



JANUARY MENU 2026

SILOAM SPRINGS SENIOR ACTIVITY & WELLNESS CENTER FOOT PRINTS OF SENIORS

MON	TUE	WED	THU	FRI
\$5 SUGGESTED DONATION FOR 60+ \$10 CHARGE FOR UNDER 60 EATING ON SITE \$11 CHARGE FOR ALL TAKEOUT	LUNCH SERVED AT 12:00 PM	TAKEOUT PICKUP 11:00-11:30 AM ORDERS ARE \$10.50 CHARGE	1 CLOSED FOR HOLIDAY	2 BEEF STIR FRY FRIED RICE GLAZED CARROTS EGG ROLL PINEAPPLE TIDBITS
5 PORCUPINE MEATBALLS SAUTEED ZUCCHINI/TOMS WHEAT ROLL MIXED FRUIT	6 CHICKEN SANDWICH LETT/TOMATO/ONION SWEET POTATO FRIES CREAMY COLESLAW CINNAMON PEARS	7 BEEF FINGERS W/GRAVY MASHED POTATOES CORN ROLL BANANA PUDDING	8 PENNE POLISH SAUSAGE BAKE MIXED VEGGIES SALAD W/DRESSING	9 BBQ CHICKEN PINTO BEANS POTATO SALAD WHEAT ROLL SPICED PEACHES
12 CHICKEN NOODLE CASS. BUTTERED CARROTS FRUIT COCKTAIL GARLIC BREAD	13 ROAST BEEF W/GRAVY ROASTED CARROTS, ONIONS, & POTATOES WHEAT ROLL FRUIT CUP	14 BAKED PORK CHOP WILD RICE PEAS & CARROTS ROLL CINNAMON APPLES	15 CHICKEN FRIED STEAK POTATOES W/GRAVY WHOLE KERNEL CORN HOT ROLL PEACH CRUMBLE	16 BAKED HAM PINTO BEANS WINTER BLEND VEGGIES CORNBREAD
19 CLOSED FOR HOLIDAY	20 CHICKEN TENDERS CREAMED SPINACH CAULIFLOWER WHEAT ROLL	21 GRILLED HAMBURGER W/ PICKLE/LETT/TOM/ONION TATOR TOTS BAKED BEANS FRUIT CRISP	22 HERB BAKED FISH BUTTERNUT SQUASH GREEN BEANS ROLL TROPICAL FRUIT	23 BEEF LASAGNA ITALIAN VEGGIES SALAD W/DRESSING GARLIC KNOT
26 CHICKEN & RICE CASS. BUTTERED CARROTS ROLL WARM PEACHES	27 BBQ RIBETTE SANDWICH POTATO SALAD MIXED VEGGIES HONEY FRUIT CUP	28 BEEF STEW SALAD W/DRESSING APPLE SLICES BISCUIT W/HONEY	29 PORK LOIN SCALLOPED POTATOES GREEN BEANS CORNBREAD FRESH FRUIT	30 MEATLOAF W/SAUCE MASHED POTATOES PEAS & CARROTS HONEY KISSED ROLL FROSTED CHOC. CAKE



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JANUARY ACTIVITIES 2026

SILOAM SPRINGS SENIOR ACTIVITY & WELLNESS CENTER FOOT PRINTS OF SENIORS

MON	TUE	WED	THU	FRI
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.	ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER PERMITTING	1 CLOSED FOR HOLIDAY	2 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
5 BINGO 1 PM BIBLE STUDY 10:30 AM	6 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	7 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	8 EAT OUT NIGHT @ ABUELOS IN ROGERS VAN LEAVES AT 3:45PM WEATHER PERMITTING	9 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
12 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING BIBLE STUDY 10:30 AM	13 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	14 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM MENTAL HEALTH PRESENTATION BY JAMIE FROM HUMANA 11:30AM	15 WII BOWLING COMPETITION @ SILOAM 10 AM WEATHER PERMITTING	16 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
19 CLOSED FOR HOLIDAY	20 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	21 WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	22 FLEA MARKET SHOPPING IN FT. SMITH VAN LEAVES AT 8AM LUNCH AT LA HUERTA MEX. WEATHER PERMITTING	23 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
26 BINGO 1 PM BIBLE STUDY 10:30 AM	27 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM CARD PLAYERS MEET 1PM	28 BP SCREENING BY UAMS 11 AM WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	29 BASS PRO SHOP/TJMAXX/ HOBBY LOBBY IN ROGERS LUNCH AT P.F. CHANGS VAN LEAVES AT 9AM WEATHER PERMITTING	30 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING MEAL TICKET DRAWING 12PM

HAPPY BIRTHDAY

DARLA BANKS
MICHAEL CROXDALE
CECIL EDWARDS
PHIL FIELDS
LARRY GARRETT
VICKY HALE
GAYLE MIERS



AGELESS GRACE

CLASSES ARE
SCHEDULED EVERY
THURSDAY AT
1:30 PM
UNLESS OTHERWISE
NOTED