

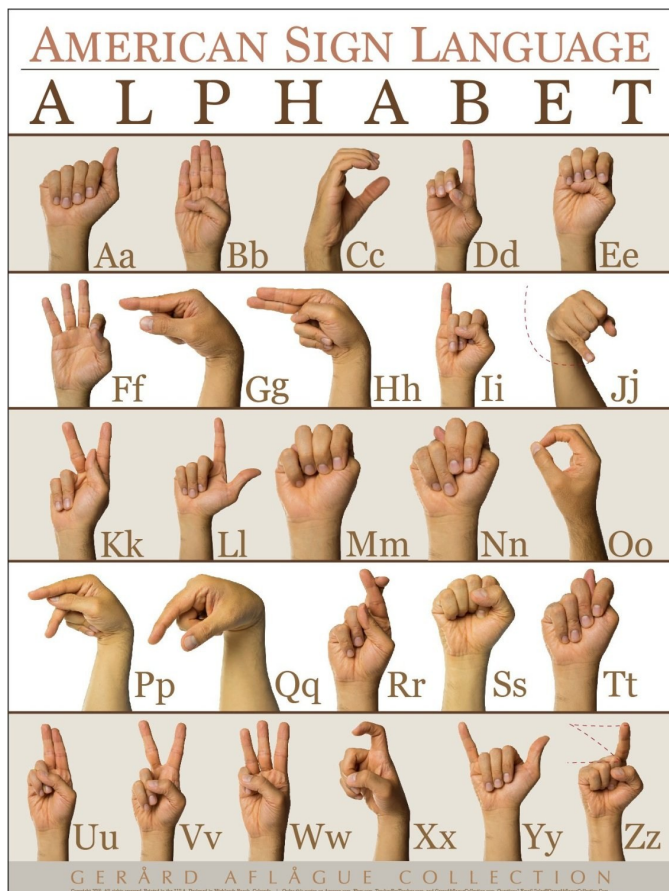
2025

HELLO SEPTEMBER

Elkins Senior Activity and Wellness Center
149 W First Ave
PO Box 201
Elkins, AR 72727
479-643-2741

September Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed 	2 Bean Bag Baseball— After Lunch	3 After Lunch—Bingo	4 10:30 Bible Study w/Jack English Beanbag Baseball— After Lunch	5 10:30—Joyful Noise 12:00—Beginner's Bridge After Lunch— Exercise
8 10a—Dance Class 12:15p Neurosize 1p Exercise	9 10:00 A—ASL (American Sign Lan- guage) Bean Bag Baseball— After Lunch	10 After Lunch—Bingo	11 Beanbag Baseball— After Lunch	12 12:00—Beginner's Bridge After Lunch— Exercise
15 10a—Dance Class 12:15p Neurosize 1p Exercise	16 10:00 A—ASL (American Sign Lan- guage) Bean Bag Baseball— After Lunch	17 After Lunch—Bingo	18 10:30 Bible Study w/Jack English Beanbag Baseball— After Lunch	19 6:45a—depart for BBB World Series 10:30—Joyful Noise 12:00—Beginner's Bridge After Lunch— Exercise
22 10a—Dance Class 12:15p—Priscilla w/Nellie B's Cooking class 1p Exercise	23 10:00 A—ASL (American Sign Lan- guage) Bean Bag Baseball— After Lunch	24 After Lunch—Bingo	25 Beanbag Baseball— After Lunch	26 9:30a—Walmart Museum 12:00—Beginner's Bridge After Lunch— Exercise
29 10a—Dance Class 12:15p Neurosize 1p Exercise	30 10:00 A—ASL (American Sign Lan- guage) Bean Bag Baseball— After Lunch			



We will be offering an ASL class beginning on September 9th from 10a to 11:30a. The class will run for 8wks on Tuesday mornings. Please stop by and partake in this great opportunity!

Open to the Public,
\$5 suggested donation per class.

At the Elkins Senior Center

What is (ASL) American Sign Language?

American Sign Language (ASL) is a visual language. With signing, the brain processes linguistic information through the eyes. The shape, placement, and movement of the hands, as well as facial expressions and body movements, all play important parts in conveying information.

Sign language is not a universal language — each country has its own sign language, and regions have dialects, much like the many languages spoken all over the world. Like any spoken language, ASL is a language with its own unique rules of grammar and syntax. Like all languages, ASL is a living language that grows and changes over time.

ASL is used predominantly in the United States and in many parts of Canada. ASL is accepted by many high schools, colleges, and universities in fulfillment of modern and “foreign” language academic degree requirements across the United States.

Wizard of OZ

SOMEWHERE OVER THE RAINBOW

NO PLACE LIKE HOME

RED RUBY SLIPPERS

YELLOW BRICK ROAD

FLYING MONKEYS

LOLLIPOP GUILD

EMERALD CITY

JUDY GARLAND

WICKED WITCH

UNCLE HENRY

MISS GULCH

MUNCHKINS

SCARECROW

AUNT EM

COURAGE

DOROTHY

POPPIES

TIN MAN

TORNADO

GLINDA

KANSAS

WIZARD

BRAIN

HEART

LION

TOTO

OZ



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

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



Walmart Museum—Friday, September 26th—9:30am Departure—\$5 pp

Guided tour of the museum then time to visit Walton's 5-10. We will depart the museum at 12:15 and stop for lunch in Springdale at Panda Chinese Buffet (lunch cost not included).



September Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed 	2 Cheeseburger on Bun Tator Tots Green Beans Ice Cream	3 Chopped Steak Potatoes Veggie Medley Roll Fruit	4 Ham Black Eyed Peas Greens Cornbread Fruit	5 Fish French Fries Mixed Veggies Roll Fruit
8 Chicken Pasta Carrots Roll Pears	9 Beef Brisket Sweet Potato Wedges Baked Beans Cornbread Cookie	10 Chicken & Dumplings Mashed Potatoes Green Beans Roll Fruit	11 Pork Cutlet Parslied Potatoes Peas Roll Angel Food Cake	12 Philly Beef Sandwich Waffle Fries Mixed Veggies Fruit
15 Baked Chicken Cornbread Dressing Spinach Roll Fruit	16 Breaded Pork Chop Rice Butter Beans Roll Peaches	17 Roast Turkey Baked Sweet Potato Green Beans Roll Pudding	18 Chefs Choice Sloppy Joe Homestyle Potatoes Peas & Carrots Cookie	19 Shrimp Mac & Cheese Broccoli Florets Roll Pineapple
22 Roast Beef Cheesy Potatoes Peas Roll Banana Pudding	23 Salisbury Steak Potatoes Veggie Blend Roll Apple	24 Scrambled Eggs w/Cheese Sausage Hash Browns Biscuit Orange Slices	25 Asian Chicken Fried Rice Stir Fry Veggies Mandarin Oranges	26 Sliced Baked Ham Mac & Cheese Greens Biscuit Brownie
29 Chopped Steak Potatoes Veggie Medley Roll Cheese Cake	30 Chicken Enchilada Casserole Fiesta Rice Confetti Corn Fruit		Menu Subject to Change	