

Newsletter

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# May 2024

**Searcy County Senior Center**

**509 Zack Road**

**Marshall, AR 72650**

**870-448-2999**

## **Daily Activities**

Pool tables open daily

Dominos

Skip-bo Card games

Bean Bag Baseball

\*Wii Bowling

Exercise Classes

## **.....May Events.....**

May 11— Strawberry Festival

May 12—Mother's Day

May 17— Chris Roofe from  
Searcy County Extension Ser-  
vice

May 17—Celebrate May Birth-  
days

May 21—Basket Bingo

May 24—Farmers Market Cou-  
pons Sr Center 10:00 am-12:00  
pm

May 27—(Monday) Memorial  
Day— **Center Closed**

## **Health Benefits from Olive Oil**

Olive oil is a healthy fat because it's an excellent source of mono-unsaturated fat and has shown healthy benefits from polyphenols, a plant chemical known to reduce your chance of getting heart disease.

\*Look for a harvest date— Olive oil has a maximum shelf life of two years. Look for harvest date within the past year. Polyphenols will slowly decrease during storage.

\*Freshness— Extra Virgin olive oil, which is taken from the first press of olives, has the highest polyphenol level.

\*Container matters— Heat and light are enemies of fresh olive oil. Look for a dark glass container or clear glass that is covered by a label or placed in a box.

\*Keep it cool— Store Olive Oil in a cool dark cabinet. If you cook with extreme heat, you'll likely lose the polyphenols.

In the United States, California is the leader of the olive oil producing states, but Texas, Oregon, Arizona and Georgia are also producing olive oil.

## Searcy County Senior Activity and Wellness Center—May-2024 Menu

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
		<b>1</b> Lemon Pepper Chicken Dill Roasted Potatoes Buttered Corn Wheat Roll / Margarine Fruited Gelatin	<b>2</b> Shepherds Pie Baked Potato Cheese Sauce Broccoli Florets, Roll Mixed Fruit cup	<b>3</b> Sloppy Joe on Buns Baked French Fries Ketchup Green Peas Banana Pudding
<b>6</b> Chicken Pot Pie California Medley Veggies Biscuit Rice Crispy Treat	<b>7</b> Chili Macaroni Mexican Corn Wheat Roll Margarine Mixed fruit	<b>8</b> Meatloaf w/Ketchup Mashed Potatoes Seasoned Green Beans Whole Wheat Roll	<b>9</b> Herbed Pork Roast Baked Sweet Potato Broccoli Florets Whole Wheat Roll Applesauce	<b>10</b> Home Style Ham & Beans Mixed Greens Cornbread Margarine
<b>13</b> Hamburger Steak Mashed Potato Wilted Cabbage Wheat Roll Apple Crisp	<b>14</b> Crumbed Baked Fish Dill Roasted Potatoes Buttered Corn	<b>15</b> Beef Pot Roast Baked Potato Carrots & Celery Wheat Roll Brownie	<b>16</b> BBQ Pulled Pork Sandwich Brown Beans Coleslaw Mandarin Oranges	<b>17</b> Oven Fried Chicken Mashed Potatoes Seasoned Corn Wheat Roll Chilled Pudding
<b>20</b> Pork Carnitas Spanish Rice Mexican Corn Cinnamon Churro Applesauce	<b>21</b> Turkey Manhattan Turkey Gravy Mashed Potatoes Glazed Carrots Roll, Spiced Pears	<b>22</b> Spaghetti & Meat Sauce Broccoli Florets Bread Stick Chilled Pineapple	<b>23</b> Beef Stroganoff Egg Noodles Green Beans Whole Wheat Roll Sherbet	<b>24</b> Chiefs Special Fried Shrimp French Fries Coleslaw Roll Peach Cobbler
<b>27</b> Chopped Steak Au Gratin Potatoes Buttered Carrots Wheat Roll Strawberry Short Cake	<b>28</b> Lasagna Tossed Salad w/ Dressing Bread Stick Chocolate Chip Cookie	<b>29</b> French Dip Sandwich Mixed Vegetables Fruit Crisp	<b>30</b> Chicken Soft Tacos Mexican Corn Sauteed Zucchini Pineapple Upside Down Cake	<b>31</b> Dressed Hamburger Homestyle Fries Relish Plate Dressing Fruited Gelatin



## Senior Farmers' Market Nutrition Program

### Coupon Book Sign-Up

Friday, May 24, 2024

10:00 am to 12:00 pm

Searcy County  
Senior Activity and Wellness Center

### Income Limits: Requirements:

\$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.





# Searcy County Senior Center



**Tuesday, May 21st at 6:00 pm**

**Searcy County Senior Center**

509 Zack Road, Marshall, AR

870-448-2999



Doors open at 5:30 pm games start at 6:00 pm

**10 games of bingo plus Blackout Bingo!**

**\$10 suggested donation for 10 games,**

**\$5 each additional booklet**

**Blackout Bingo Prize, Gorilla Lawn & Garden Wagon**

**Concession available**