



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

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

AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday
CHAIR VOLLEYBALL		SCRABBLE	BEANBAG BASEBALL	
<i>Shooting Pool</i>		<i>Puzzles</i>	<i>Checkers</i>	
<i>Exercise Equipment</i>		<i>Computer Room</i>	<i>Watercolor Painting</i>	
<i>Connect Four</i>				
				
		1	2	
		10:00 Gospel Singing	10:00 Bingo	
		10:00 Chair Volleyball 12:00 Beanbag Baseball		
5	6	7	8	9
Senior Center Closed	<u>10:00 Cater To Elders with Katrina & Cassandra</u>	10:00 Ageless Grace Exercise	10:00 Gospel Singing	10:00 Bingo with Lloyd Jordan
	10:00 Chair Volleyball 12:00 Beanbag Baseball	10:30 Chair Volleyball 12:00 Beanbag Baseball	10:00 Chair Volleyball 12:00 Beanbag Baseball	
		11:00 Board Meeting		
12	13	14	15	16
<u>9:00-3:00 Monthly Commodities</u>	<u>9:00-3:00 Monthly Commodities</u>	<u>9:00-3:00 Monthly Commodities</u>	10:00 Plus One Gospel Singers	10:00 Bingo
Senior Center Closed	<u>10:00 Gospel Bluegrass</u>	10:00 Ageless Grace Exercise	10:00 Chair Volleyball 12:00 Beanbag Baseball	
	10:00 Chair Volleyball 12:00 Beanbag Baseball	10:30 Chair Volleyball 12:00 Beanbag Baseball		
		11:00 Council Meeting		
19	20	21	22	23
Senior Center Closed	10:00 Chair Volleyball 12:00 Beanbag Baseball	10:00 Ageless Grace Exercise	<u>9:00-3:00 Quarterly Commodities</u>	<u>9:00-3:00 Quarterly Commodities</u>
	<u>11:00 Jo Ann @Home Ext.Nutrition & Yoga</u>	10:30 Chair Volleyball 12:00 Beanbag Baseball	10:00 Gospel Singing	10:00 Bingo with Lloyd Jordan
			10:00 Chair Volleyball 12:00 Beanbag Baseball	
26	27	28	29	30
Senior Center Closed	10:00 Chair Volleyball 12:00 Beanbag Baseball	10:00 Ageless Grace Exercise	10:00 Plus One Gospel Singers	10:00 Bingo
	<u>10:30 Natha Peele Agency</u>	10:30 Chair Volleyball 12:00 Beanbag Baseball	10:00 Chair Volleyball 12:00 Beanbag Baseball	



Lunch Served Tuesday-Friday
 11:15 to 11:45
With Suggested Donation of \$3.00
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2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Roasted Turkey Mashed Potatoes Green Beans SF Dinner Roll Fruit Cobbler / Ice Cream Skim Milk	2 Chicken Salad Sandwich on Wheat Greek Salad Fresh Fruit / Cookie Skim Milk
5 Senior Center Closed	6 Grilled Chicken Salad White Bread or Crackers Ranch Dressing Lite Seasonal Fresh Fruit Skim Milk	7 Chicken Spaghetti Tossed Salad w/Dressing French Bread Margarine Seasonal Fresh Fruit Skim Milk	8 Deli Hoagie Lettuce & Tomato Mayonnaise Fruit Parfait Angel Food Cake Skim Milk	9 Chicken Fried Steak Mashed Potatoes Broccoli SF Whole Wheat Roll/Bread Melon in Season Skim Milk
12 Senior Center Closed	13 Hawaiian Chicken Rice Roasted Zucchini Wheat Roll Angel Food Cake Strawberries/whip topping Skim Milk	14 Special Meal Glazed Meatloaf Purple Hull Peas Scallop Potatoes Cornbread/Margarine Brownie Skim Milk	15 BLT Sandwich on Wheat Pasta Salad Melon in Season Skim Milk	16 Hamburger on Bun Baked Steak Fries Lettuce, Tomato Onion Salad Chilled Pineapple Skim Milk
19 Senior Center Closed	20 Hamburger Steak w/Onion Gravy Mashed Potatoes Green Beans Seasonal Fresh Fruit Frosted Brownie Skim Milk	21 Ham w/Pineapple Roasted Sweet Potatoes Broccoli Cake of Choice Mandarin Oranges Skim Milk	22 Soft Beef Taco Refried Beans Cookie Seasonal Fresh Fruit Skim Milk	23 TUNA SALAD SANDWICH ON WHEAT Pasta Cheese Salad FRESH FRUIT CUP Cookie Skim Milk
26 Senior Center Closed	27 SLICED HAM AMERICAN FRIED POTATOES TURNIP GREENS SF CORNBREAD MARGARINE SEASONAL FRESH FRUIT COOKIE Skim Milk	28 GLASED MEATLOAF MASHED POTATOES MIXED VEGETABLES SF WHOLE WHEAT ROLL/BREAD PINEAPPLE UPSIDE DOWN CAKE Skim Milk	29 BBQ CHICKEN Seasoned Yellow Squash Tossed Garden Salad WHOLE WHEAT ROLL/BREAD Fruit Crisp Skim Milk	30 CHILI DOG ON BUN SWEET POTATO TOTS SLICED FRESH STRAWBERRIES Angel Food Cake Skim Milk