGO!</p>	<p>14</p> <p>Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles</p>
<p>17 Happy St Patricks' Day</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>18</p> <p><u>10:00am-11:00am</u> Board & Card Games</p> <p><u>11:00am-11:45am</u> <u>Ambassador Committee Meeting</u></p> <p><u>12:45pm-1:45pm</u> Walmart</p>	<p>19</p> <p><u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class</p> <p><u>8:00am</u> <u>Cherokee Casino</u> <u>West Siloam Springs</u></p>	<p>20</p> <p><u>8:30am-11:30am</u> Quilting Group</p> <p><u>10:00am-11:00am</u> BINGO!</p>	<p>21</p> <p>Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzle s</p>
<p>24</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>25</p> <p><u>10:00am-11:00am</u> Board & Card Games</p> <p><u>12:45pm-1:45pm</u> Walmart</p>	<p>26</p> <p><u>9:00am-10:00am</u> Strength, Flexibility & Balance Exercise Class</p>	<p>27</p> <p><u>8:30am-11:30am</u> Quilting Group</p> <p><u>10:00am-11:00am</u> BINGO!</p>	<p>28</p> <p>Available All Day: Billiard Tables Pinochle Dominoes Gym Area Puzzles</p>
<p>31</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>Cherokee Casino Trip West Siloam Springs March 19th call or come by for more information</p>	<p>CHILI DINNER FUNDRAISER All proceeds go towards Meals on Wheels March 8th From 5:00 pm -7:00 pm With live music by Monterssari Dogs Call or come by for more information!</p>	<p>SUGGESTED DONATION FOR VAN RIDES \$3.00-\$10.00 BASED ON DESTINATION</p>	<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER PERMITTING</p>



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202 West Madison Avenue
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

