

March

2025



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



SMP

Senior Medicare Patrol

Preventing Medicare Fraud

Join us...



SMP FRAUD BINGO

Elkins Senior Activity & Wellness Center

March 5th @ 10:00 am

Presented by: Dee Edwards & Caleb Price, SMP

Learn How To Protect Yourself with these 3 simple steps:

STEP 1 Prevent — Never give your Medicare or Social Security number to anyone you do not know or to anyone who calls you on the phone.

STEP 2 Detect — Review your statements for mistakes by comparing them to your personal records.

STEP 3 Report — If you think you have been a target of fraud, report it to the SMP call 866-726-2916.

*March
national
days
word
search*



*Printable
from
Always
the
Holidays*

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

**ST PATRICKS DAY
WOMENS DAY
HOLI
DAYLIGHT SAVINGS
FIRST DAY OF SPRING
ZERO DISCRIMINATION DAY
DOWN SYNDROME DAY
SOCIAL WORK DAY
CUDDLY KITTEN DAY
PANDA DAY
PEANUT BUTTER LOVERS DAY**

**PROPOSAL DAY
GIRLS WRITE NOW DAY
ARTICHOKE HEARTS DAY
GODDESS OF FERTILITY DAY
SPINACH DAY
IRISH FOOD DAY
EARMUFF DAY
CANADIAN BACON DAY
PROM DAY
GOOF OFF DAY
AG DAY
WAFFLE DAY**

**RESCUE CAT DAY
PI DAY
COCKTAIL DAY
JOE DAY
PLANT A FLOWER DAY
TEENAGER DAY
MARIO DAY
JOHNNY APPLESEED DAY
FRENCH BREAD DAY
OK DAY
LANDLINE TELEPHONE DAY**

Transportation!

We are offering Transportation. We want to try to accommodate as many people as possible. If you are wanting Harps, Neighborhood Market, Aldi, Walmart or have an appointment, please let us know when making your reservation (**48 hour notice is required and based on availability.**)

Transportation will be 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, March
27th**

**4:30p Departure
(\$5 transportation)**

FAMILY STYLE CHICKEN DINNER
Monte Ne
EST. 1972
INN



Our food is always served "Family Style"

This All You Can Eat Meal Includes:

Our Famous Fried Chicken, Kettle of Homemade Bean Soup, Seasoned Green Beans, Sweet Corn, Mashed potatoes & Gravy, Coleslaw, Home Baked Biscuits w/butter and Apple Butter

Their current price is \$17.95 pp (price does not include tax, tip, drinks or dessert)

Spring Bingo Fundraiser

for

Elkins Senior Center Meals On Wheels



Saturday, March 22 at Elkins Community
Center (162 Doolin Dr. Elkins)

Doors open at 11 am-Bingo Starts at Noon

BBQ Sandwich, Chips & Water-\$5

and additional concession will be available for
purchase



\$10 opp to enter- Will receive a book of 10 Bingo Games
and 1 Blackout Game



(\$5 for additional books, \$1 for additional Black Out)

Daubers are recommended
Highlighters work great too!

Join us for an afternoon of
food, fun and great company!



March Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10—11A Line Dancing Lessons w/Debby</p> <p>12:15p Neurosize 1p Exercise</p>	<p>4</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>5</p> <p>SMP Fraud Bingo 10 A</p> <p>After Lunch—Bingo</p>	<p>6</p> <p>10:30 Bible Study w/ Jack English</p> <p>Beanbag Baseball— After Lunch</p>	<p>7</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>10</p> <p>10—11A Line Dancing Lessons w/Debby</p> <p>12:15p Neurosize 1p Exercise</p>	<p>11</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>12</p> <p>After Lunch—Bingo</p>	<p>13</p> <p>Beanbag Baseball— After Lunch</p>	<p>14</p> <p>10A— Ageless Grace</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch— Exercise</p>
<p>17</p> <p>10—11A Line Dancing Lessons w/Debby</p> <p>12:15p Neurosize 1p Exercise</p>	<p>18</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>19</p> <p>After Lunch—Bingo</p>	<p>20</p> <p>10:30 Bible Study w/ Jack English</p> <p>Beanbag Baseball— After Lunch</p>	<p>21</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>24</p> <p>10—11A Line Dancing Lessons w/Debby</p> <p>12:30p Cooking w/ Priscilla (Nellie B's)</p> <p>1:30p Exercise</p>	<p>25</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>26</p> <p>After Lunch—Bingo</p>	<p>27</p> <p>Beanbag Baseball— After Lunch</p> <p>4:30p Departure to Monte Ne Inn Chicken</p>	<p>28</p> <p>10A—Ageless Grace</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch— Exercise</p>
<p>31</p> <p>10—11A Line Dancing Lessons w/Debby</p> <p>12:15p Neurosize 1p Exercise</p>				

March Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Chicken Red Potatoes Broccoli Florets Roll Cookie</p>	<p>4</p> <p>Ham Au Gratin Potatoes Spinach Roll Banana</p>	<p>5</p> <p>Roast Turkey Baked Sweet Potato Green Beans Roll Fruit</p>	<p>6</p> <p>Beef Stroganoff over Noodles Buttered Carrots Roll Applesauce</p>	<p>7</p> <p>Breaded Pork Chop Hash Brown Potatoes Buttered Corn Roll Jello</p>
<p>10</p> <p>Orange Chicken Fluffy White Rice Oriental Veggies Roll Mandarin Orange</p>	<p>11</p> <p>Pork Roast Pinto Beans Seasoned Cabbage Cornbread Cake</p>	<p>12</p> <p>Chicken Sandwich Baked Potato Wedges Green Beans Cookie</p>	<p>13</p> <p>Country Fried Steak w/Peppered Cream Gravy Mashed Potatoes Mixed Veggies Roll Fruit Medley</p>	<p>14</p> <p>Chicken Pot Pie California Medley Veggies Roll Fresh Fruit</p>
<p>17</p> <p>Italian Baked Chicken Pasta Italian Veggies Bread Cake</p>	<p>18</p> <p>Lasagna California Medley Veggies Breadstick Pudding</p>	<p>19</p> <p>Pinto Beans & Ham Potatoes w/ Onions & Peppers Seasoned Greens Wheat Bread Fruit</p>	<p>20</p> <p>Beef Chopped Steak Roasted Potatoes Brussels Sprouts Roll Fruit</p>	<p>21</p> <p>Salmon Burger w/ Lemon Dill Sauce Rosemary Potatoes Baby Lima Beans Fruit</p>
<p>24</p> <p>Fried Chicken French Fries Buttered Corn Biscuit Pudding</p>	<p>25</p> <p>Baked Cube Steak Red Potatoes Mixed Veggies Roll Jello</p>	<p>26</p> <p>Turkey & Rice Casserole Green Beans Roll Fresh Clementine</p>	<p>27</p> <p>Pot Roast Parslied Potatoes Carrots & Celery Roll Fruit</p>	<p>28</p> <p>French Dip Sandwich Potato Chips Mixed Veggies Fruit</p>
<p>31</p> <p>Hamburger on Wheat Bun French Fries Spinach Pudding</p>				