

# **Farmington Senior Activity Center**

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

**March 2025**

**(479) 267-5709**

# March Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3.</b> <b>Chair Volley Ball</b> <b>10:00</b>	<b>4.</b> <b>Senior Yoga 9:00</b> <b>Gospel Singing</b> <b>w/Shawn 10:00</b> <b>Mix Match Pitch</b> <b>Mardi Gras Bingo</b> <b>4:00-7:00</b>	<b>5.</b> <b>Tai Chi 9:00</b>  <b>Gospel Singing</b> <b>10:30-11:00</b>	<b>6.</b> <b>Bingo 9:00-11:00</b>  <b>Piano Music</b> <b>by Phillip 11:30</b>  <b>Mix Match Pitch</b>	<b>7.</b> <b>Strength &amp; Stretch</b> <b>9:00</b>  <b>Bible Study 10:00</b>  <b>Canasta 12:30</b>
<b>10.</b> <b>Chair Volley Ball</b> <b>10:00</b>	<b>11.</b> <b>Senior Yoga 9:00</b> <b>Gospel Singing</b> <b>w/Shawn 10:00</b>  <b>Mix Match Pitch</b>  <b>Trip to Ft. Smith</b>	<b>12.</b> <b>Tai Chi 9:00</b>  <b>Gospel Singing at</b> <b>Peach Tree Village</b> <b>Leave @ 10:15</b>	<b>13.</b> <b>Bingo 9:00-11:00</b>  <b>Piano Music</b> <b>by Phillip 11:30</b>  <b>Mix Match Pitch</b>	<b>14.</b> <b>Strength &amp; Stretch</b> <b>9:00</b>  <b>Bible Study 10:00</b>  <b>Canasta 12:30</b>
<b>17.</b> <b>Chair Volley Ball</b> <b>10:00</b>   <b>St. Patrick's Day</b>	<b>18.</b> <b>Senior Yoga 9:00</b> <b>Gospel Singing</b> <b>w/Shawn 10:00</b>  <b>Mix Match Pitch</b>  <b>Trip to Joplin</b>	<b>19.</b> <b>Tai Chi 9:00</b>  <b>Gospel Singing</b> <b>10:30-11:00</b>	<b>20.</b> <b>SALT 9:30 - 11:30</b>  <b>Piano Music</b> <b>by Phillip 11:30</b>  <b>Mix Match Pitch</b>	<b>21.</b> <b>Strength &amp; Stretch</b> <b>9:00</b>  <b>Bible Study 10:00</b>  <b>Canasta 12:30</b>
<b>24.</b> <b>Chair Volley Ball</b> <b>10:00</b>	<b>25.</b> <b>Senior Yoga 9:00</b>  <b>Gospel Singing</b> <b>w/Shawn 10:00</b>  <b>Mix Match Pitch</b>	<b>26.</b> <b>Tai Chi 9:00</b>  <b>Gospel Singing</b> <b>10:30-11:00</b>	<b>27.</b> <b>Bingo 9:00-11:00</b> <b>Birthday Cake</b> <b>Piano Music</b> <b>by Phillip 11:30</b> <b>Mix Match Pitch</b> <b>Bean Bag Baseball</b> <b>@ West Fork 1:00</b>	<b>28.</b> <b>Strength &amp; Stretch</b> <b>9:00</b>  <b>Bible Study 10:00</b>  <b>Canasta 12:30</b>
<b>31.</b> <b>Chair Volley Ball</b> <b>10:00</b>				

