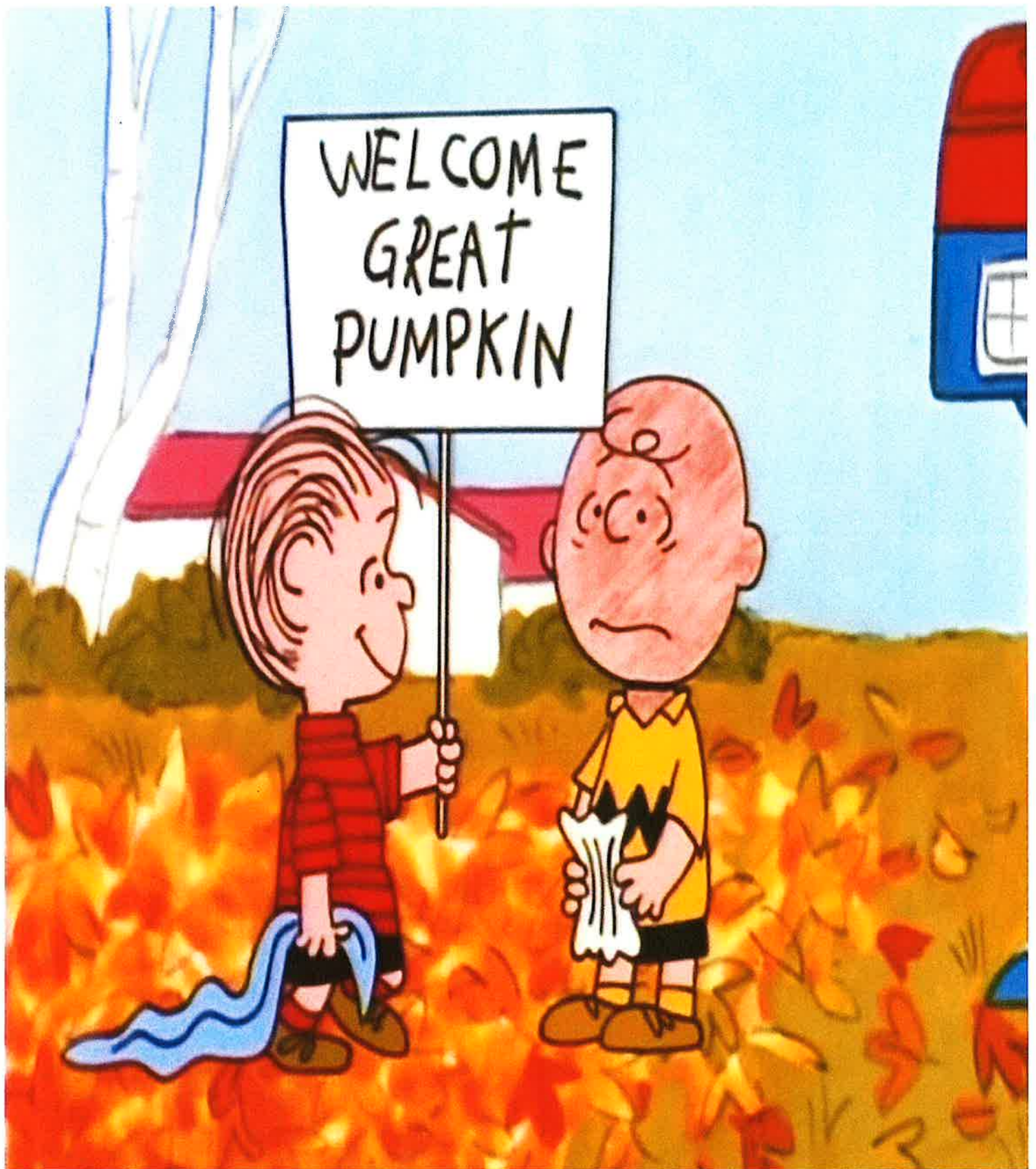




## **Farmington Senior Activity Center**

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

**October 2025**

**(479) 267-5709**

# Drive thru BBQ

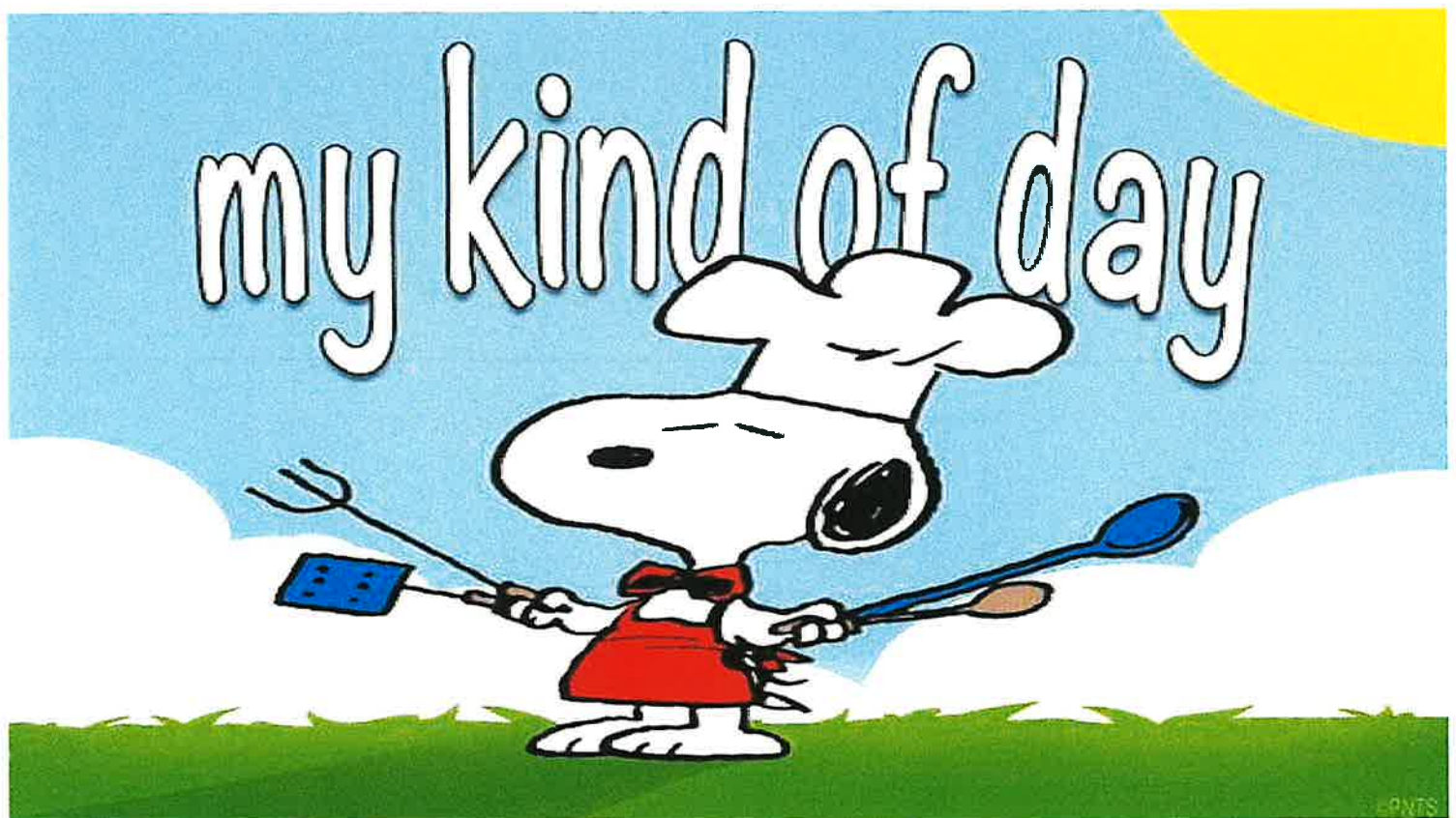
**Farmington Senior Center**

**Saturday, November 1**

**11:00 – 1:00**

**BBQ Pulled Pork Sandwich  
Chips & Pickle**

**\$5.00**



# October Activities

| MONDAY                                                                           | TUESDAY                                                            | WEDNESDAY                                                                                                | THURSDAY                                                                           | FRIDAY                                                                         |                                                                                 |
|----------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
|  |                                                                    | 1.<br>Tai Chi 9:00<br><br>Gospel Singing<br>10:30-11:00                                                  | 2.<br>Bingo 9:00-11:00<br><br>Mix Match Pitch                                      | 3.<br>Strength & Stretch<br>9:00<br><br>Bible Study 10:00<br><br>Canasta 12:30 |                                                                                 |
|                                                                                  | 6.<br>Chair Volley Ball<br>10:00<br><br>Trip to<br>Har-Ber Village | 7.<br>Senior Yoga 9:00<br><br>Gospel Singing<br>w/Shawn 10:00<br><br>Mix Match Pitch                     | 8.<br>Tai Chi 9:00<br><br>Gospel Singing at<br>Peach Tree Village<br>Leave @ 10:15 | 9.<br>Bingo 9:00-11:00<br><br>Mix Match Pitch                                  | 10.<br>Strength & Stretch<br>9:00<br><br>Bible Study 10:00<br><br>Canasta 12:30 |
