



# May Menu 2024

Siloam Springs Senior Activity & Wellness Center

## Foot Prints of Seniors

	Mon	Tue	Wed	Thu	Fri
	MENU SUBJECT TO CHANGE DUE TO SUPPLY CHAIN AVAILABILITY	LUNCH SERVED AT 12:00 PM  TAKEOUT PICKUP 11:00-11:30 AM ORDERS ARE \$6.00 CHARGE	1 Chicken Fried Steak Potatoes w/ Gravy Peas & Carrots Roll Vanilla Ice Cream	2 BBQ Beef on Bun Baked Beans Potato Salad Mandarin Oranges	3 Chicken Taco Salad w/ Creamy Baja Dressing Corn & Black Beans Chips & Salsa
	6 Beef Stroganoff Green Beans Texas Toast Applesauce	7 Chicken Spaghetti Tuscan Veggies Garlic Bread Peaches	8 Chili Cheese Coney Tater Tots Pork & Beans Funnel Cake Fries	9 Chef Salad w/Ham, Cheese, Tomatoes, Cucumbers, Croutons Dressing & Crackers Yogurt Parfait	10 Chicken Bacon Wrap w/Honey Mustard Broccoli Salad Veggie Pasta Salad
	13 Smothered Pork Chop Scalloped Potatoes Cali Veggies Roll	14 Mexican Chicken Casserole Corn Refried Beans Churros	15 Taco Stuffed Baked Potato Garden Salad w/ Dressing Salsa w/Chips Banana	16 Coconut Chicken Over Fluffy Rice Oriental Veggies Spring Roll Cookie	17 BLT Sandwich Garden Pasta Salad Chips Fruit
	20 Artichoke Chicken over Angel Hair Pasta Seasoned Broccoli Roll Cookie	21 Meatball Sub Italian Pasta Salad Chips Pear Halves	22 Sweet & Sour Chicken Fried Rice Cali Veggies Egg Roll Sherbet	23 Beer Battered Cod Pinto Beans Seasoned Greens Cornbread Fruit Cocktail	24 Pork Roast w/Gravy Broccoli Rice Casserole Glazed Carrots Roll Lemon Bar
	27 <b>CLOSED FOR HOLIDAY</b>	28 BBQ Chicken Breast Baked Beans Fried Okra Banan Pudding w/Wafers	29 Turkey Sandwich w/ Lettuce, Tomato, Onion Carrot Raisin Salad Strawberries	30 Ham & Beans Potatoes & Onions Cornbread Fruited Jell-O	31 Frito Chili Pie Fiesta Corn Deli Style Salad w/ Ranch Dressing Cherry Cheesecake



Siloam Springs Senior Activity &  
Wellness Center  
750 Heritage Court  
Siloam Springs, AR 72761  
Phone: (479) 524-5735  
E-Mail: [director.siloam@ohcnwa.org](mailto:director.siloam@ohcnwa.org) (Ale)  
E-Mail: [assistant.siloam@ohcnwa.org](mailto:assistant.siloam@ohcnwa.org) (Debi)

**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**  
1510 Rock Springs Road  
Harrison, Arkansas  
800-432-9723 or 870-741-1144  
[www.aanwa.org](http://www.aanwa.org)



# May Activities 2024

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 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	2 THRIFT SHOPPING IN SPRINGDALE VAN LEAVES AT 8:45AM	3 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES
6 BINGO 1PM	7 GOSPEL SINGING 10:30AM JEWELRY MAKING W/ MICH \$12 CLASS 1PM	8 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	9 MOTHERS DAY SPA DAY AT CAREER ACADEMY IN SILOAM VAN LEAVES AT 9AM LIST OF SERVICES OFFERED ARE LOCATED AT CENTER	10 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES
13 BINGO 1PM	14 GOSPEL SINGING 10:30AM SOUTHSIDE ELEMENTARY STUDENTS WILL COME TO PLAY BOARD GAMES 1PM	15 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	16 WII BOWLING COMPETITION @ SILOAM 1PM	17 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES
20 BINGO 1PM	21 GOSPEL SINGING 10:30AM FARMERS MARKET COUPON DISTRIBUTION BY AAA 1PM	22 BLOOD PRESSURE SCREENING BY UAMS 11 AM WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	23 TERRA STUDIOS IN FAYETTEVILLE VAN LEAVES AT 8:15AM	24 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES
27 CLOSED FOR HOLIDAY	28 GOSPEL SINGING 10:30AM LEGAL AID OF ARKANSAS W/ SUSAN PURTLE 1PM	29 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	30 EAT OUT NIGHT @ GOLDEN CORRAL IN ROGERS VAN LEAVES AT 4PM	31 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES



RICHARD ALLEN  
JOYCE GARDNER  
CARROL LESLIE  
ELSIE ROMAN

CARLA WAGNER  
CECILIA SMITH

We will be having Ageless Grace classes every Tuesday starting in May 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.

