



January

2025

Elkins Senior Activity & Wellness Center

149 W 1St Ave.

PO Box 201

Elkins, AR 72727

479-643-2741

Age-Related Forgetfulness or Signs of Dementia?

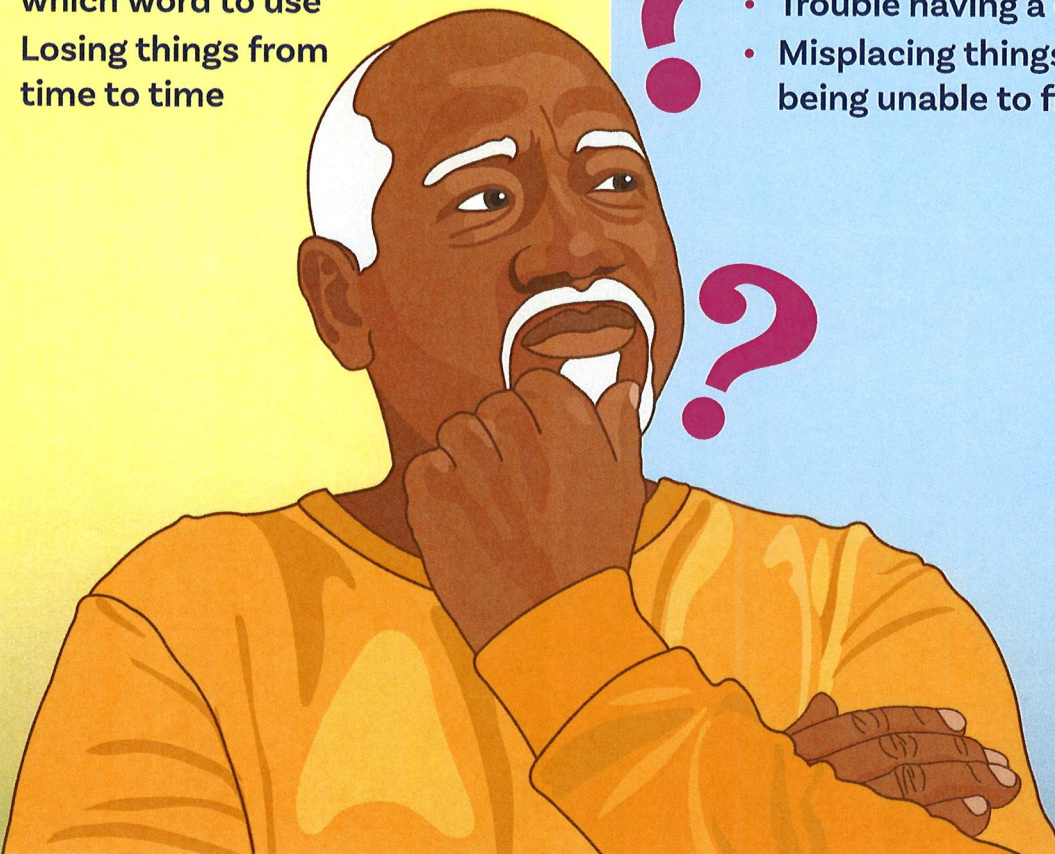
Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

Age-related forgetfulness

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time

Signs of dementia

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them



Talk with a doctor if you notice any changes in memory or thinking that concern you. Learn more at www.nia.nih.gov/memory-and-aging.

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



What To Know About High Blood Pressure as You Age

Points to remember:



The chance of having high blood pressure increases as you age.



Most people with high blood pressure don't have signs or symptoms.



Serious health problems can develop if high blood pressure is left untreated.

What you can do:



Get your blood pressure checked frequently.



Eat a healthy diet and exercise regularly.



Ask your doctor if you need medication to manage your blood pressure.

Learn more about high blood pressure and older adults at www.nia.nih.gov/high-blood-pressure.

