



NOVEMBER

2024

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

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



Museum of Native American History

Thursday, November 14th—Depart @ 10:45a—Lunch stop first (location TBD), w/arrival by 1p—Depart 2:30p for return to the center.—\$10 (Bentonville)

OUR VISION

To advance understanding of human experience within these cultures and provide a space of explorative imagination for all who visit. The galleries are set chronologically; the art and tools Indigenous peoples leave behind continue to speak their stories and history. To better understand their lifestyle, hardships, successes, and inspiration, MONAH invites visitors to open their minds to discover these diverse cultures' creations. After the self-guided tour ends and the museum store begins, visitors continue to see how Native Americans express

OUR HISTORY

The Museum of Native American History was established in downtown Bentonville in 2006 as the Museum of Native American Artifacts. The collection quickly outgrew the space, and MONAH opened its current doors in June 2008. A registered member of the Cherokee Nation, David Bogle, born and raised in Bentonville, founded the museum that houses over 10,000 of the finest Native American artifacts. The museum features Bogle's private collection and several collections donated and on loan to the museum for display.

Christmas Bingo Fundraiser

for

Meals on Wheels/Elkins Senior Center

**Saturday, December 21 at the
Elkins Community Center**

Doors open at 11a

More details to come...



THANKSGIVING FOODS

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

WORD LIST

APPLE PIE
BRUSSEL SPROUTS
CASSEROLE
CHERRY PIE
COLLARD GREENS
CORNBREAD
CORNUCOPIA
CRANBERRY SAUCE

CREAMED CORN
DINNER ROLLS
DRUMSTICK
GIBLETS
GLAZED CARROTS
GRATIN
GRAVY
GREEN BEANS


HAM
MAPLE SYRUP
MULLED CIDER
PARSNIPS
PECAN PIE
POTATOES
PUMPKIN PIE

SOUP
SQUASH
STUFFING
SWEET POTATO
TURKEY
VEGETABLES
YAMS

November Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</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>11/2 1st Saturday @Bunch Park</p>
<p>4</p> <p>10—11A Line Dancing Lessons w/Debby</p> <p>1p Exercise</p>	<p>5</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball—After Lunch</p>	<p>6</p> <p>10:30—Music by David</p> <p>After Lunch—Bingo</p>	<p>7</p> <p>10:30 Bible Study w/ Jack English</p> <p>Beanbag Baseball—After Lunch</p>	<p>8</p> <p>10A— Ageless Grace</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch—Exercise</p>
<p>11</p> <p>Closed</p> 	<p>12</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball—After Lunch</p>	<p>13</p> <p>10:30—Music by David</p> <p>After Lunch—Bingo</p>	<p>14</p> <p>Museum of Native American History Trip</p> <p>Beanbag Baseball—After Lunch</p>	<p>15</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>18</p> <p>10—11A Line Dancing Lessons w/Debby</p> <p>1p Exercise</p>	<p>19</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball—After Lunch</p>	<p>20</p> <p>10:30—Music by David</p> <p>After Lunch—Bingo</p>	<p>21</p> <p>10:30 Bible Study w/ Jack English</p> <p>Beanbag Baseball—After Lunch</p>	<p>22</p> <p>10A—Ageless Grace</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch—Exercise</p>
<p>25</p> <p>10—11A Line Dancing Lessons w/Debby</p> <p>1p Exercise</p>	<p>26</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball—After Lunch</p>	<p>27</p> <p>10:30—Music by David</p> <p>After Lunch—Bingo</p>	<p>28</p> <p>Closed</p>	<p>29</p> <p>Closed</p>
				

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Fried Fish Filet Pinto Beans Seasoned Spinach Cornbread Fruit
4 Salisbury Steak w/Gravy Mashed Potatoes Green Peas Roll Angel Food Cake	5 Cheeseburger on Bun Baked French Fries Spinach Fruit	6 Chicken & Rice Casserole Mixed Veggies Roll Tropical Mixed Fruit	7 Roast Turkey & Gravy Sweet Potatoes Brussels Sprouts Roll Cookie	8 Breaded Shrimp Homestyle Fries Coleslaw Fruit
11 Closed 	12 Roast Beef w/ Gravy Mashed Potatoes Buttered Carrots Roll Pineapple	13 Chicken Enchilada Casserole Mexican Rice Tossed Salad Cake	14 Breaded Pork Chop w/Cream Gravy Potatoes Lima Beans Peaches	15 Chicken Rice Pilaf Broccoli & Cauliflower Roll Banana
18 Baked Chicken Wild Rice Green Peas Roll Fruit	19 Lasagna Broccoli Florets Salad Roll Jello	20 Breaded Chicken Filet Baked Potato Succotash Roll Fruit Cup	21 Ham & Beans Fried Potatoes Seasoned Greens Cornbread Cinnamon Applesauce	22 Pork Cutlet Hash Brown Potatoes Green Beans Roll Pineapple
25 Teriyaki Chicken Rice Broccoli Eggroll Mandarin Oranges	26 Meatball Sub Baked French Fries Peas & Carrots Pears	27 Turkey Baked Sweet Potato Broccoli Florets Roll Jello	28 Closed	29 Closed 