



# February Menu 2025

Siloam Springs Senior Activity & Wellness Center

## Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
3 Chicken Pot Pie California Veggies Roll/Butter Fresh Fruit	4 Country Fried Steak w/Cream Gravy Mashed Potatoes Green Beans Roll Fruit Medley	5 Asian Ginger Chicken Fluffy White Rice Oriental Veggies Roll/Butter Mandarin Oranges	6 Cream of Potato Soup Turkey/Swiss Sandwich Potato Chips Relish Plate Fruit Crisp	7 Roasted Greek Chicken Rica Pilaf Broccoli Florets Roll/Butter Fudge Bar
10 Soft Beef Tacos Texas Pinto Beans Mixed Green Salad Vinaigrette Dressing Banana	11 Chicken & Noodles Mashed Potatoes Green Beans Roll Hot Baked Peaches	12 Meatloaf w/Ketchup Roasted Potatoes Broccoli/Cauliflower Roll Fruit Parfait	13 Herb Baked Fish Fluffy White Rice Buttered Corn Wheat Bread/Butter Chocolate Chip Cookie	14 <b>HAPPY VALENTINES DAY!</b> BBQ Brisket Ranch Beans Corn Roll Red Velvet Cake
17 <b>CLOSED FOR HOLIDAY</b>	18 Baked Ziti Broccoli Florets Salad w/Dressing Roll/Butter Fruit Parfait	19 Cream of Broccoli Soup Crackers Tuna Salad Sandwich Sweet Potato Fries Chocolate Pudding Parfait	20 Fried Chicken Potatoes w/Gravy Buttered Corn Wheat Bread/Butter Chilled Pudding w/Topping	21 Cubed Steak w/Gravy New Red Potatoes Baby Lima Beans Roll/Butter Fruited Jell-O
24 Chili w/Crackers Salad w/Dressing Fruit Medley Sugar Cookie	25 Tuna Noodle Casserole Green Beans Roll/Butter Warm Rosy Applesauce	26 BBQ Ribette Sandwich Baked Beans Mixed Veggies Rice Krispie Treat	27 Hamburger on Bun Mustard Potato Salad Creamy Coleslaw Chilled Pudding w/Topping	28 Cornbread Pork Cutlet Potatoes w/Gravy Buttered Carrots Roll/Butter Mandarin Orange Fluff
Lunch Served at 12:00 pm  TAKEOUT pickup 11:00-11:30 am	Menu subject to change due to supply chain availability	<b>\$4 Suggested Donation for 60+</b>  <b>\$8 Charge for under eating on site</b>  <b>\$8.50 Charge for all takeout</b>		



Siloam Springs Senior Activity & Wellness Center  
750 Heritage Court  
Siloam Springs, AR 72761  
Phone: (479) 524-5735  
E-Mail: [director.siloam@ohcna.org](mailto:director.siloam@ohcna.org) (Ale)  
E-Mail: [assistant.siloam@ohcna.org](mailto:assistant.siloam@ohcna.org) (Debi)





# February Activities 2025

Siloam Springs Senior Activity & Wellness Center

## Foot Prints of Seniors

Mon	Tue	Wed	Thu	Fri
3 POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING	4 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM	5 JANUARY BIRTHDAY RECOGNITION 11:45AM WATERCOLOR CLASSES 10:30AM & 1PM	6 OZARK BOWLING IN FAYETTEVILLE & FLEA MARKETS VAN LEAVES AT 8:30AM LUNCH AT BOWLING ALLEY AGELESS GRACE 1:30PM	7 WALMART SHOPPING 8:30-10AM CALL TO SETUP PICKUP POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY
10 BINGO 1PM	11 GOSPEL SINGING 10:30AM "GUESS WHO" GAME & SWEETHEART STORIES 1PM 	12 CHAIR VOLLEYBALL 1PM WATERCOLOR CLASSES 10:30AM & 1PM	13 RANGELINE ANTIQUE MALL IN JOPLIN & LUNCH @ RED ONION VAN LEAVES AT 8AM AGELESS GRACE 1:30PM	14 HAPPY VALENTINES DAY! WALMART SHOPPING 8:30-10AM CALL TO SETUP PICKUP POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY
17 CLOSED FOR HOLIDAY	18 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM	19 CHAIR VOLLEYBALL 1PM WATERCOLOR CLASSES 10:30AM & 1PM	20 WII BOWLING COMPETITION IN GRAVETTE 10AM VAN WILL LEAVE AT 9:30AM AGELESS GRACE 1:30PM	21 WALMART SHOPPING 8:30-10AM CALL TO SETUP PICKUP POOL, DOMINOES, CARDS, PUZZLES, SHUFFLE BOARD, WII GAMES, GAMES, EXERCISE MACHINES, LEGO BUILDING AVAILABLE ALL DAY
24 BINGO 1PM	25 GOSPEL SINGING 10:30AM WII BOWLING PRACTICE 1PM	26 BP SCREENING BY UAMS 11AM CHAIR VOLLEYBALL 1PM WATERCOLOR CLASSES 10:30AM & 1PM	27 HANNA'S CANDLE OUTLET THEN PEACE AT HOME THRIFT STORE VAN LEAVES AT 8:45AM LUNCH-SENIORS PICK AGELESS GRACE 1:30PM	28 WALMART SHOPPING 8:30-10AM CALL TO SETUP PICKUP MEAL TICKET DRAWING 12PM
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.	<b>SENIORS</b> - Help us welcome the 4th grade student council as they come to deliver handmade Valentine's cards to seniors then stay to play bingo. These kids enjoy coming to visit our center so lets make them feel welcome. Wednesday, February 12 @1pm 	

### FEBRUARY BIRTHDAYS

Stanley Church     Mary J. Davidson  
Bob Edmondson     Sara Farrimond  
Joseph Gardner     Bonnie Ipson  
Sue Knee             Joallen Moose  
Ramona Vaughn     Keith Williams  
Margaret Paulzine

### Riders Needed!



**Richard Grubb** - our van driver is in need of riders for shopping, lunch at the center, local doctor appointments, pharmacy runs, etc. Van is open for errands in Siloam Springs. MUST schedule in advance. Scheduled trip sign ups are available at the center. If you would like more information, call us at 524.5735.



### Valentines Day Candy-Gram Fundraiser

The Senior Center staff will be acting as cupid and delivering personalized candy-grams to seniors and staff members. If you would like to send a senior or favorite staff member a personalized candy gram, fill out a Valentine and return to Ale Torres. Candy-grams are \$2.00 each. There is no limit as to how many you can buy or send. All proceeds will benefit our Senior Center. Candy-gram requests are due by Thursday, February 13th.