



# July 2026 Programs & Lunch Menu



## Senior Services at the Smithville Activity Center

113 W. Main Street, Smithville, MO 64089

816-608-1323 [www.smithvillemo.org/seniorservices](http://www.smithvillemo.org/seniorservices)

Mon, Wed, Fri: 8 a.m. to 2 p.m. Tue, Thurs: 10 a.m. to 1 p.m.

Serving Clay County residents ages 60+ through a partnership with Clay County Senior Services (CCSS).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>JOIN US FOR LUNCH!</b>  <b>\$5 per meal, cash only.</b>  <b>Reserve your meal: Call 816-608-1323</b>  <b>by 1 pm the prior business day.</b> 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.</p>		<p><b>1</b>  <b>8-8:45</b> Strength &amp; Balance  <b>9-12</b> Games &amp; Cards  <b>12:00</b> Lunch, <b>12:30</b> Bingo   <b>Domino's Pizza</b>  <b>Spinach Salad</b>  <b>Fresh Cut Fruit</b>  <b>4<sup>th</sup> of July Cupcakes</b></p>	<p><b>2</b>  <b>10-10:45</b> Chair Yoga  <b>11:00</b> Patriotic Bingo                      hosted by Humana  <b>12:00</b> Lunch     <b>Chili Dogs</b>  <b>Baked Potato Chips</b>  <b>Fresh Veggies with Dip</b>  <b>Bomb Pop</b></p>	<p><b>3</b>   <p style="text-align: center;"><b>CLOSED</b>                      for Independence Day                       Happy 250<sup>th</sup> Birthday,                      America!</p> </p>
<p><b>6</b>  <b>8-8:45</b> Strength &amp; Balance  <b>9-12</b> Games &amp; Cards  <b>12:00</b> Lunch  <b>1:00</b> Line Dancing   <b>Chicken Parmesan</b>  <b>Rotini Pasta</b>  <b>Salad, Garlic Bread</b>  <b>Baked Apple Dessert</b></p>	<p><b>7</b>  <b>10-10:45</b> Mindful Movement   <p style="text-align: center;"><b>NEW LUNCH OPTIONS</b>  <b>COMING SOON</b></p> </p>	<p><b>8</b>  <b>8-8:45</b> Strength &amp; Balance  <b>9-12</b> Games &amp; Cards  <b>12:00</b> Lunch, <b>12:30</b> Bingo  <b>1-2</b> Bunko    <b>Meatloaf</b>  <b>Mashed Potatoes &amp; Gravy</b>  <b>Peas &amp; Carrots, Roll</b>  <b>Dessert from Viva Sr. Living</b></p>	<p><b>9</b>  <b>10-10:45</b> Chair Yoga  <b>11:00</b> Super Bingo  <b>12:00</b> Lunch   <b>Grilled Chicken Sandwich</b>  <b>Pasta Salad</b>  <b>Fresh Cut Fruit</b>  <b>Assorted Brownies</b></p>	<p><b>10</b>  <b>8-8:45</b> Strength &amp; Balance  <b>9-12</b> Games &amp; Cards  <b>12:00</b> Lunch  <b>12:30</b> Making Music   <b>Sloppy Joes</b>  <b>Sweet Potato Fries</b>  <b>Broccoli &amp; Cauliflower</b>  <b>Pudding Cups</b></p>
<p><b>13</b> <b>Birthday Party</b>  <b>8-8:45</b> Strength &amp; Balance  <b>9-12</b> Games &amp; Cards  <b>12:00</b> Lunch    <b>Fried Chicken</b>  <b>Mashed Potatoes &amp; Gravy</b>  <b>Corn, Dinner Roll</b>  <b>Cake from Terrace Park</b></p>	<p><b>14</b>  <b>10-10:45</b> Mindful Movement   <p style="text-align: center;"><b>NEW LUNCH OPTIONS</b>  <b>COMING SOON</b></p> </p>	<p><b>15</b>  <b>8-8:45</b> Strength &amp; Balance  <b>9-12</b> Games &amp; Cards  <b>12:00</b> Lunch, <b>12:30</b> Music                      Bingo w/Three Rivers Hospice   <b>Pulled Pork with Bun</b>  <b>Seasoned Potato Wedges</b>  <b>California Veggies</b>  <b>Peach Cobbler</b></p>	<p><b>16</b>  <b>10-10:45</b> Chair Yoga  <b>11:00</b> Super Bingo  <b>12:00</b> Lunch   <b>Hamburger with Bun</b>  <b>Tator Tots</b>  <b>Fresh Veggies with Dip</b>  <b>Ice Cream Sandwich</b></p>	<p><b>17</b>  <b>8-8:45</b> Strength &amp; Balance  <b>9-12</b> Games &amp; Cards  <b>12:00</b> Lunch, <b>12:30</b> Bingo   <b>Taco Salad w/Meat &amp;</b>  <b>Refried Beans</b>  <b>Tortilla Chips &amp; Fixings</b>  <b>Whipped Oreo Dessert</b></p>
<p><b>20</b>  <b>8-8:45</b> Strength &amp; Balance  <b>9-12</b> Games &amp; Cards  <b>12:00</b> Lunch  <b>1:00</b> Line Dancing   <b>Sliced Baked Ham</b>  <b>Cooked Carrots</b>  <b>Stuffing</b>  <b>Applesauce, Cookies</b></p>	<p><b>21</b>  <b>10-10:45</b> Mindful Movement   <p style="text-align: center;"><b>NEW LUNCH OPTIONS</b>  <b>COMING SOON</b></p> </p>	<p><b>22</b>  <b>8-8:45</b> Strength &amp; Balance  <b>9-12</b> Games &amp; Cards   <b>12:00</b> Lunch  <b>Ice Cream Social</b> hosted by Right At Home   <b>Fried Chicken Tenders</b>  <b>Macaroni &amp; Cheese</b>  <b>Steamed Peas, Fruit Cup</b></p>	<p><b>23</b>  <b>10-10:45</b> Chair Yoga  <b>11:00</b> Super Bingo Hosted by Novus Lifecare  <b>12:00</b> Lunch   <b>Broccoli Cheddar Soup</b>  <b>Chef Salad</b>  <b>Lemon Bar</b></p>	<p><b>24</b>  <b>8-8:45</b> Strength &amp; Balance  <b>9-12</b> Games &amp; Cards  <b>12:00</b> Lunch   <p style="text-align: center;"><b>COOKOUT:</b>  <b>Burgers, Brats, Hotdogs</b>  <b>Macaroni Salad</b>  <b>Potato Chips</b>  <b>Watermelon Chunks</b>  <b>Assorted Brownie Tray</b></p> </p>
<p><b>27</b>  <b>8-8:45</b> Strength &amp; Balance  <b>9-12</b> Games &amp; Cards  <b>12:00</b> Lunch, <b>12:30</b> Bingo   <b>Breaded Fish Filet</b>  <b>Coleslaw</b>  <b>Baked Potato</b>  <b>Ice Cream Bar</b></p>	<p><b>28</b>  <b>10-10:45</b> Mindful Movement  <b>11:00</b> NEW EVENT:                      "Dinner Theater" Lunch &amp; A Movie – watch while you eat. Title is a surprise!   <b>Beef Stew</b>  <b>Buttermilk Biscuit</b>  <b>Apple Crisp</b></p>	<p><b>29</b>  <b>8-8:45</b> Strength &amp; Balance  <b>9-12</b> Games &amp; Cards  <b>12:00</b> Lunch, <b>12:30</b> Bingo   <b>Chicken Alfredo Pasta</b>  <b>Steamed Broccoli</b>  <b>Garlic Bread</b>  <b>Banana Pudding</b></p>	<p><b>30</b>  <b>10-10:45</b> Chair Yoga  <b>11:00</b> Super Bingo  <b>12:00</b> Lunch   <b>Baked Potato Soup</b>  <b>Chicken Salad Croissant</b>  <b>Jello</b>  <b>Assorted Cookies</b></p>	<p><b>31</b>  <b>8-8:45</b> Strength &amp; Balance  <b>9-12</b> Games &amp; Cards  <b>12:00</b> Lunch, <b>12:30</b> Bingo   <b>Salisbury Steak</b>  <b>Mashed Potatoes &amp; Gravy</b>  <b>Green Beans, Dinner Roll</b>  <b>Frosted Spice Cake</b></p>