|                                                                                  | 13.<br>Chair Volley Ball<br>10:00                                  | 14.<br>Senior Yoga 9:00<br><br>Gospel Singing<br>w/Shawn 10:00<br><br>Mix Match Pitch                    | 15.<br>Tai Chi 9:00<br><br>Gospel Singing<br>10:30-11:00                           | 16.<br>Bingo 9:00-11:00<br><br>Mix Match Pitch                                 | 17.<br>Strength & Stretch<br>9:00<br><br>Bible Study 10:00<br><br>Canasta 12:30 |
|                                                                                  | 20.<br>Chair Volley Ball<br>10:00                                  | 21.<br>Senior Yoga 9:00<br>Trip to Branson<br><br>Gospel Singing<br>w/Shawn 10:00<br><br>Mix Match Pitch | 22.<br>Tai Chi 9:00<br><br>Gospel Singing<br>10:30-11:00                           | 23.<br>Bingo 9:00-11:00<br><br>Birthday Cake<br><br>Mix Match Pitch            | 24.<br>Strength & Stretch<br>9:00<br><br>Bible Study 10:00<br><br>Canasta 12:30 |
|                                                                                  | 27.<br>Chair Volley Ball<br>10:00                                  | 28.<br>Senior Yoga 9:00<br><br>Gospel Singing<br>w/Shawn 10:00<br><br>Mix Match Pitch                    | 29.<br>Tai Chi 9:00<br><br>Gospel Singing<br>10:30-11:00                           | 30.<br>Bingo 9:00-11:00<br><br>Mix Match Pitch                                 | 31.<br>Strength & Stretch<br>9:00<br><br>Bible Study 10:00<br><br>Canasta 12:30 |

Suggested Donation

\$4.00

# October Menu

Lunch Served

11:30-12:00

| MONDAY                                                                                                        | TUESDAY                                                                                  | WEDNESDAY                                                                                | THURSDAY                                                                               | FRIDAY                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Menu<br/>Subject to<br/>Change</b>                                                                         |         | 1.<br>Sweet & Sour Pork<br>Rice<br>Stir Fry Veggie Blend<br>Egg Roll<br>Orange Pineapple | 2.<br>Honey Glazed Turkey<br>Sweet Potatoes<br>Spinach<br>Roll<br>Peanut Butter Cookie | 3.<br>Chicken Enchilada<br>Casserole<br>Fiesta Rice<br>Black Beans<br>Strawberries w/<br>Topping                                             |
