

February Menu 2020

Siloam Springs Senior Activity & Wellness Center

Foot Prints of Seniors

	Mon	Tue	Wed	Thu	Fri
				Van Service Available Daily Please Call for Information at 479-524-5735	Center Director Reserves the Right to Change the Menu as Needed
	3 BBQ Chicken Baked Beans Fried Okra Cornbread Fruited Gelatin	4 Frito Chili Pie Fiesta Corn Tossed Salad Ranch Dressing Fresh Fruit	5 Meatloaf w/Brown Gravy Scalloped Potatoes Green Beans Wheat Roll Seasonal Fruit Cup	6 Chicken Patty on Wheat Bun Sweet Potato Fries Broccoli Slaw Peaches	7 Fried Fish Pinto Beans Seasoned Greens Cornbread Mixed Berry Crisp
	10 Chicken Quesadilla Spanish Rice Charro Beans Mexican Brownie	11 Soup Turkey Club Sandwich Vegetable Salad Fruit Medley	12 Grilled Hamburger French Fries Lett/Tom/Pickle/Onion Seasonal Fruit	13 Chicken Alfredo w/ Rotini Pasta Garden Salad Wheat Roll	14 Beef Brisket BBQ Beans Mac/Cheese Cornbread Valentine's Day Dessert
	17 SENIOR CENTER CLOSED FOR HOLIDAY	18 Pulled Pork Potatoes & Onions Baked Beans Wheat Roll	19 Spaghetti w/Meat Sauce Italian Vegetable Medley Garlic Bread Seasonal Fruit	20 Fried Fish French Fries Coleslaw Wheat Roll Ambrosia	21 Hearty Beef Stew Garden Salad w/ Dressing Cornbread
	24 Taco Baked Potato Fiesta Corn Salsa w/ Chips Melon Medley	25 Tuna Stuffed Tomato Broccoli Salad Whole Grain Crackers Fresh Fruit Salad	26 Sweet & Sour Chicken Fluffy Rice Garden Salad w/ Dressing Wheat Roll	27 Meatloaf Mashed Potatoes Broccoli Wheat Roll Blackberry Cobbler	28 Crispy Chicken Patty on Bun Sweet Potato Fries Coleslaw Spring Dream Cake



Siloam Springs Senior Activity & Wellness Center
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This institution is an equal opportunity provider and employer. EEO Employer/AA/M/F/Vet/Disabled

February Activities 2020

Siloam Springs Senior Activity & Wellness Center

Foot Prints of Seniors

	Mon	Tue	Wed	Thu	Fri	
	Suggested Meal Donation \$3.00	Van Service Available Daily. Please Call for Information at 479-524-5735	Center Director Reserves the Right to Change any Day or Evening Activity as Needed.	We Serve Lunch at 12:00 Noon Monday - Friday Anyone 60+	Individuals Under 60 Years of Age and Take Outs \$5.00 Charge	1
2	3 Bingo Today at 1pm Sponsored by Siloam Springs Nursing & Rehab	4 Gospel Singing 10:30am - 11:45am 1pm Chair Volleyball 5-6 players Needed Per Team 2 Teams Needed Every Tuesday	5 Bridge Players 10am-3pm Painting Class 1:00pm \$5 Age 50 up \$7 Under 50 Supplies Furnished	6 OK Country Band Plays at 1:00pm	7 Breakfast Served from 8am-9am Book Club Meeting @ 1:00pm-2:00pm	8
9	10 Table Games Cards Wii Bowling Beanbag Baseball	11 Gospel Singing 10:30am - 11:45am Blia From Walgreens Will be Here Starting at 11:00am till Noon Blood Pressure	12 Bridge Players 10am - 3pm Painting Class 1:00pm \$5 Age 50 up \$7 Under 50 Supplies Furnished	13 Eat Out Night @ "Western Sizzlin" in Springdale AR Van Leaves at 4:00pm	14 Breakfast Served from 8am-9am Book Club Meeting @ 1:00pm-2:00pm	15
16	17 SENIOR CENTER CLOSED FOR HOLIDAY	18 Gospel Singing 10:30am - 11:45am 1pm Chair Volleyball 5-6 players Needed Per Team 2 Teams Needed	19 Bridge Players 10am - 3pm Painting Class 1:00pm \$5 Age 50 up \$7 Under 50 Supplies Furnished	20 Lowe's Crafting Class @ 10:00am Fayetteville Shopping Day & Breakfast Out in Springdale Leaving at 8:15am	21 Breakfast Served from 8am-9am Book Club Meeting @ 1:00pm-2:00pm	22
23	24 Table Games Cards Wii Bowling Beanbag Baseball	25 Gospel Singing 10:30am - 11:45am 1pm Chair Volleyball 5-6 players Needed Per Team 2 Teams Needed	26 Bridge Players 10am - 3pm Painting Class 1:00pm \$5 Age 50 up \$7 Under 50	27 NWA Food Bank Distribution 8:00am "Joy Choir" Singing 11:00am till 11:45am	28 Breakfast Served from 8am-9am Book Club Meeting @ 1:00pm-2:00pm	29

Monday - Starting at 8:15am - morning Walmart shopping. Call ahead (other errands accepted)

Tuesday - Early Pickup Little Debbie Cakes from Gentry

Wednesday - Starting at 8:15 am - Van open for errands in Siloam Springs. MUST schedule in advance.

Thursday - Starting at 8:15 am - Van open for errands in Siloam Springs. MUST schedule in advance.

Friday - After breakfast trip to Walmart for morning shopping

VAN DRIVER: Richard Grubb —Van Driver's day starts at 8:00am ends at 2:00pm - scheduling in advance is required.

Remember to **Schedule Dr.'s Appointments in the Morning. Call (479) 524-5735.**

Please remember your Senior Center in your will and trusts.

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**
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