



Farmington Senior Activity Center

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

September 2025

(479) 267-5709

September Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2. Senior Yoga 9:00 Gospel Singing w/Shawn 10:00 Mix Match Pitch	3. Tai Chi 9:00 Gospel Singing 10:30-11:00	4. Bingo 9:00-11:00 Mix Match Pitch	5. Strength & Stretch 9:00 Bible Study 10:00 Canasta 12:30
8. Chair Volley Ball 10:00	9. Senior Yoga 9:00 Trip to Branson Gospel Singing w/Shawn 10:00 Mix Match Pitch	10. Tai Chi 9:00 Gospel Singing at Peach Tree Village Leave @ 10:15	11. Bingo 9:00-11:00 Mix Match Pitch	12. Strength & Stretch 9:00 Bible Study 10:00 Canasta 12:30
15. Chair Volley Ball 10:00	16. Senior Yoga 9:00 Gospel Singing w/Shawn 10:00 Mix Match Pitch	17. Tai Chi 9:00 Gospel Singing 10:30-11:00	18. Bingo 9:00-11:00 Mix Match Pitch	19. Strength & Stretch 9:00 Bible Study 10:00 Canasta 12:30
22. Chair Volley Ball 10:00	23. Senior Yoga 9:00 Trip to Branson Gospel Singing w/Shawn 10:00 Mix Match Pitch	24. Tai Chi 9:00 Gospel Singing 10:30-11:00	25. Bingo 9:00-11:00 Birthday Cake Mix Match Pitch	26. Strength & Stretch 9:00 Bible Study 10:00 Canasta 12:30
29. Chair Volley Ball 10:00	30. Senior Yoga 9:00 Gospel Singing w/Shawn 10:00 Mix Match Pitch			

Suggested Donation

\$4.00

September Menu

Lunch Served

11:30-12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2. Breaded Fish Filet French Fries Mixed Veggies Wheat Roll Pound Cake	3. Sweet & Sour Pork Steamed Rice Stir Fry Veggies Veggie Egg Roll Mandarin Oranges	4. Hamburger Relish Plate Tater Tots Spiced Peaches	5. Honey Glazed Turkey Sweet Potatoes Spinach Wheat Roll Fruit Cup
8. Marinated Chicken Parmesan Noodles Baby Carrots Wheat Roll Pears	9. Italian Beef Sandwich Potato Wedges Sauteed Peppers & Onions Pudding	10. Blackened Tilapia Corn Coleslaw Roll Fruit Cup	11. Pork Cutlet Supreme Parslied Potatoes Peas Wheat Roll Cake	12. Chicken & Dumplings Potatoes Green Beans Roll Grapes
15. Breaded Pork Chop Confetti Rice Lima beans Wheat Roll Peaches & Cream	16. Roast Turkey Diane Noodles Green Beans Wheat Roll Fruit Cup	17. Meatloaf Mashed Potatoes Mixed Veggies Roll Fruit Cup	18. Butter Crumb Tilapia Red Potatoes Cali Blend Veggies Wheat Roll Rice Krispie Treats	19. Baked Chicken Cornbread Dressing Spinach Roll Berry Cup
22. Salisbury Steak Capri Blend Veggies Potatoes Roll Rosey Apple Slices	23. Pineapple Chicken Rice Stir Fry Veggie Blend Veggie Egg Roll Cookie	24. Lasagna Italian Veggie Blend Bread Stick Spiced Peaches	25. Sliced Ham Mac & Cheese Greens Biscuit Brownie	26. Chicken Cobb Salad Pasta Salad Wheat Roll Tropical Fruit
29. Breaded Fish Filet French Fries Mixed Veggies Wheat Roll Pound Cake	30. Chicken Enchilada Casserole Fiesta Rice Black Beans Strawberries w/Topping			Menu Subject to Change

COME JOIN THE FUN

Sign up for All Trips in the Office

09/01: Closed for Labor Day

09/23: Freedom Journey Experience, Branson

Leave at 8:30 *\$22.00* (to be determined)



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



West Fork Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2. Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Chair Volley Ball or Bean Bag Baseball	3.	4. Quilting 9:00-10:30 Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Dominos & Board Games	5. West Fest Parade Saturday, 9/6 10:00 am
8.	9. Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Chair Volley Ball or Bean Bag Baseball	10.	11. Quilting 9:00-10:30 Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Dominos & Board Games	12.
15.	16. Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Chair Volley Ball or Bean Bag Baseball	17.	18. Quilting 9:00-10:30 Walk It Off 9:30-10:00 PEPPI 10:00-11:00 BINGO 11:00-12:00	19. World Series Beanbag Baseball Harrison 8:00 am
22.	23. Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Chair Volley Ball or Bean Bag Baseball	24.	25. Quilting 9:00-10:30 Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Birthday Cake Dominos & Board Games	26.
29.	30. Walk It Off 9:30-10:00 PEPPI 10:00-11:00 Chair Volley Ball or Bean Bag Baseball			

County Fair

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

elephant ears
blue ribbon
ice cream
tickets
horse
cow

cotton candy
petting zoo
ring toss
midway
music

ferris wheel
apple pie
chickens
piglet
rodeo

tilt a whirl
corn dogs
rabbits
quilts
sheep