



# June Menu 2025

*Siloam Springs Senior Activity & Wellness Center*

## Foot Prints of Seniors

	Mon	Tue	Wed	Thu	Fri
	2 Mushroom Chicken Wild Blend Rice Buttered Carrots Roll/Butter Mixed Berry Crisp	3 Cream of Broccoli Soup w/Crackers 1/2 Turkey Sandwich Sweet Potato Fries Honeydew Melon	4 Pot Roast Parslied Potatoes Peas & Carrots Roll/Butter Cherry Angel Cake	5 French Dip Sandwich Potato Wedges Mixed Veggies Mandarin Oranges	6 Tator Tot Casserole Green Beans Bread/Butter Pineapple Chunks
	9 Hearty Chili Side Salad w/ Dressing Fruit Medley Cookie	10 Chicken Tenders Mac & Cheese Corn Bread/Butter Pears	11 Hamburger on Bun Potato Salad Cucumber/Tomatoes Pudding w/Topping	12 Fried Fish Fillet Mixed Veggies Collard Greens Cornbread/Butter Oreo Parfait	13 BBQ Ribette Sandwich Baked Beans Mixed Veggies Rosy Applesauce
	16 Tangy Ranch Chicken Potatoes w/Gravy Seasoned Carrots Roll/Butter Cinnamon Apples	17 Herb Baked Fish Fluffy White Rice Buttered Corn Cornbread/Butter Fruit Medley	18 Soft Beef Taco Texas Pinto Beans Mixed Green Salad w/Dressing Fruited Jell-O	19 Italian Baked Chicken Pasta Primavera Fried Green Beans Italian Bread	20 Meatloaf w/Sauce Potatoes w/Gravy Okra Roll/Butter Ice Cream Cup
	23 Roasted Greek Chicken Rice Pilaf Zucchini/Squash Roll/Butter	24 Country Fried Steak w/Cream Gravy Potatoes & Gravy Cali Veggies Biscuit/Butter Sunshine Cake	25 Chicken Bacon Wrap w/Honey Mustard Broccoli Salad Orange Potato Chips	26 Cream of Potato Soup 1/2 Turkey Sandwich Carrot/Raisin Salad Fresh Fruit	27 Pork Roast Pinto Beans Seasoned Cabbage Cornbread Watermelon Chunks
	30 Steak Fingers w/ Cream Gravy Baked Potato Peas & Carrots Biscuit/Butter Chilled Peaches	Lunch Served at 12:00 pm  TAKEOUT pickup 11:00-11:30 am	Menu subject to change due to supply chain availability	\$4 Suggested Donation for 60+  \$8 Charge for under -60 eating on site  \$8.50 Charge for all takeout	



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This institution is an equal opportunity provider and employer. EEO Employer/AA/M/F/Vet/Disabled



# June Activities 2025

*Siloam Springs Senior Activity & Wellness Center*

## Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
2 BINGO 1PM	3 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	4 "CLEAN EATING, DITCH THE PROCESSED FOODS" PRESENTATION BY JAMIE LYNGE 11:15AM WATERCOLOR CLASSES 10:30AM & 1PM	5 AGELESS GRACE 1:30PM	6 JUNK AT THE MILL & MAINSTREET JUNK FEST IN PRAIRIE GROVE VAN LEAVES AT 8:30AM
9 BEAN BAG BASEBALL 10:30AM	10 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	11 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	12 PICNIC AT LAKE ATLANTA PARK IN ROGERS VAN LEAVES AT 9AM AGELESS GRACE 1:30PM	13 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY
16 BINGO 1PM	17 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	18 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	19 WII BOWLING COMPETITION IN GRAVETTE VAN LEAVES AT 9:30AM AGELESS GRACE 1:30PM	20 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY
23 BEAN BAG BASEBALL 10:30AM	24 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	25 BP SCREENING BY UAMS 11AM WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	26 US MARSHALS MUSEUM IN FORT SMITH LUNCH AT CHEDDARS SCRATCH KITCHEN VAN LEAVES AT 8AM AGELESS GRACE 1:30PM	27 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY
30 BINGO 1PM	ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER PERMITTING SUGGESTED TRANSPORTATION DONATION IS \$3-\$10 DEPENDING ON DESTINATION		SUGGESTED TRANSPORTATION DONATION IS \$3-\$10 DEPENDING ON DESTINATION	
			OUR CENTER IS OPEN FROM 8AM-4PM, MON-THUR. AND 8AM-2PM FRI. ANYONE 60+ CAN COME JOIN US FOR GAMES, LUNCH AND SOCIALIZATION.	



Gary Baird  
Rosemary C.  
Bill Dalsen  
Lucy Emerson  
Fred Ford  
Pam Hutchens  
Sherri Hyde

Janice D.  
Mary Jeffries  
Martha Moore  
Michael Lawson  
Shirley Philpott  
Eric Scaravilli  
Maxine Walker  
Gilbert Weaver



### Riders Needed!

We need  
YOU!

**Richard Grubb** - our van driver is in need of riders for shopping, lunch at the center, local doctor appointments, pharmacy runs, etc. Van is open for errands in Siloam Springs. MUST schedule in advance. Scheduled trip sign ups are available at the center. If you would like more information, call us at 524.5735.

