



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 ST Patrick's Day 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
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



Lowell Senior Center
 704 East Monroe
 Lowell, AR 72745
 479-365-2755
 Mon - Fri - 9am - 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.aanwv.org



MARCH ACTIVITIES

Mon	Tue	Wed	Thu	Fri
3 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm	4 Beanbag Baseball 12:30 pm	5 Breakfast 9:00 am Cards 9:00 am Bingo 9:30	6 Wii Bowling Practice 11:00 am	7 Chair Yoga 10:00 am Board Games 10:30 am
10 Cards 9:00am Chair Yoga 10:00 am	11 9:00 Casino Day CHEROKEE Beanbag Baseball 12:30 pm	12 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	13 Wii Bowling Practice 11:00 am	14 Chair Yoga 10:00 am Board Games 10:30 am
17 Cards 9:00am Chair Yoga 10:00 am	18 Crystal Bridges and Ice Cream @ Braum's Leave @ 12:00	19 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	20 Wii Bowling Practice 11:00 am	21 Chair Yoga 10:00 am Board Games 10:30 am
24 Cards 9:00am Chair Yoga 10:00 am	25 DINNER OUT Wagon Wheel Café Leave @ 4:00 pm DIAMOND ART CLASS (Check @ Center For start time)	26 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	27 Wii Bowling Practice 11:00 am	28 Terra Studios "Pinch Pot" Class Leave @ 10:00 Chair Yoga 10:00am Board Games 10:30
31 Cards 9:00am Chair Yoga 10:00 am			Suggested Transportation Donation \$3-\$10 Based on Destination	



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