



Elkins Senior Activity & Wellness Center  
149 W 1st Ave., Elkins, AR 72727  
Mail to: PO Box 201, Elkins, AR 72727  
479-643-2741

# May 2024

## **Dates to Remember:**

**Saturday 5/4—May the Fourth Be With You—Cake class at Nellie B's (Fundraiser)**

**Monday 5/6 & 5/13—12noon Neurosize**

**Thursday 5/9—BBB @ Lincoln 8:45a—\$5**

**Monday 5/20—Cooking w/Priscilla (Nellie B's)**

**Thursday 5/23—AAA will be here to sign people up for the Farmers Market vouchers. 9—11a**

**Friday 5/24—BINGO NIGHT**

**Friday 5/31 Terra Studios (rescheduled from April)**



Elkins Senior Center Bingo Fundraiser  
Open to Everyone

Friday, May 24th—Door opens @ 6:30p—  
Bingo Starts @ 7p

Elkins Senior Center (149 W 1st Ave)

\$10pp to enter and will receive a book of 10  
Bingo Games + 1 Blackout Game  
(Additional books can be purchased for \$5  
and additional Blackout Cards can be  
purchased for \$1)

Concessions will be available for purchase.



## **GROCERY SHOPPING!!!!**

We are offering **Grocery** shopping trips. We want to try to accommodate to as many people as possible. If you are wanting Harps, Neighborhood Market, Aldi or Walmart, please let us know when making your reservation (**24 hour notice is required**). With winter upon us, shopping days are weather permitting.

The shopping trips will be transported in our bus, so you do need to be able to board the bus. **Trips are \$5** (suggested donation). The bus will depart the center at 9am. If you need to be picked up we will try to accommodate (depending on location). Once your shopping has been completed please call the center to be picked up. Please call the center at 479-643-2741 with any questions or to make a reservation. \*You must be a member of the Senior Center or on Meals on Wheels



## **Nutrition Tips for Ages 60+**

Eating habits change throughout the life span. Learn how the foods and drinks choose each day help you meet daily nutrient needs, maintain a healthy body weight, and reduce the risk of chronic disease.

- Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.
- Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.
- Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.
- The body's ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.

If you use or are thinking about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars. The [My Dietary Supplement and Medicine Record](#) can help you track your supplement and medicine use.

# JUNK FOOD WORD SEARCH

## 100 HIDDEN WORDS TO FIND

P B S O F T D R I N K S X C P A Z L H C O U B H X E C E R E A L S E X L L D  
 V Z T O W B R E A D M S S R L V S O D A I D Q C A L O R I E L O K Q S K L L  
 G F M I L K S H A K E R Q A E P A S T A X Z V J E R K Y W S H I E P T I Q Z  
 T R W J C A L O R I E S O V E B R I M Q O N A L O M H F X J J Q W Y O V J H  
 A I D Z H J C N F A U B H E K U O B A G E L T Z E B O E N F M A Y O R B N G  
 E E M F A W R H I G H O E S R R L A X T W R K D C M T V S W N O C T T S R W  
 C D E U M H I G H F A T Q A B R L G G U C V S E G H D P V J V H I L I J C D  
 H C F N B V R A M E N Q F D T I S U J W H W N S S B O O K D B B N O L I N F  
 I H I N U Y F G Z L F N S Z I T Y E U F O J O S F M G P E M H R N L L G K A  
 P I A E R N Z J A N M N G U Z O C T T B L S O E K H L C O M S O A L A Z Q T  
 S C S L G H I G H K M Q K X D S O T U G E N D R U D F O M F C W M I C O L A  
 J K G B E D C S T A R B U C K S R E R D S A L T Q F O R K U E N O P P S P J  
 M E V X R I U I V E M N Z P S M N T P D T C E S P Q Q N X G L I N O M E U P  
 M N O D D O U G H N U T M G H T E P I R E K S P D P M F O Z D E W P C J F C  
 Y U Q E S H E R S H E Y S X A P U I D F R S M S M O O T H I E S C M U W F U  
 S P R I N K L E S C I H H M K I Z Q I T O W H I P C R E A M C H U R R O S I  
 G N N G C R N C I Z A C B V E Z W K E L L E A H H A S H B R O W N S D S E D  
 T A O P X W U I I A P M S G M Z V U T N I C A R A M E L E X S T T Q H G I S  
 D U J O D P A T T Y R X A M J A N K H E X Y L U U S D D E F C O O K I E S A  
 H M V C C G V Z A J P B E L L Y D E E R I Z L Z N O P C S G S Z J D H Z R U  
 J U C R N S R B I D U Z O N S U N D A E S L C B H K Y G T H T K K V H C Z S  
 P S Y A P I E S C V H E C F R E N C H F R I E S E U L B U T E R S B C Z T A  
 Q T G C P X G H E R A O O N Y C S M O R E S P H A S A T K Y Z G U M M Y R G  
 S A S K A N B U C K R L L B E E F H V C O V B P L R W I E N E R S P J R I E  
 L R D E S L E N R T M L E W I N G S T O P S R W T C H E E S E O X O F V P L  
 W D N R T Q A G E Y F F S R N J C K G F K K U O H O S M J K Z T Q D Q B L S  
 A G K S R Y R E A R U F L E P R E T Z E L O R N Y T Q L C Q L I K Q V U E K  
 F G M C Y A S R M V L H A A V W Z B F D G K B I P T R G S A N D W I C H H C  
 F F G B U R G E R O V M W B D O Y A R K B U J O Q O Y L I P Q M X K N S C O  
 L Y U P A N C A K E S N Q Z C D U C I C A K E N K N W R C O O U L E Z C B P  
 E P M Y P U I J Y W R C H T R D N O T D L B N R Y C B O G P F F K B M A Q U  
 M Y F I Q N U G G E T S W A C A N N T U U V A I H A E L E M N F Y A U X M J  
 R L I N S T A N T A H K R C N U Y U E T Q Y T N N N V L W A Y I N B G F Q G  
 J V K J N V N U Y Y D K I O T D S Y R H F K I G Q D V F H C O N F Y Z T Q D  
 O C O P O T A T O N A C H O S N C A S I Z D P S Z Y G S P R I N G R O L L S  
 M A R S H M A L L O W B R A G C O O K E D D O Y J P B E C C H E W Q O X S O  
 U X R D Y D D H G M S R O O T B E E R A S U G A R Y A X D U Q C O L O J S O  
 L I H R A J L X S Y S N N T S R S A L T Y P Q B H F C H I C K E N W I N G S

