



Marion County Senior Activity and  
Wellness Center

5966 Hwy. 202 E.  
Flippin, AR. 72634  
870-302-3437

# NOVEMBER NEWSLETTER

Like & Follow us on Facebook!



## Painting with Maddie!

Come join us on **November 2**  
for our fall painting class.

10\$ Charge  
-All Supplies  
Included-

Pot Luck style lunch.



## **\*Important\***

Starting December 1st: All "to-go" meals  
and meals purchased by adults younger  
than 60 years of age will now cost  
**\$8.00 per meal.**

This change will take place in all senior  
centers in NWA.

Thank you for your understanding!

The Marion County Senior Center will be  
closed November 11th for Veterans Day & 28th  
and 29th for the Thanksgiving Holiday.



# NOVEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

## MENU

HAPPY  
THANKSGIVING

BREADED SHRIMP  
HOMESTYLE FRIES  
CREAMY COLESLAW  
FRUITED GELATIN

4

CHICKEN  
ENCHILADA  
CASSEROLE  
MEXICAN RICE  
TOSSED SALAD  
FROSTED CAKE

5

BREADED PORK  
CHOP W/ GRAVY  
BAKED POTATO  
BABY LIMA BEANS  
PEACH CRISP

6

TACO SALAD  
FLAME CORN &  
BLACK BEAN FIESTA  
CINNAMON ROLL

7

OVEN FRIED  
CHICKEN  
RICE PILAF  
BROCCOLI &  
CAULIFLOWER  
DINNER ROLL  
BANANA

8

HEARTY CHILI  
BAKED POTATO  
MEXICAN CORN  
CRACKERS  
FRUITED GELATIN

11

MCSAWC CLOSED IN  
OBSERVANCE OF  
VETERANS DAY



12

BAKED CHICKEN  
WILD RICE PILAF  
GREEN PEAS  
DINNER ROLL  
FRUIT SALAD

BIRTHDAY LUNCH 13

LASAGNA  
BROCCOLI FLORETS  
TOSSED SALAD  
DINNER ROLL  
CAKE W/ ICE CREAM



14

DIJON PORK  
CUTLET  
HASHBROWN  
POTATOES  
GREEN BEANS  
CHILLED PINEAPPLE

15

MEXICAN CHICKEN  
PASTA  
SAUTEED SQUASH  
WHEAT ROLL  
FRUIT PARFAIT

18

TERIYAKI CHICKEN  
FRIED RICE  
STEAMED BROCCOLI  
EGG ROLL  
MANDARIN  
ORANGES

19

SCRAMBLED EGGS  
TATOR TOTS  
SEASONED SPINACH  
BLUEBERRY MUFFIN  
FRESH ORANGE  
SLICES

CHEF'S CHOICE 20  
THANKSGIVING DINNER

SLICED TURKEY W/  
GRAVY  
SWEET POTATOES  
STUFFING  
SEASONED GREEN  
BEANS  
PUMPKIN PIE

21

CHICKEN  
TETRAZZINI  
SEASONED GREEN  
BEANS  
WHEAT ROLL  
CARAMEL APPLE  
MOUSSE

22

BEEF STEW W/  
POTATOES &  
CARROTS  
ROMAINE LETTUCE  
SALAD  
WHEAT ROLL  
WARM SPICED  
PEACHES

25

BAKED HERB  
CHICKEN  
PARMESAN  
POTATOES  
SPINACH  
WHEAT ROLL  
BANANA

26

BBQ PULLED PORK  
SANDWICH  
BAKED POTATO  
WEDGES  
CALIFORNIA  
MEDLEY  
CHILLED PEACHES

27

MEATLOAF  
MASHED POTATOES  
MIXED VEGETABLES  
WHEAT ROLL  
FRESH FRUIT

28

MCSAWC CLOSED  
FOR THANKSGIVING  
HOLIDAY



29

MCSAWC CLOSED  
FOR THANKSGIVING  
HOLIDAY



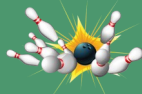
\*MENU SUBJECT TO CHANGE\* SUGGESTED DONATION OF \$4.00. IF YOU WOULD LIKE A SUBSTITUE SALAD,  
PLEASE CALL BY 11 AM 870-302-3437  
UNDER 60 AND CARRY OUT \$7.00 \*\*LUNCH SERVED MONDAY THRU FRIDAY 11:30 AM TO 12:15 PM\*\*





*Come celebrate November Birthdays with us  
Wednesday, November 13th.*

*Our Wii Bowling  
Team will be  
competing in Jasper  
on November 5th.  
Wish them luck!!  
GO TEAM!*



