



# OCTOBER



2025



Elkins Senior Center, 149 W 1<sup>st</sup> Ave, Elkins - 479-643-2741

# October Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		1 After Lunch—Bingo	2 10:30 Bible Study w/Jack English Beanbag Baseball—After Lunch	3 10:30—Joyful Noise 12:00—Beginner's Bridge After Lunch—Exercise
6 10a—Dance Class 12:15p Neurosize 1p Exercise	7 10:00 A—ASL (American Sign Language) Bean Bag Baseball—After Lunch	8 After Lunch—Bingo	9 Beanbag Baseball—After Lunch	10 12:00—Beginner's Bridge After Lunch—Exercise
13 10a—Dance Class 12:15p Neurosize 1p Exercise	14 10:00 A—ASL (American Sign Language) Bean Bag Baseball—After Lunch	15 After Lunch—Bingo	16 10:30 Bible Study w/Jack English Beanbag Baseball—After Lunch	17 10:30—Joyful Noise 12:00—Beginner's Bridge After Lunch—Exercise
20 10a—Dance Class 12:15 p—Cooking w/ Priscilla (Nellie B's) 1:15p Exercise	21 10:00 A—ASL (American Sign Language) Bean Bag Baseball—After Lunch	22 10:30 a—Preventing Social Isolation and Loneliness in Older Adults After Lunch—Bingo	23 9:30a—Fall Tour—\$15 Beanbag Baseball—After Lunch	24 12:00—Beginner's Bridge After Lunch—Exercise (SATURDAY (25th) BINGO @ Community Center Doors open at 11A)
27 10a—Dance Class 12:15p Neurosize 1p Exercise	28 10:00 A—ASL (American Sign Language) Bean Bag Baseball—After Lunch	29 After Lunch—Bingo	30 Beanbag Baseball—After Lunch	31 12:00—Beginner's Bridge After Lunch—Exercise





**Join Live**  
**October 22, 2025**  
**@ 10:30am CST**

**PREVENTING SOCIAL  
ISOLATION & LONELINESS  
IN OLDER ADULTS**

Join Zoom Meeting

[https://uams.zoom.us/j/97579948695?  
pwd=iiXWsanc3zX7JaTS0wFQJZnmKhJW2Q.1](https://uams.zoom.us/j/97579948695?pwd=iiXWsanc3zX7JaTS0wFQJZnmKhJW2Q.1)



Scan to join  
meeting on your  
mobile device



**Register by  
scanning the  
QR code  
or visit**

**<https://redcap.link/q488sofq>**

**UAMS**  
Donald W. Reynolds  
Institute on Aging  
Arkansas Geriatric  
Education Collaborative



**OAKLAWN  
CENTER  
ON AGING**





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

**SATURDAY, OCTOBER 25TH**

**At Elkins Community Center**

**162 Doolin Dr.**

**Doors Open : 11a      Bingo Start : 12 noon**

**\$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**

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

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

Period: \_\_\_\_\_

# Halloween

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

Happy Halloween  
supernatural  
Black Cat  
werewolf  
Coffin  
Beast  
Skull  
Bat

Jack-O'-Lantern  
Broom Stick  
Eye Balls  
Cob Web  
Creepy  
Blood  
Troll  
Boo

Creep Crawlies  
Grimm Reper  
Halloween  
Costume  
scream  
Candy  
Witch  
Fog

