

LOWELL SENIOR ACTIVITY CENTER

APRIL 2025 MENU

Mon	Tue	Wed	Thu	Fri
	1 Pulled Pork Plate Macaroni & Cheese Baked Beans Cornbread Lemon Bar	2 Roast Beef W/ Gravy Over Mashed Potatoes Carrots/Onions/Celery Whole Kernel Corn Fresh Baked Biscuit Peach Crisp	3 Reuben Sandwich Creamy Potato Soup Cinnamon Apples Fresh Baked Cookie	4 Chicken Fried Chicken Potatoes / Cream Gravy Southern Green Beans Fresh Baked Roll Banana Cream Pie
7 Chicken Spaghetti Maple Glazed Carrots Garlic Bread Cherry Crisp	8 Salisbury Steak w/ Mashed Potatoes & Mushroom Gravy Whole Kernel Corn Fresh Baked Roll Fruited Jell-o Parfait	9 Gourmet Chicken Mashed Potatoes Spring Vegetables Fresh Baked Roll Macadamia Nut Cookie	10 <u>Pool Tournament</u> Meatloaf Potatoes / Brown Gravy Sonoma Vegetables Fresh Baked Roll Farmhouse Cake	11 Fried Fish Macaroni & Cheese Pinto Beans Hushpuppies Million \$ Pie Bar
14 Cider Glazed Pork Stuffing w/ Gravy Sweet Potato Cass. Roasted Broccoli Peaches & Cranberries	15 Beef Stroganoff Over Noodles Southern Green Beans Garlic Bread Chocolate Cake	16 Broccoli Cheese Soup 1/2 Turkey Club Sandwich w/ side of Cranberry Mustard Potato Chips Fresh Fruit	17 <u>EASTER LUNCH</u> Brown Sugar Ham Scalloped Potatoes Spring Vegetables Garden Salad/Dressing Deviled Egg 1/2 Fresh Baked Roll Carrot Cake	18 Chicken Fried Steak Potatoes / Cream Gravy Sonoma Veggies Fresh Baked Roll Lemon Blueberry Cake
21 Ham & Cheese Quiche Roasted Veggie Soup Spring Fruit Mix Blueberry Crumb Bar	22 Soft Chicken Tacos Fiesta Rice Charro Beans Coconut Cream Cake	23 Grilled Burger Pickle / Onion / Mustard & Ketchup on side Tater Tots Watermelon Slices Fresh Baked Cookie	24 Fried Fish Potatoes & Onions Creamy Coleslaw Hushpuppies Pina Colada Cake	25 Frito Chili Pie Fiesta Corn Side Salad w/ Dressing Fresh Baked Cookie
28 Chicken Broccoli Bake Roasted Carrot Medley Fresh Baked Roll Fresh Orange Slices	29 Beef Lasagna Tuscan Vegetables Side Salad / Dressing Garlic Bread Pudding Parfait	30 Chicken Vegetable Soup W/ Crackers 1/2 Pimento Cheese Broccoli Salad Spring Fruit Mix		38th Annual Senior Games Registration Deadline is April 14th



Lowell
Senior Activity Center
704 East Monroe
Lowell, AR 72745
479-365-2755
Mon—Fri 8:00—200

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.aanwar.org

This institution is an equal opportunity provider and employer. EEO Employer/AA/M/F/VET/Disabled

APRIL 2025 ACTIVITIES

Mon	Tue	Wed	Thu	Fri
	1	2 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	3 Wii Bowling Practice 12:30 pm	4 Chair Yoga 10:00 am Wii Bowling 12:30 pm
7 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm	8 8:45 Downstream Casino 12:00 Crystal Bridges & Braum's Ice Cream	9 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	10 Wii Bowling Practice 12:30 pm	11 Chair Yoga 10:00 am Wii Bowling 12:30 pm
14 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm	15 12:00 Spring Mix & Mingle	16 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	17 Wii Bowling Practice 12:30 pm	18 Chair Yoga 10:00 am Wii Bowling 12:30 pm
21 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm	22 4:00 Dinner Out Black Bear Restaurant	23 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	24 Wii Bowling Practice 12:30 pm	25 Chair Yoga 10:00 am Wii Bowling 12:30 pm
28 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm	29 12:00 Tea Towel Craft	30 Breakfast 9:00 am Cards 9:00 am Bingo 9:30 am	38th Annual Senior Games Registration Deadline is April 14th	Suggested Donation for Transportation \$3 to \$10 Based on Destination



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