


January Menu 2020

Mon	Tue	Wed	Thur	Fri
		1 CLOSED <i>Happy New Year</i>	2 Chicken & Dumplings Winter Vegetable Mix Black Eyed Peas Cornbread	3 Fried Fish French Fries Green Tomato Relish Coleslaw Cornbread Apple Crisp
6 Chicken Pot Pie Mashed Potatoes Sweet Peas Fruit	7 Beef Enchilada Bake Spanish Rice Corn & Black Bean Salad Brownie	8 Sweet/Sour Chicken over Rice Garden Salad w/ Dressing Whole Wheat Roll Pineapple Cake	9 Country Ham Candied Sweet Potatoes Cabbage Whole Wheat Roll	10 Chicken Fried Steak Mashed Potatoes Roasted Vegetable Blend Whole Wheat Roll
13 Beef Lasagna Fresh Corn Carrots Garlic Bread Chocolate Brownie	14 BBQ Popcorn Chicken Macaroni/Cheese Green Beans Hot Biscuit	15 Fried Fish Pinto Beans Seasoned Greens Cornbread Apple Crisp	16 Brisket Plate Vegetable Medley Roasted Potatoes Whole Wheat Roll	17 Turkey Club Sandwich Vegetable Soup Fruit Cookie
20 Martin Luther King, Jr. Holiday 	21 Patty Melt Sandwich Potato Soup Fresh Fruit	22 Ham & Beans Fried Potatoes & Onions Seasoned Greens Cornbread Banana Pudding w/ Vanilla Wafers	23 Meatloaf Mashed Potatoes Broccoli Whole Wheat Roll	24 Chicken Chili w/Crackers Fiesta Corn Mixed Green Salad w/ Dressing Fresh Baked Cookie
27 Fried Fish French Fries Green Tomato Relish Coleslaw Cornbread Apple Crisp	28 Chicken & Dumplings Winter Vegetable Mix Purple Hull Peas Whole Wheat Roll	29 Hearty Beef Stew Deli Salad w/Dressing 1/2 Boiled Egg Cornbread Ooey Goopy Cake	30 BBQ Pulled Pork Potato Salad Baked Beans Whole Wheat Roll	31 Spaghetti w/ Meat Sauce Vegetable Medley Garlic Bread Spiced Peaches

BIRTHDAYS

Gladys Turner
Frances Parker
Margaret Curtis
Donny Rogers
Shirley Wilson
Charlie Presley
Linda Sliger
Reid Jeffries
Geraldine Goyne
Martha Beck

George Drake
Sherry Bell
Jerry Lowery
Harvey Littrell
Lee Estep
Mary Ditmore
Diane Kitchen
Sue Thomas
Ann Laird
Gretchen Morris

Barbara Bennett
Eileen Billig
Kenneth Foster
David Wood
Lorene Johnson
Toni Johnson
Beverly Bolinger
Sharron Bryant
Thelma Parker
James Wright

Mary Ann Whorton
Helen Bobbitt
Ruby Klaiss
Regina Moody
Debbie Houchins
Patricia Keck
Terrance Ware
Pat Anderson
Millard Acuff
Carl Yates

Tom McConnell
Pattie Commerford
Claudette Merrill
Barbara L. Smith
Franna McCullars
Jo Wheeler
Madeline Arrington
Kelly Burnett
Gayle Austin

January Activities 2020

Mon	Tue	Wed	Thu	Fri
<p>Clients Who Receive a Home Delivered Meal May Make a \$3 Per Meal Donation by Using the Envelope Provided by the Driver.</p>	<p>NEW Walk with Ease Class Starts Jan. 13 @ 8am Every Monday & Friday for 6 Weeks</p>	<p>1 CLOSED </p>	<p>2 Wal-Mart Shopping Leave @ 9:00am</p>	<p>3 Wii Bowling in the Art Room</p>
<p>6 Walk With Ease @ 8am Bingo 10am Sponsored by Legacy Hospice</p>	<p>7 Highlighters Band 10am Blood Pressure Check</p>	<p>8 Circle of Friends Breakfast @ 8:30 Marion Johnson Blue Grass 10am</p>	<p>9 Springdale Shopping Leave @ 8:30am</p>	<p>10 Walk With Ease @ 8am Bingo 10 am</p>
<p>13 Walk With Ease @ 8am Bingo 10am Sponsored by Humana Aurora Ladybugs Meet</p>	<p>14 Highlighters Band 10am</p>	<p>15 Chair Volleyball @10am</p>	<p>16 Mobile Pantry NWA Food Bank 11:30 am</p>	<p>17 Walk With Ease @ 8am United Healthcare 12:15 Dessert Bar</p>
<p>20 CLOSED </p>	<p>21 Highlighters Band 10am Blood Pressure Check</p>	<p>22 Marion Johnson Blue Grass 10am</p>	<p>23 Spades Tournament</p>	<p>24 Walk With Ease @ 8am Dinner Out That Little Pizza Place Leave @ 5pm</p>
<p>27 Walk With Ease @ 8am Bingo 10am Sponsored by Aurora Church of Christ</p>	<p>28 Highlighters Band 10am</p>	<p>29 Chair Volleyball @10am</p>	<p>30 Cherokee Casino Leave @ 8am Must Sign up</p>	<p>31 Walk With Ease @ 8am Wii Bowling in the Art Room</p>



Madison County Senior Activity & Wellness Center,
 903 N. College Avenue
 Huntsville, AR 72740
 479.738.2750
 Barbara Smith, Director



This institution is an equal Opportunity provider and Employer EEO Employer/AA/M/F/Vet/Disabled

The Aging Experts

Do you have questions or need services for senior adults?

In-Home Services • Senior Activity Centers
 Home Delivered Meals • Family Caregiver Assistance
 Personal Emergency Response System • Incontinence Supplies
 Housing • Veteran Directed Program

Area Agency on Aging
 of Northwest Arkansas
 1510 Rock Springs Road
 Harrison, Arkansas
 800-432-9721 or 870-741-1144
 www.aanwar.org

Silver Sneakers Facility
 Walking Trail
 Puzzles - Dominoes-Tuesday
 Cards-(Spades)
 Exercise Equipment
 Pool Table
 Wii Games
 Bean Bag Baseball
 Chair Volleyball
 Available Monday—Friday

Silver Sneakers - Monday, Wednesday & Friday at 9am
 Tai Chi - Monday and Wednesday at 10am
 Yoga - Wednesday at 6pm
 Art Class - Tuesday at 1pm
 Zentangle Art Class - Wednesday at 3:30pm
 Stability Class - Friday at 10am
 Dance Fitness - Tuesday & Thursday at 6pm