Fright Feast  
Candy Corn  
Mid Night  
Pumpkin  
Spider  
Ghost  
Mask  
RIP

Trik or Treat  
Moon Light  
pitchfork  
vampire  
zombie  
Scary  
Moon



## Transportation!

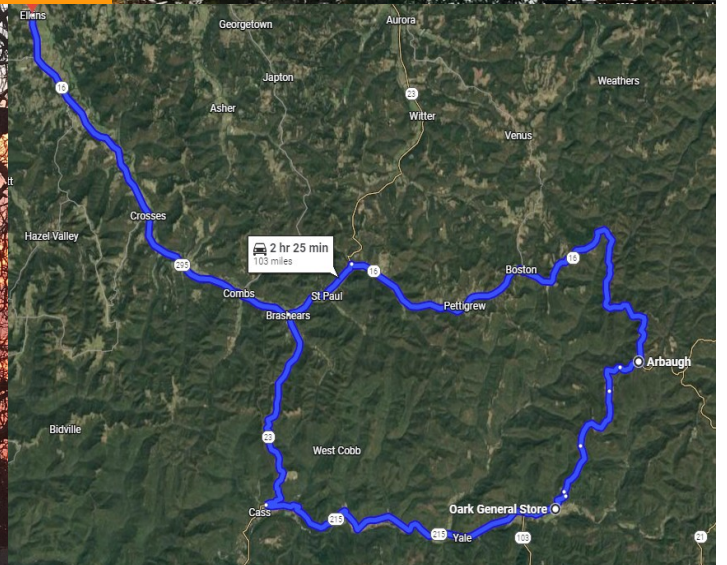
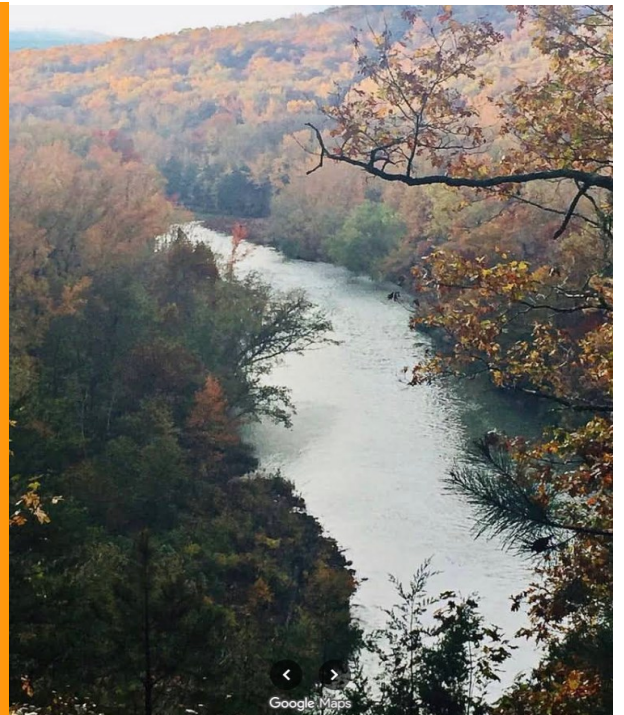
We are offering local Transportation. We want to try to accommodate as many people as possible. If you are needing transportation outside of Elkins, we will try to accommodate these requests. Transportation will be in our bus, so you do need to be able to board the bus. **Trips are \$4 Local** (suggested 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



## Fall Tour—Thursday, October 23th, 9:30a—\$15

We will head out south on HWY 16 to HWY 23 (Pig Trail). Stop at the scenic overlook to see the huge valley below. Another scenic stop to check out the colors along the Mulberry River. Stopping at the Oark Café/General store around 11:30 for lunch and any souvenir shopping. Continuing North after lunch (approx. 12:30 to 12:45) connecting back with HWY 16 to return to the center between 2p and 3p. (If needed we should be able to stop in St. Paul or Combs for a potty break).

\*Lunch cost not included



**Effective November 1, 2025**

Due to the increase in food costs Area Agency on Aging of NWA is having to increase the suggested donation for our Congregate meal and home delivered meal (Meals on Wheels) to \$5.00 per meal.



# October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change	\$4 per Meal Suggested Donation  Price increase to \$5 effective 11/1	1 Beef Chili w/ Beans Baked Potato Tossed Salad Roll Ice Cream	2 Bratwurst Noodles Romanoff Peppers & Onions Roll Fruit	3 Roasted Thyme Chicken Rice Broccoli, Roll Fruit
6 Roasted Chicken Cornbread Dressing Mixed Veggies Roll Pears	7 Swiss Steak Garlic Mashed Potatoes Stewed Tomatoes Roll Pudding	8 Turkey Sweet Potatoes Greens Roll Pumpkin Square	9 Herbed Pork Parslied Potatoes Beets Roll Applesauce	10 Cheese Pizza Ceasar Salad Breadstick Berry Cup
13 Roast Beef Creamed Potatoes Steamed Veggies Roll Fruit	14 Oven Fried Chicken Mashed Potatoes Spinach Cornbread Peaches	15 BBQ Pork Sandwich Potato Wedges Coleslaw Chocolate Pudding	16 Baked Ham White Cheddar Mac & Cheese Cabbage Roll Cake	17 Lemon Pepper Fish Rice Green Beans Roll Tropical Fruit
20 Herbed Turkey Garlic Mashed Cauliflower Green Beans Apple	21 Beef Brisket Mac & Cheese Succotash Roll Cookie	22 Baked Chicken Sour Cream Mashed Potatoes Green Peas Fruit	23 Cheese Enchila- das Black Beans & Couscous Roll Pineapple w/ Coconut	24 Shrimp French Fries Broccoli Roll Pears
27 Chicken Dijon Orzo Green Beans Breadstick Mandarin Oranges w/ Marshmallows	28 Salisbury Steak Au Gratin Potatoes Prince Edward Veggies Roll Pudding	29 Chef's Choice Spaghetti w/ Meatballs Mixed Veggies Garlic Knot Fruit	30 Pork Cutlet Pinto Beans w/ Onions Capri Veggies Cornbread Apricot Halves	31 Terriyaki Beef Fried Rice Sugar Snap Peas Veggie Egg Roll Jello