|              |            |             |             |             |           |            |         |              |               |
|--------------|------------|-------------|-------------|-------------|-----------|------------|---------|--------------|---------------|
| BACON        | HASHBROWNS | CHEW        | BAGEL       | DIET        | CALORIE   | PATTY      | MAYO    | CHEESE       | BURRITOS      |
| MUSTARD      | COOKED     | WIENERS     | HIGH FAT    | SOFT DRINKS | INSTANT   | PIES       | CRAVE   | PRETZEL      | ROOTBEER      |
| HUNGER       | ROLLS      | HARMFUL     | COLA        | FRITTERS    | JERKY     | BEEF       | BUTERS  | SPRING ROLLS | ONION RINGS   |
| FUNNEL       | NACHOS     | CORN        | CARAMEL     | STARBUCKS   | WINGSTOP  | BELL       | NUGGETS | SMORES       | TACO          |
| COTTON CANDY | HERSHEYS   | CHOLESTEROL | RAMEN       | BREAD       | SPRINKLES | WHIP CREAM | POP MAC | SMOOTHIE     | BAGUETTE      |
| CINNAMON     | BURGER     | SANDWICH    | BEARS       | GUMMY       | CEREALS   | SUGARY     | SNACKS  | FRENCH FRIES | FRIED CHICKEN |
| SALTY        | UNHEALTHY  | BROWNIES    | MARSHMALLOW | CALORIES    | HIGH      | TRIPLE     | CHIPS   | SAUSAGE      | POTATO        |
| TORTILLA     | SUNDAES    | DESSERTS    | FAT         | KEBAB       | NOODLES   | PASTA      | COOKIES | COLESLAW     | CHICKEN WINGS |
| CHURRO       | PANCAKES   | LOLLIPOP    | GUM         | PIZZA       | ROLL      | SHAKE      | SODA    | MUFFIN       | HOT DOG       |
| WAFFLE       | PASTRY     | DOUGHNUT    | ICE CREAM   | CRACKERS    | CAKE      | POPCORN    | PUFFS   | MILKSHAKE    | HAMBURGER     |

