

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

Open 9:00 a.m. 2:00 p.m.

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 10:00 Board Meeting	6	7 10:00 BINGO
10 9:00-3:00 Monthly Commodities	11 9:00-3:00 Monthly Commodities	12 9:00-3:00 Monthly Commodities <u>10:00 Council Meeting</u> <u>Monthly Board</u> <u>Sponsored Drawing</u>	13 <u>10:00 John Gould</u> <u>Good Old Time Singing</u>	14 10:00 BINGO with Emily @ Palliative Community Resource
17  HOLIDAY CLOSED	18 <u>11:00 JoAnn Home Ext.</u> <u>Nutrition & Yoga</u>	19	20 10:00 Connie @ Twin Rivers Pie Drawing	21 10:00 BINGO with Jana Morris @ Elite Community-Based Services
24	25	26	27	28 10:00 BINGO
31				

DAILY ACTIVITIES

Puzzles

BEANBAG BASEBALL

Exercise Equipment

Wii Games

Shooting Pool

CHAIR VOLLEYBALL

CARD GAMES

Computer Room


JANUARY



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

Arkadelphia Senior Center

2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Oven Fried Chicken Mashed Potatoes Corn FZN SF Garlic Cheddar Biscuit Banana Pudding Skim Milk	4 Special Meal Chicken Spaghetti Tossed Salad Garlic Bread Tropical Fruit Skim Milk	5 Roast Beef Mashed Potatoes/Gravy Green Beans Dinner Roll Chilled Pineapple Cookie Skim Milk	6 Breaded Pork Chop Rice / Gravy Black Eyed Peas Cornbread Margarine mandarin Oranges Skim Milk	7 Chili Baked potato Broccoli / Margarine Wheat Bread or Crackers Assorted Cookies Skim Milk
10 Beef Tips Mashed Potatoes Peas & Carrots SF Dinner Roll/Margarine Pineapple Upside Down Cake Skim Milk	11 Chicken Rice Casserole Green Beans SF Wheat Bread Chilled Peaches Cookie Skim Milk	12 Baked Ham Baked Sweet Potato California Vegetables Dinner Roll Frosted Cake Skim Milk	13 Vegetable Soup Tuna Salad Sandwich Lettuce & Tomato Fruit Crisp Skim Milk	14 LASAGNA Tossed Salad Garlic Bread Dressing of Choice Fresh orange DUMP CAKE Skim Milk
17  HOLIDAY CLOSED	18 Country Baked Chicken Mashed Potatoes California Vegetables Dinner Roll Peach Cobbler Skim Milk	19 Beef Stew Wheat Bread or Crackers Emerald Pears Honey Bun Cake Skim Milk	20 Chicken & Dumplings Green Beans Dinner Roll/Margarine Fresh Orange Cookie Skim Milk	21 Breaded Pork Chop Pinto Beans Turnip Greens Cornbread Cinnamon Apples Skim Milk
24 Spaghetti /with Meat Sauce Broccoli French Bread Chilled Pears Cookie Skim Milk	25 Baked Ham Blacked Eyed Peas Seasoned Cabbage & Carrots Cornbread Sweet Potato Pie Skim Milk	26 Hamburger on Bun French Fries Lettuce & Tomato Fruit Cup Skim Milk	27 Glazed Meatloaf Mashed Potatoes Succotash Whole Wheat Roll/bread Peach Shortcake Skim Milk	28 Roast Turkey Rice Pilaf California Vegetables Dinner Roll/Margarine Strawberries/Whipped Topping Angel Food Cake Skim Mill
31 Hamburger Steak/onions Mashed Potatoes Green Beans SF Wheat Roll Mandarin Oranges Cookie Skim Milk	Clients please call by 9:00a.m. the day of to reserve curbside meal or reserve in advance please.			