Suggested Donation

\$4.00


# March Menu

Lunch Served

11:30-12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Chicken Tenders Mac & Cheese Lima Beans Roll Chilled Peaches	4. Cornbread Pork Cutlet w/Pepper Gravy Mashed Potatoes Buttered Carrots Wheat Roll Mandarin Orange Fluff	5. Hearty Chili Crackers Salad Fruit Cup Sugar Cookie	6. Tuna Noodle Casserole Green Beans Roll Warm Applesauce	7. Hamburger on a Bun Mustard Potato Salad Creamy Coleslaw Chilled Pudding w/Topping
10. Steak Fingers w/Cream Gravy Baked Potatoes Peas & Carrots Wheat Roll Chilled Peaches	11. Breaded Fish Filet Mac & Cheese Coleslaw Wheat Roll Fig Newton	12. Herbed Pork Loin White Rice Cali Blend Veggies Roll Pineapple Tidbits	13. Honey Lemon Chicken Mashed Potatoes Broccoli Florets Wheat Roll Fruit Cup	14. Roast Turkey & Gravy Baked Sweet Potatoes Green Beans Roll Pumpkin Pie
17. Asian Ginger Chicken White Rice Oriental Veggies Eggroll Mandarin Oranges	18. Shepherd's Pie Capri Veggies Roll Snickerdoodle Cookie	19. Cream of Potato Soup Turkey & Swiss Sandwich Relish Plate Chips Fruit Crisp	20. Chicken Pot Pie Cali Blend Veggies Wheat Roll Fresh Fruit	21. Herb Pork Cutlet w/Brown Gravy Baked Potatoes Seasoned Greens Roll Chilled Pears
24. Herb Baked Fish White Rice Buttered Corn Wheat Roll Cookie	25. Soft Beef Tacos Texas Pinto Beans Salad Fruited Gelatin	26. Italian Baked Chicken Pasta Primavera Garlic Toast Warm Applesauce	27. Lasagna Cali Blend Veggies Bread Stick Cake	28. Beans & Ham Potatoes & Onions Seasoned Greens Cornbread Fruit Medley
31. Baked Cube Steak & Gravy New Red Potatoes Lima Beans Roll Fruit Cup				<b>Menu Subject to Change</b>

# West Fork Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3.	<p>4.</p> <p><b>Walk It Off</b> 9:30-10:00</p> <p><b>PEPPI 10:00-11:00</b></p> <p><b>Chair Volley Ball or</b> <b>Bean Bag Baseball</b></p>	5.	<p>6.</p> <p><b>Quilting 9:00-10:30</b> <b>Walk It Off</b> 9:30-10:00</p> <p><b>PEPPI 10:00-11:00</b></p> <p><b>Dominos &amp;</b> <b>Board Games</b></p>	7.
10.	<p>11.</p> <p><b>Walk It Off</b> 9:30-10:00</p> <p><b>PEPPI 10:00-11:00</b></p> <p><b>Chair Volley Ball or</b> <b>Bean Bag Baseball</b></p>	12.	<p>13.</p> <p><b>Quilting 9:00-10:30</b> <b>Walk It Off</b> 9:30-10:00</p> <p><b>PEPPI 10:00-11:00</b></p> <p><b>Dominos &amp;</b> <b>Board Games</b></p>	14.
 <p><b>St. Patrick's Day</b></p>	<p>18.</p> <p><b>Walk It Off</b> 9:30-10:00</p> <p><b>PEPPI 10:00-11:00</b></p> <p><b>Chair Volley Ball or</b> <b>Bean Bag Baseball</b></p>	<p>19.</p> <p><b>Bean Bag Baseball</b> <b>@ Huntsville</b> 9:30</p>	<p>20.</p> <p><b>Quilting 9:00-10:30</b> <b>Walk It Off</b> 9:30-10:00</p> <p><b>PEPPI 10:00-11:00</b></p> <p><b>BINGO 11:00-12:00</b></p>	21.
24.	<p>25.</p> <p><b>Walk It Off</b> 9:30-10:00</p> <p><b>PEPPI 10:00-11:00</b></p> <p><b>Chair Volley Ball or</b> <b>Bean Bag Baseball</b></p>	26.	<p>27.</p> <p><b>Quilting 9:00-10:30</b> <b>Walk It Off</b> 9:30-10:00</p> <p><b>PEPPI 10:00-11:00</b></p> <p><b>Bean Bag Baseball</b> 1:00</p>	28.
31.				



