

# Prairie Grove SAWC February 2026 Activities

475 Ed Staggs Drive, Prairie Grove, Arkansas 479-846-2794

Monday	Tuesday	Wednesday	Thursday	Friday
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<p><b>2</b></p> <p><i>9:00 Low Impact Exercise Class</i></p> <p><i>9:30 Beanbag Baseball vs W.F. at home</i></p> <p><i>12:30 Jim and Friends</i></p>	<p><b>3</b></p> <p><i>9:30 Canasta</i></p> <p><i>Wii Bowling</i></p> <p><i>Card Games</i></p> <p><i>Dominoes</i></p>	<p><b>4</b></p> <p>9:00 Low Impact Exercise Class</p> <p>Ping Pong</p> <p>Cad Games</p> <p>Dominoes</p>	<p><b>5</b></p> <p><i>9:30 Bingo</i></p> <p><i>12:30 Beanbag Baseball</i></p> <p><i>Card Games</i></p> <p><i>Wii Bowling</i></p>	<p><b>6</b></p> <p><i>9:00 Low Impact Exercise Class</i></p> <p><i>12:30 Bridge</i></p> <p><i>Ping Pong</i></p> <p><i>Card Games</i></p>
<p><b>9</b></p> <p><i>9:00 Low Impact Exercise Class</i></p> <p><i>9:30 Beanbag Baseball</i></p> <p><i>12:30 Trivia Contest</i></p> <p><i>Card Games</i></p>	<p><b>10</b></p> <p><i>9:30 Canasta</i></p> <p><i>Wii Bowling</i></p> <p><i>Card Games</i></p> <p><i>Dominoes</i></p> <p><i>Puzzle Table</i></p>	<p><b>11</b></p> <p>9:00 Low impact Exercise Class</p> <p>12:30 Craft Day</p> <p>Ping Pong</p> <p>Card Games</p>	<p><b>12</b></p> <p><i>9:30 Chair Volleyball</i></p> <p><i>12:30 Beanbag Baseball</i></p> <p><i>Wii Bowling</i></p> <p><i>Card Games</i></p>	<p><b>13</b></p> <p><i>9:00 Low Impact Exercise Class</i></p> <p><i>12:30 Bridge</i></p> <p><i>Ping Pong</i></p> <p><i>Card Games</i></p>
<p><b>16</b></p> <p><i>Closed for President's Day</i></p>	<p><b>17</b></p> <p><i>9:30 Canasta</i></p> <p><i>Wii Bowling</i></p> <p><i>Dominoes</i></p> <p><i>Card Games</i></p> <p><i>Birthday Celebrations!!!</i></p>	<p><b>18</b></p> <p><i>9:00 Low Impact Exercise Class</i></p> <p><i>Ping Pong</i></p> <p><i>Wii Bowling</i></p> <p><i>Card Games</i></p>	<p><b>19</b></p> <p><i>9:30 Bingo</i></p> <p><i>12:30 Beanbag Baseball at Lincoln</i></p> <p><i>Wii Bowling</i></p> <p><i>Card Games</i></p>	<p><b>20</b></p> <p><i>9:00 Low impact Exercise Class</i></p> <p><i>11:00-1:00 Ar. Dept. of Health Free Dental Screening</i></p>
<p><b>23</b></p> <p>9:00 Low Impact Exercise Class</p> <p>9:30 Beanbag Baseball</p> <p>12:30 Jim and Friends Dance Concert</p>	<p><b>24</b></p> <p><i>9:30 Canasta</i></p> <p><i>Wi Bowling</i></p> <p><i>Dominoes</i></p> <p><i>Card Games</i></p>	<p><b>25</b></p> <p><i>9:00 Low Impact Exercise Class</i></p> <p><i>12:30 Movie Day</i></p> <p><i>Ping Pong</i></p> <p><i>Card Games</i></p>	<p><b>26</b></p> <p><i>9:30 Chair Volleyball</i></p> <p><i>12:30 Beanbag Baseball vs Elkins at P.G.</i></p> <p><i>Dance Night \$5.00</i></p> <p><i>Pizza 6PM Band 6:30</i></p>	<p><b>27</b></p> <p><i>9:00 Low Impact Exercise Class</i></p> <p><i>12:30 Bridge</i></p> <p><i>Ping Pong</i></p> <p><i>Wii Bowling</i></p>
<p>Hours of Operation</p> <p>Monday –Friday</p> <p>8AM-4:30PM</p>	<p>Exercise Room Open Daily</p>	<p>Coffee Ready at 8am</p>	<p>Joke of the Month</p> <p>I had a quiet game of tennis today. There was no racket!!!</p> <p>HAHAHA!!!</p>	<p><i>Come join us!!!</i></p>

# Prairie Grove SAWC February 2026 Lunch Menu

475 Ed Staggs Dr. Prairie Grove Ar. 72753 • (479) 846-2794

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Steak Fingers Mashed Potatoes Green Beans Biscuit Fruit	<b>3</b> Sweet & Sour Chicken Fried Rice Broccoli Egg Roll Fruit	<b>4</b> White Chicken Chili Salad Crackers Banana Pudding	<b>5</b> Oven Baked Chicken Mac & Cheese Brussel Sprouts Roll Fruit	<b>6</b> Ham Baked Potato Veggies Roll Cake
<b>9</b> Pulled Pork Sand- wich Baked Beans Coleslaw Fruit	<b>10</b> Vegetable Soup Turkey Sandwich Pea Salad Fruit Fluff	<b>11</b> Chicken Fried Steak Mashed Potatoes Corn Biscuit Fruit	<b>12</b> Scrambled Eggs Bacon Biscuit & Gravy Tomatoes Orange Juice	<b>13</b> Tilapia Baked Potato Broccoli w/Cheese Sauce Roll Brownies
<b>16 Closed for                      President's                      Day</b>	<b>17</b> Pot Roast Baby Baker Potatoes Carrots Roll Fruit	<b>18</b> Ham Scalloped Potatoes Peas & Carrots Roll Cookie	<b>19</b> Vegetable Beef Stew Salad Crackers Cucumber/Tomato Salad Fruit	<b>20</b> Meatloaf Mashed Potatoes Green Beans Roll Fruit Crisp
<b>23</b> Steak Fingers Mashed Potatoes Corn Roll Fruit	<b>24</b> Taco Salad Refried Beans Mexican Corn Ice Cream	<b>21</b> Potato Soup Sandwich Broccoli Salad Fruited Jello	<b>22</b> Catfish Brown Beans Coleslaw Hushpuppies Fruit	<b>23</b> Hamburger French Fries Veggie Fruit
			<b>Congregate and                      Home Delivered                      Meals:                      Suggested Donation                      Seniors 60+: \$5.00</b>	<b>Under 60 and all take                      out meals: \$10.00                      TO GO ORDERS CALL                      (479) 846-2794  <i>Menu is subject to change                      due to availability</i></b>