



September 2026 Programs & Lunch Menu



Senior Services at the Smithville Activity Center

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

Did You Know We Have a Pool Table? Come Join Us for a Game! * The pool table is unavailable during times noted with an *.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
SR. SERVICES HOURS: M / W / F: 8 am – 2 pm T / TH: 10 am – 1 pm <i>Proudly serving Clay County residents age 60+ through a partnership with Clay County Senior Services.</i>	* 10-10:45 Mindful Movement 11-1 Games & Cards 12:00 Lunch Chili Loaded Baked Potatoes Fresh Veggies with Dip Oatmeal Cookies	* 8-8:45 Strength & Balance 9-10:30 Games & Cards 10:30-12 Smithville Strategic Plan Presentation 12:00 Lunch, 12:30 Bingo Fried Chicken Tenders Macaroni Salad Steamed Broccoli Whipped Oreo Dessert	NOTE TIME CHANGES TODAY ONLY: * 10:15 Chair Yoga 11:15 Super Bingo 12:00 Lunch Hamburger w/Bun Seasoned Potato Wedges Coleslaw, Fresh Fruit	* 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Chicken Parmesan Rotini Pasta Garlic Bread Lettuce Salad Peach Crisp
7	8	9	10	11
Closed for Labor Day	* 10-10:45 Mindful Movement 11-1 Autumn Paint by Number – Sign Up Soon! 12:00 Lunch Grilled Chicken Sandwich Tator Tots Apple Slices, Caramel Dip	* 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 1-2 Bunko Domino's Pizza Lettuce Salad Assorted Brownies	* 10-10:45 Chair Yoga 11:00 Super Bingo hosted by 56ReadyGo 12:00 Lunch Baked Potato Soup Roast Beef Sandwich Blueberry Muffin	* 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Making Music Salisbury Steak w/Gravy Baked Potato Cooked Mixed Vegetables Assorted Jello Cups
14 Birthday Party	15	16	17	18
* 8-8:45 Strength & Balance 9-12 Games & Cards * 10-2 Bridge Group 12:00 Lunch Fried Chicken Mashed Potatoes & Gravy Green Beans, Dinner Roll Cake from Terrace Park Ice Cream Cups	* 10-10:45 Mindful Movement * 11:00 Medicare 101 Lunch 'N' Learn - Humana Sub Sandwiches Fresh Veggies & Dip Fresh Fruit Tray Assorted Cookies	* 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Music Bingo hosted by Three Rivers Chicken Alfredo Pasta Lettuce Salad Garlic Toast Fruit Cocktail	* 10-10:45 Chair Yoga 11:00 Super Bingo hosted by Security Bank 12:00 Lunch Cheddar Broccoli Soup Chicken Salad Croissant Fresh Watermelon	* 8-8:45 Strength & Balance 9-12 Games & Cards 10-11 Veterans Coffee & Donuts 12:00 Lunch COOKOUT: Burgers, Hotdogs, Brats Baked Beans Coleslaw Ice Cream Sandwiches
21 Falls Prevention Week	22 Falls Prevention Week	23 Falls Prevention Week	24 Falls Prevention Week	25 Falls Prevention Week
* 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Sloppy Joes Tator Tots Fresh Veggies & Dip Frosted Spice Cake	* 10-10:45 Mindful Movement 11-1 Games & Cards 12:00 Lunch Chicken Noodle Soup Caesar Salad, Breadstick Fresh Cut Fruit	* 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch Taco Salad w/Meat & Refried Beans Tortilla Chips & Fixings Lemon Pound Cake	* 10-10:45 Chair Yoga 11:00 Super Bingo 12:00 Lunch Chili Dog Fresh Veggies w/Dip Potato Chips	* 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Roasted Turkey Mashed Potatoes & Gravy Green Beans, Dinner Roll Pudding Cups
28	29	30	JOIN US FOR LUNCH! \$5 Per Meal. Cash Only. Reserve your meal: Call 816-608-1323 by 1 pm the prior business day or sign up in person. - Baked Fish or Baked Chicken entrees may be substituted with advance notice.	
* 8-8:45 Strength & Balance 9-12 Games & Cards * 10-2 Bridge Group 12:00 Lunch, 12:30 Bingo Meatloaf Mashed Potatoes & Gravy Calif. Blend Veggies, Roll Apple Crisp	* 10-10:45 Mindful Movement 11-1 Games & Cards 12:00 Lunch Pulled Pork on Bun Potato Chips Pickle Spear, Coleslaw Assorted Cookies	* 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Sliced Ham Macaroni & Cheese Steamed Peas, Roll Sherbet Cup		