



Lunch Served Tuesday-Friday  
 From 11:15 to 11:45  
 With Suggested Donation of \$3:00

**Arkadelphia Senior Center**

**2024**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sliced Ham American Fried Potatoes Turnip Greens Cornbread / Margarine Seasonal Fresh Fruit Cookie Skim Milk	2 Glazed Meatloaf Scalloped Potatoes Mixed Vegetables Whole Wheat Roll/Bread Pineapple Upside down Cake Skim Milk	3 BBQ Chicken Leg Seasoned Yellow Squash Tossed Garden Salad Whole Wheat Roll/Bread Fruit Cup Skim Milk	4 Breaded Fish Oven Fries Calico Slaw Whole Wheat Roll/Bread Chocolate Cake/Icing Skim Milk
7 Senior Center Closed	8 Roast Beef Mashed Potatoes Green Beans SF Dinner Roll Fruit Cobbler Ice Cream Skim Milk	9 Chicken & Noodle Casserole Green peas Bread Pudding Roll Skim Milk	10 Spaghetti/Meat Sauce Broccoli SF French Bread Seasonal Fresh Fruit Skim Milk	11 Pork Chops Rice Purple Hull Peas Cornbread Cookie Skim Milk
14 Senior Center Closed	15 Chicken & Dumplings Whole Kernel corn Cornbread Peaches Skim Milk	16 Chicken Spaghetti Tossed Salad /Dressing French Bread Margarine Seasonal Fresh Fruit Skim Milk	17 Breaded Chicken Mashed Potatoes Broccoli SF Whole Wheat Roll/Bread Melon in Season Skim Milk	18 Grilled Chicken Salad White Bread or Crackers Ranch Dressing Lite Sherbet Skim Milk
21 Senior Center Closed	22 Cheeseburger Pie Mashed Potatoes Seasoned Carrots Whole Wheat Roll Fruit Cup Skim Milk	23 Great Northern Beans Turnip Greens Cornbread Cherrie Pie Skim Milk	24 Hawaiian Chicken Rice Roasted Zucchini Wheat Roll Angel Food Cake Strawberries/Whip Topping Skim Milk	25 Hamburger on Bun Baked Steak Fries Lettuce & Tomato Chilled Pineapple Skim Milk
28 Senior Center Closed	29 Beef Stew Cornbread Brownie Skim Milk	30 SPEACIAL MEAL Chili / Crackers Half Apple Cheese Cubes Cinnamon Roll Skim Milk	31 Senior Center Closed	

Arkadelphia Senior Activity Center  
1305 North 10<sup>th</sup> Street  
870-246-9871

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

OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 10:00 Chair Volleyball 12:00 Beanbag Baseball	<b>2</b> <u>10:00 Ageless Grace</u> 10:30 Chair Volleyball 12:00 Beanbag Baseball <u>11:00 Board Meeting</u>	<b>3</b> 10:00 Gospel Singing 10:00 Chair Volleyball 12:00 Beanbag Baseball	<b>4</b> 10:00 Bingo with Lloyd Jordan  <u>10:30 Kasandra Williams @ UAMS Center on Aging</u>
<b>7</b> Senior Center Closed	<b>8</b> 10:00 Chair Volleyball 12:00 Beanbag Baseball	<b>9</b> <u>10:00 Ageless Grace</u> 10:30 Chair Volleyball 12:00 Beanbag Baseball <u>11:00 Council Meeting</u>	<b>10</b> 10:00 Gospel Singing 10:00 Chair Volleyball 12:00 Beanbag Baseball	<b>11</b> 10:00 Bingo with Lloyd Jordan
<b>14</b> <u>9:00-3:00 Monthly Commodities</u> Senior Center Closed	<b>15</b> <u>9:00-3:00 Monthly Commodities</u> 10:00 Chair Volleyball 12:00 Beanbag Baseball <u>11:00 JoAnn Home Ext. Nutrition &amp; Yoga</u>	<b>16</b> <u>9:00-3:00 Monthly Commodities</u> <u>10:00 Ageless Grace</u> 10:30 Chair Volleyball 12:00 Beanbag Baseball	<b>17</b> 10:00 Chair Volleyball 12:00 Beanbag Baseball	<b>18</b> 10:00 Bingo with Lloyd Jordan  <u>10:30 Kasandra Williams @ UAMS Center on Aging</u>
<b>21</b> Senior Center Closed	<b>22</b> 10:00 Chair Volleyball 12:00 Beanbag Baseball  <u>10:30 Natha Peele Agency</u>	<b>23</b> <u>10:00 Ageless Grace</u> 10:30 Chair Volleyball 12:00 Beanbag Baseball	<b>24</b> 10:00 Gospel Singing 10:00 Chair Volleyball 12:00 Beanbag Baseball  <u>9:00-3:00 Quarterly Commodities</u>	<b>25</b> 10:00 Bingo with Lloyd Jordan <u>10:30 Kasandra Williams @ UAMS Center on Aging</u>  <u>9:00-3:00 Quarterly Commodities</u>
<b>28</b> Senior Center Closed	<b>29</b> 10:00 Chair Volleyball 12:00 Beanbag Baseball	<b>30</b> <u>10:00 Ageless Grace</u> 10:30 Chair Volleyball 12:00 Beanbag Baseball	<b>31</b> Senior Center Closed	

Connect Four

Checkers

Shooting Pool

Puzzles

Beanbag Baseball

Scrabble

Chair Volleyball

Exercise Equipment

Card Games

Dominoes

Computer Room