



*July*  
2025

Elkins Senior Activity & Wellness Center

149 W 1St Ave.

PO Box 201

Elkins, AR 72727

479-643-2741

# July Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bean Bag Baseball— After Lunch	2 After Lunch—Bingo	3 10:30 Bible Study w/ Jack English  Beanbag Baseball— After Lunch	4 
7 10—11A Line Danc- ing Lessons w/Debby 12:15p Neurosize 1p Exercise	8 10:30a—Ageless Grace  Bean Bag Baseball— After Lunch	9 10A—Fraud Bingo  After Lunch—Bingo	10 Beanbag Baseball— After Lunch	11 9:45a Ageless Grace 12:00—Beginner's Bridge After Lunch— Exercise
14 10—11A Line Danc- ing Lessons w/Debby  12:15p Neurosize 1p Exercise	15 10:30a—Ageless Grace  Bean Bag Baseball— After Lunch	16 After Lunch—Bingo	17 10:30 Bible Study w/ Jack English  Beanbag Baseball— After Lunch	18 9:45a Ageless Grace 10:30—Joyful Noise 12:00—Beginner's Bridge After Lunch— Exercise  BINGO NIGHT
21 10—11A Line Danc- ing Lessons w/Debby 12:15p Neurosize  1p Exercise	22 10:30a—Ageless Grace  Bean Bag Baseball— After Lunch	23 After Lunch—Bingo	24 Beanbag Baseball— After Lunch	25 10A—BBB Here against Fayetteville 12:00—Beginner's Bridge After Lunch— Exercise
28 10—11A Line Danc- ing Lessons w/Debby 12:15p Neurosize  1p Exercise	29	30	31	



# **ELKINS SENIOR CENTER / MEALS ON WHEELS BINGO NIGHT**

**FRIDAY, JULY 18TH**

**At Elkins Community Center  
162 Doolin Dr.**

**Doors Open : 5:00 pm    Bingo Start : 6:30 pm**

**\$10 pp to Enter - Receives a book of 10 Bingo games and  
1 Blackout game. Additional books can be purchased for  
\$5 and \$1 for additional Blackout game.**

**Raffle tickets will be sold for 1 for \$5 or 3 for \$10.**

**Winner gets ½ the POT!**

**\$5 for BBQ Pork Sandwich, Chips & Water**

**\$8 for BBQ Pork Nachos & Water**

Please sign up to attend this Bingo so they know how many prizes to bring!!!



# SMP

Senior Medicare Patrol

Preventing Medicare Fraud

Join us...



## SMP FRAUD BINGO

### Elkins Senior Activity Center

July 9th @ 10:00 am

**Presented by: Kathleen Pursell & Dee Edwards**

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.

## Transportation!

We are offering local Transportation. We want to try to accommodate as many people as possible. If you are needing transportation outside of Elkins, we will try to accommodate these requests. Transportation will be in our bus, so you do need to be able to board the bus. **Trips are \$2 Local** (suggested donation). . Once your shopping/appointment 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



## All Aboard! Arkansas & Missouri Railroad Excursion Train



306 E. Emma  
Springdale, AR 72764  
479-725-4017  
www.amrailroad.com  
brenda@amrailroad.com

### Springdale to Van Buren

- Departs at 8:00 am
- Arrives Van Buren between 11:00 – 11:30 am
- Enjoy about 3 hours off the train for lunch and shopping on your own
- Returns to Springdale around 5:00 – 5:30 pm

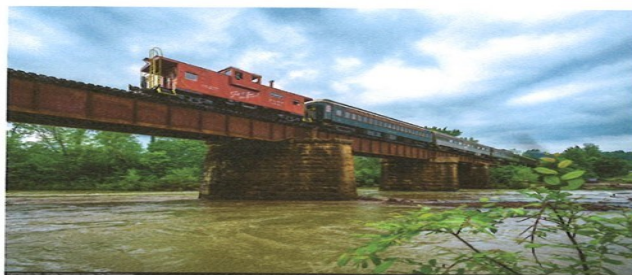
### Train ride includes

- Beautifully restored 1920's vintage coach
- History along the way
- Quarter mile Winslow Tunnel
- Several high trestles towering over 125' above the ground floor

**Saturday, July 12th—\$70pp**

**Van Departs the Center at 7:15a -**

**Payment due at the time you sign up to hold your seat. (Only 13 Seats available)  
Sign up in the office.**



# July Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change	<b>1</b> Ham Mac & Cheese Greens Biscuit Cookie	<b>2</b> Salisbury Steak Potatoes Mixed Veggies Roll Apple	<b>3</b> Grilled Chicken Salad w/Ranch Dressing Pasta Salad Roll Tropical Fruit	<b>4</b> Closed 
<b>7</b> Sweet & Sour Pork Steamed Rice Stir Fry Veggies Oranges & Pineapple	<b>8</b> Cheeseburger on Bun Tator Tots Green Beans Fruit	<b>9</b> Turkey Sweet Potatoes Spinach Roll Cookie	<b>10</b> Chopped Steak Potatoes Mixed Veggies Roll Fruit	<b>11</b> Fish French Fries Veggies Roll Lemon Pound Cake
<b>14</b> Beef Brisket Sweet Potato Wedges Baked Beans Corn Bread Cookie	<b>15</b> Marinated Chicken Parmesan Orzo Carrots Roll Pears	<b>16</b> Roast Turkey Dressing Corn Roll Fruit	<b>17</b> Italian Beef Sandwich Peppers & Onions Fries Pudding	<b>18</b> Pork Parslied Potatoes Peas Roll Fruit
<b>21</b> Pot Roast w/ Celery & Carrots Potatoes Roll Apple	<b>22</b> Corned Beef New Potatoes Cabbage Cookie	<b>23</b> Pork Carnitas Refried Beans Tomato Corn Cilantro Cinnamon Roll	<b>24</b> Chicken Tenders Tator Tots Mixed Veggies Roll Fruit	<b>25</b> Shrimp Mac & Cheese Broccoli Roll Pineapple
<b>28</b> Roast Beef Cheesy Potatoes Peas Roll Pudding	<b>29</b> Asian Chicken Fried Rice Stir Fry Veggies Cake	<b>30</b> Kielbasa Hash Browns Beets Roll Fruit	<b>31</b> Ham Mac & Cheese Greens Biscuit Fruit	Menu subject to change

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# 4<sup>TH</sup> OF JULY

## Word Search



Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

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

AMERICA  
 BARBECUE  
 BLUE  
 CELEBRATION  
 COOKOUT  
 DECLARATION  
 DEMOCRACY  
 FAMILY  
 FESTIVE  
 FIREWORKS  
 FLAG  
 FOURTH  
 FREEDOM  
 GRILLING  
 HONOR  
 INDEPENDENCE  
 JULY  
 LIBERTY  
 PARADE  
 PATRIOTISM  
 PICNIC  
 RED



TRADITION

UNITED

USA

WHITE



REVELRY

SPARKLER

STARS

STRIPES