

# NOVEMBER MENU 2024

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	MENU SUBJECT TO CHANGE DUE TO SUPPLY CHAIN AVAILABILITY	\$4.00 SUGGESTED MEAL  DONATION FOR 60 + \$6.00 CHARGE FOR CARRYOUT & UNDER 60		1 Tater Tot Casserole Green Beans Corn Chocolate Chunk Cookie
4 Teriyaki Chicken Fried Rice Steamed Broccoli Egg Roll Mandarin Oranges	5 Beef Stew Garden Salad w/ Dressing Cornbread Spiced Peaches & Cranberries	6 Chicken Tetrazzini Glazed Carrots Garlic Roll Caramel Apple Mousse	7 Smoked Brisket Baked Potato Salad Baked Beans Cornbread Creamy Coconut Cake	8 Baked Pork Chop W/ Rice Peas & Carrots Fresh Baked Roll Fruit Crisp
	12 Pulled Pork Plate Macaroni & Cheese Okra Cornbread Fruit Crisp	13 Baked Chicken Mashed Potatoes Vegetable Casserole Fresh Baked Roll Macadamia Cookie	14 Fried Fish Pinto Beans Seasoned Greens Cornbread Banana Pudding	15 Chicken Chili Deli Style Salad w/ Dressing Cornbread Fruit Crisp
18 Grilled Hamburger on Bun w/ Trimmings Tater Tots Baked Beans Watermelon	<u>19 Thanksgiving Lunch</u> Turkey w/Gravy Homemade Dressing Green Beans Sweet Potato Casserole Cranberry Sauce Hot Roll w/Butter Peach Cobbler w/Topping	20 Baked Ham Potatoes Sugar Snap Peas Fresh Baked Roll Pineapple/Mandarin Orange Cake	21 Chicken & Dumplings Mixed Vegetables Garden Salad w/ Dressing Banana Pudding	22 Salisbury Steak w/ Mushroom Gravy Whole Kernel Corn Fresh Baked Roll Buttermilk Cake
25 Chicken Sandwich w/ Trimmings Potato Salad Broccoli Salad Fruit Crisp	26 Lasagna Garden Salad w/ Dressing Whole Kernel Corn Gelatin Whip	27 Ham & Beans Potatoes & Onions Seasoned Greens Cornbread Cinnamon Apples		



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Siloam Springs, AR 72761  
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**The Aging Experts**  
Do you have questions or need services for senior adults?  
In-Home Services • Senior Activity Centers  
Home Delivered Meals • Family Caregiver Assistance  
Personal Emergency Response System • Incontinence Supplies  
Housing • Veteran Directed Program

Area Agency on Aging  
of Northwest Arkansas  
1310 Rock Springs Road  
Harrison, Arkansas  
800-432-9723 or 870-741-1144  
[www.aanw.org](http://www.aanw.org)





# NOVEMBER ACTIVITIES 2024

*Siloam Springs Senior Activity & Wellness Center*

## Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
<b>SUGGESTED TRANSPORTATION DONATION IS \$3-\$10 DEPENDING ON DESTINATION</b>	OUR CENTER IS OPEN FROM 8AM-4PM, MON-THUR. AND 8AM-2PM FRI. ANYONE 60+ CAN COME JOIN US FOR GAMES, LUNCH AND SOCIALIZATION.	<b>ALL ACTIVITIES ARE SUBJECT TO CHANGE AND ARE WEATHER PERMITTING</b>		<b>1</b> POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
<b>4</b> BINGO 1PM	<b>5</b> GOSPEL SINGING 10:30AM	<b>6</b> WII BOWLING TOURNAMENT IN BENTONVILLE VAN LEAVES AT 8AM WATERCOLOR CLASSES 10:30AM & 1PM	<b>7</b> POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING	<b>8</b> POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
<b>11</b> CLOSED FOR HOLIDAY	<b>12</b> GOSPEL SINGING 10:30AM	<b>13</b> WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	<b>14</b> EAT OUT NIGHT @ OLIVE GARDEN IN FAYETTEVILLE VAN LEAVES AT 4PM	<b>15</b> POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
<b>18</b> BINGO 1PM	<b>19</b> <u>THANKSGIVING LUNCH WILL BE SERVED TODAY-11:45AM</u> GOSPEL SINGING 10:30AM	<b>20</b> BLOOD PRESSURE SCREENING BY UAMS 11 AM WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	<b>21</b> AIR & MILITARY MUSEUM IN FAYETTEVILLE VAN LEAVES AT 8AM LUNCH AT CATFISH HOLE	<b>22</b> POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING
<b>25</b> POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING	<b>26</b> GOSPEL SINGING 10:30AM	<b>27</b> WATERCOLOR CLASSES 10:30AM & 1PM CHAIR VOLLEYBALL 1PM	<b>28</b> CLOSED FOR HOLIDAY	<b>29</b> CLOSED FOR HOLIDAY



Shirley Balmain  
Jackie Brooks  
Karen Ellcey  
Wanda Johnson  
Barbara Lamblin  
Donna Ochs  
Bob Saegert  
Mary Stuart  
Betty White

Zitelle Belisle  
Edgar Cilio  
Sue Heinsohn  
Charles Henderson  
Donna McHenry  
Ryan Betty  
Barbara Sparkman  
Rick Swick

### THANKSGIVING LUNCH SIGN UP IS REQUESTED!

OUR THANKSGIVING LUNCH WILL BE SERVED ON TUESDAY, NOVEMBER 19 @ 11:45AM. 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.

