

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

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

DECEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
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				1 10:00 BINGO with Lloyd Jordan
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4 10:00 Chair Volleyball 12:00 Beanbag Baseball	5 10:00 Chair Volleyball 12:00 Beanbag Baseball	6 <u>11:00 Board Meeting</u> 10:00 Chair Volleyball 12:00 Beanbag Baseball	7 10:00 Gospel Singing 10:00 Chair Volleyball 12:00 Beanbag Baseball	8 10:00 Bingo
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11 9:00-3:00 Monthly Commodities 10:00 Chair Volleyball 12:00 Beanbag Baseball	12 9:00-3:00 Monthly Commodities 10:00 Chair Volleyball 12:00 Beanbag Baseball	13 <u>11:00 Council Meeting</u> 9:00-3:00 Monthly Commodities 10:00 Chair Volleyball 12:00 Beanbag Baseball 10:30 Natha Peel Agency	14 10:00 Gospel Singing 10:00 Chair Volleyball 12:00 Beanbag Baseball	15 10:00 BINGO 12:00 Christmas T.V. DRAWING Good Luck!
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18 10:00 Chair Volleyball 12:00 Beanbag Baseball	19 10:00 Chair Volleyball 12:00 Beanbag Baseball <u>11:00 JoAnn @ Home Ext. Nutrition & Yoga</u>	20 10:00 Chair Volleyball 12:00 Beanbag Baseball	21 10:00 Chair Volleyball 12:00 Beanbag Baseball	22 10:00 BINGO
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25  HOLIDAY CLOSED	26  HOLIDAY CLOSED	27 10:00 Chair Volleyball 12:00 Beanbag Baseball	28 10:00 Gospel Singing 10:00 Chair Volleyball 12:00 Beanbag Baseball	29 10:00 BINGO
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<i>Shooting Pool</i>	<i>Puzzles</i>	<i>Watercolor Painting</i>	<i>Dominoes</i>	<i>Connect 4 Game</i>
<i>Chair Volleyball</i>		<i>Beanbag Baseball</i>		
<i>Exercise Equipment</i>	<i>Card Games</i>	<i>Checkers</i>	<i>Computer Room</i>	

DECEMBER

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

2023

Arkadelphia Senior Center

Monday

Tuesday

Wednesday

Thursday

Friday



1
 BBQ Chicken
 Potato Salad
 Baked beans Dinner Roll
 Fresh Orange Slices
 Skim Milk

4
 Baked Ham
 White Beans
 Turnip Greens SF
 Cornbread
 Hummingbird Cake
 Skim Milk

5
 Grilled Chicken on Bun
 Oven Fries
 Lettuce & Tomato
 Mandarin Oranges
 Cookie
 Skim Milk

6
 Chicken Spaghetti
 Tossed Salad
 Dinner Roll /
 Margarine
 Strawberries/Whipped
 Topping Brownie
 Skim Milk

7
 GOULASH
 Corn FZN SF
 Mixed Green Salad
 Wheat Roll
 Apple Pie
 Skim Milk

8
 Hamburger on Bun
 Baked Sweet Potato Fries
 Lettuce & Tomato
 Butterscotch Banana
 Cream Pie
 Skim Milk

11
 Chili Con Carne
 Baked Potato
 Wheat Bread or
 Crackers
 Chilled Pears
 Lemon Pudding Cake
 Skim Milk

12
 Chicken Pot Pie
 Tossed Salad
 /Dressing
 Dinner Roll
 Strawberry
 Shortcake
 Skim Milk

13
 Swedish Meatballs
 Noodles
 Green Peas SF
 Wheat Roll
 Fruit Mix
 Cookie
 Skim Milk

14
 Crunchy Chicken
 Mashed Potatoes
 Broccoli SF
 Dinner Roll
 Banana Pudding
 Skim Milk

15
 TACO SOUP
 Chopped Lettuce &
 Tomatoes
 Tortilla Chips
 Salsa
 Fruit Cup
 Skim Milk

18
 LASAGNA
 Tossed Salad/Dressing
 Garlic Bread
 Mandarin Oranges
 Pudding Parfait
 Skim Milk

19
 Smothered Chicken
 Rice
 California Vegetables
 Wheat Roll
 Chilled Pineapple
 Cookie
 Skim Milk

20
 Glazed Meatloaf
 Mashed Potatoes
 Green Beans SF
 Bread
 Margarine
 Citrus Twist Trifle
 Skim Milk

21
 TACO SALAD
 CORN
 chopped Lettuce &
 Tomatoes
 FROSTED CAKE
 Skim Milk

22
Special Meal
 Baked Ham
 Chicken & Dressing
 Cranberry Sauce
 Giblet Gravy
 Green Beans
 Candied Yams & Roll
 Chocolate Layer Delight
 Skim Milk

25

HOLIDAY CLOSED

26
**CHRISTMAS
 HOLIDAY
 OBSERVED
 CLOSED**

27
 Roast Beef
 Mashed Potatoes
 Seasoned Carrots
 Dinner roll
 Bread Pudding
 w/Vanilla Sauce
 Skim Milk

28
 Chicken & Dumplings
 Green Beans SF
 Cornbread
 Fresh Fruit Cup
 Cherry Cake
 Skim Milk

29
 Spaghetti /Meat Sauce
 Tossed Salad/Dressing
 Garlic Bread
 Fresh fruit Cup
 Gelatin/Whipped
 Topping
 Skim Milk