

December Menu 2024

Siloam Springs Senior Activity & Wellness Center

Foot Prints of Seniors



Mon	Tue	Wed	Thu	Fri
2 Chicken Tetraxini Glazed Carrots Garlic Roll Carmel Apple Mousse	3 Beef Stew Garden Salad w/ Dressing Cornbread Spiced Peaches & Cranberries	4 Teriyaki Chicken Fried Rice Steamed Broccoli Egg Roll Mandarin Oranges	5 Smoked Brisket Baked Potato Salad Baked Beans Cornbread Coconut Cream Cake	6 Baked Pork Chop W/ Rice Peas & Carrots Fresh Baked Roll Fruit Crisp
9 Pulled Pork Plate Macaroni & Cheese Fried Okra Fresh Baked Roll Fruit Crisp	10 Baked Chicken Mashed Potatoes Vegetable Casserole Fresh Baked Roll Macadamia Cookie	11 Sloppy Joe on Bun Tater Tots Apple Cider Slaw Peach Crumb Cake	12 Chicken Chili Deli Style Salad w/ Dressing Cornbread Fruit Crisp	13 Fried Fish Pinto Beans Seasoned Greens Cornbread Banana Pudding
16 Grilled Hamburger W/Trimmings Baked Tater Tots Baked Beans Fruit Crisp	17 <u>Christmas Lunch</u> Sliced Ham Baked Corn Casserole Cheesy Potato Casserole Waldorf Salad Hot Roll Pineapple Upside Down Cake	18 Chicken & Dumplings Mixed Vegetables Garden Salad w/ Dressing Banana Pudding	19 Chicken Fried Steak Potatoes w/ Cream Gravy Whole Kernel Corn Fresh Baked Roll Fresh Baked Cookie	20 Chicken Rice Bake Roasted Broccoli Fresh Baked Roll Buttermilk Cake
23 Chicken Sandwich w/ Trimmings Potato Salad Broccoli Salad Fruit Crisp			26 Spaghetti W/ Meat Sauce Green Beans Garlic Bread Blonde Brownie	27 Ham & Beans Potatoes & Onions Seasoned Greens Cornbread Cinnamon Apples
30 Frito Chili Pie w/ Sour Cream / Salsa Fiesta Corn Peach Crisp	31 Creamy Chicken Vegetable Soup 1/2 Pimento Cheese Crackers Winter Fruit Mix	\$4.00 suggested meal DONATION FOR 60 + \$8.50 charge for carryout & under 60	MENU SUBJECT TO CHANGE DUE TO SUPPLY CHAIN availability	LUNCH served at 12:00 PM TAKEOUT PICKUP 11:00-11:30 AM ORDERS ARE \$8.50 CHARGE



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PRICE INCREASE FOR CARRY OUT MEALS AND FOR GUESTS UNDER 60

BEGINNING DECEMBER 1, 2024 THE COST OF THESE MEALS WILL BE \$8.00 IN ADDITION, WE WILL HAVE TO CHARGE TAX ON ANY MEAL TAKEN OUT OF THE CENTER THE TOTAL COST OF THOSE MEALS WILL BE \$8.50



December Activities 2024

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Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
2 BINGO 1PM	3 GOSPEL SINGING 10:30AM	4 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	5 BREAKFAST @ CRACKER BARREL IN SPRINGDALE THEN CHRISTMAS SHOPPING @ PINNACLE HILLS MALL VAN LEAVES AT 8AM	6 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
9 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING	10 SOUTHSIDE ELEMENTARY STUDENT COUNCIL WILL BE CAROLING 1PM GOSPEL SINGING 10:30AM	11 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	12 EAT OUT NIGHT @ ABUELOS IN ROGERS THEN BENTONVILLE LIGHTS VAN LEAVES AT 4PM	13 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
16 BINGO 1PM	17 CHRISTMAS LUNCH WILL BE SERVED TODAY-11:45AM GOSPEL SINGING 10:30AM	18 BP SCREENING BY UAMS 11AM WATERCOLOR CLASSES 10:30AM & 1PM	19 FLEA MARKET SHOPPING IN PRAIRIE GROVE LUNCH AT CON SABOR A MEXICO MEXICAN RESTAURANT VAN LEAVES AT 8:30AM	20 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
23 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING	24 CLOSED FOR HOLIDAY	25 CLOSED FOR HOLIDAY	26 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING	27 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
30 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING	31 GOSPEL SINGING 10:30AM	ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER PERMITTING	SUGGESTED TRANSPORTATION DONATION IS \$3-\$10 DEPENDING ON DESTINATION	OUR CENTER IS OPEN FROM 8AM-4PM, MON-THUR. AND 8AM-2PM FRI. ANYONE 60+ CAN COME JOIN US FOR GAMES, LUNCH AND SOCIALIZATION.



Gene Bishop Donald Mullikin
 Carol Church Bert Padgett
 Joe Hawley Barbara Parks
 LaVonne Hayes Judy Spade
 Karen Johnston Sally Weaver
 Becky Mears

CHRISTMAS LUNCH SIGN UP IS REQUESTED!

OUR CHRISTMAS LUNCH WILL BE SERVED ON
 TUESDAY, DECEMBER 17 @ 11:45AM.
 PLEASE MAKE SURE TO SIGN UP SO WE CAN ENSURE WE
 HAVE ADEQUATE SEATING AND FOOD. YOU CAN CALL OR
 COME IN TO THE CENTER TO SIGN UP.



We will be having Ageless Grace classes every Thursday starting at 1:30pm. Ageless Grace is an educational program that introduces 21 tools. Each tool provides many secondary fitness benefits that also stimulate and utilize the five areas of the brain-analytical, strategic, kinesthetic learning, memory/recall and creativity and imagination. Come join us in a class to see for yourself.

