

OCTOBER MENU 2024

Siloam Springs Senior Activity & Wellness Center

Foot Prints of Seniors



Mon	Tue	Wed	Thu	Fri
LUNCH SERVED AT 12:00 PM TAKEOUT PICKUP 11:00-11:30 AM ORDERS ARE \$6.00	1 Chicken Broccoli Rice Casserole Side Salad w/Dressing Pears	2 Goulash Creamy Spinach Roll Banana	3 Beer Battered Cod Black Eyed Peas Coleslaw Hush Puppies Cookie	4 BBQ Chicken Potato Salad Normandy Blend Roll Cobbler
7 Pork Fritter w/ Plum Sauce Au Gratin Potatoes Sugar Snap Peas Frosted Chocolate Cake	8 Southern Chicken Bake Green Beans Roll Spiced Peaches	9 Chopped Steak w/Brown Gravy Mashed Red Potatoes Seasoned Greens Roll	10 Honey Butter Chicken Wild Rice Carrot/Raisin Salad Roll	11 Beef Taco Casserole Hominy Fruit Chips & Salsa
14 Chicken Empanadas Spanish Rice Pinto Beans Fruit	15 Pork Roast Potatoes w/Gravy 5 Way Veggies Roll Apple Cake	16 Manicotti w/Meat Sauce Cali Veggies Side Salad w/ Italian Garlic Knot	17 Potato Soup 1/2 Turkey Sandwich w/Cheese & Lettuce Crackers Tropical Fruit	18 Chicken Fried Steak Potatoes w/Gravy Peas & Carrots Roll Orange Zephyr Whip
21 Creamy Baked Chicken w/Noodles Italian Veggies Cornbread Mandarin Oranges	22 Sloppy Joe on Bun Baked Beans Coleslaw Lemon Cream Cake	23 Hearty Fall Chicken Stew w/Carrots, Corn, Potatoes, Green Beans Side Salad w/Ranch Cornbread Cherry Dump Cake	24 Beef Steak Fingers Potatoes w/Gravy Capri Veggies Roll	25 Sweet & Sour Chicken Fried Rice Eggroll Pineapple
28 Chicken Sandwich w/Lett/Tom/Onion Sweet Potato Fries Applesauce	29 Sausage & Pinto Beans Fluffy Rice Stewed Tomatoes Cornbread	30 Chicken Parmesan Tuscan Veggies Garlic Bread Peaches	31 Happy Halloween Roadkill Chili w/Beans Spiky Shredded Cheese Creepy Corn Crackling Crackers Wormy Apple Cobbler	\$4.00 SUGGESTED MEAL DONATION FOR 60 + \$6.00 CHARGE FOR CARRYOUT & UNDER 60



Siloam Springs Senior Activity & Wellness Center
750 Heritage Court
Siloam Springs, AR 72761
Phone: (479) 524-5735
E-Mail: director.siloam@ohcnwa.org (Ale)
E-Mail: assistant.siloam@ohcnwa.org (Debi)

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 870-741-1194
www.aanar.org



OCTOBER ACTIVITIES 2024

Siloam Springs Senior Activity & Wellness Center

Foot Prints of Seniors

	Mon	Tue	Wed	Thu	Fri
	SUGGESTED TRANSPORTATION DONATION IS \$3-\$10 DEPENDING ON DESTINATION	1 GOSPEL SINGING 10:30AM	2 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	3 A TO Z GIFTS STORE IN ALMA BUS LEAVES AT 8AM	4 ARKANSAS APPLE FESTIVAL IN LINCOLN BUS LEAVES AT 8:30AM
7	BINGO 1PM	8 GOSPEL SINGING 10:30AM	9 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	10 JOPLIN FLEA MARKET SHOPPING VAN LEAVES AT 8AM LUNCH AT RED ONION CAFE	11 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
14	POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING	15 GOSPEL SINGING 10:30AM	16 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	17 PUMPKIN PATCH FESTIVAL IN BELLA VISTA BUS LEAVES AT 8AM LUNCH AT EL PUEBLITO MEXICAN RESTAURANT	18 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
21	BINGO 1PM	22 GOSPEL SINGING 10:30AM	23 BLOOD PRESSURE SCREENING BY UAMS 11 AM WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	24 POT ROAST FUNDRAISER TICKETS ARE \$12 PICKUP BETWEEN 3-5PM DETAILS AT THE BOTTOM ↓ ↓ ↓ ↓ ↓	25 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
28	POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING	29 GOSPEL SINGING 10:30AM	30 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	31 Happy Halloween Party Halloween Bingo-11am Pumpkin Decorating-1pm Contest Wear a Halloween Costume (Not required) Spooky drink, Candy, Music, Fun Snack	ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER PERMITTING



- Carol Allen
- Luis Carrion
- Cassie Defibaugh
- Maryann Frye
- Richard Grubb
- Ray Kerr
- Jack Landsberry
- Norma Lucas
- Kenny Stroud
- Grace Maxwell
- Archie McNeely
- Jean Mielke
- Laura Moss
- Carol Nesbitt
- Bob Ochs
- Steve Patterson
- Deborah Roberts
- Maria Williams

Pot Roast Dinner Curbside Pickup Fundraiser



When: October 24, 2024
Time: 3-5pm Pickup

Where: Siloam Springs Senior Center
\$12 per meal-Tickets can be purchased at the Senior Center

All proceeds and donations will go to support your local senior center/Meals on Wheels program.

Meals consist of: Pot Roast, Mashed Potatoes w/Gravy, Corn, Roll and Coconut Cream Pie.

Tickets can be purchased now through October 18th.

