



August 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	\$4 Suggested Donation for 60+ \$8 Charge for under -60 eating on site \$8.50 Charge for all takeout	Menu subject to change due to supply chain availability		1 Marinated Chicken Sandwich Lettuce/Tomato Potato Wedges Fried Green Beans Frosted Cake
4 Open Faced Hot Turkey Sandwich Mashed Potatoes Corn Grapes	5 Breaded Fish Filet Cali Veggies Collard Greens Hush Puppies	6 Beef Stroganoff over Noodles Buttered Carrots Roll/Butter Applesauce	7 Honey Lemon Chicken Duchess Potatoes Broccoli Florets Biscuit/Butter Oatmeal Cookie	8 Ham & Au Gratin Potatoes Spinach Roll/Butter Banana
11 French Dip Sandwich Baked Potato Chips Mixed Veggies Mandarin Oranges	12 Mushroom Chicken Wild Rice Blend Peas & Carrots Roll/Butter Pie	13 Baked Ziti Tossed Salad w/ Dressing Roll/Butter Fruit Cocktail	14 Pot Roast Parslied Potatoes Carrots & Celery Roll/Butter Cherry Angel Cake	15 Turkey Rice Casserole Green Beans Roll/Butter Fresh Clementine
18 Frito Chili Pie Tossed Salad w/ Dressing Fiesta Corn Ice Cream	19 BBQ Ribette Sandwich Baked Beans Mixed Veggies Fruited Jell-O	20 Chicken Tenders w/ BBQ Sauce Mac & Cheese Baby Lima Beans Biscuit/Butter Chilled Peaches	21 Beef Enchilada Bake Corn & Black Bean Salad Roll Tropical Fruit	22 Fried Fish Filet Buttered Corn Collard Greens Bread/Butter Lemon Cream Pie
25 Meatloaf w/Sauce Mashed Potatoes w/Gravy Peas & Carrots Roll/Butter Sunshine Cake	26 Chicken & Noodles Seasoned Carrots Parslied Potatoes Roll/Butter	27 Salmon Burger w/ Lemon Dill Sauce Baked Potato Wedges Mixed Veggies Honey Fruit Cup	28 Pinto Beans w/Ham Fried Potatoes/ Onions Seasoned Greens Cornbread Fruit Medley	29 Lasagna Side Salad w/ Dressing Italian Veggies Bread Knot



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



August Activities 2025

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Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
SUGGESTED TRANSPORTATION DONATION IS \$3-\$10 DEPENDING ON DESTINATION	ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER PERMITTING 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.		1 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY/EVERYDAY
4 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY/EVERYDAY	5 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	6 CAPTIONCALL PHONE PRESENTATION 11:30AM WATERCOLOR CLASSES 10:30AM & 1PM	7 RANGELINE/JUNKERVILLE FLEA MARKETS IN JOPLIN VAN LEAVES AT 8AM LUNCH AT EL VALLARTA MEX AGELESS GRACE 1:30PM	8 "THE LOOSE STRINGS" BAND (GOSPEL/COUNTRY) 10:30-11:45AM BIBLE STUDY 12:30-1:30PM
11 BINGO 1PM	12 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	13 CHAIR VOLLEYBALL COMPETITION AGAINST GRAVETTE IN SILOAM 10AM WATERCOLOR CLASSES 10:30AM & 1PM	14 DAILY DEALS BARGAIN BINS IN ROGERS VAN LEAVES AT 9:15AM LUNCH AT WRIGHTS BBQ AGELESS GRACE 1:30PM	15 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY/EVERYDAY
18 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY/EVERYDAY	19 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	20 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	21 WII BOWLING COMPETITION IN GRAVETTE VAN LEAVES AT 9:30AM AGELESS GRACE 1:30PM	22 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY/EVERYDAY
25 BINGO 1PM	26 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	27 BP SCREENING BY UAMS 11AM WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	28 BELLE STARR/THROUGH THE YEARS ANTIQUE STORES IN FORT SMITH LUNCH AT RIVERFRONT PARK VAN LEAVES AT 8AM AGELESS GRACE 1:30PM	29 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY/EVERYDAY



CARYOLYN CHURCH
DAVID FULTNER
RAELENE HUDSON
EMOGENE HUTCHINSON
DARRYL PAULZINE
VICKY POOL
SHEILA REYNOLDS
MARIE 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.