

Farmington Senior Activity Center

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

April 2024

(479) 267-5709

April Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Chair Volley Ball 10:00 Bingo 1:00-3:00	2. Instructor led Line Dancing 10:00 Pitch Trip to Fayetteville	3. Core & Balance 9:00 Gospel Singing 10:30 - 11:00	4. Bingo 9:00-11:00 Pitch	5. Strength & Stretch 9:00 Bible Study 10:00 Canasta 12:30
8. Chair Volley Ball 10:00 Bingo 1:00-3:00	9. Instructor led Line Dancing 10:00 Pitch Trip to Bentonville	10. Core & Balance 9:00 Gospel Singing at Peach Tree Village Leave @ 10:15 Super Noggin' 1:00-2:30 Skip Bo Tournament	11. Bingo 9:00-11:00 Pitch	12. Strength & Stretch 9:00 Bible Study 10:00 Canasta 12:30
15. Chair Volley Ball 10:00 No Bingo Today	16. Instructor led Line Dancing 10:00 Mix Match Pitch Bingo 4:00-7:00	17. Core & Balance 9:00 Gospel Singing 10:30-11:00	18. Bingo 9:00-11:00 Pitch	19. Strength & Stretch 9:00 Bible Study 10:00 Canasta 12:30
22. Chair Volley Ball 10:00 Bingo 1:00-3:00	23. Instructor led Line Dancing 10:00 Pitch Trip to Muskogee	24. Core & Balance 9:00 Gospel Singing 10:30-11:00	25. Bingo 9:00-11:00 Pitch	26. Strength & Stretch 9:00 Bible Study 10:00 Canasta 12:30
29. Chair Volley Ball 10:00 Bingo 1:00-3:00	30. Instructor led Line Dancing 10:00 Pitch Partners Draw For Partners	 <p>light spinning rod</p> <p>3 kg line</p> <p>lures</p> <p>small hooks</p> <p>sinkers and floats</p> <p>swivels</p> <p>landing net</p>		



Suggested Donation

\$4.00

April Menu

Lunch Served

11:30-12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Honey Chicken Baby Bakers Buttered Carrots Wheat Roll Applesauce	2. Homestyle Ham & Beans Mixed Greens Cornbread Hot Spiced Peaches	3. Meatloaf w/ketchup topping Mashed Potatoes Green Beans Roll Fruited Gelatin	4. Tuna Salad Sandwich Potato Chips Garden Pea Salad Tropical Fruit Salad	5. Herb Pork Roast Baked Sweet Potatoes Broccoli Florets Wheat Roll Applesauce
8. Chicken Cordon Bleu Au gratin Potatoes Green Beans Roll Cookie	9. BBQ Pulled Pork Sandwich Baked Beans Creamy Coleslaw Spiced Pears	10. Crumb Baked Fish Dill Roasted Potatoes Meadow blend Veggies Roll Fruited Gelatin	11. Hamburger Steak Mashed Potatoes Wilted Cabbage Wheat Roll Apple Crisp	12. Oven Fried Chicken Baked Potatoes Seasoned Corn Wheat Roll Chilled Pudding
15. Spaghetti & Meatballs Broccoli Florets Bread Stick Chilled Pineapple	16. Baked Chicken w/ BBQ Baby Bakers Coleslaw Roll Banana Pudding	17. Beef Stroganoff Over Noodles Green Beans Wheat Roll Sherbet Fruit Cup	18. Turkey Manhattan w/ Turkey Gravy Mashed Potatoes Glazed Carrots Roll Spiced Pears	19. Pork Carnitas Spanish Rice Mexican Corn Cinnamon Churro Applesauce
22. Chicken Tenders Tater Tots Green Beans Roll Brownie	23. French Dip Sandwich Mixed Veggies Fruit Crisp	24. Scramble Eggs Potatoes & Onions Stewed Tomatoes Biscuit Ambrosia	25. Hamburger on a Bun French Fries Relish Plate Fruited Gelatin	26. Chicken Tacos Mexican Corn Sautéed Zucchini Cake
29. Baked Herb Chicken Parmesan Potatoes Spinach Wheat Roll Pears	30. Honey Baked Ham Glazed Sweet Potatoes Seasoned Beets Roll Frosted Cake	Step 1  Step 2 		Menu Subject to Change

