

Marion County Senior Activity and Wellness Center
5966 Hwy 202 E, P.O. Box 728, Flippin, AR 72634
870-453-8488

HELLO!

May

BINGO

**BAG BINGO
FUNDRAISER
MAY 17 5-7 PM**

\$10 FIRST 10 GAMES
\$5 ADD'TL 10 GAMES
DAUBERS \$1/\$2
50/50 RAFFLE

HAMBURGER DINNER \$6.00
(Burger, Chips, Brownie)

Donations support MCSAWC



**MCSAWC "It's Crafty"
Class Fundraiser**

Come build a Flag with us for Memorial Day!

May 20, 2024 @ 12:30 PM

\$5.00 per person/flag



LOOKING FOR VOLUNTEERS!

MCSAWC IS LOOKING FOR VOLUNTEERS TO
HELP OUT WITH AN EXERCISE CLASS (WILL
NEED TO BE CERTIFIED, PAID BY US), BINGO
CALLING, AND FUNDRAISING EVENTS. IF YOU ARE
INTERESTED IN BEING A VOLUNTEER, PLEASE
CONTACT US AT 870-453-8488.



**Discuss topics with Arkansas
elected Officials.**

May 6, 2024 @ 9 AM

Closed on May 27th for
Memorial Day





Marion County Senior Activity and Wellness Center
5966 Arkansas 202
P.O. Box 728
Flippin, AR 72634

Phone: 870-453-8488
Fax: 870-453-8481
www.aaanwar.org
marionsc@aaanwar.org

Dear Community and Friends,

WE NEED YOUR HELP!

Our goal at the Marion County Senior Activity and Wellness Center is to provide services to senior citizens throughout Marion County. Those services include a daily congregate meal, socialization activities, transportation, and home delivered meals. Our purpose is to help our seniors to remain active, healthy, and independent for as long possible.

Our Meals on Wheels program provides qualifying seniors with a healthy meal, and a wellness check each day. We currently serve approximately 120 clients, with just over 3,500 meals going out each month.

Unfortunately, in December of 2022 one of our Meals on Wheels/ Transportation vehicles was hit by an uninsured driver resulting in a complete total loss. The reimbursement we received was not enough to cover another gently used vehicle. We depended greatly on this vehicle to provide our services and it has been a struggle without it.

As of March 2024, our Center has raised \$4,201.74 to put towards another vehicle, but now we are asking our community for help.

We are looking to raise an additional \$10,000, as quickly as possible, so we can continue to provide these much-needed services to our Marion County Community.

Donations can be made online at www.aaanwar.org, in person at 5966 Hwy 202 E, Flippin, AR 72634 or mailed to P.O. Box 728, Flippin, AR 72634. Please make checks payable to the Marion County Senior Activity and Wellness Center and note on the donation "Marion County Vehicle".

Please call us at 870-453-8488 with any questions or concerns.

Sincerely,

Hannah McKelvey, Director

Kristen Martin, Program Assistant

"Giving is not just about make a donation. It's about making a difference." - Kathy Calvin





Happy Birthday May!

Birthday Lunch

May 15 @ 11:30-12:15



\$18 Each

**Choice of
Heather Blue or Heather Red**



2024

Senior Farmers' Market Nutrition Program

Coupon Book Sign-Up

Tuesday, May 14, 2024

9:00 am to 11:00 am

**Marion County
Senior Activity and Wellness Center**

<u>Income Limits:</u>	<u>Requirements:</u>
\$2,322 – 1 person	*Bring Proof of Household Income*
\$3,152 – 2 people	*Bring Photo ID*
\$3,981 – 3 people	Age 60 or older
\$4,810 – 4 people	1 coupon per household

Public Benefits Screening and Nutritional Information will be provided.

- ✓ Be prepared to show Proof of Income for everyone in your household.
- ✓ No coupons will be issued to anyone under Age 60 regardless of disability status.

