



September Menu 2025

Siloam Springs Senior Activity & Wellness Center

Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
1 Closed For Holiday	2 Roast Turkey w/Gravy Sweet Potato Fries Green Beans Roll/Butter Pie	3 Veggie Beef Soup w/Crackers Cottage Cheese Spinach Salad Chilled Peaches	4 Steak Fingers w/ Potatoes w/Gravy Peas & Carrots Roll/Butter Fruit	5 Breaded Fish Filet Baked Potato Wedges Collard Greens Hushpuppies Cookie
8 Tater Tot Casserole Green Peas Roll/Butter Pound Cake w/Fruit	9 Fried Chicken Potatoes w/Gravy Corn Bread/Butter Fruit Parfait	10 Baked Ziti Broccoli Florets Salad w/Dressing Roll/Butter	11 Broccoli Soup w/Crackers 1/2 Turkey Sandwich w/Cheese, Lettuce, Tom Fresh Fruit	12 French Dip Sandwich Baked Potato Chips Mixed Veggies Banana
15 Hamburger on Bun Onion/Lett/Tom/Pickle Mustard Potato Salad Baked Beans Melon Cubes	16 Chicken Tenders Mac & Cheese Baby Lima Beans Bread/Butter Funnel Fries	17 Beef Fajitas / Tortilla Peppers & Onions Mexican Rice Refried Beans Tropical Fruit	18 Pork Fritter w/Peppered Gravy Buttered Carrots Roll/Butter Orange Zephyr Whip	19 Hearty Chili/Crackers Salad w/Dressing Fruit Medley Cookie
22 Roasted Greek Chicken Rice Pilaf Mixed Veggies Roll/Butter Chilled Pears	23 Pork Roast Pinto Beans Seasoned Cabbage Cornbread/Butter Sunshine Cake	24 Asian Ginger Chicken Fluffy White Rice Oriental Veggies Egg Roll Mandarin Oranges	25 Country Fried Steak Potatoes w/Gravy Fried Green Beans Roll/Butter Apple Pie	26 Potato Soup 1/2 Turkey/Swiss Sandwich Fresh Strawberries & Grapes
29 Cheese Manicotti w/ Meat Sauce Salad w/Dressing Italian Veggies Garlic Knot	30 Tangy Ranch Chicken Au Gratin Potatoes Seasoned Carrots Cornbread/Butter Cinnamon Apples	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



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



September Activities 2025

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Foot Prints of Seniors

	Mon	Tue	Wed	Thu	Fri
1	CLOSED FOR HOLIDAY	2 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	3 SCAMS PRESENTATION BY JAMIE LYNGE W/ HUMANA 11:15AM WATERCOLOR CLASSES 10:30AM & 1PM	4 AGELESS GRACE 1:30PM	5 "THE LOOSE STRINGS" BAND (GOSPEL / COUNTRY) 10:30-11:45AM BIBLE STUDY 12:30-1:30PM
8	BINGO 1PM	9 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	10 WATERCOLOR CLASSES 10:30AM & 1PM	11 ANTIQUE / FLEA MARKET SHOPPING IN TAHLEQUAH VAN LEAVES AT 8AM AGELESS GRACE 1:30PM	12 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY / EVERYDAY
15	POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY / EVERYDAY	16 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	17 WATERCOLOR CLASSES 10:30AM & 1PM	18 WII BOWLING COMPETITION IN SILOAM 10AM AGELESS GRACE 1:30PM	19 "THE LOOSE STRINGS" BAND (GOSPEL / COUNTRY) 10:30-11:45AM BIBLE STUDY 12:30-1:30PM
22	BINGO 1PM	23 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	24 BP SCREENING BY UAMS 11AM WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	25 CRYSTAL BRIDGES MUSEUM VAN LEAVES AT 9:30AM LUNCH FROM CENTER AGELESS GRACE 1:30PM	26 "PICKIN' TIME ON 59" VAN LEAVES AT 8AM BRING CASH BIBLE STUDY 12:30-1:30PM
29	POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY / EVERYDAY	30 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	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.



JACKIE ASSID
DEBRA CALDWELL
MAVICE JASPER
KEVIN KOKOJAN
JEAN MACEWAN
CARMELLA PROFFITT
KEN RHODES
RALPH COWART

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.

We will be having Ageless Grace classes every Thursday starting at 1:30pm. Ageless Grace is an educational program that introduces 21 tools. Each tool provides many secondary fitness benefits that also stimulate and utilize the five areas of the brain analytical, strategic, kinesthetic learning, memory/recall and creativity and imagination. Come join us in a class to see for yourself.

