

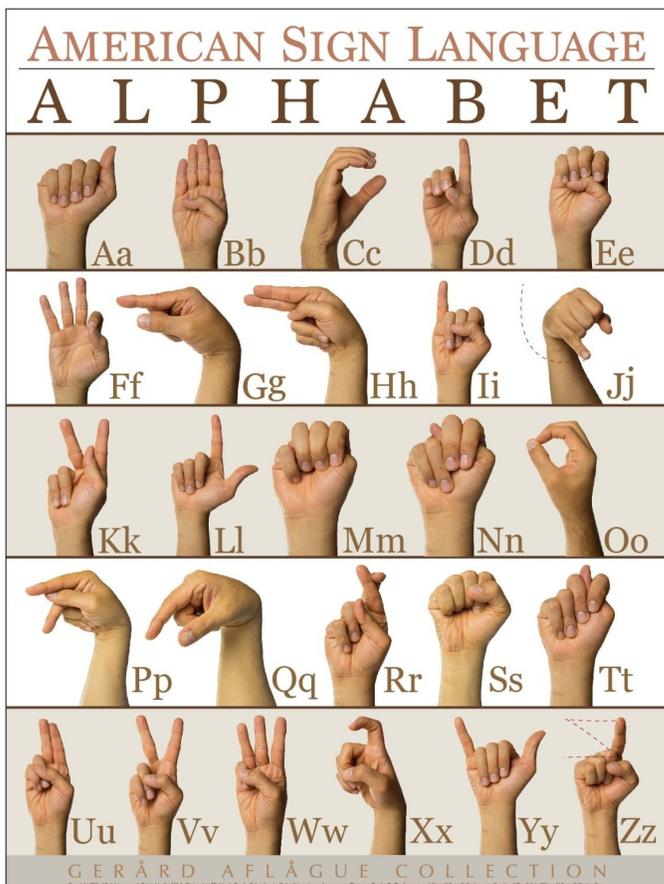
February

2026

Elkins Senior Activity & Wellness Center
149 W 1st Ave, Elkins, AR 72727 479-643-2741

February Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10a—Dance Class</p> <p>12:15p—Cooking w/ Priscilla (Nellie B's)</p> <p>1:15p Exercise</p>	<p>10</p> <p>10A—ASL Class</p> <p>Bean Bag Baseball— After Lunch</p>	<p>4</p> <p>After Lunch—Bingo</p>	<p>5</p> <p>10:30 Bible Study w/Jack English</p> <p>Beanbag Baseball— After Lunch</p>	<p>6</p> <p>10:30—Joyful Noise</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch— Exercise</p>
<p>9</p> <p>9:30a—Depart for BBB in Madison County</p> <p>10a—Dance Class</p> <p>1:15p Exercise</p>	<p>10</p> <p>10A—ASL Class</p> <p>Bean Bag Baseball— After Lunch</p>	<p>11</p> <p>After Lunch—Bingo</p>	<p>12</p> <p>Beanbag Baseball— After Lunch</p>	<p>13</p> <p>Valentine's Day Party</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch— Exercise</p>
<p>16</p> <p>Closed</p> 	<p>10</p> <p>10A—ASL Class</p> <p>Bean Bag Baseball— After Lunch</p>	<p>18</p> <p>10A—SALT (We will have a pharmacist to discuss polypharmacy & risks of using multiple medications. Plus other medication safety reminders.)</p> <p>& Blood Pressure Screenings</p> <p>After Lunch—Bingo</p>	<p>19</p> <p>10:30 Bible Study w/Jack English</p> <p>Beanbag Baseball— After Lunch</p>	<p>20</p> <p>*Rescheduled* - 9:45a—Thrift Stores w/Lunch—\$5</p> <p>10:30—Joyful Noise</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch— Exercise</p>
<p>23</p> <p>10a—Dance Class</p> <p>12:15—Neurosize Exercise</p>	<p>10</p> <p>10A—ASL Class</p> <p>Bean Bag Baseball— After Lunch</p>	<p>25</p> <p>After Lunch—Bingo</p>	<p>26</p> <p>Beanbag Baseball— After Lunch</p>	<p>27</p> <p>12:00—Beginner's Bridge</p> <p>After Lunch— Exercise</p>



We will be offering an ASL class beginning on February 3rd. The class will run for 8wks on Tuesday mornings at 10AM. 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.

BINGO FUNDRAISER

**Elkins Senior Center/Meals
on Wheels**

Saturday, March 14th

Elkins Community Center

162 Doolin Dr.

Doors Open: 11a

Bingo Start: 12 noon

Open to All
Ages
Cash/Check
only

**\$10 pp to Enter - Receives a book of 10 Bingo games
and 1 Blackout game. Additional books can be
purchased for \$5. Additional Blackout game \$1
Raffle tickets will be sold - 1 for \$5 or 3 for \$10.**

Winner receives 1/2 the POT!

\$5 for BBQ Pork Sandwich, Chips & Water

\$8 for BBQ Pork Nachos & Water

Cookies 1 for \$1 or 3 for \$2

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, but cannot be guaranteed. 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



Rescheduled from January

Friday, February 20th—Flea Market and Thrift Store Shopping (w/a lunch stop at Acambaro Mexican Restaurant (lunch cost not included) - \$5—depart at 9:45a

We will visit Fayetteville Funky Flea Market first then head over to Potter's House Thrift. Lunch will then be at Acambaro next to Potter's House. After lunch we will head over to In Retrospect Vintage Mall & Boutique. We should be back to the center between 1:30 and 2p.

February Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Chicken Dressing Mixed Veggies Roll Pears</p>	<p>3</p> <p>Roast Beef Scalloped Potatoes Garden Veggies Roll Cookie</p>	<p>4</p> <p>BBQ Pork Sandwich Tater Tots Coleslaw Pudding</p>	<p>5</p> <p>Oven Fried Chicken Mashed Potatoes Spinach Biscuit Peaches</p>	<p>6</p> <p>Lemon Pepper Fish Rice Green Beans Roll Tropical Fruit</p>
<p>9</p> <p>Chicken Sour Cream Mashed Potatoes Peas Roll Applesauce</p>	<p>10</p> <p>Beef Brisket Mac & Cheese Lima Beans Roll Cookie</p>	<p>11</p> <p>Turkey Mashed Potatoes Green Beans Roll Apple</p>	<p>12</p> <p>Lasagna Italian Veggies Garlic Knot Cake</p>	<p>13</p> <p>Pork Loin Oven Roasted Potatoes Cabbage Roll Apricots</p>
<p>16</p> 	<p>17</p> <p>Salisbury Steak Au Gratin Potatoes Prince Edward Veggies Roll Pudding</p>	<p>18</p> <p>Beef Chili w/ Beans Baked Potatoes Mixed Veggies Corn Bread Ice Cream</p>	<p>19</p> <p>Ham Corn Nuggets Greens Bread Fruit</p>	<p>20</p> <p>Chicken Rice Broccoli Roll Fruit</p>
<p>23</p> <p>Swiss Steak Mashed Potatoes Stewed Tomatoes Roll Pudding</p>	<p>24</p> <p>Turkey Sweet Potatoes Greens Roll Fruit</p>	<p>25</p> <p>Chicken & Dumplings Mashed Potatoes Peas & Carrots Fruit</p>	<p>26</p> <p>Beef Stroganoff Egg Noodles Garden Veggies Roll Cookie</p>	<p>27</p> <p>Pizza Salad Garlic Knots Berry Cup</p>

Menu Subject to Change