



August 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
3 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 1:00 Line Dancing Taco Salad w/Meat & Refried Beans Tortilla Chips & Fixings Ice Cream Bar	4 10-10:45 Mindful Movement (No Lunch)	5 8-8:45 Strength & Balance 10:30 Library Rep Visit 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Fried Chicken Tenders California Veggies Macaroni & Cheese Watermelon Chunks	6 10-10:45 Chair Yoga 11:00 Super Bingo 12:00 Lunch Grilled Hamburger Tator Tots Fresh Apple Slices w/Dip Lemon Pound Cake	7 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Making Music Spaghetti & Meat Sauce Garlic Bread Lettuce Salad Baked Apple Dessert
10 Birthday Party 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch Fried Chicken Mashed Potatoes & Gravy Green Beans, Dinner Roll Cake from Terrace Park 	11 10-10:45 Mindful Movement (No Lunch)	12 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch  1-2 Bunko COOKOUT: Burgers, Brats, Hotdogs Baked Beans Potato Salad Popsicles & Fudge Bars	13 10-10:45 Chair Yoga 11:00 Super Bingo Hosted by TGR Living 12:00 Lunch Grilled Chicken Sandwich Coleslaw Macaroni Salad Peach Cup	14 8-8:45 Strength & Balance 10-11 NEW EVENT: Veterans Coffee & Donuts 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Salisbury Steak Baked Potato Steamed Broccoli, Roll Tapioca Pudding
17 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 1:00 Line Dancing Pork Tenderloin Sandwich Baked Potato Chips Coleslaw Strawberry Cake	18 10-10:45 Mindful Movement (No Lunch)	19 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Music Bingo w/Three Rivers Domino's Pizza Lettuce Salad Garlic Breadstick Dessert from Viva Sr. Living	20 10-10:45 Chair Yoga 11:00 Super Bingo 12:00 Lunch Baked Potato Soup Spinach Salad Fresh Fruit with Dip	21 8-8:45 Strength & Balance 9-11 NKC Health Screening 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Fried Chicken Mashed Potatoes & Gravy Corn, Dinner Roll Cherry Cobbler
24 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch Ice Cream Floats after lunch sponsored by Right At Home Lasagna Lettuce Salad Garlic Breadstick	25 10-10:45 Mindful Movement  11:00 Senior Dinner  Theater: Eat lunch while watching a movie Chicken Salad Croissant Cheddar Broccoli Soup Fresh Cut Melon Movie Refreshments	26 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Meatloaf Mashed Potatoes & Gravy Steamed Broccoli, Roll Ambrosia Dessert	27 10-10:45 Chair Yoga 11:00 Super Bingo 12:00 Lunch Chili Dogs Fresh Veggies w/Dip Oatmeal Raisin Cookie	28 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Baked Ham Slice Macaroni & Cheese Green Beans, Cornbread Fresh Fruit Salad
31 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Sloppy Joes Seasoned Potato Wedges Fresh Veggie Tray w/Dip Sherbet Cup	JOIN US FOR LUNCH! \$5 Per Meal. Cash Only. Reserve your meal: Call 816-608-1323 by 1 pm the prior business day. Reservations made after 1 pm or on weekends are not guaranteed. Baked Fish or Baked Chicken entrees may be substituted with advance notice. Carryout available.			Proudly serving Clay County residents age 60+ through a partnership with Clay County Senior Services. SENIOR SERVICES HOURS: Monday, Wednesday, Friday: 8 am – 2 pm Tuesday, Thursday: 10 am – 1 pm