Lincoln Senior Activity Center



116 E Park Street, Lincoln, AR 72744

Phone: 479-824-3861 Email: lincolnsc@aaanwar.org

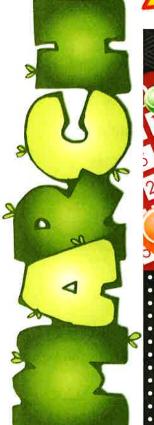
Hours: Monday-Friday 8:00 am to 4:30 pm Lunch Served at 11:30 am.

All carry out and under 60 meals are \$8.00



Important message on page 3







Doors @ 11:30 Bingo @ 12:15

Lunch and 1 card for \$5

ALL AGES

Additional cards 2 for \$5

WELCOME!!

Bean bag baseball at Prairie Grove March 13th after lunch



Lincoln SAC March 2025 Lunch Menu

116 E Park Street, Lincoln AR 72744 ● (479) 824-3861

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Strips Au Gratin Potatoes Peas Roll Fruit 10 Steak Fingers Mashed Potatoes Corn Biscuit Fruit 17 Sweet & Sour	4 Hamburgers Potato Salad Baked Beans Roasted Apples 11 Vegetable Beef Soup Cottage Cheese Salad Peaches 18 Country Fried	5 Chicken Fajitas w/Peppers & Onion Mexican Rice Refried Beans Ice Cream 12 Ham Au Gratin Potatoes Asparagus Roll Peach Cobbler 19 Potato Soup	6 Beef Pot Roast Mashed Potatoes Green Beans Roll Fruit 13 BBQ Chicken Red Potatoes w/ Green Beans Roll Brownie 20 Chicken Pot Pie	7 Catfish Macaroni & Tomatoes Coleslaw Hushpuppies Cake 14 Scrambled Eggs Sausage Biscuit & Gravy Tomatoes Orange Juice 21 Chicken Sand-
Chicken Fried Rice Broccoli Egg Roll Fortune Cookie	Steak Mashed Potatoes Corn Biscuit Fruit	Ham & Cheese Sandwich Broccoli Salad Pistachio Fluff	Cauliflower Roll Fruit	wich Chips Carrots Apple Dumplimgs
24 Chopped Beef Steak Mashed Potatoes Cabbage Roll Fruit 31 Beef Pot Roast Mashed Potatoes Corn Roll	25 Chicken & Noodles Peas & Carrots Roll Fruit Crisp	26 Soft Tacos Refried Beans Mexican Rice Ice Cream	27 Catfish Baked Potato Broccoli w/Cheese Hushpuppies Fruit Congregate and Home Delivered Meals: Suggested Donation Seniors 60+: \$4.00	28 Meatloaf Mashed Potatoes with Gravy Green Beans Roll Turnover Under 60 and all take out meals: \$8.00 TO GO ORDERS CALL (479) 824-3861 Menu is subject to change



ASK YOUR LEGISLATOR TO FIGHT FOR OUR STATE Vote **FOR** Senate bills 201 and 268

Legislator

Contact Information

State Senator Dist. 35

Tyler Dees

Phone: 479-549-5057

Email:

tyler.dees@senate.ar.gov

2584 N. Hico St. Siloam Springs, AR 72761

AR State Rep Dist. 23 Kendra Moore

Phone: 479-966-9191

Email: kendra.moore@arkansashouse.org

P.O. Box 1151 Lincoln, AR 72744

Hi everyone!

I have a HUGE favor to ask of you all. There have been two bills drafted in the State Legislation that would help support senior center programming funding in the state of Arkansas. State Bill 201 would make \$5 Million of funding available and State Bill 268 is for additional ongoing money for as long as it is available.

We are really hoping that you and others that care about our services would take the time to please contact their legislators and encourage them to support the bills. We can't do all the great work that we do for you and others without funding. I have put the contact information for our State Senator and Representative in the box above. There are several way that you can reach out to them and let them know that this bill and our continued success is important. I have included their phone numbers, email addresses, as well as mailing addresses. Please take the time to call, email, or write them. We are so blessed to be able to serve you all!

Lincoln SAC March 2025 Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:00 Gospel Singing	9:30 Jam Session/Live Music	10:45 Ageless Grace Exercise Class 12:15 Bingo	10:00 BB Baseball Practice	10:45 Ageless Grace Exercise Class 12:00 Birthday Cake for March
10	11	12	13	14
10:00 Gospel Singing	9:30 Jam Session/Live Music	10:45 Ageless Grace Exercise Class 12:15 Bingo	10:00 BB Baseball Practice 12:15 Bean bag baseball at Prairie Grove	10:45 Ageless Grace Exercise Class BINGO MATINEE Saturday March 15th Doors @11:30 Bingo @ 12:15
17	18	19	20	21
10:00 Gospel Singing	9:30 Jam Session/Live Music 9:00 Food Bank (Sanctuary Church)	10:45 Ageless Grace Exercise Class 12:15 Bingo	10:00 BB Baseball Practice 12:00 Ice Cream Sundae Social	10:45 Ageless Grace Exercise Class
24	25	26	27	28
10:00 Gospel Singing	9:30 Jam Session/Live Music	10:45 Ageless Grace Exercise Class 12:15 Bingo	10:00 BB Baseball Practice 12:15 Tic Tournament	10:45 Ageless Grace Exercise Class
31				
10:00 Gospel Singing				

Severe Thunderstorm Safety

When you hear the words "severe thunderstorm" in the forecast, be ready for more than just heavy rain and lightning.

SEVERE THUNDERSTORMS CAN BRING:













Hail

Strong Wind Gusts

Lightning

Heavy Rain

Flash Floods

Tornadoes

KNOW YOUR TERMS



Severe Thunderstorm Watch

Conditions are favorable for thunderstorms. Be prepared to move indoors.



Severe Thunderstorm Warning

A thunderstorm is imminent or occurring. Take shelter now!





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.





Cabbage Customs Emerald Family Feast Gold Happy Ireland Magical Pinch Prayer Traditional