



Farmington Senior Activity Center

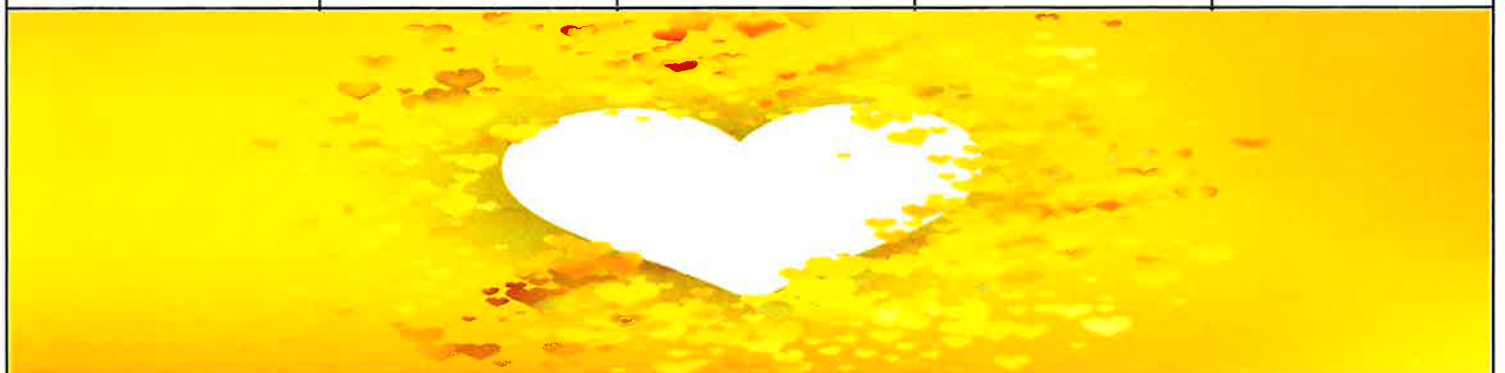
**340 W. Main St.
Farmington, AR**

February 2025

(479) 267-5709

February Activities

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| <p>3. Bean Bag Baseball @ West Fork 9:30</p> <p>Chair Volley Ball 10:00</p> | <p>4. Senior Yoga 9:00</p> <p>Gospel Singing w/Shawn 10:00</p> <p>Mix Match Pitch</p> | <p>5. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p> | <p>6. Bingo 9:00-11:00</p> <p>Mix Match Pitch</p> | <p>7. Strength & Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Canasta 12:30</p> |
| <p>10. Chair Volley Ball 10:00</p> | <p>11. Senior Yoga 9:00</p> <p>Gospel Singing w/Shawn 10:00</p> <p>Mix Match Pitch</p> | <p>12. Tai Chi 9:00</p> <p>Gospel Singing at Peach Tree Village Leave @ 10:15</p> | <p>13. Bingo 9:00-11:00</p> <p>Goodies by Heartland</p> <p>Mix Match Pitch</p> | <p>14. Strength & Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Canasta 12:30</p> |
|  <p>18. Senior Yoga 9:00</p> <p>Gospel Singing w/Shawn 10:00</p> <p>Mix Match Pitch</p> | <p>19. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p> | <p>20. Bingo 9:00-11:00</p> <p>Mix Match Pitch</p> | <p>21. Strength & Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Canasta 12:30</p> | |
| <p>24. Chair Volley Ball 10:00</p> | <p>25. Senior Yoga 9:00</p> <p>Gospel Singing w/Shawn 10:00</p> <p>Mix Match Pitch</p> | <p>26. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p> | <p>27. Bingo 9:00-11:00</p> <p>Birthday Cake by Cigna</p> <p>Mix Match Pitch</p> | <p>28. Strength & Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Canasta 12:30</p> |