# MAY ACTIVITIES

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
|  |  | <b>1</b><br><b>8:45a—Turpentine Creek w/Lunch in Eureka Springs—\$18</b><br><b>10:30—Music by David</b><br><b>After Lunch—Bingo</b> | <b>2</b><br><b>10:30 Bible Study w/ Jack English</b><br><b>Beanbag Baseball—After Lunch</b><br><b>Variety Table Games—After Lunch</b>     | <b>3</b><br><b>9a—Shopping</b><br><b>10:30—Joyful Noise</b><br><b>12:00—Beginner's Bridge</b><br><b>After Lunch—Exercise</b>  |
| <b>6</b><br><b>10—11A Line Dancing Lessons w/Debby</b><br><b>12N—Neurosize</b><br><b>1p—Exercise</b>                     | <b>7</b><br><b>10:30a—Ageless Grace</b><br><b>Bean Bag Baseball—After Lunch</b>      | <b>8</b><br><b>9a—Shopping</b><br><b>10:30—Music by David</b><br><b>After Lunch—Bingo</b>   | <b>9</b><br><b>8:45a—BBB @ Lincoln—\$5</b><br><b>Beanbag Baseball—After Lunch</b><br><b>Variety Table Games—After Lunch</b>               | <b>10</b><br><b>9a—Shopping</b><br><b>9:30 a—Music by Steve Srader</b><br><b>After Lunch—Exercise</b>                         |
| <b>13</b><br><b>10—11A Line Dancing Lessons w/Debby</b><br><b>12N—Neurosize</b><br><b>1p—Exercise</b>                    | <b>14</b><br><b>10:30a—Ageless Grace</b><br><b>Bean Bag Baseball—After Lunch</b>     | <b>15</b><br><b>10:30—Music by David</b><br><b>After Lunch—Bingo</b>  | <b>16</b><br><b>10:30 Bible Study w/ Jack English</b><br><b>Beanbag Baseball—After Lunch</b><br><b>Variety Table Games—After Lunch</b>    | <b>17</b><br><b>9a—Shopping</b><br><b>10:30—Joyful Noise</b><br><b>12:00—Beginner's Bridge</b><br><b>After Lunch—Exercise</b> |
| <b>20</b><br><b>10—11A Line Dancing Lessons w/Debby</b><br><b>After Lunch—Cooking w/Nellie B's</b><br><b>1p—Exercise</b> | <b>21</b><br><b>10:30a—Ageless Grace</b><br><b>Bean Bag Baseball—After Lunch</b>     | <b>22</b><br><b>9a—Shopping</b><br><b>10:30—Music by David</b><br><b>After Lunch—Bingo</b>  | <b>23</b><br><b>9—11a Farmers Market Voucher Sign Up</b><br><b>Beanbag Baseball—After Lunch</b><br><b>Variety Table Games—After Lunch</b> | <b>24</b><br><b>9:30 a—Music by Steve Srader</b><br><b>After Lunch—Exercise</b><br><b>BINGO NIGHT—6:30p</b>                   |
| <b>27</b><br><b>Closed</b>   | <b>28</b><br><b>10:30a—Ageless Grace</b><br><b>Bean Bag Baseball—After Neurosize</b> | <b>29</b><br><b>9a—Shopping</b><br><b>10:30—Music by David</b><br><b>After Lunch—Bingo</b>  | <b>30</b><br><b>Beanbag Baseball—After Lunch</b><br><b>Variety Table Games—After Lunch</b>  | <b>31</b><br><b>10a—Terra Studios</b><br><b>12:00—Beginner's Bridge</b><br><b>After Lunch—Exercise</b>                        |

# MAY MENU

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
|   |   | 1<br>Sloppy Joe on Bun<br>French Fries<br>Peas & Carrots<br>Banana Pudding             | 2<br>Pepper Steak<br>Fluffy White Rice<br>Oriental Veggies<br>Mandarin Oranges | 3<br>Fried Fish on a Bun<br>Macaroni & Cheese<br>Coleslaw<br>Fruit                              |
| 6<br>Honey Chicken<br>Baby Bakers<br>Buttered Carrots<br>Bread<br>Fruit | 7<br>Beef Pot Pie<br>Green Beans<br>Corn Bread<br>Rice Krispie Treat                  | 8<br>Herbed Pork Roast<br>Baked Sweet Potato<br>Broccoli Florets<br>Roll<br>Applesauce | 9<br>Tuna Salad Sandwich<br>Potato Chips<br>Pea Salad<br>Fruit Salad           | 10<br>Meatloaf w/Ketchup Topping<br>Mashed Potatoes<br>Mixed Veggies<br>Roll<br>Fruited Gelatin |
| 13<br>Sweet & Sour Pork<br>Rice<br>Brussels Sprouts<br>Roll<br>Apple    | 14<br>Chicken Cordon Bleu<br>Au Gratin Potatoes<br>Green Beans<br>Bread<br>Pudding    | 15<br>Hamburger Steak<br>Mashed Potatoes<br>Cabbage<br>Roll<br>Fruit                   | 16<br>BBQ Pulled Pork Sandwich<br>Brown Beans<br>Coleslaw<br>Mandarin Oranges  | 17<br>Baked Fish<br>Roasted Potatoes<br>Buttered Corn<br>Jello                                  |
| 20<br>Pork Carnitas<br>Spanish Rice<br>Mexican Corn<br>Applesauce       | 21<br>Baked Chicken w/ BBQ Sauce<br>Baby Bakers<br>Coleslaw<br>Roll<br>Pudding        | 22<br>Spaghetti & Meatballs<br>Broccoli<br>Bread Stick<br>Chilled Pineapple            | 23<br>Turkey & Gravy<br>Mashed Potatoes<br>Carrots<br>Roll<br>Pears            | 24<br>Chicken Enchilada Casserole<br>Confetti Corn<br>Shredded Lettuce<br>Bread<br>Churro       |
| 27<br>Closed  | 28<br>Chopped Steak<br>Au Gratin Potatoes<br>Buttered Carrots<br>Bread<br>Fruit Salad | 29<br>Chicken Tenders<br>Tater Tots<br>Green Beans<br>Roll<br>Cake                     | 30<br>Lasagna<br>Tossed Salad<br>Breadstick<br>Jello                           | 31<br>French Dip Sandwich<br>Mixed Veggies<br>Chips<br>Fruit                                    |