



OCTOBER

2024

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



Bingo Night!

All proceeds go to
Meals on Wheels

Monday, October 28th - Door opens @ 5:30p
- Bingo Starts @ 6:30p

Location: Elkins Senior Center, 149 W 1st Ave

\$10pp to enter and will receive a book of 10 Bingo
Games and 1 Blackout Game

(\$5 for additional books and \$1 for additional Black Out)
Daubers are recommended.

Raffle Tickets will also be sold for
\$5 one ticket or 3 for \$10.

Prize is 1/2 of the pot!

Hot Dogs, Chips, Soda and Bottle Water will be available for
purchase.

GROCERY SHOPPING!!!!

We are offering **Grocery** shopping trips. We want to try to accommodate 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 and based on availability.**)

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). . 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**



Thursday, October 24th. Fall Tour to Roaring River State Park—\$15

We will depart at 8AM. North through Rogers to Gateway into Missouri.

Roaring River State Park is unique on so many levels!

With a deep, narrow valley surrounded by a striking and rugged landscape, Roaring River State Park is one of Missouri's most popular state parks.

Located in the southwest Ozark hills.

We will stop to view interpretive displays of the park's natural history, including animal and nature exhibits, inside Ozark Chinquapin Nature Center. The nature center sells a variety of books, guides and Roaring River souvenirs, and also has a few live animals on display.

Our return trip will take us through Eureka Springs where we will stop for lunch (location TBD—cost not included). Return to the center between 2 to 3p.





GIANT Fall Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

Acorn
Apple
Autumn
Blustery
Brisk
Brown
Change
Chestnuts
Chilly
Cider
Clouds
Cobweb
Cold
Colorful
Cool
Cornucopia
Cranberry
Crisp
Crops
Crow
Deciduous
Election
Equinox
Fall
Fireside
Flannel
Foliage
Football
Frost
Gourd
Halloween
Harvest
Hayride
Haystack
Heater
Jacket
Leaf
Leaves



Logs
Maize
Mist
Mud
Mushroom
Nippy
November
Nuts
October
Orange
Orchard
Owl
Pinecone
Pumpkin
Quilt

Raincoat
Rake
Reap
Scarecrow
School
Season
September
Sleet
Spider
Squash
Squirrel
Sunflower
Sweater
Thanksgiving
Trees

Turkey
Vivid
Wind
Yellow



October Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>2</p> <p>10:30—Music by David</p> <p>After Lunch—Bingo</p> <p>Halloween Dinner @G's</p>	<p>3</p> <p>10:30 Bible Study w/ Jack English</p> <p>Beanbag Baseball— After Lunch</p>	<p>4</p> <p>9:45a Ageless Grace</p> <p>10:30—Joyful Noise</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch— Exercise</p>
<p>7</p> <p>10—11A Line Dancing Lessons w/Debby</p> <p>1p Exercise</p>	<p>8</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>9</p> <p>10:30—Music by David</p> <p>After Lunch—Bingo</p>	<p>10</p> <p>Morning Music w/ Steve</p> <p>Beanbag Baseball— After Lunch</p>	<p>11</p> <p>10A— Ageless Grace</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch— Exercise</p>
<p>14</p> <p>10—11A Line Dancing Lessons w/Debby</p> <p>1p Exercise</p>	<p>15</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>16</p> <p>10:30—Music by David</p> <p>After Lunch—Bingo</p>	<p>17</p> <p>10:30 Bible Study w/ Jack English</p> <p>Beanbag Baseball— After Lunch</p>	<p>18</p> <p>9:45a Ageless Grace</p> <p>10:30—Joyful Noise</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch— Exercise</p>
<p>21</p> <p>10—11A Line Dancing Lessons w/Debby</p> <p>1p Exercise</p>	<p>22</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>23</p> <p>10:30—Music by David</p> <p>After Lunch—Bingo</p>	<p>24</p> <p>8A—Fall Tour</p> <p>Morning Music w/ Steve</p> <p>Beanbag Baseball— After Lunch</p>	<p>25</p> <p>10A—Ageless Grace</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch— Exercise</p>
<p>28</p> <p>10—11A Line Dancing Lessons w/Debby</p> <p>1p Exercise</p> <p>BINGO NIGHT! 5:30p Doors Open</p>	<p>29</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>30</p> <p>10:30—Music by David</p> <p>After Lunch—Bingo</p>	<p>31</p> <p>Halloween Movie—10A</p> <p>Beanbag Baseball— After Lunch</p>	

October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Salisbury Steak Mashed Potatoes Green Peas Roll Angel Food Cake</p>	<p>2</p> <p>Cheeseburger on Bun Baked French Fries Spinach Fruit Medley</p>	<p>3</p> <p>Roast Turkey Sweet Potatoes Brussels Sprouts Roll Cookie</p>	<p>4</p> <p>Breaded Shrimp Fries Coleslaw Fruit</p>
<p>7</p> <p>Roast Beef w/ Gravy Mashed Potatoes Buttered Carrots Roll Pineapple</p>	<p>8</p> <p>Oven Fried Chicken Rice Pilaf Broccoli & Cauliflower Roll Banana</p>	<p>9</p> <p>Hearty Chili Baked Potato Corn Jello</p>	<p>10</p> <p>Chicken Enchilada Casserole Mexican Rice Tossed Salad Cake</p>	<p>11</p> <p>Breaded Pork Chop w/Creamy Gravy Potatoes Baby Lima Beans Peaches</p>
<p>14</p> <p>Breaded Chicken Filet Baked Potato Succotash Roll Fruit Cup</p>	<p>15</p> <p>Pork Loin Sweet Potato Seasoned Cabbage Roll Fruit</p>	<p>16</p> <p>Ham & Beans Fried Potatoes & Onions Seasoned Greens Cornbread Cinnamon Applesauce</p>	<p>17</p> <p>Lasagna Broccoli Florets Breadstick Jello</p>	<p>18</p> <p>Roasted Turkey Cornbread Dressing Seasoned Green Beans Roll Pumpkin Pie</p>
<p>21</p> <p>Meatball Sub Baked French Fries Peas & Carrots Pears</p>	<p>22</p> <p>Beef Brisket Mashed Potatoes Buttered Corn Roll Angel Food Cake</p>	<p>23</p> <p>Scrambled Eggs Tater Tots Seasoned Spinach Blueberry Muffin Orange Slices</p>	<p>24</p> <p>Teriyaki Chicken Rice Broccoli Egg Roll Mandarin Orange</p>	<p>25</p> <p>Pork Cutlet Red Potatoes Baby Lima Beans Bread Fruit Medley</p>
<p>28</p> <p>Popcorn Chicken Rosemary Potatoes Cauliflower Roll Cake</p>	<p>29</p> <p>BBQ Pulled Pork Sandwich Baked Potato Wedges California Medley Cookie</p>	<p>30</p> <p>Sloppy Joe on Bun French Fries Peas & Carrots Pudding</p>	<p>31</p> <p>Baked Chicken Roasted Potatoes Spinach Roll Banana</p>	