



October 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	\$5 Suggested Donation for 60+ \$8 Charge for under -60 eating on site \$8.50 Charge for all takeout	1 Goulash Tossed Salad w/ Dressing Garlic Knot Pound Cake w/ Strawberries	2 Fried Fish Filet Buttered Corn Collard Greens Bread Lemon Cream Pie	3 Tuna Noodle Cass. Green Beans Roll Warm Rosy Applesauce
	6 Ham & Au Gratin Potatoes Spinach Roll Banana	7 Breaded Fish Filet Potatoes & Onions Creamy Coleslaw Hush Puppies Fruit Pie	8 Honey Lemon Chicken Mashed Potatoes Broccoli Florets Biscuit Oatmeal Cookie	9 Veggie Beef Stew w/Crackers Cottage Cheese Side Salad w/Dressing Chilled Peaches	10 Open Faced Hot Turkey Sandwich Mashed Potatoes Green Beans Roll Frosted Cake
	13 Baked Cube Steak w/Gravy Roasted Potatoes Peas & Carrots Cornbread Cake	14 Chicken & Rice Cass. Mixed Veggies Bread Warm Peaches	15 Cider Glazed Pork Loin Potato Wedges Steamed Cabbage Roll Chocolate Pudding Parfait	16 Beef Taco Casserole Hominy Chips & Salsa Fruit	17 Chicken Empanadas Spanish Rice Pinto Beans Cinnamon Apples
	20 Cheese Ravioli w/ Meat Sauce Buttered Corn Salad w/Dressing Mandarin Oranges	21 Chicken Pot Pie Cali Veggies Cornbread Fruit Crisp	22 Meat loaf w/Sauce Scalloped Potatoes Mixed Veggies Roll Dessert-Chefs Choice	23 Pork Roast Pinto Beans Seasoned Cabbage Roll Sunshine Cake	24 Country Fried Chicken Cream Gravy Mashed Potatoes Green Beans Roll Tropical Fruit
	27 Italian Baked Chicken Pasta Primavera Italian Bread Italian Crème Cake	28 Soft Beef Taco Texas Pinto Beans Mixed Green Salad w/Dressing Fruited Jell-O	29 Pinto Beans w/Ham Potatoes & Onions Seasoned Greens Cornbread Hot Baked Peaches	30 Roadkill Chili w/Beans Spiky Cheese Creepy Corn Cracklin' Crackers Scary Salad w/ Dressing Monster Cookie	31 Tangy Ranch Chicken Au Gratin Potatoes Seasoned Carrots Roll Honey Fruit Cup



Siloam Springs Senior Activity &
Wellness Center
750 Heritage Court
Siloam Springs, AR 72761
Phone: (479) 524-5735

E-Mail: director.siloam@ohcnwa.org (Ale)
E-Mail: assistant.siloam@ohcnwa.org (Debi)



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



October Activities 2025

Siloam Springs Senior Activity & Wellness Center

Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
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 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	2 EAT OUT NIGHT @ OLIVE GARDEN IN FAYETTEVILLE VAN LEAVES AT 4PM AGELESS GRACE 1:30PM	3 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY/EVERYDAY
6 BINGO 1PM	7 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	8 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	9 PEEL MUSEUM TOUR IN BENTONVILLE VAN LEAVES AT 9AM LUNCH AT BUTTERED BISCUIT AGELESS GRACE 1:30PM	10 "THE LOOSE STRINGS" BAND (GOSPEL / COUNTRY) 10:30-11:45AM BIBLE STUDY 12:30-1:30PM
13 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY/EVERYDAY	14 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	15 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	16 WII BOWLING COMPETITION IN GRAVETTE VAN LEAVES AT 9:30AM AGELESS GRACE 1:30PM	17 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY/EVERYDAY
20 BINGO 1PM	21 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	22 BP SCREENING BY UAMS 11AM WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	23 FLEA MARKET SHOPPING IN PRAIRIE GROVE VAN LEAVES AT 8:45AM LUNCH AT MEL 'S DINER AGELESS GRACE 1:30PM	24 "THE LOOSE STRINGS" BAND (GOSPEL / COUNTRY) 10:30-11:45AM BIBLE STUDY 12:30-1:30PM
27 PAUL GREGORY LAW -ESTATE PLANNING -ELDER LAW -PROBATE 1PM 	28 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	29 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	30 HALLOWEEN PARTY -COSTUME (NOT REQUIRED) -BINGO W/ PRIZES -CENTER TRICK OR TREAT -HALLOWEEN SNACK -MUSIC FUN STARTS AT 11AM 	31 Happy Halloween! BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY/EVERYDAY



RANDY MURPHY
CAROL NESBITT
BOB OCHS
WILLIAM PARTIS
STEVE PATTERSON
CONNIE STATON
KENNY STROUD
MARIA WILLIAMS

CAROL ALLEN
LUIS CARRION
CASSIE DERIBAUGH
MARYANN FRYE
RICHARD GRUBB
RAY KERR
NORMA LUCAS
GRACE MAXWELL
LAURA MOSS

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.