| 6.<br>Baked Chicken<br>Spinach<br>Stewed Tomatoes<br>Wheat Roll<br>Cookie                                     | 7.<br>Garlic Butter Tilapia<br>New Potatoes<br>Brussels Sprouts<br>Roll<br>Strawberries  | 8.<br>Beef Chili w/ Beans<br>Baked Potatoes<br>Tossed Salad<br>Roll<br>Peaches & Cream   | 9.<br>Maple Glazed Ham<br>Corn<br>Greens<br>Wheat Roll<br>Pears                        | 10.<br>Chicken Dijon<br>Noodles<br>Green Beans<br>Bread Stick<br>Mandarin Oranges                                                            |
| 13.<br>Roasted Chicken w/<br>Poultry Gravy<br>Bread Dressing<br>Mixed Veggies<br>Wheat Roll<br>Blushing Pears | 14.<br>Tuna Noodle Casserole<br>Green Peas<br>Wheat Roll<br>Oatmeal Raisin Cookie        | 15.<br>Thin Crust<br>Cheese Pizza<br>Caesar Salad<br>Bread Stick<br>Fruit Cup            | 16.<br>BBQ Pork<br>Corn<br>Brussels Sprouts<br>Roll<br>Peach Parfait                   | 17.<br>Four Cheese Pasta<br>Italian Veggie Blend<br>Roll<br>Ambrosia                                                                         |
| 20.<br>Lemon Pepper Tilapia<br>Rice<br>Green Beans<br>Roll<br>Tropical Fruit                                  | 21.<br>Beef Stroganoff<br>Noodles<br>Green Peas<br>Wheat Roll<br>Spiced Apples           | 22.<br>Sliced Baked Ham<br>Mac & Cheese<br>Steamed Cabbage<br>Wheat Roll<br>Cake         | 23.<br>Meat loaf<br>Roasted Garlic Potatoes<br>Capri Veggie Blend<br>Roll<br>Cookie    | 24.<br>Oven Fried Chicken<br>Mashed Potatoes<br>Spinach<br>Cornbread<br>Peach Cobbler                                                        |
| 27.<br>Baked Chicken<br>Mashed Potatoes<br>Carrots<br>Roll<br>Applesauce                                      | 28.<br>Blackened Tilapia<br>Potato Wedges<br>Cauliflower<br>Wheat Roll<br>Carmel Brownie | 29.<br>Baked Pork Chop<br>Rice<br>Squash Medley<br>Wheat Roll<br>Fruit Cup               | 30.<br>Chicken Enchiladas<br>Refried Beans<br>Rice<br>Pineapple Tidbits                | 31.<br><br>Taco Salad<br>Fiesta Rice<br>Beans<br>Churro |

