



August

2025

Elkins Senior Activity & Wellness Center

149 W 1st Ave.

PO Box 201

Elkins, AR 72727

479-643-2741

August Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30—Joyful Noise 12:00—Beginner's Bridge After Lunch—Exercise
4 10a—Dance Class 12:15p Neurosize 1p Exercise	5 10:30a—Ageless Grace Bean Bag Baseball—After Lunch	6 10a—Tips on Estate Planning After Lunch—Bingo	7 Beanbag Baseball—After Lunch	8 9:30a—Arkansas Air Military Museum Trip 12:00—Beginner's Bridge After Lunch—Exercise
11 10a—Dance Class 12:15p—Priscilla w/Nellie B's Cooking class 1p Exercise	12 10:30a—Ageless Grace Bean Bag Baseball—After Lunch	13 10 a—Color and Win After Lunch—Bingo	14 10:30 Bible Study w/Jack English Beanbag Baseball—After Lunch	15 9:45a Ageless Grace 10:30—Joyful Noise 12:00—Beginner's Bridge After Lunch—Exercise
18 10a—Dance Class 12:15p Neurosize 1p Exercise	19 10:30a—Ageless Grace Bean Bag Baseball—After Lunch	20 After Lunch—Bingo	21 10:30 Bible Study w/Jack English Beanbag Baseball—After Lunch	22 12:00—Beginner's Bridge After Lunch—Exercise
25 10a—Dance Class 12:15p Neurosize 1p Exercise	26 10:30a—Ageless Grace Bean Bag Baseball—After Lunch	27 10a—SALT—Financial Safety After Lunch—Bingo	28 Beanbag Baseball—After Lunch	29



August 6th, 10a—our company specializes in avoiding probate, and getting information to protect family estates from nursing home expenses. Richard will be presenting on topics of planning and identifying steps to get legal, financial and future care plans in place. Understanding future care options and ensuring wishes are carried out. This will give our Seniors, Veterans and loved ones some free food for thought and potential directions to follow. See below just a few other pointers that will be provided.

- **Comprehensive Estate Planning**
- **Power of Attorney & Advance Directives**
- **Ins and Outs of Elder Law**
- **Avoiding Nursing Home Expenses**
- **Protecting from Probate**

Color and Win

August 13th, 10a- 1st Choice Home Care will be hosting a fun and engaging event called "**Color and Win**"! This is a casual community activity where visitors can stop by, sit down, and color using provided coloring sheets and colored pencils. It's a great way to take a break, get creative, and connect!

They'll also be giving away a basket filled with goodies from Dollar Tree. Additionally, they'll have informational materials available for those interested in learning more about **1st Choice Home Care** and the services they offer.



Financial Safety

Tips to create Financial Safety in your everyday life.

Power of Attorney: Pro's & Con's

Current Frauds: What watch out for.

Drug Take Back: How to protect yourself & your family.

Elkins Senior Center

149 W First Ave; Elkins, AR

Wednesday, August 27, 2025

10:00 am - 11:30 am

Door prizes will be given away.

Must be present to win.

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



Arkansas Air & Military Museum

Follow the colorful history of aviation in Arkansas and American military conflicts through numerous displays of original artifacts and aviation memorabilia! The historic aircraft in the Arkansas Air & Military Museum are unusual among museum exhibits because many of them still fly. Static displays at the museum range from the golden age of aviation to the jet age, including Vietnam-era Army helicopters and a Navy carrier fighters. While visiting, guests get to climb inside and explore 3 different aircraft. Some special exhibits have take-home activities so families can continue learning when they get home!

There are two rotating exhibits at Arkansas Air and Military Museum. The first is located in the front lobby and rotates every one to two years. This area usually covers deep-dive topics. The second area can be found in our old terminal building. This is known as the Biography Room. In this space you will find a new personal story of a veteran every six months.



**Friday—August 8th—9:30a
departure—\$15**

**Guided tour of the museum
then lunch at Pavillion
Buffet after. (cost of lunch
is not included)**

August Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change				1 Salisbury Steak Root Veggies Zucchini Roll Apple
4 Chopped Steak Mashed Potatoes Mixed Veggies Roll Cheesecake	5 Cheeseburger on Bun Tater Tots Green Beans Fruit	6 Turkey Sweet Potatoes Spinach Roll Cookie	7 Enchilada Casse- role Fiesta Rice Corn Fruit	8 Meatballs in Sauce Pasta Broccoli Roll Pears
11 Beef Brisket Sweet Potato Fries Baked Beans Cornbread Fruit	12 Scrambled Eggs w/Cheese Sausage Muffin Fruit	13 Chicken Rice Pilaf Mixed Veggies Roll Fruit	14 Italian Beef Sandwich Peppers & Onions Fries Pudding	15 Pork Mashed Potatoes Brussels Sprouts Roll Sherbet
18 Pot Roast Potatoes Carrots & Celery	19 Meat Loaf Potatoes Broccoli Roll Mandarin Orange	20 Baked Chicken Dressing Spinach Roll Fruit	21 Carnitas Refried Beans Corn, Tomato & Cilantro Cinnamon Roll	22 Breaded Shrimp Mac & Cheese Mixed Veggies Roll Pineapple
25 Salisbury Steak Potatoes Zucchini Roll Apple	26 Ham Mac & Cheese Greens Biscuit Brownie	27 Asian Chicken Fried Rice Stir Fry Veggies Fruit	28 Pork Loin Potatoes Carrots Roll Orange	29 Chicken Salad w/ Ranch Dressing Macaroni Salad Roll Tropical Fruit

AFFECTION	HESITATION
AFFINITY	HORROR
AGITATION	HOSTILITY
ANGUISH	IMPATIENT
ANIMOSITY	IMPORTANCE
ANNOYANCE	INADEQUACY
ANXIETY	INFLUENCE
APPETITE	INJURY
APPROACH	ISOLATION
ATTACK	LANGUOR
AVERSION	LONELINESS
BACKLASH	MADNESS
BEAUTY	MATURITY
BENEFIT	MISFORTUNE
BITTERNESS	MOVEMENT
CHAGRIN	NOSTALGIA
COLDNESS	PASSION
COMPLICITY	PLEASURE
CONFUSED	PRESENCE
CONTEMPT	PRESSURE
DANGER	RELIEVED
DÉJÀ VU	RELUCTANCE
DEPENDENCE	REMORSE
DESIRE	REPROACH
DESPAIR	REPUGNANCE
DIFFERENCE	RESISTANCE
DISARRAY	RESURGENCE
DISCOMFORT	RIGHTNESS
DISGUST	SADNESS
DISTRESS	SINCERITY
EFFECT	STRENGTH
EMOTION	SYMPATHY
EXCITEMENT	TENDERNESS
FINESSE	TENSION
FRIENDSHIP	THIRSTY
FUTILITY	TORMENT
GRANDEUR	TURMOIL
GRAVITY	URGENCY
HAPPINESS	VOCATION
HARDNESS	WEAKNESS
HATRED	WEARINESS
HEARTBREAK	WELCOME
HEAVINESS	

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E	B	E	N	E	F	I	T	A	N	X	I	E	T	Y	H	S
F	P	S	O	R	R	E	P	R	O	A	C	H	C	W	C	E
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T	V	A	P	P	E	T	I	T	E	R	E	M	O	R	S	E

A synonym for feel To feel a strong emotion, an exaltation, a demonstrative impulse