

# JANUARY



# 2025 MENU

Mon	Tue	Wed	Thu	Fri
<p><b>\$4.00 Suggested Meal Donation for 60 +</b>  <b>\$8.50 Charge For Carry out &amp; \$8.00 Charge for Under 60</b></p>	<p><b>Menu Subject to Change Due to Supply Chain Availability</b></p>		<p>2                      Chicken Pot Pie W/ Mixed Vegetables                      Mashed Potatoes                      Spiced Peaches &amp; Cranberries</p>	<p>3                      Chicken Fried Steak                      Potatoes w/Gravy                      Catalina Vegetables                      Fresh Baked Roll                      Peach Crisp</p>
<p>6                      Chicken Rice Bake                      Steamed Broccoli                      Fresh Baked Roll                      Cran/Orange Relish                      Pumpkin Pie</p>	<p>7                      Gourmet Chicken                      Mashed Potatoes                      Steamed Broccoli                      Fresh Baked Roll                      Berry Crisp</p>	<p>8                      Cider Glaz'd Pork Loin                      Sweet Potato Cass.                      Brussel Sprouts                      Cornbread                      Cinnamon Apples</p>	<p>9                      Fried Chicken                      Potatoes w/Gravy                      Vegetable Casserole                      Fresh Baked Roll                      Berry Jam Bars</p>	<p>10                      Beef &amp; Potato Bake                      Whole Kernel Corn                      Cornbread                      Pineapple Mandarin                      Orange Cake</p>
<p>13                      Chicken Fajitas W/ Peppers &amp; Onions                      Mexican Rice                      Charro Beans                      Coconut Cream Cake</p>	<p>14                      Pattie Melt w/Grilled Onions/Sauce on Side                      Mustard Potato Salad                      Broccoli Salad                      Banana Pudding w/ Vanilla Wafers</p>	<p>15                      Chick'n Fried Chicken                      Potatoes w/Gravy                      Buttered Corn                      Fresh Baked Roll                      Macadamia Cookie</p>	<p>16                      Smoked Brisket                      Baked Potato Salad                      Baked Beans                      Cornbread                      Farmhouse Cake</p>	<p>17                      Fried Fish                      Potatoes w/Onions                      Seasoned Greens                      Hushpuppies                      Lemon Cream Pie</p>
	<p>21                      Salisbury Steak W/ Potatoes/Brown Gravy                      Brussel Sprouts                      Peach Dump Cake</p>	<p>22                      Italian Baked Chicken                      Pasta Primavera                      Garlic Bread                      Chocolate Cake</p>	<p>23                      Meatloaf W/Potatoes &amp; Brown Gravy                      Sonoma Vegetables                      Fresh Baked Roll                      Cranberry Butter Bar</p>	<p>24                      Pinto Beans w/Ham                      Fried Potatoes/Onions                      Seasoned Greens                      Cornbread                      Fruit Crisp</p>
<p>27                      Marinated Grilled Chicken Sandwich                      Baked French Fries                      3-Bean Salad                      Fresh Baked Cookie</p>	<p>28                      Glazed Ham                      Scalloped Potatoes                      Green Beans                      Fresh Baked Roll                      Caramel Apple Cake</p>	<p>29                      Broccoli Cheese Soup                      1/2 Turkey Club                      Sandwich w/ side of Cranberry Mustard                      Potato Chips                      Winter Fruit Cup</p>	<p>30                      Fried Fish                      Baked French Fries                      Creamy Coleslaw                      Hushpuppies                      Fruit Crisp</p>	<p>31                      Chicken Fried Steak                      Potatoes w/ Gravy                      Green Beans                      Fresh Baked Roll                      Buttermilk Cake</p>



**Lowell Senior Activity 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.aanwaf.org



# JANUARY



# 2025 ACTIVITIES

Mon	Tue	Wed	Thu	Fri
<p><b>Suggested Donation For Transportation \$3 to \$10 Based on Destination</b></p>	<p><u>Looking Ahead Diamond Art Classes starting February 18th at 10:30am. Sign up by 1/15</u></p>		<p>2 Wii Bowling Practice 11:00 am <b>12:30 Music W/ Mike</b></p>	<p>3 Chair Yoga 10:00 am Wii Bowling 12:30 pm</p>
<p>6 Cards 9:00am Chair Yoga 10:00 am Wii Bowling 12:30 pm</p>	<p>7 Beanbag Baseball 12:30 pm</p>	<p>8 <b>Breakfast 9:00 am</b> Cards 9:00 am <b>Bingo 9:30</b>  Wii Bowling Practice 11:00 am</p>	<p>9 Wii Bowling Practice 11:00 am</p>	<p>10 Chair Yoga 10:00 am</p>
<p>13 Cards 9:00am Chair Yoga 10:00 am</p>	<p>14 <b>9:15 Casino Day Cherokee</b>  Beanbag Baseball 12:30 pm</p>	<p>15 <b>Breakfast 9:00 am</b> Cards 9:00 am <b>Bingo 9:30 am</b></p>	<p>16 Wii Bowling Practice 11:00 am <b>12:30 Gospel Music W/ Mike</b></p>	<p>17 Chair Yoga 10:00 am Board Games 10:30 am</p>
	<p>21 Beanbag Baseball 12:30 pm</p>	<p>22 <b>Breakfast 9:00 am</b> Cards 9:00 am <b>Bingo 9:30 am</b></p>	<p>23 Wii Bowling Practice 11:00 am</p>	<p>24 Chair Yoga 10:00 am Board Games 10:30 am</p>
<p>27 Cards 9:00am Chair Yoga 10:00 am</p>	<p>28 Beanbag Baseball 12:30 pm</p>	<p>29 <b>Breakfast 9:00 am</b> Cards 9:00 am <b>Bingo 9:30 am</b></p>	<p>30 Wii Bowling Practice 11:00 am</p>	<p>31 Chair Yoga 10:00 am Board Games 10:30 am</p>



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