

# *The Silver Thread* *Newsletter*

**October 2023**



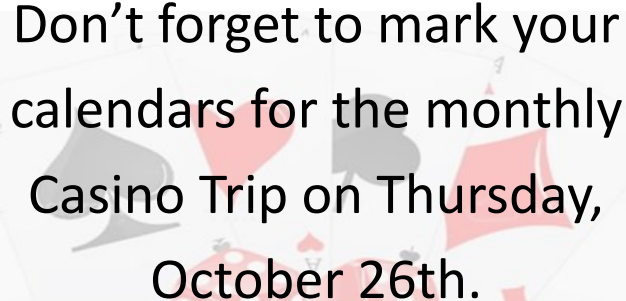
On Friday, October the 13th jump on the van with us for a trip to Sams Club, lunch at Davids Burgers in Conway and then off to the pumpkin patch in Mayflower. The pumpkin patch offers pumpkins of all sizes and colors along with mums, corn stalks, straw, Indian corn, and carving kits. You can take a hay ride and pick your own pumpkin from the patch for \$9.00. Once you have your pumpkin its time to get creative!! We will have a pumpkin decorating contest!!! We will sit our decorated pumpkins out at the Senior Center for participants to vote on and on Halloween we will announce the winner! If you are worried about time, don't let that keep you from going on this fun filled trip! We are not on any certain time schedule! You can sign up for this trip at the front desk.

PUMPKIN  PATCH



## Costume Contest!

On Halloween, Tuesday  
the 31st, wear your  
best costume or  
Halloween apparel!  
We will have a prize for  
the best dressed!!!



Don't forget to mark your  
calendars for the monthly  
Casino Trip on Thursday,  
October 26th.

Join us for our Thanksgiving Dinner on  
Friday, November 17th from 11:00-1:00.  
We will be serving oven roasted turkey,  
homemade dressing with turkey gravy,  
sweet potato casserole, green beans w/  
bacon, cranberry sauce, a white roll, and  
assorted pies. We would love for you to  
bring your family and friends! You can  
purchase your tickets in advance at the  
front desk for \$10.00

Leon Millsap Senior Activity Center  
1301 E. 8th St.

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Hours:

Monday thru Friday  
8:00 a.m.—2 p.m.

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Leon Millsap Senior Activity Center





**Tiffany with the Regional Library System will be here on Friday, October the 6th to answer any technology questions you may have. She will be here to assist you with your computer, tablets, phones, and any other devices you may have. She will have a table set up at 9:00 and will be here until all of your questions have been answered.**



The Natural Hearing Center will be here November 1st and November 2nd. They will be set up in the parking lot to offer our participants free complete hearing screenings, thorough ear scans, live demonstrations of the newest hearing technology, and benefit reviews. They do work with Humana, Aetna, UHC, Allwell, BCBS, QualChoice, Ambetter, MHBP, GEHA, and more! Call 479-967-2661 if you would like to schedule an appointment, walk-ins are welcome!

### *Flu Shot Clinic*

The Yell County Health Department will be here on Monday, October 30th to offer free flu shots. Please bring you proof of insurance. These will be offered from 11:00 - 1:00.





Octobers Center Wide Meeting will be held on Wednesday, October 4th at 11:00. Please bring any concerns, suggestions, and menu ideas for us to discuss.



Bill Campbell will be here on the 11th with some good ol' country music at 10:00am!

**Our goal is to enrich the lives of those we serve. We offer many services that help promote healthy aging. We offer exercise programs and many activities to keep our participants active. Come and enjoy our facility Monday - Friday from 8:00am - 2:00pm with lunch served daily from 11:30am - 12:30pm.**

**Blood Pressure Machine**  
Remember we have a blood pressure machine in the exercise room. Please feel free to use it. Courtesy of Area Agency on Aging.

