



Farmington Senior Activity Center

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

July 2025

(479) 267-5709

July Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Senior Yoga 9:00 Gospel Singing w/Shawn 10:00 Mix Match Pitch	2. Tai Chi 9:00 Gospel Singing 10:30-11:00	3. Bingo 9:00-11:00 Mix Match Pitch	
7. Chair Volley Ball 10:00 Bean Bag Baseball 12:30-1:30	8. Senior Yoga 9:00 Gospel Singing w/Shawn 10:00 Mix Match Pitch	9. Tai Chi 9:00 Gospel Singing at Peach Tree Village Leave @ 10:15 Recycled Art Class 1:00 (NEW)	10. Bingo 9:00-11:00 Mix Match Pitch	11. Strength & Stretch 9:00 Bible Study 10:00 Canasta 12:30
14. Chair Volley Ball 10:00 Bean Bag Baseball 12:30-1:30	15. Senior Yoga 9:00 Gospel Singing w/Shawn 10:00 Mix Match Pitch	16. Tai Chi 9:00 Gospel Singing 10:30-11:00	17. Bingo 9:00-11:00 Mix Match Pitch	18. Strength & Stretch 9:00 Bible Study 10:00 Canasta 12:30
21. Chair Volley Ball 10:00 Bean Bag Baseball 12:30-1:30	22. Senior Yoga 9:00 Gospel Singing w/Shawn 10:00 Mix Match Pitch	23. Tai Chi 9:00 Gospel Singing 10:30-11:00 Recycle Art Class 1:00 (NEW)	24. SALT Meeting 9:00 - 11:00 Birthday Cake Mix Match Pitch	25. Strength & Stretch 9:00 Bible Study 10:00 Canasta 12:30
28. Chair Volley Ball 10:00 Bean Bag Baseball 12:30-1:30	29. Senior Yoga 9:00 Gospel Singing w/Shawn 10:00 Mix Match Pitch	30. Tai Chi 9:00 Gospel Singing 10:30-11:00	31. Bingo 9:00-11:00 Mix Match Pitch	

Suggested Donation \$4.00		July Menu			Lunch Served 11:30-12:00
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1. Baked Ham Mac & Cheese Greens Biscuit Brownie	2. Turkey Dressing Brussels Sprouts Wheat Roll Fruit Cup	3. Lasagna Italian Veggie Blend Bread Stick Warm Fruit		
7. Breaded Fish Filet French Fries Mixed Veggies Wheat Roll Fruit Cup	8. Chopped Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Wheat Roll Cheesecake	9. Sweet & Sour Pork Steamed Rice Stir Fry Veggies Egg Roll Orange-Pineapple Cream Gelatin	10. Hamburger Relish Cup Tater Tots Spiced Applesauce	11. Honey Glazed Turkey Sweet Potatoes Spinach Roll Peanut Butter Cookie	
14. Marinated Chicken Noodles Baby Carrots Roll Pears	15. Pork Cutlet Supreme Parslied Potatoes Peas & Carrots Wheat Roll Pound Cake	16. Chicken & Dumplings Potatoes Green Beans Roll Fruit Cup	17. Italian Beef Sandwich Potato Wedges Peppers & Onions Rocky Road Pudding	18. Blackened Tilapia Corn Greens Roll Fruit Cup	
21. Baked Chicken Cornbread Dressing Spinach Wheat Roll Berry Cup	22. Pork Carnitas Refried Beans Tomato-Corn Cilantro Salad Cinnamon-Roll Cream-Cheese Churro	23. Butter Crumb Tilapia Red Potatoes Cali Blend Veggies Roll Fruit Cup	24. Meatloaf Mashed Potatoes Broccoli & Cauliflower Roll Fruit Cup	25. Chicken Vesuvio Peas & Pearl Onions Wheat Roll Coconut Cream Cake	
28. Salisbury Steak Potatoes Herbed Zucchini Wheat Roll Rosey Apple Slices	29. Garlic Herb Pork Loin Sweet Carrots Cauliflower Wheat Roll Fruit Cup	30. Roast Beef w/Au Jus Cheesy Potatoes Green Peas Roll Banana Cream Pie	31. Paprika Baked Tilapia Lemon & Herb Penne Mixed Veggies Roll Fruit Cup	Menu Subject to Change	



Financial Safety

Tips to create Financial Safety in your everyday life.

Power of Attorney: Pro's & Con's

Current Frauds: What watch out for.

Drug Take Back: How to protect yourself & your family.

Farmington Senior Center

340 W Main; Farmington, AR

Thursday, July 24, 2025

9:00 am - 11:00 am

Door prizes will be given away.

Must be present to win.

West Fork Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Chair Volley Ball or Bean Bag Baseball	2.	3. Quilting 9:00-10:30 Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Dominos & Board Games	
7.	8. Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Chair Volley Ball or Bean Bag Baseball	9.	10. Quilting 9:00-10:30 Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Dominos & Board Games	11.
14.	15. Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Chair Volley Ball or Bean Bag Baseball	16. Bean Bag Baseball @ Huntsville	17. Quilting 9:00-10:30 Walk It Off 9:30-10:00 PEPPI 10:00-11:00 BINGO 11:00-12:00	18.
21. Bean Bag Baseball @ Prairie Grove	22. Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Chair Volley Ball or Bean Bag Baseball	23.	24. Quilting 9:00-10:30 Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Birthday Cake Dominos & Board Games	25.
28.	29. Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Chair Volley Ball or Bean Bag Baseball	30. Bean Bag Baseball @ Lincoln	31. Quilting 9:00-10:30 Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Dominos & Board Games	

COME JOIN THE FUN

Sign up for All Trips in the Office

07/04: Closed 4th of July

07/08: Mystery Trip, Fayetteville

Leave at 9:00

07/09: Recycled Art Class 1:00

07/22: Roaring River State Park Cassville, MO

Leave at 9:00 *\$10.00*

07/23: Recycled Art Class 1:00

07/24: SALT Meeting *Financial Safety* 9:00-11:00

Please remember during the HOT weather:

Limit outdoor activities to early morning or late evening

Wear cool, loose clothing

Drink plenty of Water

Provide pets with plenty of Water and Shade

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

Must Call 48 hours in advance to schedule your trip

(479) 267-5709





4TH OF JULY

WORD SEARCH

WORD LIST

AMERICA
BALLOONS
BBQ
CELEBRATE
FIRECRACKER
FIREWORKS
FLAGS
FREEDOM
FUN
INDEPENDENCE
JULY
LIBERTY
NATION
PARADE
PARTY
PATRIOTIC
PICNIC
RED
SPARKLERS
STARS
STRIPES
SUMMER
USA
WHITE
YARD

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