

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.

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 base-
ball at Prairie
Grove**

**March 13th
after lunch**

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<input type="checkbox"/>	Ice Cream Sundae Social	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	March 20th After Lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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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	4 Hamburgers Potato Salad Baked Beans Roasted Apples	5 Chicken Fajitas w/Peppers & Onion Mexican Rice Refried Beans Ice Cream	6 Beef Pot Roast Mashed Potatoes Green Beans Roll Fruit	7 Catfish Macaroni & Tomatoes Coleslaw Hushpuppies Cake
10 Steak Fingers Mashed Potatoes Corn Biscuit Fruit	11 Vegetable Beef Soup Cottage Cheese Salad Peaches	12 Ham Au Gratin Potatoes Asparagus Roll Peach Cobbler	13 BBQ Chicken Red Potatoes w/ Green Beans Roll Brownie	14 Scrambled Eggs Sausage Biscuit & Gravy Tomatoes Orange Juice
17 Sweet & Sour Chicken Fried Rice Broccoli Egg Roll Fortune Cookie	18 Country Fried Steak Mashed Potatoes Corn Biscuit Fruit	19 Potato Soup Ham & Cheese Sandwich Broccoli Salad Pistachio Fluff	20 Chicken Pot Pie Cauliflower Roll Fruit	21 Chicken Sand- wich Chips Carrots Apple Dumplings
24 Chopped Beef Steak Mashed Potatoes Cabbage Roll Fruit	25 Chicken & Noo- dles Peas & Carrots Roll Fruit Crisp	26 Soft Tacos Refried Beans Mexican Rice Ice Cream	27 Catfish Baked Potato Broccoli w/Cheese Hushpuppies Fruit	28 Meatloaf Mashed Potatoes with Gravy Green Beans Roll Turnover
31 Beef Pot Roast Mashed Potatoes Corn Roll Fruit			Congregate and Home Delivered Meals: Suggested Donation Seniors 60+: \$4.00	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>



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**

ASK YOUR LEGISLATOR TO FIGHT FOR OUR STATE

Vote FOR Senate bills 201 and 268

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



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

Cabbage
 Customs
 Emerald
 Family
 Feast
 Gold

Happy
 Ireland
 Magical
 Pinch
 Prayer
 Traditional