Suggested Donation

\$4.00

February Menu

Lunch Served

11:30-12:00

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 3. Steak Fingers w/ Cream Gravy Baked Potatoes Peas & Carrots Roll Chilled Peaches | 4. Ham & Au Gratin Potatoes Spinach Wheat Roll Fruit Cup | 5. Beef Stroganoff Over Noodles Buttered Carrots Roll Applesauce | 6. Breaded Pork Chop w/ Cream Gravy Hash Brown Potatoes Buttered Corn Wheat Roll Orange Gelatin | 7. Open Faced Hot Turkey Sandwich Mashed Potatoes Green Beans, Roll Yellow Cake w/ Chocolate Frosting |
| 10. Roasted Greek Chicken Rice Pilaf Broccoli Florets Wheat Roll Fruit Cup | 11. Country Fried Steak w/ Pepper Gravy Mashed Potatoes Cali Blend Veggies Roll Fruit Medley | 12. Marinated Chicken Sandwich Lettuce & Tomato Baked Potato Wedges Capri Blend Veggies Cookie | 13. Cream of Potato Soup Turkey & Swiss Sandwich Baked Potato Chips Relish Plate Fruit Cup | 14. Chicken Parmesan Over Noodles Green Beans Bread Stick Brownies |
|  | 18. Herb Baked Fish White Rice Buttered Corn Wheat Roll Chocolate Chip Cookie | 19. Meatloaf Roasted Potatoes Broccoli & Cauliflower Roll Fruit Parfait | 20. Beans & Ham Potatoes & Onions Seasoned Greens Cornbread Fruit Cup | 21. Tangy Ranch Chicken Au gratin Potatoes Seasoned Carrots Roll Cinnamon Apples |
| 24. French Dip Sandwich Baked Potato Chips Mixed Veggies Mandarin Oranges | 25. Fried Chicken Mashed Potatoes w/ Gravy Buttered Corn Roll Chilled Pudding w/ Topping | 26. Turkey & Rice Casserole Green Beans Wheat Roll Fresh Fruit | 27. Baked Cube Steak & Gravy New Red Potatoes Lima Beans Roll Fruited Gelatin | 28. Mushroom Chicken Wild Rice Blend Broccoli Florets Wheat Roll Mixed Berry Crisp |



**Menu
Subject to
Change**

West Fork Senior Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| <p>3.</p> <p>Bean Bag Baseball @ West Fork 9:30</p> | <p>4.</p> <p>Walk It Off 9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or Bean Bag Baseball</p> | <p>5.</p> | <p>6.</p> <p>Quilting 9:00-10:30 Walk It Off 9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p>Dominos & Board Games</p> | <p>7.</p> |
| <p>10.</p> | <p>11.</p> <p>Walk It Off 9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or Bean Bag Baseball</p> | <p>12.</p> <p>Bean Bag Baseball @ Lincoln 9:30</p> | <p>13.</p> <p>Quilting 9:00-10:30 Walk It Off 9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p>Dominos & Board Games</p> | <p>14.</p>  |
| <p>17.</p> <p>Presidents Day</p>  | <p>18.</p> <p>Walk It Off 9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or Bean Bag Baseball</p> | <p>19.</p> | <p>20.</p> <p>Quilting 9:00-10:30 Walk It Off 9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p>BINGO 11:00-12:00</p> | <p>21.</p> |
| <p>24.</p> <p>Bean Bag Baseball @ Prairie Grove 9:30</p> | <p>25.</p> <p>Walk It Off 9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or Bean Bag Baseball</p> | <p>26.</p> | <p>27.</p> <p>Quilting 9:00-10:30 Walk It Off 9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p>Dominos & Board Games</p> | <p>28.</p> |



VALENTINE'S DAY WORD SEARCH



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Arrow

Be mine

Bouquet

Candy

Card

Chocolate

Cuddle

Cupid

February

Flowers

Friend

Hearts

Hug

Kiss

Love

Pink

Red

Romance

Roses

Sweet

Valentine



COME JOIN THE FUN

Sign up for All Trips in the Office

02/11: Regional Art Museum, Fort Smith

Leave at 9:00 *\$5.00*

02/17: Closed for Presidents Day

02/25: JD Davis Arms & Historical Museum, Claremore, OK

Claremore Museum of History

Leave at 9:00 *\$10.00*



Coming in March



SALT



Seniors and Law Enforcement Together

FALL PREVENTION & FIRE SAFETY



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

(479) 267-5709