**Farmington  
Senior Center**

**Tuesday March 4**

**4:00 - 7:00**

**Hot Dog \* Nachos \* Dessert \$5**

**Bingo Cards 3/\$5**

**All Ages Welcome**

**All Proceeds Benefit**

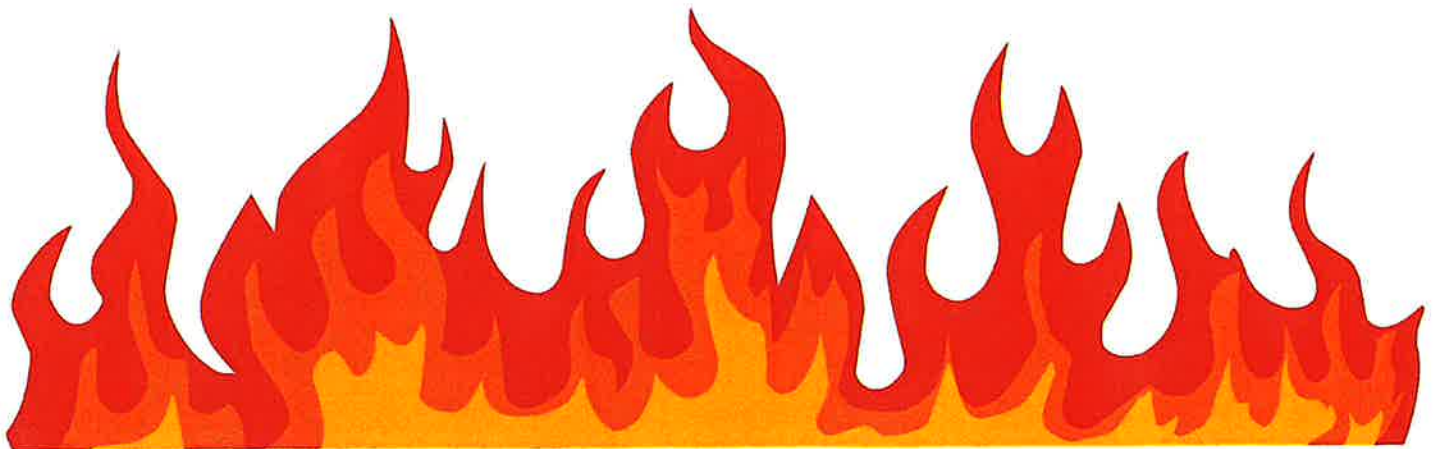
**Farmington Senior Center**

**Meals on Wheels**

# FALL PREVENTION & FIRE SAFETY

Farmington Senior Center  
340 W Main St; Farmington, AR  
Thursday, March 20, 2025  
10 am - Noon

Presentation by: Farmington Fire Dept  
Door prizes will be given away.  
Must be present to win.



# St. Patrick's Day Wordsearch

P E F K C O R M A H S D U O D P S T  
 O W R R I A E B M S A T D G Q A R P  
 X I E D G J Z L S N I M F R O T I O  
 X S T D K R E C S G N S W M L R U L  
 T H Y S E Q N R H G T E W N S I A E  
 S E A N T F I E T A R B E L E C L A  
 T S E I F H I E C B R U S U G K H Y  
 U O I O X M K H A J K M A C E R N U  
 M A R C H F Y A E P O I U K Y S T S  
 I W T S L R P B L A R N E Y Q T O H  
 R T A E W O X N I R O P A T N O C I  
 E I C W C E V R N A M T U E C N I L  
 L R G T S E N E M D Y A O N I D O L  
 A E I L O D L A R E M E N P D H N E  
 N B Y H E N T Y A S C N I L Y A E L  
 D L O G E T K D A I R C N L S E U A  
 O G T R A I N B O W A S E P V P O G  
 U W P E S F C X W E T F E S A L I H  
 N B L E L K T J N M D V A Z F M P U  
 E R S N U A H C E R P E L V C B N Y

Blarney	Emerald	Lucky	Rainbow
Celebrate	Green	March	Saint
Charm	Gold	Parade	Shamrock
Clover	Ireland	Patrick	Shillelagh
Coins	Leprechaun	Pinch	Wishes



# COME JOIN THE FUN

Sign up for All Trips in the Office

03/11: Regional Art Museum, Fort Smith

Leave at 9:00 \*\$5.00\*

03/18: Joplin History & Mineral Museum, Joplin MO

Leave at 9:00 \*\$10.00\*

03/20: SALT Event 9:30 - 11:30

03/27: Bean Bag Baseball at West Fork

Leave at 12:15

## An Irish Prayer:

MAY God give you, For every storm, A rainbow,  
For every tear, A smile,  
For every care, A promise,  
And a blessing in each trial.  
For every problem life sends, A faithful friend to share,  
For every sigh, A sweet song,  
And an answer for each prayer.



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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