



Farmington Senior Activity Center

**340 W. Main St.
Farmington, AR**

October 2024

(479) 267-5709

October Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Happy Halloween</p> 	<p>1. Senior Yoga 9:00</p> <p>Mix Match Pitch</p>	<p>2. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p>	<p>3. Bingo 9:00-11:00</p> <p>Mix Match Pitch</p>	<p>4. Strength & Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Canasta 12:30</p>
<p>7. Chair Volley Ball 10:00</p> <p>Bingo 1:00-3:00</p>	<p>8. Senior Yoga 9:00</p> <p>Trip to Bella Vista 9:00</p> <p>Ice Cream Social 12:00</p> <p>Mix Match Pitch</p>	<p>9. Tai Chi 9:00</p> <p>Gospel Singing at Peach Tree Village Leave @ 10:15</p> <p>Skip Bo Tournament</p>	<p>10. Bingo 9:00-11:00</p> <p>Mix Match Pitch</p>	<p>11. Strength & Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Canasta 12:30</p>
<p>14. SERC Physical Therapy 9:00</p> <p>Chair Volley Ball 10:00</p> <p>Bingo 1:00-3:00</p>	<p>15. Senior Yoga 9:00</p> <p>Mix Match Pitch</p>	<p>16. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p>	<p>17. Bingo 9:00-11:00</p> <p>Mix Match Pitch</p>	<p>18. Strength & Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Canasta 12:30</p>
<p>21. Chair Volley Ball 10:00</p> <p>Bingo 1:00-3:00</p>	<p>22. Senior Yoga 9:00</p> <p>Trip to Branson 8:30</p> <p>Mix Match Pitch</p>	<p>23. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p>	<p>24. Bingo 9:00-11:00</p> <p>Mix Match Pitch</p>	<p>25. Yard Sale 8:00 @ the old Library</p> <p>Strength & Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Canasta 12:30</p>
<p>28. SERC Physical Therapy 9:00</p> <p>Chair Volley Ball 10:00</p> <p>Bingo 1:00-3:00</p>	<p>29. Senior Yoga 9:00</p> <p>Mix Match Pitch</p>	<p>30. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p>	<p>31. Bingo 9:00-11:00</p> <p>Costume Contest 11:15</p> <p>Mix Match Pitch</p>	


Suggested Donation

\$4.00


October Menu

Lunch Served

11:30-12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change	1. Fish Filet Corn Casserole Creamy Coleslaw Wheat Roll Mandarin Oranges	2. Baked Pork Cutlet w/Mushroom Gravy New Red Potatoes Normandy Veggies Roll Cookie	3. Chicken Spaghetti Casserole Buttered Carrots Breadstick Apple Spice Cake	4. Cheeseburger on a Bun Baked French Fries Spinach Fruit Medley
	7. Oven Fried Chicken Rice Pilaf Broccoli & Cauliflower Roll Banana	8. Breaded Pork Chop w/Cream Gravy Baked Potatoes Lima Beans Roll Peach Crisp	9. Soup Crackers Popcorn Chicken Salad Fruit Cup	10. Chicken Pot Pie Cali Blend Veggies Wheat Roll Pudding
14. Baked Chicken Wild Rice Green Peas Roll Fruit Salad	15. Dijon Pork Chop Hash Brown Potatoes Green Beans Wheat Roll Chilled Pineapple	16. Spaghetti & Meatballs Broccoli Florets Garden Salad Breadstick Cake	17. Homestyle Ham & Beans Fried Potatoes & Onions Seasoned Greens Cornbread Cinnamon Applesauce	18. Breaded Chicken w/Poultry Gravy Baked Potatoes Succotash Wheat Roll Fruit Cup
21. Meatball Sub Baked French Fries Peas & Carrots Pears	22. Teriyaki Chicken Fried Rice Steamed Broccoli Egg Roll Mandarin Oranges	23. Meatloaf Mashed Potatoes Mixed Veggies Roll Fruit	24. BBQ Pork Cutlet Potatoes Lima Beans Wheat Roll Fruit Medley	25. Beef Stew w/ Potatoes & Carrots Salad Roll Warm Spiced Peaches
28. Lemon Pepper Chicken Dill Roasted Potatoes Buttered Corn Wheat Roll Fruit	29. Sloppy Joe on a Bun Baked French Fries Peas & Carrots Banana Pudding	30. Roast Pork w/ Brown Gravy Mashed Potatoes Buttered Carrots Roll Fruit Cup	31. Popcorn Chicken Mac & Cheese Buttered Cauliflower Roll Peanut Butter Cake	

West Fork Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1. Chair Volley Ball or Bean Bag Baseball</p> <p>PEPPI 10:00-11:00</p>	<p>2.</p>	<p>3. Quilting 9:00-10:30</p> <p>PEPPI 10:00-11:00</p> <p>Dominos & Board Games</p>	
<p>7.</p>	<p>8. Chair Volley Ball or Bean Bag Baseball</p> <p>PEPPI 10:00-11:00</p>	<p>9.</p>	<p>10. Quilting 9:00-10:30</p> <p>PEPPI 10:00-11:00</p> <p>Dominos & Board Games</p>	
<p>14.</p>	<p>15. Chair Volley Ball or Bean Bag Baseball</p> <p>PEPPI 10:00-11:00</p>	<p>16.</p>	<p>17. Quilting 9:00-10:30</p> <p>PEPPI 10:00-11:00</p> <p>Bingo 11:00-12:00</p>	
<p>21.</p>	<p>22. Chair Volley Ball or Bean Bag Baseball</p> <p>PEPPI 10:00-11:00</p>	<p>23.</p>	<p>24. Quilting 9:00-10:30</p> <p>PEPPI 10:00-11:00</p> <p>Dominos & Board Games</p>	
<p>28.</p>	<p>29. Chair Volley Ball or Bean Bag Baseball</p> <p>PEPPI 10:00-11:00</p>	<p>30.</p>	<p>31. Quilting 9:00-10:30</p> <p>PEPPI 10:00-11:00</p> <p>Dominos & Board Games</p>	



Tour of Rudy, Chester & Winslow



COME JOIN THE FUN

10/08: Ice Cream Social after lunch

10/08: Mildred B. Cooper Memorial Chapel Tour

Bella Vista, Leave @ 9:00 *\$5.00*

10/14: SERC Physical Therapy, Presentation @ 9:00am

10/22: Showboat Branson Belle Lunch Cruise, Branson

Leave @ 8:30 *\$85.00*

10/25: Senior Center Yard Sale @ the old Library 8:00am

10/28: SERC Physical Therapy @ 9:00am

Fall Risk Assessments

10/31: Halloween Costume Contest 11:15



Transportation is provided Monday - Thursday 8:00 am to 12:00 pm

Doctor appointments Monday thru Thursday

Light shopping trips on Wednesday

Inside Farmington \$2.00

Fayetteville \$5.00

Call 24 hours in advance to schedule your trip

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