# COME JOIN THE FUN

Sign up for All Trips in the Office

10/06: Har-Ber Village, Grove OK

Leave at 9:00 \*\$25.00\*

10/21: Freedom Journey Experience, Branson

Leave at 9:00 \*\$22.00\*

11/01: Drive Thru BBQ \*11:00 am - 1:00 pm\* \*\$5.00\*



**Effective November 1, 2025**

**The Suggested Donation for meals will increase to:**

**\$5.00 \*60 & over\***

**\$10.00 \*under 60\***

**\$11.00 \*To Go\***



## **New Bus Donations**

**Our goal is \$25,000**

**Donations can be made at the front desk in the black box**

**Remember all donations are tax deductible**



**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                                                                                |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|                                                                                    | <p><b>Walk It Off</b><br/>9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or<br/>Bean Bag Baseball</p>     |  | <p>2. <b>Quilting</b> 9:00-10:30<br/><b>Walk It Off</b><br/>9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p><b>Dominos &amp;<br/>Board Games</b></p>                           | <p>3.</p>                                                                             |
| 6.                                                                                 | <p>7. <b>Walk It Off</b><br/>9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or<br/>Bean Bag Baseball</p>  |                                                                                   | <p>9. <b>Quilting</b> 9:00-10:30<br/><b>Walk It Off</b><br/>9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p><b>Dominos &amp;<br/>Board Games</b></p>                           | 10.                                                                                   |
| 13.                                                                                | <p>14. <b>Walk It Off</b><br/>9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or<br/>Bean Bag Baseball</p> | <p>15. <b>Bean Bag Baseball</b><br/>@ Lincoln<br/>9:30</p>                        | <p>16. <b>Quilting</b> 9:00-10:30<br/><b>Walk It Off</b><br/>9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p><b>BINGO 11:00-12:00</b></p>                                      | 17.                                                                                   |
| 20.                                                                                | <p>21. <b>Walk It Off</b><br/>9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or<br/>Bean Bag Baseball</p> | 22.                                                                               | <p>23. <b>Quilting</b> 9:00-10:30<br/><b>Walk It Off</b><br/>9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p><b>Birthday Cake</b><br/><b>Dominos &amp;<br/>Board Games</b></p> | 24.                                                                                   |
|  | <p>28. <b>Walk It Off</b><br/>9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or<br/>Bean Bag Baseball</p> | 29.                                                                               | <p>30. <b>Quilting</b> 9:00-10:30<br/><b>Walk It Off</b><br/>9:30-10:00</p> <p>PEPPI 10:00-11:00</p> <p><b>Dominos &amp;<br/>Board Games</b></p>                          |  |