



Farmington Senior Activity Center

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

November 2024

(479) 267-5709

November Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1. Strength & Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Line Dancing 1:00</p>
<p>4. Chair Volley Ball 10:00</p> <p>Bingo 1:00-3:00</p>	<p>5. Senior Yoga 9:00</p> <p>Gospel Singing 10:00 w/Shawn</p> <p>Mix Match Pitch</p> <p>Election Day</p>	<p>6. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p>	<p>7. SALT 9:00-11:30</p> <p>NO Bingo</p> <p>Mix Match Pitch</p>	<p>8. Strength & Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Line Dancing 1:00</p>
	<p>12. Senior Yoga 9:00</p> <p>Mix Match Pitch</p> <p>Trip to Branson</p>	<p>13. Tai Chi 9:00</p> <p>Gospel Singing at Peach Tree Village Leave @ 10:15</p> <p>Skip Bo Tournament</p>	<p>14. Bingo 9:00-11:00</p> <p>Mix Match Pitch</p>	<p>15. Strength & Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Line Dancing 1:00</p>
<p>18. Chair Volley Ball 10:00</p> <p>Bingo 1:00-3:00</p>	<p>19. Senior Yoga 9:00</p> <p>Gospel Singing 10:00 w/Shawn</p> <p>Mix Match Pitch</p> <p>Trip to Branson</p>	<p>20. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p>	<p>21. Bingo 9:00-11:00</p> <p>Mix Match Pitch</p>	<p>22. Strength & Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Line Dancing 1:00</p>
<p>25. Chair Volley Ball 10:00</p> <p>NO Bingo</p>	<p>26. Senior Yoga 9:00</p> <p>Mix Match Pitch</p>	<p>27. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p>		

Suggested Donation
\$4.00

November Menu

Lunch Served
11:30-12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu Subject to Change</p>				<p>1. Fish Filet Pinto Beans Seasoned Spinach Cornbread Ambrosia</p>
<p>4. Salisbury Steak w/Mushroom Gravy Mashed Potatoes Green Peas Wheat Roll Cookie</p>	<p>5. Chicken & Rice Casserole Mixed Veggies Roll Tropical Fruit Cocktail</p>	<p>6. Roast Turkey & Gravy Sweet Potatoes Brussels Sprouts Wheat Roll Fruit</p>	<p>7. Cheeseburger on a Bun Baked French Fries Spinach Fruit Cocktail</p>	<p>8. Baked Pork Cutlet w/Gravy New Red Potatoes Normandy Veggies Roll Caramel Cake</p>
	<p>12. Oven Fried Chicken Rice Pilaf Broccoli & Cauliflower Roll Fruit</p>	<p>13. Beef Stroganoff Parslied Noodles Yellow Squash Wheat Roll Pineapple Tidbits</p>	<p>14. Chicken Enchilada Casserole Mexican Rice Tossed Salad Frosted Cake</p>	<p>15. Taco Salad Flame Corn Black Beans Cinnamon Roll Fruit</p>
<p>18. Baked Chicken Wild Rice Capri Veggies Roll Fruit Cocktail</p>	<p>19. Ham & Beans Potatoes & Onions Seasoned Greens Cornbread Cinnamon Applesauce</p>	<p>20. HOLIDAY MEAL Herb Roasted Turkey Cornbread Dressing Seasoned Green Beans Wheat Roll Pumpkin Pie w/Topping</p>	<p>21. Cranberry Glazed Pork Loin Sweet Potatoes Seasoned Cabbage Wheat Roll Fruit</p>	<p>22. Lasagna Broccoli Florets Salad Roll Gelatin Whip</p>
<p>25. Meatball Sub Baked French Fries Peas & Carrots Pears</p>	<p>26. Scramble Eggs Tater Tots Seasoned Spinach Blueberry Muffin Mandarin Oranges</p>	<p>27. Meatloaf Mashed Potatoes Mixed Veggies Roll Fruit</p>		

COME JOIN THE FUN

11/07: SALT 9:00-11:30

11/11: Closed for Veterans Day

11/12: Hughes Brothers Christmas Show, Branson

Leave @ 9:00 *\$60.00*

11/19: Dutton Family Christmas Show, Branson

Leave @ 9:00 *\$55.00*

11/28 & 29: Closed for Thanksgiving



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

Call 24 hours in advance to schedule your trip

(479) 267-5709



West Fork Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1.
4.	5. Chair Volley Ball or Bean Bag Baseball PEPPi 10:00-11:00 Election Day	6.	7. Quilting 9:00-10:30 PEPPi 10:00-11:00 Dominos & Board Games	8.
	12. Chair Volley Ball or Bean Bag Baseball PEPPi 10:00-11:00	13.	14. Quilting 9:00-10:30 PEPPi 10:00-11:00 Bingo 11:00-12:00	15.
18.	19. Chair Volley Ball or Bean Bag Baseball PEPPi 10:00-11:00	20.	21. Quilting 9:00-10:30 PEPPi 10:00-11:00 Dominos & Board Games	22.
25.	26. Chair Volley Ball or Bean Bag Baseball PEPPi 10:00-11:00	27.	28. 	29.

SAFEGUARDING SENIORS FROM SCAMS



Farmington Senior Center

340 W Main St; Farmington, AR 72730

Thursday, November 7, 2024

Presentation by Law Enforcement: 10-11 am

Vendor Booths: 9:30-10 & 11-11:30 am

Door prizes will be given away. Must be present to win.





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Thanksgiving Word Search

S	T	U	F	F	I	N	G	S	H	I	I	G	Z	E
M	I	R	G	L	I	P	D	N	U	F	N	P	C	Y
T	R	E	W	O	L	F	Y	A	M	I	E	U	Z	L
Y	V	A	R	G	A	G	P	C	V	D	A	M	R	I
C	O	R	N	U	C	O	P	I	A	S	L	P	U	M
E	W	R	F	T	F	D	G	R	R	A	L	K	T	A
J	I	T	E	E	X	S	A	E	T	C	L	I	H	F
T	U	P	A	N	K	P	B	M	R	T	L	N	U	U
N	H	S	E	N	N	M	I	A	S	U	A	P	R	I
S	T	A	A	L	E	I	N	E	L	R	B	I	S	T
Q	Q	H	N	V	P	B	D	V	L	K	T	E	D	A
T	T	U	O	K	E	P	I	I	O	E	O	G	A	B
C	T	N	A	R	F	O	A	T	R	Y	O	C	Y	L
J	D	G	R	S	W	U	P	A	Q	D	F	G	R	E
C	V	Y	F	A	H	O	L	N	P	O	T	A	T	O

APPLE PIE

CORNUCOPIA

CRANBERRY

DINNER

FAMILY

FEAST

FOOTBALL

GRAVY

MAYFLOWER

NATIVE AMERICANS

NOVEMBER

PARADE

PILGRIM

POTATO

PUMPKIN PIE

ROLLS

SAUCE

SQUASH

STUFFING

TABLE

THANKFUL

THANKSGIVING

THURSDAY

TURKEY