New Years

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

Auld Lang Syne
 festivities
 champagne
 balloons
 New Year
 Cheers
 horns
 kiss

New Year's Eve
 merrymaking
 countdown
 calendar
 sparkler
 parade
 music
 time

twelve o'clock
 noisemaker
 fireworks
 confetti
 streamer
 tuxedo
 party
 hat

Times Square
 resolution
 hourglass
 memories
 holiday
 clock
 toast

celebration
 celebrate
 tradition
 midnight
 bubbly
 happy
 ball

January Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Closed</p> 	<p>2</p> <p>10:30 Bible Study w/ Jack English</p> <p>Beanbag Baseball— After Lunch</p>	<p>3</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>6</p> <p>10—11A Line Danc- ing Lessons w/Debby</p> <p>1p Exercise</p>	<p>7</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>8</p> <p>10:30—Music by David</p> <p>After Lunch—Bingo</p>	<p>9</p> <p>Beanbag Baseball— After Lunch</p>	<p>10</p> <p>10A— Ageless Grace</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch— Exercise</p>
<p>13</p> <p>10—11A Line Danc- ing Lessons w/Debby</p> <p>12:30p—Cooking w/ Priscilla (Nellie B's)</p>	<p>14</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>15</p> <p>10:30—Music by David</p> <p>After Lunch—Bingo</p>	<p>16</p> <p>10:30 Bible Study w/ Jack English</p> <p>Beanbag Baseball— After Lunch</p>	<p>17</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>20</p> <p>Closed</p> 	<p>21</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>22</p> <p>10:30—Music by David</p> <p>After Lunch—Bingo</p>	<p>23</p> <p>Beanbag Baseball— After Lunch</p>	<p>24</p> <p>10A—Ageless Grace</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch— Exercise</p>
<p>27</p> <p>10—11A Line Danc- ing Lessons w/Debby</p> <p>1p Exercise</p>	<p>28</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>29</p> <p>10:30—Music by David</p> <p>After Lunch—Bingo</p>	<p>30</p> <p>9:30 Depart—BBB @ Huntsville</p> <p>Beanbag Baseball— After Lunch</p>	<p>31</p> <p>10A—Ageless Grace</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch— Exercise</p>

January Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Closed</p> 	<p>2 Country Fried Steak w/Cream Gravy Mashed Potatoes Green Beans Roll Fruit Medley</p>	<p>3 Chicken Pot Pie California Medley Roll Fresh Fruit</p>
<p>6 Beef Chopped Steak Roasted Potatoes Brussels Sprouts Roll Fruit Medley</p>	<p>7 Lasagna Italian Veggies Bread Stick Angel Food Cake</p>	<p>8 Pinto Beans w/ Ham Potatoes & Onions Seasoned Greens Bread Fruit</p>	<p>9 Tangy Ranch Chicken Au Gratin Potatoes Seasoned Carrots Roll Cinnamon</p>	<p>10 Herbed Baked Fish Fluffy White Rice Buttered Corn Wheat Bread Cookie</p>
<p>13 Fried Chicken Mashed Potatoes Buttered Corn Wheat Bread Pudding</p>	<p>14 French Dip Sandwich Potato Chips Mixed Veggies Mandarin Orange</p>	<p>15 Turkey & Rice Casserole Green Beans Roll Fruit</p>	<p>16 Pot Roast Parslied Potatoes Carrots & Celery Roll Angel Food Cake</p>	<p>17 Chicken Breast Wild Rice Blend Broccoli Florets Roll Mixed Berry Crisp</p>
<p>20 Closed</p> 	<p>21 Chicken Tenders Mac & Cheese Baby Lima Beans Bread Chilled Peaches</p>	<p>22 BBQ Ribette Sandwich Baked Beans Mixed Veggies Rice Crispy Treat</p>	<p>23 Beef Enchilada Fiesta Rice Refried Beans Tropical Fruit</p>	<p>24 Fried Fish Filet Buttered Corn Collard Greens Bread Lemon Pie</p>
<p>27 Honey Lemon Chicken Rice Broccoli Florets Roll Cookie</p>	<p>28 Ham Au Gratin Potatoes Spinach Roll Banana</p>	<p>29 Roast Turkey Baked Sweet Potato Green Beans Roll Pumpkin Pie</p>	<p>30 Breaded Pork Chop Hash Brown Potatoes Buttered Corn Roll Mandarin Orange</p>	<p>31 Beef Stroganoff over Noodles Buttered Carrots Roll Apple Sauce</p>