



October 2026 Programs & Lunch Menu



Senior Services at the Smithville Activity Center

113 W. Main Street, Smithville, MO 64089 ■ 816-608-1323

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M / W / F: 8 am – 2 pm		T / TH: 10 am – 1 pm		
 HAPPY BIRTHDAY to our “youngest at heart” members Oct. 3: Bettie Bender – 101 Bud Warring - 100 CONGRATULATIONS!	 Mmm! We have NEW menu items! \$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.  NEW on Tuesdays! A new lunch menu plus rotating games and events. Join us this month for Mexican Train Dominos. Don't know how to play? We'll teach you!  Did You Know We Have a Pool Table? Stop by to play! Tournament to be held in November! * The table is closed during times noted with an *.		1 * 10-10:45 Chair Yoga 11:00 Super Bingo 12:00 Lunch Baked Potato Soup Chicken Salad Croissant Apples w/Caramel Dip	2 * 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Making Music Sweet & Sour Chicken with Rice Cooked Mixed Vegetables Ice Cream Bar
5 * 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Chicken Parmesan Rotini Pasta, Garlic Toast Lettuce Salad Apple Crisp	6 * 10-10:45 Mindful Movement 11:00 Mex. Train Dominos 12:00 Lunch Hot Ham & Cheese Sliders Potato Salad Green Beans Oatmeal Raisin Cookie	7 * 8-8:45 Strength & Balance 9-12 Games & Cards 10:30 Library Rep Visit 12:00 Lunch, 12:30 Bingo Domino's Pizza Spinach Salad Pudding Cups	8 * 10-10:45 Chair Yoga 11:00 Super Bingo 12:00 Lunch Hamburger w/Bun Roasted Potato Wedges Calif. Blend Veggies Cinnamon Roll	9 * 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Pork Tenderloin Sandwich Baked Beans Coleslaw Angel Food Cake
12 Birthday Party * 8-8:45 Strength & Balance 9-12 Games & Cards * 10-2 Bridge Group 12:00 Lunch Fried Chicken Mashed Potatoes & Gravy Corn, Buttermilk Biscuit Cake from Terrace Park	13 * 10-10:45 Mindful Movement 11:00 Mex. Train Dominos 12:00 Lunch Jumbo Beef Hot Dog Tator Tots Fresh Veggies w/Dip Fresh Clementine	14 * 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Bunko Sliced Ham Macaroni & Cheese Steamed Broccoli, Roll Dessert from Viva Sr. Lvg.	15 * 10-10:45 Chair Yoga 11:00 Super Bingo hosted by ACG Hospice 12:00 Lunch Beef Enchiladas Spanish Rice Cooked Carrots Fresh Mixed Fruit	16 * 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Chicken Pot Pie Baked Potato Stewed Tomatoes Whipped Oreo Dessert
19 * 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Smothered Pork Chop Buttered Egg Noodles Lettuce Salad Peaches	20 * 10-10:45 Mindful Movement 11:00 Mex. Train Dominos 12:00 Lunch Fried Chicken Tenders Macaroni Salad 3 Bean Salad Mixed Fruit Cup	21 * 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Music Bingo w/Three Rivers Meatloaf Mashed Potatoes & Gravy Steamed Peas & Carrots Ambrosia Dessert	22 * 10-10:45 Chair Yoga 11:00 Super Bingo 12:00 Lunch Ham & Bean Soup Corn Bread Fresh Veggies with Dip Assorted Pudding Cups	23 Harvest Social! * 8-8:45 Strength & Balance 9:30 GIFT CARD BINGO 10:45 LIVE MUSIC with Entertainer Bob Cohen 12:00 Lunch Chili / Baked Potato Harvest Salad Frosted Pumpkin Bar
26 * 8-8:45 Strength & Balance 9-12 Games & Cards * 10-2 Bridge Group 12:00 Lunch, 12:30 Bingo Taco Salad w/Seasoned Beef & Refried Beans Tortilla Chips & Fixings Ice Cream Sandwich	27 * 10-10:45 Mindful Movement 11:00 Mex. Train Dominos 12:00 Lunch Vegetable Beef Soup Turkey & Swiss Sub Peanut Butter Cookie	28 * 8-8:45 Strength & Balance 9-12 Games & Cards * 10-2 Medicare Help Table w/Matthew West 12:00 Lunch, 12:30 Bingo Chicken Fried Steak Mashed Potatoes & Gravy Peas, Cherry Cobbler	29 * 10-10:45 Chair Yoga 11:00 Super Bingo 12:00 Lunch BBQ Beef on Bun Sweet Potato Fries Corn Assorted Brownies	30 Costume Contest! * 8-8:45 Strength & Balance 9-12 Games & Cards * 10-2 Medicare Help Table w/Matthew West 12:00 Lunch, 12:30 Bingo Spooky Spaghetti Vampire Garlic Bread Terrifying Tossed Salad Witch's Brew Floats