

Elkins Senior Activity & Wellness Center

149 W 1st Ave.

PO Box 201

Elkins, AR 72727

479-643-2741

april

2025

# APRIL 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>After Lunch—Bingo</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 Danc- ing Lessons w/Debby</p> <p>12:15p Neurosize</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>After Lunch—Bingo</p>	<p>10</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 Danc- ing Lessons w/Debby</p> <p>12:15p Neurosize</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>After Lunch—Bingo</p>	<p>17</p> <p>9:30a—Ft SmithArt Museum—\$5</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 Danc- ing Lessons w/Debby</p> <p>12:15p Neurosize</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>9:30a-11:30a—Fire Safety/Health Fair</p> <p>After Lunch—Bingo</p>	<p>24</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 Danc- ing Lessons w/Debby</p> <p>12:15p Neurosize</p> <p>1p Exercise</p>	<p>29</p> <p>10:30a—Ageless Grace</p> <p>Bean Bag Baseball— After Lunch</p>	<p>30</p> <p>After Lunch—Bingo</p>	<p>There are Easter Eggs hidden throughout the newsletter. See how many you can find.</p>	



# Spring Health and Safety Event.

Wednesday, April 23rd

9:30a-11:30a

## FALL PREVENTION & FIRE SAFETY

Elkins Senior Center

149 W First Ave; Elkins, AR

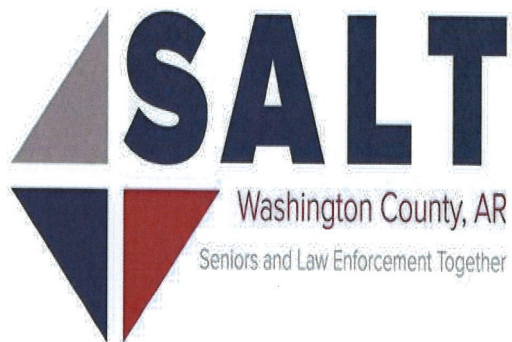
Wednesday, April 23, 2025

9:30 am - 11:30 am

Presentation by: Local Fire Dept & Encompass Rehab

Door prizes will be given away.

Must be present to win.



We will have a Suicide Prevention Coordinator w/Veterans Healthcare System of the Ozarks to speak about what they offer to Veterans.

New number, same support.  
Dial 988 then Press 1.



Amanda Dotson/Care Coordinator with the Madison County office will be here to go over what Area Agency on Aging can assist with.





## 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**



## Fort Smith Regional Art Museum

**Thursday, April 17th—9:30 depart  
\$5 (lunch cost not included)**

**Lunch stop at Golden Corral at 11a  
first before heading to the museum.  
Departure from the museum will be  
2p.**



# Easter

marshmallow

jellybeans

celebrate

chocolate

decorate

basket

spring

church

Treats

Sunday

purple

flower

Easter

sweet

Jesus

cross

chick

candy

march

bunny

lamb

lily

hunt

pink

eggs



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



# APRIL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> BBQ Riblet Sandwich Baked Beans Mixed Veggies Rice Krispie Treat	<b>2</b> Chicken Tenders Mac & Cheese Baby Lima Beans Bread Peaches	<b>3</b> Chili w/Crackers Salad Fruit Medley Cookie	<b>4</b> Chicken Fajita w/ Peppers & Onions Rice Black Beans Fresh Fruit
<b>7</b> Salisbury Steak Duchess Potatoes Herbed Zucchini Roll Fruit	<b>8</b> Lasagna Italian Veggies Breadstick Cookie	<b>9</b> Pineapple Chicken Rice Stir Fry Veggies Veggie Egg Roll Fruit	<b>10</b> Sliced Baked Ham Mac & Cheese Greens Biscuit Fruit	<b>11</b> Roast Beef Au Jus Cheesy Potatoes Green Peas Roll Fruit
<b>14</b> Mushroom Swiss Burger Lettuce & Tonato Tater Tots Ice Cream	<b>15</b> Chopped Steak Mashed Potatoes Cauliflower Roll Fruit	<b>16</b> Swedish Meatballs Noodles Broccoli Florets Roll Pears	<b>17</b> Turkey Baked Sweet Potatoes Spinach Roll  Fruit	<b>18</b> Breaded Fish French Fries Mixed Veggies Roll Cake
<b>21</b> Marinated Chicken Parmesan Basis Orzo Baby Carrots Roll Fruit	<b>22</b> Beef W/Roasted Veggies Potatoes Roll Fruit	<b>23</b> Pork Tips Seasoned Rice Brussels Sprouts Roll  Orange Sherbet	<b>24</b> Beef Brisket Sweet Potato Wedges Baked Beans Bread Cookie	<b>25</b> Lemon Herb Tilapia Mashed Potatoes Veggie Medley Roll Fruit
<b>28</b> Baked Chicken Corn Bread Dressing Spinach Roll Fruit	<b>29</b> Breaded Shrimp Mac & Cheese Broccoli Roll Banana	<b>30</b> Pork Carnitas Refried Beans Corn Fruit		