

# January Menu 2020

**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>We Serve Lunch at 12:00 Noon Monday - Friday</b>	<b>Suggested Meal Donation \$3.00</b>  <b>Individuals Under 60 and Take Outs \$5.00</b>	<b>1</b>  <b>CENTER CLOSED</b>  <b>New Years Day</b>	<b>2</b> BBQ Pulled Pork Potato Salad Baked Beans WW Roll	<b>3</b> Spaghetti w/ Meat Sauce Vegetable Medley Spiced Peaches Garlic Toast	
	<b>6</b> Chicken Pot Pie Mashed Potatoes Black-eyed Peas Seasonal Fruit	<b>7</b> Beef Enchilada Bake Spanish Rice Corn & Black Bean Salad Mexican Brownie	<b>8</b> Sweet / Sour Chicken over Rice Garden Salad w/ Dressing Whole Wheat Roll Pineapple Cake	<b>9</b> Brown Sugar Glazed Ham Candied Sweet Potato Braised Red Cabbage Whole Wheat Roll	<b>10</b> Chicken Fried Steak Mashed Potatoes Roasted Vegetable Blend Whole Wheat Roll	
	<b>13</b> Beef Lasagna Fresh Corn Sugar Snap Peas Garlic Bread Chocolate Brownie	<b>14</b> Turkey Club Sandwich Vegetable Soup Seasonal Fruit Baked Cookie	<b>15</b> Fried Fish Pinto Beans Seasoned Greens Skillet Cornbread Berry Crisp	<b>16</b> Brisket Plate Vegetable Casserole Roasted Potatoes Whole Wheat Roll	<b>17</b> Popcorn Chicken Macaroni/Cheese Fresh Green Beans Hot Biscuit	
	<b>20</b>  <b>CENTER CLOSED</b>  <b>Martin Luther King Jr. Holiday</b>	<b>21</b> Meatloaf Mashed Potatoes Broccoli Casserole Whole Wheat Roll	<b>22</b> Frito Chili Pie Fiesta Corn Mixed Green Salad w/ Dressing Fresh Baked Cookie	<b>23</b> Chicken Carbonara Pasta Peas & Carrots Fresh Orange Wedges Garlic Toast	<b>24</b> Ham & Beans Fried Potatoes & Onions Seasoned Greens Cornbread Banana Pudding w/ Vanilla Wafers	
	<b>27</b> Fried Fish French Fries Green Tomato Relish Coleslaw Blackberry Crisp WW Roll	<b>28</b> Hearty Beef Stew Deli Salad w Dressing Deviled Egg Skillet Cornbread Pumpkin Bar w/ Cream Frosting	<b>29</b> BBQ Pulled Pork Potato Salad Baked Beans Whole Wheat Roll	<b>30</b> Chicken & Dumplings Winter Vegetable Mix Purple Hull Peas Cornbread	<b>31</b> Spaghetti w/ Meat Sauce Vegetable Medley Spiced Peaches Garlic Bread	
			Siloam Springs Senior Activity & Wellness Center 750 Heritage Court Siloam Springs, AR 72761 Phone: 479-524-5735 Fax: 479-524-9864 E-Mail director.sssac@eohc.org (Kathy) E-Mail assistant.sssac@eohc.org (Debi)			

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

# January Activities 2020

## Siloam Springs Senior Activity & Wellness Center

### Foot Prints of Seniors

	Mon	Tue	Wed	Thu	Fri	
	Van service available daily. Please call for information at 479-524-5735	Center Director reserves the right to change any day or evening activity as needed.	1 <b>CENTER CLOSED New Years Day</b>	2 OK Country Band at 1:00pm	3 Breakfast Served from 8am-9am  Book Club Meeting @ 1:00pm-2:00pm	
	6 Bingo Today at 1pm Sponsored by SS Nursing & Rehab	7 Gospel Singing 10:30am - 11:45am  Senior Stretch Class w/ Certified Instructor Rita Lamphear 1:00-1:45	8 Bridge Players 10am-3pm  Painting Class 1:00pm \$5 Age 50 up \$7 Under 50 Supplies Furnished	9 Eat Out Night @ Harvest House in Little Kansas, OK. Van Leaves at 4:00pm	10 Breakfast Served from 8am-9am  Book Club Meeting @ 1:00pm-2:00pm	
	13 Lowe's Crafting Class @ 1:00pm	14 Gospel Singing 10:30am - 11:45am  Senior Stretch Class w/ Certified Instructor Rita Lamphear 1:00-1:45	15 Bridge Players 10am - 3pm  Painting Class 1:00pm \$5 Age 50 up \$7 Under 50 Supplies Furnished	16 Fayetteville Shopping Day & Breakfast Out in Springdale Leaving at 8:15am	17 Breakfast Served from 8am-9am  Book Club Meeting @ 1:00pm-2:00pm	
	20 <b>CENTER CLOSED</b>  Martin Luther King Jr. Holiday	21 Gospel Singing 10:30am - 11:45am  Senior Stretch Class w/ Certified Instructor Rita Lamphear 1:00-1:45	22 Bridge Players 10am - 3pm  Painting Class 1:00pm \$5 Age 50 up \$7 Under 50 Supplies Furnished	23 NWA Food Bank Distribution 8:00am	24 Breakfast Served from 8am-9am  Book Club Meeting @ 1:00pm-2:00pm	
	27 <b>We Serve Lunch at 12:00 Noon</b>  Monday - Friday  Suggested Meal Donation \$3.00	28 Gospel Singing 10:30am - 11:45am  Senior Stretch Class w/ Certified Instructor Rita Lamphear 1:00-1:45	29 Bridge Players 10am - 3pm  Painting Class 1:00pm \$5 Age 50 up \$7 Under 50	30 Speaker from Schmieding Center at 11:00am— "Know the 10 Signs of Dementia"	31 Breakfast Served from 8am-9am  Book Club Meeting @ 1:00pm-2:00pm	

**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  
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