



2025

November

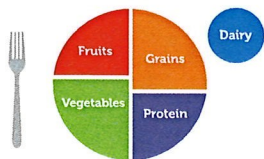
Elkins Senior Center, 149 W 1st Ave, Elkins - 479-643-2741

November Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 10a—Dance Class 1p Exercise	4 10:00 A—ASL (American Sign Lan- guage) Bean Bag Baseball— After Lunch	5 After Lunch—Bingo	6 10:30 Bible Study w/Jack English Beanbag Baseball— After Lunch	7 9:30a—Memory Lane Museum 10:30—Joyful Noise 12:00—Beginner's Bridge After Lunch—
10 10a—Dance Class 12:15p—Cooking w/ Priscilla (Nellie B's) 1p Exercise	11 	12 After Lunch—Bingo	13 Beanbag Baseball— After Lunch	14 12:00—Beginner's Bridge After Lunch— Exercise
17 10a—Dance Class 12:15p Neurosize 1p Exercise	18 10:00 A—ASL (American Sign Lan- guage) Bean Bag Baseball— After Lunch	19 After Lunch—Bingo	20 10:30 Bible Study w/Jack English Beanbag Baseball— After Lunch	21 10:30—Joyful Noise 12:00—Beginner's Bridge After Lunch— Exercise
24 10a—Dance Class 12:15p Neurosize 1:15p Exercise	25 10:00 A—ASL (American Sign Lan- guage) Bean Bag Baseball— After Lunch	26 After Lunch—Bingo	27 	28



Start simple
with MyPlate



Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

Elkins Senior Center/Meals on Wheels Bingo Fundraiser

SATURDAY, DECEMBER 20TH

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



Christmas Word Search Puzzle

Courtesy of Christmas-Projects.com



TYULETIDEMCHRISTMASLIGHTSPACBNG
 NSLIHAOAHVHSNBGESNOWFLAKEBDKHC
 CRHDVCGSCTIGNTOMOTATHREEWISEMEN
 STOYSYUHAOMEDHEWNUTCRAACKERVFJWG
 CNLBJCMEYSNCBORNAMENTSUZSWIYZIE
 JOLLYARRUDEHALGAKIGLYMOECRAEOCR
 ITYOJWADXNYEMISTLETOEOELSEHSLLEB
 NSCANDYCANESCDFVGRYPNDOPDURNSAR
 GOBP UACHRISTMASTREEMNGLSTREMNGE
 LCSCROOGEBLNDYCAITNAIAGTREASTYA
 ETGTWDMBVSEULSEVNHCCECSFEKRECNAD
 BSNHIAEEFUITVCJRKTSEILUCDNHOIRM
 EILJRHTMRHGSHAEFEMASGEHOQUCOAIA
 LWKFUYZNERHCDISWBGRCGEVERNAKUKN
 LECAEPWVSAYVEQUJB TNALNNCSRSITAE
 SOOINREINDEERHSAOECARAHOE MOEAPV
 NHTNYEVXRNTNSUMEIKUOMCUECHVSARI
 LMSOGSAETAESPODFAVMWSIHSILESNIT
 CEDBUEUNATIVITYOFSOJACKFROSTUHS
 UOGBTNHCOEYKRMUTLNORTHPOLECFWRE
 PSWINTERSLTEISDYS PENSASWRUKRNAF
 IEFRESVOIWRSTZOMTCHLROUCLYMOIRC
 DKLT LULMEUEPRANCEROGARLANDASETA
 JOSTVYAEAOUIHBNITREICTOEBWITYRG
 NAPWEFRXDEL CMZEPALRANEZVOXTYNOJ
 CHRISTMASDINNERCDEFBLITZENDFIMK

Angels
 Candy Canes
 Chimney
 Comet
 Donner
 Frosty
 Ivy
 Joy
 Noel
 Prancer
 Santa Clause
 Snowflake
 Tinsel
 Yuletide

Bells
 Cards
 Christmas Dinner
 Cookies
 Elves
 Garland
 Jack Frost
 Manger
 North Pole
 Presents
 Scrooge
 Snowman
 Toys

Blitzen
 Carols
 Christmas Lights
 Cupid
 Family
 Gingerbread Man
 Jesus
 Merry
 Nutcracker
 Reindeer
 Season
 Spirit
 Vixen

Bow
 Cheer
 Christmas Tree
 Dancer
 Festive
 Holidays
 Jingle Bells
 Mistletoe
 Ornaments
 Ribbon
 Sled
 Stockings
 Winter

Candles
 Chestnuts
 Church
 Dasher
 Fireplace
 Holly
 Jolly
 Nativity
 Peace
 Rudolph
 Sleigh
 Three Wise Men
 Wreath

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



Take a trip down Memory Lane. Visit a city from the 40's, 50's and 60's. Come and see the towns post office, school, Happy Days Diner and more. Tons of memorabilia, old vehicles, road signs and nostalgia...



Memory Lane Museum, Friday, November 7th. 9:30a departure.— \$15 (cost of lunch not included)

Lunch stop afterwards at Kenji Japanese Express in Berryville.



November Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Roasted Chicken Cornbread Dressing Mixed Veggies Roll Pears	4 Swiss Steak Garlic Mashed Potatoes Stewed Tomatoes Roll Pudding	5 Turkey Sweet Potatoes Greens Roll Pumpkin Square	6 Herbed Pork Parslied Potatoes Beets Roll Applesauce	7 Pizza Salad Garlic Knot Berry Cup
10 Baked Ham White Cheddar Mac Cabbage Roll Cake	11 Closed 	12 BBQ Pulled Pork Sandwich Potato Wedges Coleslaw Fruit	13 Oven Fried Chicken Mashed Potatoes Spinach Biscuit Peaches	14 Lemon Pepper Fish Rice Green Beans Tropical Fruit Roll
17 Beef Brisket Mac & Cheese Corn Roll Cookie	18 Pork Loin Oven Browned Potatoes Mixed Veggies Roll Apricots	19 Baked Chicken Sour Cream Mashed Potatoes Green Peas Roll Apple	20 Beef Tips w/Gravy Potatoes Carrots Roll Mandarin Orange	21 Salmon Patty French Fries Broccoli Roll Pears
24 Chicken Rice Broccoli Roll Fruit	25 Salisbury Steak Au Gratin Potatoes Veggies Roll Fruit	26 Turkey Dressing Sweet Potatoes Roll Pumpkin Pie	27 Closed 	28 Closed
			Menu Subject to Change	\$5 per Meal Suggested Donation