Take Control: 1, 2, 3
Disaster Preparedness:
Elder Addition
(FEMA Edition)

Presented by Hannah and Kristen
May 16, 2024 @ 12:30 PM

Painting w/ Maddie
May 4 @ 10 AM

\$10 Supplies Inc
Potluck Lunch



**Senior Scams &
Fraud Education**

**Presented by Victoria of
Legacy Hospice**

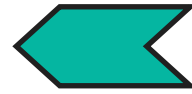
May 29, 2024 @ 1:30 PM



**We collect Best
Choice Labels
HERE!**



May Menu 2024



	Monday	Tuesday	Wednesday	Thursday	Friday	
			¹ Fried Chicken Salad Wheat Roll Chilled Peaches	² Sloppy Joe w/ Bun French Fries Green Peas & Carrots Banana Pudding	³ Lemon Pepper Chicken Dill Roasted Potatoes Buttered Corn Wheat Roll Fruited Gelatin	
	⁶ Honey Chicken Baby Bakers Buttered Carrots Wheat Bread Applesauce	⁷ Chili Macaroni Mexican Corn Wheat Roll Mixed Fruit	⁸ Meatloaf w/ Ketchup Mashed Potatoes Seasoned Green Beans Wheat Roll Fruited Gelatin	⁹ Chicken & Noodles Green Peas Wheat Roll Mixed Berry Cobbler	¹⁰ Tuna Salad Sandwich Potato Chips Garden Pea Salad Fruit Salad	
	¹³ Oven Fried Chicken Baked Potato Seasoned Corn Wheat Bread Mandarin Oranges	¹⁴ Deli Style Chef Salad Wheat Roll Apple Crisp	¹⁵ BIRTHDAY LUNCH! BBQ Pulled Pork Sandwich Brown Beans Creamy Coleslaw White Cake w/ Ice Cream	¹⁶ Beef Tips & Gravy Parslied Noodles Buttered Carrots Wheat Bread Brownie	¹⁷ Crumb Baked Fish Dill Roasted Potatoes Buttered Corn Fruited Gelatin	
	²⁰ Spaghetti w/ Meat Sauce Broccoli Florets Breadstick Chilled Pineapple	²¹ Turkey Pot Pie Buttered Carrots Wheat Roll Spiced Pears	²² Dijon Pork Chop Roasted Potatoes Buttered Corn Wheat Bread Peach Crisp	²³ Baked Chicken w/ BBQ Sauce Baby Bakers Creamy Coleslaw Dinner Roll Chilled Pudding	²⁴ Chicken Enchilada Casserole Confetti Corn Side Salad Wheat Bread Cinnamon Churro	
	²⁷ MCSAWC CLOSED FOR MEMORIAL DAY!	²⁸ Chicken Tenders Tater Tots Green Beans Wheat Roll Pineapple Upside-down Cake	²⁹ French Dip Sandwich Mixed Vegetables Fruit Crisp	³⁰ Cream of Potato Soup Chef Salad Breadstick Angel Food Cake w/ Strawberries	³¹ Dressed Hamburger on Bun Homestyle Fries Relish Plate Fruited Gelatin	

MENU SUBJECT TO CHANGE SUGGESTED DONATION OF \$4.00. IF YOU WOULD LIKE A SUBSTITUE SALAD, PLEASE CALL BY 11 AM 870-453-8488
UNDER 60 AND CARRY OUT \$7.00 **LUNCH SERVED MONDAY THRU FRIDAY 11:30 AM TO 12:15 PM**



May Activities



	Monday	Tuesday	Wednesday	Thursday	Friday	
			1 WII BOWLING 12:30 PM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	2 TABLE CARD GAMES 9-11 AM	3 RANGE OF MOTION 9 AM STRONG MEN/ WOMEN 10 AM SKIPBO 11:00 AM BINGO 12:30 PM	
	6 BINGO 10 AM AGELESS GRACE 11 AM	7 RANGE OF MOTION 9 AM STRONG MEN/ WOMEN 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	8 WII BOWLING 12:30 PM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	9 TABLE CARD GAMES 9-11 AM	10 RANGE OF MOTION 9 AM STRONG MEN/ WOMEN 10 AM SKIPBO 11:00 AM BINGO 12:30 PM	
	13 BINGO 10 AM AGELESS GRACE 11 AM	14 RANGE OF MOTION 9 AM STRONG MEN/ WOMEN 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	15 WII BOWLING 12:30 PM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	16 TABLE CARD GAMES 9-11 AM	17 RANGE OF MOTION 9 AM STRONG MEN/ WOMEN 10 AM SKIPBO 11:00 AM NO AFTERNOON BINGO FUNDRAISER 5-7 PM	
	20 BINGO 10 AM AGELESS GRACE 11 AM	21 RANGE OF MOTION 9 AM STRONG MEN/ WOMEN 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	22 WII BOWLING 12:30 PM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	23 TABLE CARD GAMES 9-11 AM	24 RANGE OF MOTION 9 AM STRONG MEN/ WOMEN 10 AM SKIPBO 11:00 AM BINGO 12:30 PM	
	27 BINGO 10 AM AGELESS GRACE 11 AM	28 RANGE OF MOTION 9 AM STRONG MEN/ WOMEN 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	29 WII BOWLING 12:30 PM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	30 TABLE CARD GAMES 9-11 AM	31 RANGE OF MOTION 9 AM STRONG MEN/ WOMEN 10 AM SKIPBO 11:00 AM BINGO 12:30 PM	

All social activities at the Senior Center are a suggested donation of \$1 per person, daily.



