



**Coke or
Root Beer
Floats
Thursday
Jan 9th
After
Lunch**

BINGO MATINEE SATURDAY 25TH DOORS @ 11:45 BINGO @ 12:30 LUNCH & 1 CARD \$5 ADDITIONAL CARDS 2 FOR \$5 ALL AGES WELCOME



**We will be closed Monday the
20th in observance of Martin
Luther King Jr. Day**

**Beanbag Baseball
At Home vs. P.G.
Thursday Jan 16th
After Lunch**



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.



Lincoln SAC January 2025 Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Under 60 and all take out meals: \$8.00</p> <p>TO GO ORDERS CALL (479) 824-3861</p> <p><i>Menu is subject to change due to availability</i></p>	<p>Congregate and Home Delivered</p> <p>Meals for Seniors 60+</p> <p>Suggested Donation \$4.00</p>	<p>1 Closed for New Year's Day</p> 	<p>2 Roast Beef</p> <p>Mashed Potatoes</p> <p>Carrots</p> <p>Roll</p> <p>Brownies</p>	<p>3 Taco Salad</p> <p>Roasted Corn</p> <p>Fruit</p>
<p>6 Country Fried Steak</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Biscuit</p> <p>Fruit</p>	<p>7 Sweet and Sour Chicken</p> <p>Fried Rice</p> <p>Broccoli</p> <p>Egg Roll</p> <p>Cookie</p>	<p>8 Potato Soup</p> <p>Turkey & Swiss Sandwich</p> <p>Chips</p> <p>Fruited Jello</p>	<p>9 Pork Roast</p> <p>Baked Potato</p> <p>Cabbage</p> <p>Roll</p> <p>Fruit</p>	<p>10 Chicken Sandwich</p> <p>Potato Wedges</p> <p>Baked Beans</p> <p>Lettuce/Tomato</p> <p>Banana</p>
<p>13 Ham & Beans</p> <p>Fried Potatoes</p> <p>Coleslaw</p> <p>Cornbread</p> <p>Fruit</p>	<p>14 Chicken and Noodles</p> <p>Peas</p> <p>Roasted Apples</p> <p>Crackers</p>	<p>15 Soft Tacos</p> <p>Refried Beans</p> <p>Lettuce/Tomato</p> <p>Ice Cream</p>	<p>16 Catfish</p> <p>Pinto Beans</p> <p>Coleslaw</p> <p>Hushpuppies</p> <p>Cherry Turnover</p>	<p>17 Meatloaf</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Roll</p> <p>Cheesecake</p>
<p>20 Closed for MLK day</p> 	<p>21 Oven Fried Chicken</p> <p>Mac and Cheese</p> <p>Fried Okra</p> <p>Biscuit</p> <p>Orange Fluff</p>	<p>22 Cream of Broccoli Soup</p> <p>Chicken Salad Sandwich</p> <p>Chips</p> <p>Chocolate Pudding</p>	<p>23 Chicken and Rice Casserole</p> <p>Green Beans</p> <p>Roll</p> <p>Fruit</p>	<p>24 French Dip Sandwich</p> <p>Chips</p> <p>Mixed Veggies</p> <p>Strawberries</p>
<p>27 Chicken Tenders</p> <p>Mac and Cheese</p> <p>Peas</p> <p>Roll</p> <p>Fruit</p>	<p>28 Chicken Fajitas w/Peppers & Onions</p> <p>Mexican Rice</p> <p>Refried Beans</p> <p>Ice Cream</p>	<p>29 Scrambled Eggs</p> <p>Biscuits & Gravy</p> <p>Sausage</p> <p>Sliced Tomatoes</p> <p>Orange Juice</p>	<p>30 Hamburger on a Bun</p> <p>French Fries</p> <p>Green Beans</p> <p>Lemon Bars</p>	<p>31 BBQ Ribette Sandwich</p> <p>Baked Beans</p> <p>Fried Okra</p> <p>Fruit</p>

Diet & Nutrition Tips for Seniors & Their Caregivers



If you are a parent, we know you lead very busy lives. While juggling a job and family life, you may also be caring for the needs of a senior loved one. While ensuring your loved ones get what they need to stay strong and healthy over time, we often sacrifice our own health needs. In this infographic, we will walk you through diet and nutrition tips for your aging parents who may need some help, as well as tips that you may want to consider to strike a nutritional balance that keeps you healthy and energized!

