

Arkadelphia Senior Activity Center
1305 North 10th Street
870-246-9871

Open 7:30a.m. -3:30 p.m.

APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Chair Volleyball 12:00 Beanbag Baseball	2 10:00 Meagan Ratcliff with Gentiva 10:15 Chair Volleyball 12:00 Beanbag Baseball	3 <u>10:00 Ageless Grace Exercise</u> 10:30 Chair Volleyball 12:00 Beanbag Baseball 11:00 Board Meeting	4 10:00 Gospel Singing 10:00 Chair Volleyball 12:00 Beanbag Baseball	5 10:00 BINGO with Lloyd Jordan 12:00 Beanbag Baseball
8 Senior Center Closed	9 9:00-3:00 Monthly Commodities 10:00 Chair Volleyball 12:00 Beanbag Baseball	10 9:00-3:00 Monthly Commodities <u>10:00 Ageless Grace Exercise</u> 10:30 Chair Volleyball 12:00 Beanbag Baseball 11:00 Council Meeting	11 9:00-3:00 Monthly Commodities 10:00 Gospel Singing 10:00 Chair Volleyball 12:00 Beanbag Baseball	12 10:00 BINGO 12:00 Beanbag Baseball
15 10:00 Chair Volleyball 12:00 Beanbag Baseball	16 10:00 Chair Volleyball 12:00 Beanbag Baseball 11:00 JoAnn Home Ext. Nutrition & Yoga	17 <u>10:00 Ageless Grace Exercise</u> 10:30 Chair Volleyball 12:00 Beanbag Baseball	18 10:00 Plus One Gospel Singers 10:00 Chair Volleyball 12:00 Beanbag Baseball	19 10:00 BINGO with Senior Companion 12:00 Beanbag Baseball
22 10:00 Chair Volleyball 12:00 Beanbag Baseball	23 10:00 Chair Volleyball 12:00 Beanbag Baseball 10:30 Natha Peele Agency	24 <u>10:00 Ageless Grace Exercise</u> 10:30 Chair Volleyball 12:00 Beanbag Baseball	25 9:00-3:00 Quarterly Commodities 10:00 Gospel Singing 10:00 Chair Volleyball 12:00 Beanbag Baseball	26 9:00-3:00 Quarterly Commodities 10:00 BINGO with Lloyd Jordan 12:00 Beanbag Baseball
29 10:00 Chair Volleyball 12:00 Beanbag Baseball	30 10:00 Chair Volleyball 12:00 Beanbag Baseball	Thursday Night Dance 7:00-9:30 Admission \$6.00		

Shooting Pool <i>DOMINOES</i> Connect 4 Game Chair Volley Ball	<i>CARD GAMES</i> Puzzles Checkers	Exercise Equipment <i>Watercolor Painting</i> Computer Room Beanbag Baseball
---	--	---

April

Lunch Served Daily From 11:15 to 11:45
 With Suggested Donation of \$3:00
 870-246-9871

Arkadelphia Senior Center

2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Country Baked Chicken Rice Pilaf California Veg. SF Dinner Roll Tropical Fruit Skim Milk	2 Lasagna / Meat Sauce Mixed Green Salad Garlic Breadstick Margarine Chilled Peaches Skim Milk	3 Breaded Fish French Fries Cole Slaw Hushpuppies Lemon Cream Pie Skim Milk	4 Frito Pie Tossed Salad Strawberry Shortcake Skim Milk	5 Glazed Meatloaf Mashed Potatoes Purple Hull Peas Cornbread Chilled Pears Skim Milk
8 Senior Center Closed	9 Oven Fried Chicken Mashed Potatoes Corn FZN SF Garlic Cheddar Biscuit Banana Pudding Skim Milk	10 Taco Soup Shredded Cheese Chopped Lettuce & Tomatoes Tortilla Chips Fresh Orange Skim Milk	11 Herbed Pork Loin Scalloped Potatoes Green Beans Dinner Roll Fruit Cobbler Skim Milk	12 Special Meal Chicken Spaghetti Pinto Beans Broccoli Cornbread Brownie Skim Milk
15 Hamburger on Bun Baked Beans Lettuce & Tomato Mandarin Oranges Skim Milk	16 Beef Enchilada Casserole Corn FZN SF Bread Tropical Fruit Skim Milk	17 Ham & Beans Greens Cornbread Fruit Crisp Skim Milk	18 Spaghetti Meat Sauce Tossed Salad Dressing Garlic Breadstick Margarine Chilled Pineapples Skim Milk	19 Tuna salad Sandwich Tater Tots Cole Slaw Banana Split dessert Skim Milk
22 Grilled Chicken on Bun French Fries Lettuce & Tomato Strawberries w/Whip Topping Angel Food Cake Skim Milk	23 Chicken Rice Casserole Green Beans SF Whole Wheat Roll/Bread Margarine Tropical Fruit Skim Milk	24 Steak Fingers Macaroni & Cheese Peas & Carrots Wheat Bread Fruit Cup Skim Milk	25 Chili Dog on Bun Cucumber Tomato Salad Chilled Pears Chocolate Oatmeal Cookie Skim Milk	26 Hamburger Steak w/Onion Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll/Bread Chilled Peaches Skim Milk
29 Roast Beef Carrots & Potatoes Wheat Roll Chilled Pineapple Cookie Skim Milk	30 GOULASH Tossed Salad Wheat Roll Margarine Ambrosia Deluxe Skim Milk			