



# July Menu 2025

*Siloam Springs Senior Activity & Wellness Center*

## Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
Lunch Served at 12:00 pm  TAKEOUT pickup 11:00-11:30 am	1 BBQ Beef Brisket Sweet Potato Wedges Baked Beans Cornbread Fresh Fruit	2 Herb Baked Fish Garlic Mashed Cauliflower Squash Medley Roll/Butter	3 Chicken Club Sandwich Onion Rings Steamed Veggies Fruit Medley	4 Closed For Holiday
7 Pineapple Chicken Fried Rice Stir Fry Veggies Egg Roll Berry Crisp	8 Kielbasa Potato Pancakes Beets Medley Roll/Butter Fruit Salad	9 Salisbury Steak w/Peppers Duchess Potatoes Herbed Zucchini Roll/Butter Rosy Apple Slices	10 Chicken Cobb Salad w/Ranch Pasta Salad Roll/Butter Tropical Fruit Dream	11 Lasagna Italian Veggies Breadstick Ice Cream Cup
14 Swedish Meatballs over Noodles Broccoli Florets Roll/Butter Blushing Pears	15 Sweet & Sour Pork Steamed Rice Asian Veggies Roll/Butter Orange Pineapple Cream Jell-O	16 Mushroom Swiss Hamburger Lettuce/Tomato Tater Tots Strawberries w/ Topping	17 Honey Glazed Turkey Baked Sweet Potatoes Savory Spinach Roll/Butter Peach Cobbler	18 Grilled Chicken Salad w/Ranch Potato Salad Breadstick Frosted Choc. Cake
21 Baked Chicken Cornbread Dressing Spinach Roll/Butter Berry Fruit Cup	22 Corned Beef New Boiled Potatoes German Red Cabbage Roll/Butter Melon Cubes	23 Pork Carnitas Refried Beans Tomato, Corn, Cilantro Salad Tortilla Cinnamon Churros	24 Roast Turkey Diane Egg Noodles Green Beans Roll/Butter Apple Pie	25 Baked Ziti w/Cheese Spinach Salad w/ Dressing Fruit Salad
28 Breakfast Bake Sausage Patty Cream of Rice Fruit Cup Cinnamon Wheat Bread	29 Beef w/Roasted Veggies Rissolo Potatoes Roll/Butter Apricot Parfait	30 Marinated Chicken Parmesan Basil Orzo Baby Carrots Roll/Butter Pear Crisp	31 Zesty Bean Soup w/Crackers Ham/Cheese Sandwich Cucumber/Sour Cream Salad Hawaiian Fruit Cup	\$4 Suggested Donation for 60+  \$8 Charge for under 60 eating on site  \$8.50 Charge for all takeout



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)



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



# July Activities 2025

*Siloam Springs Senior Activity & Wellness Center*

## Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
SUGGESTED TRANSPORTATION DONATION IS \$3-\$10 DEPENDING ON DESTINATION	1 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	2 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	3 4TH OF JULY PARTY MUSIC, TREAT AND FUN 1-3PM AGELESS GRACE 1:30PM	4 CLOSED FOR HOLIDAY
7 BEAN BAG BASEBALL 10:30AM	8 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	9 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	10 A TO Z GIFTS AND MORE IN ALMA LUNCH AT AIREDALE DINER VAN LEAVES AT 8AM AGELESS GRACE 1:30PM	11 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY
14 BINGO 1PM	15 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	16 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	17 FLEA MARKET SHOPPING IN PRAIRIE GROVE LUNCH AT MELS DINER VAN LEAVES AT 9AM AGELESS GRACE 1:30PM	18 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY
21 BEAN BAG BASEBALL 10:30AM	22 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	23 BP SCREENING BY UAMS 11AM WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	24 GATOR GOLF IN FAYETTEVILLE LUNCH AT TIM 'S PIZZA VAN LEAVES AT 9AM AGELESS GRACE 1:30PM	25 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY
28 BINGO 1PM	29 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	30 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	31 EAT OUT NIGHT @ RED DOOR BAR & GRILL IN TONTITOWN VAN LEAVES AT 4PM AGELESS GRACE 1:30PM	ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER PERMITTING SUGGESTED TRANSPORTATION DONATION IS \$3-\$10 DEPENDING ON DESTINATION



DALE HUTCHINSON  
BEVERLY LAMB  
LAURIE MARLON  
MILLARD MATTHEWS  
DARRELL NESBITT  
JOHN COURTNEY  
RICK DUNN  
RAYMOND HEISER  
JAN WUBBENA

BOB DUPPMAN  
CHUCK ELLCEY  
RENEA ELLIS  
DOREEN GRYDER  
SUSAN HARDER  
WAYNE HARTLEY  
JUDY HAWLEY  
CHYLE ROLLINS

### Riders Needed!



**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.

### "Give a Little" Fundraiser Money Wall

There are 113 envelopes posted on a wall at the Senior Center. Each envelope has a corresponding dollar amount. Take an envelope and place the corresponding dollar amount into the envelope and return it to the Senior Center Director (Ale Torres). You can donate more if you'd like. Our goal is \$2,000!!! Fundraiser will run from July 1st-Aug. 15th. Feel free to share with friends, family, neighbors, co-workers, etc.