

November 2026 Programs & Lunch Menu

Senior Services at the Smithville Activity Center

113 W. Main Street, Smithville, MO 64089 **816-608-1323** smithvillemo.org/seniorservices

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
* **8-8:45** Strength & Balance **9-12** Games, Cards, Pool **12:00** Lunch, **12:30** Bingo **Salisbury Steak** **Mashed Potatoes & Gravy** **Mixed Vegetables, Roll** **Angel Food Cake**	* **10-10:45** Mindful Movement **11:00** Mex. Train Dominoes **11:30-2** Pool Tournament **12:00** Lunch **Fried Chicken Tenders** **Roasted Potato Wedges** **California Veggies** **Baked Apple Dessert**	* **8-8:45** Strength & Balance **9-12** Games, Cards, Pool **12:00** Lunch, **12:30** Bingo **Domino's Pizza** **Lettuce Salad** **Whipped Oreo Dessert**	* **10-10:45** Chair Yoga **11:00** Super Bingo - Bridge Integrative Medicine **11:00** Pool Table Open **12:00** Lunch **Chef Salad** **Broccoli Cheddar Soup** **Garlic Breadstick** **Lemon Pound Cake**	* **8-8:45** Strength & Balance **9-12** Games, Cards, Pool **12:00** Lunch **Sloppy Joes** **Macaroni & Cheese** **Fresh Veggies & Dip** **Pudding Cups**
9 Birthday Party	**10**	**11**	**12**	**13**
* **8-8:45** Strength & Balance **9-12** Games & Cards * **10-2** Bridge Group **12:00** Lunch **Fried Chicken** **Mashed Potatoes & Gravy** **Green Beans, Roll** **Cake from Terrace Park**	* **10-10:45** Mindful Movement **11:00** Mex. Train Dominoes **11:00** Pool Table Open **12:00** Lunch **Hot Ham & Cheese Sliders** **Cole Slaw** **Baked Potato Chips** **Apples w/Caramel Dip**	**CLOSED** Veterans Day	* **10-10:45** Chair Yoga **11:00** Super Bingo **11:00** Pool Table Open **12:00** Lunch **Lasagna** **Lettuce Salad** **Garlic Bread** **Peaches**	* **8-8:45** Strength & Balance **9-12** Games, Cards, Pool **12:00** Lunch **12:30** Making Music **Teriyaki Chicken w/Rice** **Cooked Carrots** **Ice Cream Bar**
16	**17**	**18**	**19**	**20**
* **8-8:45** Strength & Balance **9-12** Games, Cards, Pool **12:00** Lunch, **12:30** Bingo **Chicken Alfredo Pasta** **Spinach Salad** **Garlic Breadstick** **Cherry Cobbler**	* **10-10:45** Mindful Movement * **11:00** Sound Bath with Constance - RSVP **12:00** Lunch **12:00** Pool Table Open **12:30-2:00** Mex Dominoes **Chicken Salad Croissant** **Baked Potato Soup** **Fresh Mixed Fruit** **Assorted Cookies**	* **8-8:45** Strength & Balance **9-12** Games, Cards, Pool **12:00** Lunch, **12:30** Music Bingo w/Three Rivers **Taco Salad w/Seasoned Beef & Refried Beans** **Tortilla Chips & Fixings** **Dessert from Viva Sr. Lvg.**	* **10-10:45** Chair Yoga **11:00** Super Bingo hosted by ACG Hospice **11:00** Pool Table Open **12:00** Lunch **Ham & Bean Soup** **Cornbread** **Ambrosia Dessert**	* **8-8:45** Strength & Balance **9-12** Games & Cards * **9-11** Health Screening with NKC Health **12:00** Lunch **Sliced Turkey** **Mashed Potatoes & Gravy** **Stuffing, Cranberry Sauce** **Green Beans** **Pumpkin Pie**
23	**24**	**25**	**26**	**27**
* **8-8:45** Strength & Balance **9-12** Games & Cards * **10-2** Bridge Group **12:00** Lunch, **12:30** Bingo **Breaded Fish Filet** **Coleslaw, Corn** **Fresh Mixed Fruit**	* **10-10:45** Mindful Movement **11:00** Mex. Train Dominoes **11:00** Pool Table Open **12:00** Lunch **Hamburger w/Bun** **Potato Salad, Baked Beans** **Cinnamon Applesauce**	**CLOSED**	**CLOSED** HAPPY THANKSGIVING	**CLOSED**
30				
* **8-8:45** Strength & Balance **9-12** Games, Cards, Pool **12:00** Lunch, **12:30** Bingo **Chicken Enchiladas** **Mexican Rice** **Lettuce Salad** **Assorted Brownies**	**Join Us for Lunch! $5 Per Meal.** Cash Only. **Reserve your meal: Call 816-608-1323 by 1 pm the prior business day.** May substitute Baked Fish or Baked Chicken with advance notice. **Did You Know We Have a Pool Table?** Stop by to play! The table is *closed* during times noted with *		**Health Screening 9-11 a.m. Friday, Nov. 20** • Total Cholesterol, A1C • Blood Pressure • Fasting Blood Glucose • Body Composition Scale **ALL FREE! Results reviewed & interpreted by an RN or Dietician**. Reserve your spot at nkchealth.org/healthscreenings. **Walk-ins welcome.**	