

# November Menu 2019

**Siloam Springs Senior Activity & Wellness Center**

**Foot Prints of Seniors**

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	
	<b>Suggested Meal Donation \$3.00</b>	<b>We Serve Lunch at 12:00 Noon</b> <b>Monday - Friday</b> <b>Anyone 60+</b>	<b>Individuals Under 60 and Take Outs \$5.00</b>		1 Turkey Club Sandwich Vegetable Soup Crackers Broccoli Salad Fresh Fruit	
	4 BBQ Pulled Pork Plate Roasted Potatoes Baked Beans Whole Wheat Roll Carrot Cake	5 Spaghetti w/ Meat Sauce Vegetable Medley Garlic Bread Spiced Peaches	6 Chicken & Wild Rice Casserole Roasted Broccoli Cranberry Salad Whole Wheat Roll Fresh Apple Cake	7 Fried Fish Au Gratin Potatoes Green Tomato Relish Coleslaw Hushpuppies Apple Crisp	8 Grilled Hamburger on Bun Let/Tom/Onion/Pickle Home Fried Potatoes Strawberry/Banana Fresh Baked Cookie	
	11 <b>Center Closed for Veterans Day</b>	12 Brown Sugar & Pineapple Ham Sweet Potatoes Corn Whole Wheat Roll Pudding	13 Chicken Fried Steak Mashed Potatoes & Gravy Roasted Fall Vegetables Bread Blushing Pears	14 Sweet & Sour Chicken Fluffy Rice Seasoned Spinach Whole Wheat Roll Pineapple Upside Down Cake	15 Baked Cod Green Beans Harvard Beets Bread Sliced Peaches	
	18 Lasagna Fresh Corn Tossed Salad Garlic Bread Cookie	19 <b>Thanksgiving Meal</b> Turkey/Gravy Cornbread Dressing Green Beans Sweet Potato Patties Cranberry Sauce Pumpkin Dessert Hot Roll	20 Brisket Plate Baked Beans Potato Casserole Whole Wheat Roll Rice Crispy Bar	21 Vegetable Frittata Sausage Biscuit & Gravy Fresh Fruit	22 Chicken Salad Pasta Salad Crackers Banana Brownie	
	25 Frito Chili Pie Fiesta Corn Mixed Green Salad w/ Dressing Cookie	26 Chicken Florentine on Penne Pasta Peas & Carrots Garlic Toast Mandarin Oranges	27 Meatloaf Mashed Potatoes Green Beans Whole Wheat Roll Blushing Pears	28 <b>Center Closed for Thanksgiving Holiday</b>	29 <b>Center Closed for Thanksgiving Holiday</b>	
				<p>Siloam Springs Senior Activity &amp; Wellness Center  750 Heritage Court  Siloam Springs, AR 72761  Phone: 479-524-5735  Fax: 479-524-9864  E-Mail director.sssac@eohe.org (Kathy)  E-Mail assistant.sssac@eohe.org (Debi)</p>		

*This institution is an equal opportunity provider and employer. EEO Employer/AA/M/F/Vet/Disabled*

# November Activities 2019

## Siloam Springs Senior Activity & Wellness Center

### Foot Prints of Seniors

	Mon	Tue	Wed	Thu	Fri	
	Daylight Saving Time Nov 3rd. Don't Forget to Turn Your Clocks Back an Hour!	Come play on our New Shuffleboard!  We have Wii Bowling Chair Volleyball, Pool Tables, and More!	We Need Van Riders.  Van Service Available Daily. Please call for Information 479-524-5735	Center Director Reserves the Right to Make Changes as Needed.	1 Breakfast Served from 8am-9am  Book Club Meeting @ 11:00am-11:45	
	4 Holiday Crafting Class 1:00pm Materials Supplied	5 Gospel Singing 10:30am - 11:45am  Wii Bowling Tournament Benton Co. Senior Activity & Wellness Center at 9:00am	6 Bridge Players 10am-3pm  Painting Class 1:00pm \$5 Age 50 up \$7 Under 50 Supplies Furnished	7 Eat Out Night @ Cracker Barrel Van Leaves at 4:00pm	8 Breakfast Served from 8am-9am  Singing with David Bailey @11:30am  Book Club 11am-11:45	
	11 Center Closed for Veterans Day	12 Oklahoma Aquarium in Jenks, Oklahoma. Van Leaves at 8:30am.  Gospel Singing 10:30am - 11:45am	13 Bridge Players 10am - 3pm  Painting Class 1:00pm \$5 Age 50 up \$7 Under 50 Supplies Furnished	14 Fayetteville Shopping Day & Breakfast Out in Springdale Van Leaves at 8:15am	15 Breakfast Served from 8am-9am  Book Club 11am-11:45	
	18 Scarf Knitting Class 1:00-2:00pm Materials Provided	19 Gospel Singing 10:30am - 11:45am  Thanksgiving Lunch	20 Bridge Players 10am - 3pm  Painting Class 1:00pm \$5 Age 50 up \$7 Under 50 Supplies Furnished	21 Wii Bowling Chair Volleyball Shuffleboard	22 Breakfast Served from 8am-9am  Book Club 11am-11:45	
	25  Bingo Today 1pm We Will Play Until We Give Away All Prizes Sponsored by Quail Ridge	26 Gospel Singing 10:30am - 11:45am	27 NWA Food Bank Distribution 8:00am Bridge Players 10am - 3pm Painting Class 1:00pm \$5 Age 50 up \$7 Under 50 Supplies Furnished	28 Center Closed for Thanksgiving	29 Center Closed Holiday	

**Monday** - Starting at 8:15am - morning Walmart shopping. Call ahead (other errands accepted)

**Tuesday** - Early Pickup Little Debbie Cakes from Gentry

**Wednesday** - Starting at 8:15 am - Van open for errands in Siloam Springs. MUST schedule in advance.

**Thursday** - Starting at 8:15 am - Van open for errands in Siloam Springs. MUST schedule in advance.

**Friday** - After breakfast trip to Walmart for morning shopping

**VAN DRIVER:** Richard Grubb —Van Driver's day starts at 8:00am ends at 2:00pm - scheduling in advance is required.

Remember to [Schedule Dr.'s Appointments in the Morning. Call \(479\) 524-5735.](#)

Please remember your Senior Center in your will and trusts.

### 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  
1510 Rock Springs Road  
Harrison, Arkansas  
800-432-9721 or 870-741-1144  
www.aanwar.org