



## **Farmington Senior Activity Center**

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

**April 2025**

**(479) 267-5709**

# April Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1. Senior Yoga 9:00</p> <p>Gospel Singing w/Shawn 10:00</p> <p>Mix Match Pitch</p>	<p>2. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p>	<p>3. Bingo 9:00-11:00</p> <p>Mix Match Pitch</p>	<p>4. Strength &amp; Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Canasta 12:30</p>
<p>7. Chair Volley Ball 10:00</p> <p>Bean Bag Baseball 12:30-1:30</p>	<p>8. Senior Yoga 9:00</p> <p>Gospel Singing w/Shawn 10:00</p> <p>Mix Match Pitch</p> <p>Trip to Bentonville</p>	<p>9. Tai Chi 9:00</p> <p>Gospel Singing at Peach Tree Village Leave @ 10:15</p>	<p>10. Bingo 9:00-11:00</p> <p>Mix Match Pitch</p>	<p>11. Strength &amp; Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Canasta 12:30</p>
<p>14. Chair Volley Ball 10:00</p> <p>Bean Bag Baseball 12:30-1:30</p>	<p>15. Senior Yoga 9:00</p> <p>Gospel Singing w/Shawn 10:00</p> <p>Mix Match Pitch</p>	<p>16. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p>	<p>17. Bingo 9:00-11:00</p> <p>Mix Match Pitch</p>	<p>18. Strength &amp; Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Canasta 12:30</p>
<p>21. Chair Volley Ball 10:00</p> <p>Bean Bag Baseball 12:30-1:30</p>	<p>22. Senior Yoga 9:00</p> <p>Gospel Singing w/Shawn 10:00</p> <p>Mix Match Pitch</p> <p>Trip to Oklahoma</p>	<p>23. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p>	<p>24. Bingo 9:00-11:00 Birthday Cake</p> <p>VA Presentation 11:00</p> <p>Mix Match Pitch</p>	<p>25. Strength &amp; Stretch 9:00</p> <p>Bible Study 10:00</p> <p>Canasta 12:30</p>
<p>28. Chair Volley Ball 10:00</p> <p>Bean Bag Baseball 12:30-1:30</p>	<p>29. Senior Yoga 9:00</p> <p>Gospel Singing w/Shawn 10:00</p> <p>Mix Match Pitch</p>	<p>30. Tai Chi 9:00</p> <p>Gospel Singing 10:30-11:00</p>		

Suggested Donation

\$4.00

# April Menu

Lunch Served

11:30-12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>Menu</b> <b>Subject to</b> <b>Change</b></p>	1. Mushroom Chicken Wild Rice Broccoli Florets Wheat Roll Mixed Berry Crisp	2. Tater Tot Casserole Green Peas Roll Warm Peaches	3. Fried Chicken Mashed Potatoes & Gravy Buttered Corn, Roll Chilled Pudding w/Topping	4. Turkey & Rice Casserole Green Beans Roll Fruit Cup	
	7. Paprika Baked Tilapia Lemon & Herb Penne Mixed Veggies Wheat Roll Tapioca Pudding	8. Salisbury Steak Duchess Potatoes Herbed Zucchini Roll Rosy Apple Slices	9. Sliced Baked Ham Mac & Cheese Greens Biscuit Blonde Brownies	10. Garlic Herb Pork Loin Roasted Cauliflower Sweet Whipped Carrots Wheat Roll Mandarin Oranges	11. Pineapple Chicken Fried Rice Stir Fry Veggie Blend Veggie Egg Roll Fruit Cocktail
	14. Swedish Meatballs Over Noodles Broccoli Florets Wheat Roll Blushing Pears	15. Honey Glazed Turkey Sweet Potatoes Savory Spinach Roll Peanut Butter Cookie	16. Mushroom Swiss Hamburger Lettuce & Tomato Tater Tots Fruit Cup	17. Apple Ginger Pork Chop Oven Roasted Potatoes Seasoned Squash Roll Peach Crisp	18. Cheese Enchiladas Fiesta Rice Strawberries w/Topping
	21. Marinated Chicken Parmesan Basil Orzo Baby Carrots Roll Pear Cup	22. Pork Cutlet Supreme Parslied Potatoes Peas & Mushrooms Wheat Roll Cake	23. Chicken & Dumplings Mashed Potatoes Green Beans Roll Grapes	24. Lemon & Herb Tilapia Garlic Mashed Cauliflower Squash Medley Wheat Roll Cherry Pie	25. Italian Beef Sandwich Mixed Waffle Fries Sauteed Peppers & Onions Rocky Road Pudding
	28. Baked Chicken Cornbread Dressing Spinach Wheat Roll Berry Cup	29. Ham Steak Cream Cheese Corn Brussels Sprouts Roll Chocolate Pudding	30. Meatloaf Roasted Potatoes Broccoli Roll Fruit Cup		

# West Fork Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1.</p> <p><b>Walk It Off</b> <b>9:30-10:00</b></p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or Bean Bag Baseball</p>	<p>2.</p>	<p>3.</p> <p>Quilting 9:00-10:30 <b>Walk It Off</b> <b>9:30-10:00</b></p> <p>PEPPI 10:00-11:00</p> <p>Dominos &amp; Board Games</p>	<p>4.</p>
<p>7.</p>	<p>8.</p> <p><b>Walk It Off</b> <b>9:30-10:00</b></p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or Bean Bag Baseball</p>	<p>9.</p>	<p>10.</p> <p>Quilting 9:00-10:30 <b>Walk It Off</b> <b>9:30-10:00</b></p> <p>PEPPI 10:00-11:00</p> <p>Dominos &amp; Board Games</p>	<p>11.</p>
<p>14.</p>	<p>15.</p> <p><b>Walk It Off</b> <b>9:30-10:00</b></p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or Bean Bag Baseball</p>	<p>16.</p>	<p>17.</p> <p>Quilting 9:00-10:30 <b>Walk It Off</b> <b>9:30-10:00</b></p> <p>PEPPI 10:00-11:00</p> <p><b>BINGO 11:00-12:00</b></p>	<p>18.</p>
<p>21.</p>	<p>22.</p> <p><b>Walk It Off</b> <b>9:30-10:00</b></p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or Bean Bag Baseball</p>	<p>23.</p>	<p>24.</p> <p>Quilting 9:00-10:30 <b>Walk It Off</b> <b>9:30-10:00</b></p> <p>PEPPI 10:00-11:00</p> <p>Dominos &amp; Board Games</p>	<p>25.</p>
<p>28.</p>	<p>29.</p> <p><b>Walk It Off</b> <b>9:30-10:00</b></p> <p>PEPPI 10:00-11:00</p> <p>Chair Volley Ball or Bean Bag Baseball</p>	<p>30.</p>		

# April Showers Bring May Flowers

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

birdofparadise  
forgetmenot  
gardenia  
plumeria  
violet  
lilac  
lily

bleedingheart  
moonflower  
hibiscus  
sweetpea  
aster  
pansy  
rose

chrysanthemum  
bluebell  
hyacinth  
wisteria  
canna  
tulip

cactusflower  
daffodil  
marigold  
jonquil  
daisy  
iris

# COME JOIN THE FUN

Sign up for All Trips in the Office

**04/08: Wal Mart Museum, Bentonville**

Leave at 9:00 \*\$5.00\*

**04/22: Oklahoma Aquarium, Jenks, OK**

Leave at 9:00 \*\$30.00\*

**04/24: VA Presentation 11:00**



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