Marion County Senior Activity & Wellness Center

Community Yard Sale

Saturday June 8, 2024

8:30 am - 12:30 pm

5966 Highway 202 E

Flippin, AR

For more information : 870-453-8488

**Do you have unused items in your home
you need to sell?**

Reserve your spot today!

\$10.00 for (2) parking spots outside

\$10.00 for (1) spot inside

Payments due at time of reservation.

MCSAWC will assign your spot when registered.

LIMITED SPACES!

You must bring your own tables, canopies, etc.

Seller is responsible for their own items and their own payments.

Vendors Welcome!

YARD SALE



MCSAWC Suggested Donations:

Congregate Meals: \$4.00
Carry-Out Meals or
Under 60 years old: \$7.00
Socialization: \$1.00 per day
Transportation: \$5.00 in town,
\$10.00 out of town



LIVING *Well* WITH DIABETES

COME COOK WITH US!



MONDAYS * 12:30 PM

MAY 6
JUNE 3
JULY 1
AUGUST 5



FREE CLASS WILL BE HELD AT:
MARION COUNTY
ACTIVITY & WELLNESS CENTER
5966 AR-202, FLIPPIN, AR 72634

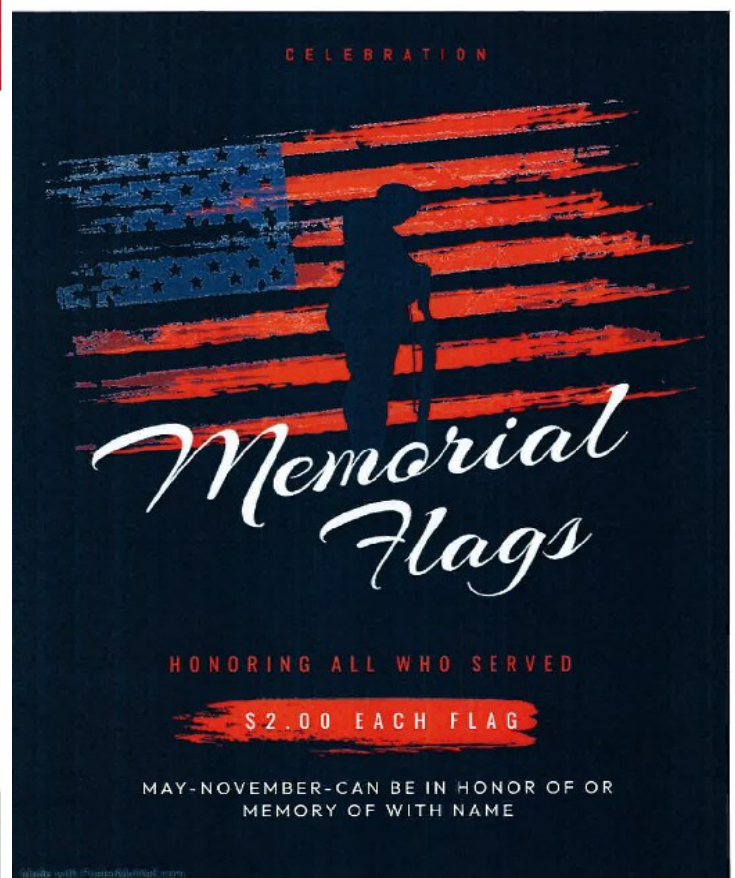
QUESTIONS? CALL 870-449-6349
MARION COUNTY EXTENSION OFFICE



Billie Collins
County Extension Agent
Marion County

WWW.UAEX.UADA.EDU/MARION

The University of Arkansas System Division of Agriculture is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact 870-449-6349 as soon as possible. Dial 711 for Arkansas Relay.





BARGAIN BUS

May 7, 2024

9:00~11:00 AM

Destination:

Bargain Box Flippin

Dollar Tree Flippin

		4		5				
9			7	3	4	6		
		3		2	1		4	9
	3	5		9		4	8	
	9						3	
	7	6		1		9	2	
3	1		9	7		2		
		9	1	8	2			3
				6		1		

RD

REBUS ANSWER