First things first, what does nutritional balance mean?

Simply put, nutritional balance is having the right amount of protein, energy, carbohydrate, fat, vitamins and minerals each and every day to help you meet your dietary needs.



To achieve this, Canada's Food Guide recommends eating vegetables and fruits, whole-grain foods, and protein foods to maintain your health.

They suggest eating the following on a regular basis:

Whole-grain foods:

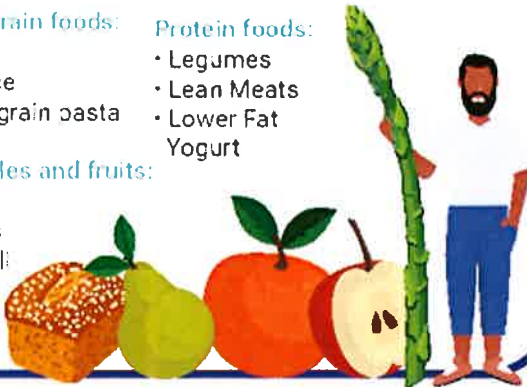
- Quinoa
- Wild rice
- Whole grain pasta

Protein foods:

- Legumes
- Lean Meats
- Lower Fat Yogurt

Vegetables and fruits:

- Apples
- Carrots
- Broccoli



Caring for seniors

A balanced and healthy diet is very important for elders as they age. You may or may not already know, but healthy eating can help your loved ones:

- Maintain a healthy weight
- Promote and protect health and well-being
- Provide essential energy and nutrients to maintain health
- Prevent or slow progression of chronic illnesses
- Prevent muscle and bone loss to reduce the risk of falling or breaking bones



You may have noticed your parents, on occasion or with growing regularity, eat less, or are becoming uninterested in food. With aging, the body may need fewer calories, but it does require just as high or higher levels of certain nutrients such as vitamins or minerals.

Essential vitamins and minerals that Dietitians of Canada recommends as you age include:

Vitamin B6:

You and your elders need more of this after the age of 60, as they are essential for a healthy immune system

Sources include potatoes, beans, meat, chicken and fish.

Vitamin B12:

Up to 30% of adults over age 60 may have trouble absorbing vitamin B12. This vitamin is found in meat, chicken, fish and milk products.

Vitamin D:

Health Canada says that in addition to eating vitamin D rich foods, everyone over age 50 should take a supplement with 800 IU of vitamin D daily.

Calcium

Daily calcium needs increase to 1200 mg at age 50 for both women and men to keep those bones strong and healthy.



Iron

Good sources of iron include poultry, beans, leafy greens and fortified breakfast cereals.



Lincoln SAC January 2025 Activities

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed for New Year's Day 	2 10:00 BB Baseball Practice	3 10:45 Ageless Grace Birthday celebration for January after lunch!
6 10:00 Gospel Singing	7 9:30 Jam Session/Live Music	8 10:45 Ageless Grace 12:15 Bingo	9 10:00 BB Baseball Practice Coke or Root Beer Floats after lunch	10 10:45 Ageless Grace.
13 10:00 Gospel Singing Winter themed craft after lunch	14 9:30 Jam Session/Live Music	15 10:45 Ageless Grace 12:15 Bingo	16 10:00 BB Baseball Practice Baseball vs. PG at home after lunch	17 10:45 Ageless Grace.
20 Closed for MLK Day 	21 9:30 Jam Session/Live Music 9:00 Food Bank (Sanctuary Church)	22 10:45 Ageless Grace 12:15 Bingo	23 10:00 BB Baseball Practice	24 10:45 Ageless Grace <u>BINGO Matinee</u> <u>Saturday 25th</u> <u>Doors 11:45</u> <u>Bingo 12:30</u>
27 10:00 Gospel Singing	28 9:30 Jam Session/Live Music	29 10:45 Ageless Grace 12:15 Bingo	30 10:00 BB Baseball Practice Tic Tournament after lunch 12:15	31 10:45 Ageless Grace



Craft for January will be snowmen candles. Come join us Monday the 13th after lunch!

Wishing you a year of health, wealth, and the kind of happiness that truly matters.
Happy New Year!

Homemade
GIFTS MADE EASY

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.



New Year's Eve

WORD SEARCH

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Noisemaker
Countdown
Cheers
Horns

Resolution
Calendar
Party
Ball

Celebrate
Midnight
Cheer
Kiss

Fireworks
Bubbles
Clock
Time