

November Menu

Mon	Tue	Wed	Thu	Fri
Menu Subject to Change Due to Supply Chain Availability	\$4.00 Suggested Meal Donation for 60 + \$6.00 Charge For Carry out & Under 60			1 Chicken Fried Chicken Potatoes w/ Gravy Whole Kernel Corn Fresh Baked Roll Farmhouse Cake
4 Chicken Tetrazzini Glazed Carrots Fresh Baked Roll Caramel Apple Mousse	5 Beef Stew Garden Salad w/ Dressing Cornbread Spiced Peaches & Cranberries	6 Teriyaki Chicken Fried Rice Steamed Broccoli Egg Roll Mandarin Oranges	7 Smoked Brisket Baked Potato Salad Baked Beans Cornbread Coconut Cream Cake	8 Baked Pork Chop W/ Rice Peas & Carrots Fresh Baked Roll Fruit Crisp
11 <i>Closed for Veteran's Day</i> <small>HAPPY VETERANS DAY</small>	12 Pulled Pork Plate Macaroni & Cheese Okra Cornbread Fruit Crisp	13 Baked Chicken Mashed Potatoes Vegetable Casserole Fresh Baked Roll Macadamia Cookie	14 Fried Fish Pinto Beans Seasoned Greens Cornbread Banana Pudding	15 Chicken Chili Deli Style Salad w/ Dressing Cornbread Fruit Crisp
18 Baked Ham Potatoes Sugar Snap Peas Fresh Baked Roll Pineapple/Mandarin Orange Cake	19 Grilled Hamburger on Bun w/ Trimmings Tater Tots Baked Beans Watermelon	20 Chicken & Dumplings Mixed Vegetables Garden Salad w/ Dressing Banana Pudding	21 <u>Thanksgiving</u> Roasted Turkey Breast W/ Stuffing & Gravy Sweet Potatoes Green Bean Casserole Cranberry Salad Pumpkin Dessert	22 Salisbury Steak w/ Mushroom Gravy Whole Kernel Corn Fresh Baked Roll Buttermilk Cake
25 Lasagna Garden Salad w/ Dressing Whole Kernel Corn Gelatin Whip	26 Chicken Sandwich w/ Trimmings Potato Salad Broccoli Salad Fruit Crisp	27 Ham & Beans Potatoes & Onions Seasoned Greens Cornbread Cinnamon Apples	CLOSED THURS & FRI FOR THANKSGIVING	



Lowell Senior Activity Center
704 East Monroe
Lowell, AR 72745
479-365-2755
Mon - Fri - 8am - 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



November Activities

Mon	Tue	Wed	Thu	Fri
Suggested Donation For Transportation \$3 to \$10 Based on Destination				1 Chair Yoga 10:00 am Wii Bowling 12:30 pm
4 Cards 9:00am Chair Yoga 10:00 am	5 Beanbag Baseball 12:30 pm	6 Breakfast 8:30 am Cards 9:00 am Bingo 9:30 am	7 Wii Bowling Practice 11:00 am	8 Chair Yoga 10:00 am Wii Bowling 12:30 pm
	12 OK / MO / KS State Marker & Downstream Casino Leave at 8:45 am Beanbag Baseball 12:30 pm	13 8:30 Breakfast 9:30am Bingo	14 Wii Bowling Practice 11:00 am	15 Chair Yoga 10:00 am Wii Bowling 12:30 pm
18 Cards 9:00am Chair Yoga 10:00 am	19 Beanbag Baseball 12:30 pm	20 Breakfast 8:30 am Cards 9:00 am Bingo 9:30	21 Wii Bowling Practice 11:00 am	22 Chair Yoga 10:00 am Board Games 10:30 am
25 Cards 9:00am Chair Yoga 10:00 am	26 Beanbag Baseball 12:30 pm	27 Breakfast 8:30 am Cards 9:00 am Bingo 9:30 am		



Lowell Senior Activity Center
704 East Monroe
Lowell, AR 72745
479-365-2755
Mon - Fri - 8am - 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.aanw.org