



January Menu 2025

Siloam Springs Senior Activity & Wellness Center

Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
\$4.00 SUGGESTED MEAL DONATION FOR 60 + \$8.50 CHARGE FOR CARRYOUT & UNDER 60	MENU SUBJECT TO CHANGE DUE TO SUPPLY CHAIN AVAILABILITY	<u>1</u> CLOSED FOR HOLIDAY	<u>2</u> Pork Roast Pinto Beans Seasoned Cabbage Cornbread/Butter Sunshine Cake	<u>3</u> Chicken Pot Pie California Veggies Roll/Butter Fresh Fruit
<u>6</u> Pinto Beans w/Ham Potatoes & Onions Seasoned Greens Cornbread/Butter Fruit Medley	<u>7</u> Chopped Beef Steak w/Gravy Roasted Potatoes Brussel Sprouts Roll/Butter Fruit Medley	<u>8</u> Italian Baked Chicken Pasta Primavera Italian Bread/Butter Glazed Angel Cake	<u>9</u> Meatloaf w/Ketchup Roasted Potatoes Mixed Veggies Roll Fruit Parfait	<u>10</u> Tangy Ranch Chicken Au Gratin Potatoes Seasoned Carrots Roll/Butter Cinnamon Apples
<u>13</u> Tator Tot Casserole Green Peas Roll/Butter Ginger Snaps	<u>14</u> Mushroom Chicken Wild Rice Broccoli Roll/Butter Mixed Berry Crisp	<u>15</u> Cider Glazed Pork Loin Corn Steamed Cabbage Roll Fruit Medley	<u>16</u> Pot Roast Parslied Potatoes Carrots & Celery Roll/Butter Cherry Angel Cake	<u>17</u> Turkey & Rice Casserole Green Beans Roll/Butter Banana
<u>20</u> CLOSED FOR HOLIDAY	<u>21</u> Fried Fish Fillet Buttered Corn Collard Greens Cornbread/Butter Lemon Cream Pie	<u>22</u> Goulash Salad w/Dressing Roll/Butter Pound Cake w/ Strawberries	<u>23</u> Chicken Tenders Mac & Cheese Baby Lima Beans Bread/Butter Chilled Peaches	<u>24</u> Beef Enchilada Fiesta Rice Refried Beans Tropical Fruit
<u>27</u> Ham & Au Gratin Potatoes Spinach Roll Orange	<u>28</u> Beef Stroganoff over Noodles Buttered Carrots Roll/Butter Applesauce	<u>29</u> Honey Lemon Chicken Mashed Potatoes Broccoli Florets Roll/Butter Oatmeal Cookie	<u>30</u> Steak Fingers w/ Cream Gravy Baked Potato Peas & Carrots Bread/Butter Pineapple Rings	<u>31</u> Breaded Fish Filet Potato Wedges Calico Slaw Roll/Butter Rice Krispie Treat



Siloam Springs Senior Activity &
Wellness Center
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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**

This institution is an equal opportunity provider and employer. EEO Employer/AA/M/F/Vet/Disabled



January Activities 2025

Siloam Springs Senior Activity & Wellness Center

Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER PERMITTING	SUGGESTED TRANSPORTATION DONATION IS \$3-\$10 DEPENDING ON DESTINATION	1 CLOSED FOR HOLIDAY	2 JANUARY BIRTHDAY RECOGNITION 11:45AM	3 WALMART SHOPPING 8:30-10AM CALL TO SETUP PICKUP POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY
6 BINGO 1PM	7 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM	8 CHAIR VOLLEYBALL 1PM	9 VISIT THE STADIUM SHOP ON RAZORBACK LUNCH AT THE FARMERS TABLE CAFE VAN LEAVES AT 8:45AM	10 WALMART SHOPPING 8:30-10AM CALL TO SETUP PICKUP POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY
13 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING	14 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM	15 CHAIR VOLLEYBALL 1PM	16 WII BOWLING COMPETITION IN SILOAM 10AM	17 WALMART SHOPPING 8:30-10AM CALL TO SETUP PICKUP POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY
20 CLOSED FOR HOLIDAY	21 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM	22 BP SCREENING BY UAMS 11AM CHAIR VOLLEYBALL 1PM	23 FLEA MARKET SHOPPING IN CHOUTEAU & CHEESE HOUSE LUNCH AT THE CAFE VAN LEAVES @ 8:45AM	24 WALMART SHOPPING 8:30-10AM CALL TO SETUP PICKUP POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY
27 BINGO 1PM BOOK CLUB MEETING 1PM	28 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM	29 CHAIR VOLLEYBALL 1PM	30 VISIT BASS PRO SHOP IN ROGERS THEN TJMAXX LUNCH AT P.F. CHANGS VAN LEAVES AT 8:15AM	31 MEAL TICKET DRAWING 12PM



Loretta Calvert Gail Miers
Imogene Hutchinson
Susan Nabors Michael Croxdale
Larry Garrett
Ronald Jeffries Helen Reeves
Frank Johnson Larry Keith

Riders Needed!



Richard Grubb-our van driver is in need of riders for shopping, lunch at the center, local doctor appointments, pharmacy runs, etc. Van is open for errands in Siloam Springs. MUST schedule in advance. Scheduled trip sign ups are available at the center. If you would like more information, call us at 524.5735.

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.

