



November Menu 2025

Siloam Springs Senior Activity & Wellness Center

Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
3 Tator Tot Casserole Italian Veggies Salad w/Dressing Wheat Roll Cinnamon Baked Apples	4 Chicken Teriyaki Steamed Rice Broccoli Egg Roll Pineapple Tidbits	5 Breaded Pork Chop w/Brown Gravy Smashed Red Potatoes Spinach Wheat Roll Warm Cinnamon	6 Beef Cube Steak w/Mushroom Gravy Mashed Potatoes Buttered Carrots Wheat Roll Blushing Pears	7 Oven Baked Fish Sweet Potatoes Steamed Cabbage w/Parsley Hush Puppies Fruit Shortcake
10 Baked Pork Chop Wild Rice Blend Peas & Carrots Wheat Roll Warm Cinnamon Apples	11 Closed For Holiday	12 Baked Chicken Breast Sweet Potatoes Brussel Sprouts Bread Slice Tropical Fruit	13 Roast Beef w/Gravy Roasted Carrots, Onions & Potatoes Wheat Roll Fruit Cup	14 Chicken Noodle Cass. Carrots Garlic Bread Fruit Cocktail
17 Apple Honey Glazed Chicken Sweet Potatoes Green Beans Wheat Roll Fruit Salad	18 <i>Thanksgiving Lunch</i> Turkey w/Gravy Homemade Dressing Green Beans Sweet Potato Casserole Cranberry Sauce Hot Roll/Butter Pie w/topping	19 Beef Stew Tossed Salad w/Dressing Apple Slices Biscuit	20 Autumn Apple Pork Loin Navy Beans Mixed Greens Cornbread Fresh Fruit	21 Meatloaf Potatoes w/Gravy Winter Blend Veggies Honey Kissed Roll Fruit Cocktail
24 Chicken Tenders Creamed Spinach Cauliflower Wheat Roll Fruit Cup	25 Pot Roast Roasted Red Potatoes Brussel Sprouts Dinner Roll Apple Brown Betty	26 Sloppy Joe on Bun Oven Baked Tator Tots Chuckwagon Corn Mandarin Oranges	27 Closed For Holiday	29 Closed For Holiday
	\$5 Suggested Donation for 60+ \$8 Charge for under -60 eating on site \$8.50 Charge for all takeout	Lunch Served at 12:00 pm TAKEOUT pickup 11:00-11:30 am	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



November Activities 2025

Siloam Springs Senior Activity & Wellness Center

Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
3 BINGO 1PM	4 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	5 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	6 FLEA MARKET SHOPPING IN CHOUTEAU / CHEESE HOUSE VAN LEAVES AT 9AM AGELESS GRACE 1:30PM	7 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY / EVERYDAY
10 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY / EVERYDAY	11 CLOSED FOR HOLIDAY	12 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	13 VISIT "THE DAISY AIRGUN MUSEUM" IN ROGERS VAN LEAVES AT 8:30AM AGELESS GRACE 1:30PM	14 BIBLE STUDY 12:30-1:30PM POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY / EVERYDAY
17 BINGO 1PM	18 THANKSGIVING LUNCH WILL BE SERVED AT 11:30AM GOSPEL SINGING 10:30AM CARD PLAYERS MEET 1PM	19 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	20 AGELESS GRACE 1:30PM	21 "THE LOOSE STRINGS" DUO (GOSPEL / COUNTRY) 10:30-11:45AM BIBLE STUDY 12:30-1:30PM
24 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY / EVERYDAY	25 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	26 BP SCREENING BY UAMS 11AM WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	27 CLOSED FOR HOLIDAY 	28 CLOSED FOR HOLIDAY
	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.	SUGGESTED TRANSPORTATION DONATION IS \$3-\$10 DEPENDING ON DESTINATION	

HAPPY BIRTHDAY

Faye AMOS
Shirley BALMAIN
Jackie BROOKS
Hazel EDWARDS
Carolyn FERGUSON
Donna MCHENRY
Donna OCHS

Betty RYAN
Bob SAEGERT
Barbara SPARKMAN
Mary STUART
Rick SWICK
Betty WHITE

THANKSGIVING LUNCH SIGN UP IS REQUESTED!

our THANKSGIVING LUNCH will be served on
Tuesday, November 18 at 11:30AM.
Please make sure to sign up so we can ensure we have
adequate seating and food. You can call or come in to
the center to sign up.
GOSPEL SINGING WILL STOP AT 11:20AM.