COME JOIN THE FUN

04/02: Movie (snacks afterward), Fayetteville

Leave @12:15

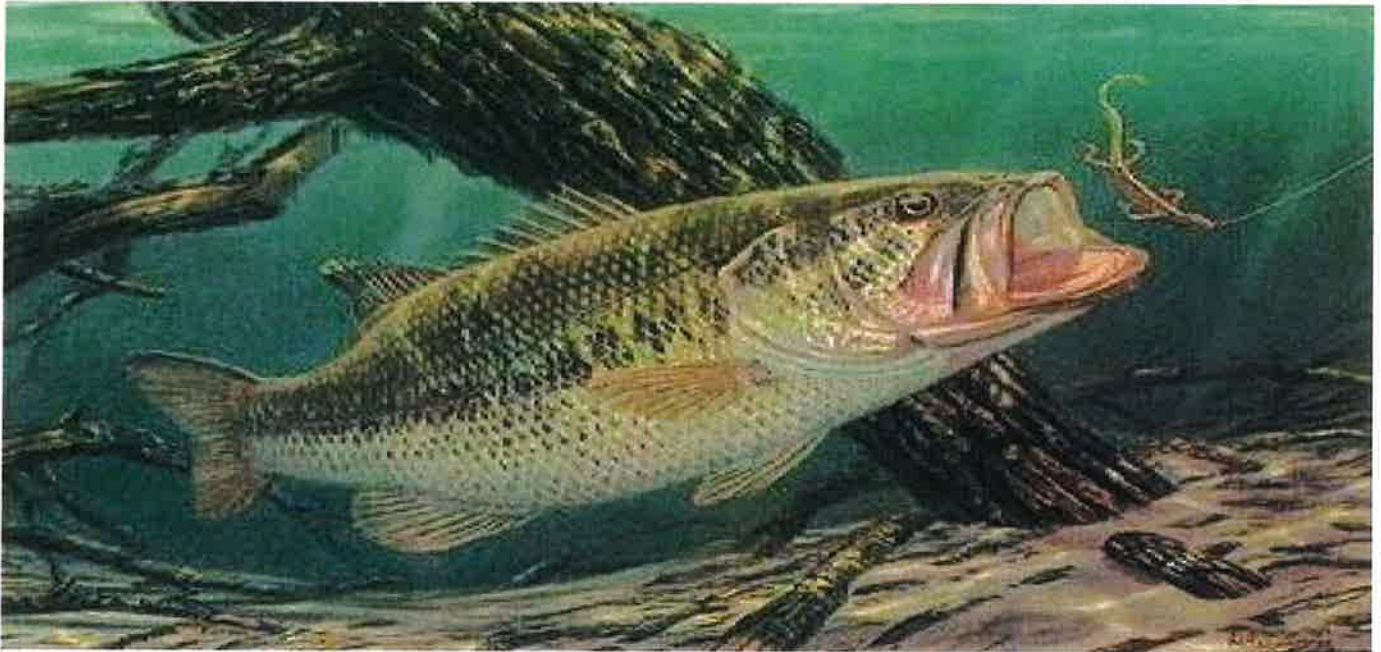
04/09: Native American Museum, Bentonville (free admission)

Leave @ 10:00 *\$5.00*

04/10: Super Noggin', Farmington Sr. Center *1:00-2:30*

04/23: Azalea Tour, Muskogee, OK

Leave @ 9:00 *\$10:00*



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





Farmington Senior Center

Tuesday April 16

4:00 - 7:00

Bingo Cards 3/\$5.00

**Chicken Salad Sandwich, Chips,
Pickle & Cookie \$5.00**

Coffee & Tea provided

All Ages Welcome

Proceeds benefit

Meals on Wheels

Fishing

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

polarizedglasses
 openseason
 largemouth
 sailfish
 northern
 walleye
 redfin
 seine
 dock

trollingmotor
 lifejacket
 swordfish
 topwater
 bluegill
 dorado
 perch
 canoe

spinningreel
 castingrod
 structure
 livewell
 license
 marlin
 troll
 musky

spinnerbait
 landingnet
 daredevil
 outboard
 spinner
 rapala
 guide
 tuna

depthfinder
 smallmouth
 tacklebox
 bassboat
 crappie
 flyrod
 spoon
 cast

Respiratory viruses including COVID, Flu, & RSV

When you may have a respiratory virus...

Stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, among others.*

- You can go back to your normal activities when, for at least 24 hours, both are true:
 - Your symptoms are getting better overall, **and**
 - You have not had a fever (and are not using fever-reducing medication).
- When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors.
 - Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.
 - If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then take added precaution for the next 5 days.

[About Preventing Spread of Respiratory Viruses When You're Sick | Respiratory Illnesses | CDC](#)

Respiratory Virus Guidance Snapshot



Core prevention strategies

Immunizations



Hygiene



Steps for
Cleaner Air



Treatment



Stay Home and
Prevent Spread*



Additional prevention strategies

Masks



Distancing



Tests



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

***Stay home and away from others until,
for 24 hours BOTH:**



**Your symptoms
are getting better You are fever-free
(without meds)**



**Then take added precaution for
the next 5 days**