*Join us  
for Thanksgiving  
Dinner on November  
20th.*

*Sliced Turkey with  
Gravy  
Sweet Potatoes  
Stuffing  
Green Beans  
Pumpkin Pie*

*Marion County T-shirts are for sale!  
We currently have 3 different designs available.  
Pricing varies per design.*

*Please speak with Hannah or Kristen for pricing  
information.  
870-302-3437*



# November

Monday

Tuesday

Wednesday

Thursday

Friday

## ACTIVITIES



MOVIN & GROOVIN  
9 AM  
EXTENSION GET FIT  
10 AM  
BINGO 12:30 PM

4  
BINGO 10 AM  
SUPER NOGGIN  
10 AM  
AGELESS GRACE  
11 AM  
WII BOWLING 12:30 PM

5  
CHAIR YOGA 9 AM  
EXTENSION GET FIT  
10 AM  
CORNHOLE 12:30 PM  
TUESDAY CUT UPS  
12:30 PM

6  
WII BOWLING 9 AM  
CHAIR VOLLEYBALL  
10 AM  
BEANBAG BASEBALL  
12:30 PM

7  
TABLE GAMES  
9-11 AM  
AGELESS GRACE  
11 AM

8  
MOVIN & GROOVIN  
9 AM  
EXTENSION GET FIT  
10 AM  
BINGO 12:30 PM

11  
MCSAWC CLOSED IN  
OBSERVANCE OF  
VETERANS DAY



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

# Operation Toasty Feet

-Now taking donations-

The Marion County Senior Center will be collecting socks for our Home Delivered Meal clients for Christmas.



Last year, with the help from our community, we were able to provide a small gift to each of our homebound clients. Please help us to meet this goal for the second year in a row! This small gift will make a large smile on each of our clients faces.

Thank you to our amazing community!



Word Search 4 - TREES & SHRUBS

M S W E E T S P I R E O B E E C H C  
O L E A N D E R F S W E E T G U M H  
U P U G H I C K O R Y L N N G T S E  
N L C P P C B X R E V O G O A K T S  
T O A M V Y W O R G H C L L H B A T  
A T L E Y H E O N S T U I T H A R N  
I E Y I G W M A U S Q S S E Y L M U  
N B P O T A E R L V A T H B D S A T  
L I T V C L B C P T N I L A R A G S  
A R U Y A E F G D J F O A M A M N B  
U C S Z L W H B D C O K V B N F O H  
R H A T J A S M I N E N E O G I L I  
E H T M V S P R U C E Z N O E R I B  
L O F G E A S H S H C M D K A S A I  
B J G I V L E L D E R B E R R Y F S  
P H V F N B L F O R M B R L I L A C  
F O R S Y T H I A R D O G W O O D U  
M A P L E U G S A Y I B Q P I N E S

ASH	DOGWOOD	LOCUST
AZALEA	ELDERBERRY	MAPLE
BALSAM FIR	ELM	MOUNTAIN LAUREL
BAMBOO	ENGLISH LAVENDER	OAK
BEECH	EUCALYPTUS	OLEANDER
BIRCH	FORSYTHIA	PINE
BONSAI	HIBISCUS	SPRUCE
BOTTLEBRUSH	HICKORY	STAR MAGNOLIA
CAMELLIA	HYDRANGEA	SWEETGUM
CHERRY	JASMINE	SWEETSPIRE
CHESTNUT	LILAC	SYCAMORE

Autumn Word Scramble

Unscramble the letters to solve the puzzle!

1. LESEAV \_\_\_\_\_
2. DHRYEAI \_\_\_\_\_
3. ZCOY \_\_\_\_\_
4. LLOEHAWNE \_\_\_\_\_
5. PAELP ICERD \_\_\_\_\_
6. PPMUNIK \_\_\_\_\_
7. EIMDN \_\_\_\_\_
8. HOT CAHCOEOTL \_\_\_\_\_
9. AYCDN \_\_\_\_\_
10. GATYDLIH SVGIANS \_\_\_\_\_
11. ATOFBLOL \_\_\_\_\_
12. GGSNATHVNIKI \_\_\_\_\_
13. EPPLA EIP \_\_\_\_\_
14. KRICT RO ARTET \_\_\_\_\_
15. TTLAE \_\_\_\_\_
16. SETAREWS \_\_\_\_\_
17. ICJLYH \_\_\_\_\_
18. UMOESTC \_\_\_\_\_
19. OTSOB \_\_\_\_\_
20. RCNO EZMA \_\_\_\_\_