

Lincoln Senior Activity Center

116 E Park Street, Lincoln, AR 72744



Phone: 479-824-3861 Email: lincolnsc@aaanwar.org

Hours: Monday–Friday 8:00 am to 4:30 pm Lunch Served at 11:30 am.

All carry out and under 60 meals are \$8.00



Back to Nights for the Summer!!

Bingo Fundraiser

Saturday Night April 26th

Doors at 5 & Bingo Starts at 6

Dinner and 1 card for \$5

Additional Cards 2 for \$5

ALL AGES WELCOME COME

AND JOIN US!!

Spring Dance

Music By Bobby Russell Project

Saturday April 5th

Doors @ 5 pm

Music starts @ 6 pm



**Craft Monday April
7th after lunch**



This institution is an equal opportunity Provider and Employer EEO Employer/AA/M/F/Vet/Disabled

Lincoln SAC April 2025 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Oven Fried Chicken Rice Pilaf Asparagus Biscuit Fruit	2 Broccoli Soup Tuna Salad Sandwich Pasta Salad Banana Pudding	3 Beef Tips & Gravy on Egg Noodles Mashed Potatoes Carrots Roll Fruit	4 French Dip Sandwich Chips Mixed Veggies Cake
7 Sweet & Sour Chicken Fried Rice Vegetable Blend Egg Roll Fruit	8 Roast Beef Mashed Potatoes Green Peas Roll Cream Pie	9 Ham Mac & Cheese Peas & Carrots Roll Brownie	10 Chef Salad Dressing Crackers Fruit	11 Kielbasa with Saurekraut Rosemary Potatoes Green Beans Roll Fruit
14 Catfish Baked Potato Broccoli w/Cheese Hushpuppies Fruit	15 Beef Tips & Gravy on Egg Noodles Mashed Potatoes Carrots Roll Mandarin Orange Fluff	16 Cheese Enchiladas Mexican Rice Fiesta Corn Strawberries with Topping	17 Hamburger Lettuce & Tomato Fries Cookie	18 Turkey Sweet Potato Green Beans Roll Fruit
21 Chicken & Dumplings Peas & Carrots Roll Fruit	22 Roast Beef Mashed Potatoes Green Beans Roll Fruit Crisp	23 Scrambled Egg Sausage Biscuit & Gravy Tomatoes Orange Juice	24 Braised Pork Tips Seasoned Rice Brussel Sprouts Roll Fruit	25 Brisket Potato Wedges Baked Beans Roll Cake
28 Corned Beef Cabbage Potatoes Roll Fruit	29 Pasta Fagioli Soup Deli Sandwich Crackers Pea Salad Fruit	30 Meatloaf Mashed Potatoes Green Beans Roll Turnovers	Congregate and Home Delivered Meals: Suggested Donation Seniors 60+: \$4.00	Under 60 and all take out meals: \$8.00 TO GO ORDERS CALL (479) 824-3861 <i><u>Menu is subject to change due to availability</u></i>



ADVANTAGES OF HEALTHY EATING

Long **LIFE** & **STRENGTH**

Proper diet is necessary for living longer with strength. It can fight against cardiac disease, high blood pressure, cancer and bone loss by enhancing immunity.



Keep a **SHARP** **MIND**

Smart eating provides your brain the nutrients it needs to do its job. Concentration can be increased and risk of Alzheimer's Disease reduced by eating healthy fats like Omega 3's nutritious foods.



Physically **BETTER** **Feelings**

Nutritious meals boost immune defense and healing, helping you just feel, move, and sleep better.



CALORIE STATISTICS



Very Active
Active
Not Active



Daily
calorie needs
above
50 years
of age



Very Active
Active
Not Active



Lincoln SAC April 2025 Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Jam Session/Live Music	2 10:45 Ageless Grace Exercise Class 12:15 Bingo	3 10:00 BB Baseball Practice	4 10:45 Ageless Grace Exercise Class 12:00 Birthday Cake for April DANCE April 5th Doors @ 5 Music@ 6
7 10:00 Gospel Singing Crafts after lunch String art crosses or easter eggs	8 9:30 Jam Session/Live Music	9 10:45 Ageless Grace Exercise Class 12:15 Bingo	10 10:00 BB Baseball Practice 12:15 Bean bag baseball at Prairie Grove	11 10:45 Ageless Grace Exercise Class
14 10:00 Gospel Singing	15 9:30 Jam Session/Live Music 9:00 Food Bank (Sanctuary Church)	16 10:45 Ageless Grace Exercise Class 12:15 Bingo	17 10:00 BB Baseball Practice	18 10:45 Ageless Grace Exercise Class 12:00 Ice Cream Sundae Social
21 10:00 Gospel Singing	22 9:30 Jam Session/Live Music	23 10:45 Ageless Grace Exercise Class 12:15 Bingo	24 10:00 BB Baseball Practice 12:15 Tic Tournament	25 10:45 Ageless Grace Exercise Class Bingo Fundraiser Saturday 26th Doors@5 Bingo@6
28 10:00 Gospel Singing	29 9:30 Jam Session/Live Music	30 10:45 Ageless Grace Exercise Class 12:15 Bingo		

Easter Word Search

G	S	N	O	I	T	P	M	E	D	E	R	Y	Y	M
J	J	U	Y	K	I	R	Y	T	T	F	X	E	O	L
R	L	K	F	W	E	E	C	I	O	J	E	R	C	K
X	Y	N	G	Q	C	U	W	V	U	P	C	M	C	K
R	C	R	O	S	S	H	R	E	D	P	H	M	N	E
I	F	V	A	I	B	Q	U	I	R	G	P	Q	R	N
S	A	Q	Z	M	T	M	I	R	A	C	L	E	T	S
E	I	A	O	I	R	C	H	R	C	O	Y	I	U	E
N	T	T	P	R	C	G	E	Y	O	H	S	S	R	L
I	H	H	S	O	O	C	A	R	K	I	E	P	V	K
N	W	O	R	C	S	D	U	B	R	J	V	R	G	T
O	H	T	N	G	N	T	E	S	F	U	L	A	M	I
D	P	V	O	U	Q	F	L	D	K	A	S	Y	S	H
Z	M	E	S	B	Z	Z	W	E	M	L	Y	E	D	F
E	T	G	L	M	E	G	K	B	S	L	T	R	R	U

APOSTLES
CROWN
LAMB
PRAYER
RESURRECTION
SON

CHURCH
FAITH
MARY
REDEMPTION
RISEN
SUNDAY

CROSS
JESUS
MIRACLE
REJOICE
SAVIOR
TOMB



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 home-bound 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.

