

*BIG FLAT SENIOR CENTER
DECEMBER 2024*

CHRISTMAS PARTY

FRIDAY DEC. 13

5PM

CHRISTMAS RAFFLE

FIREPLACE GIVEN AWAY

DEC.13TH

CHRISTMAS CANDY SALE

DEC 20TH

7:00 AM—NOON

ADDRESS:

9975 HWY 14 EAST

BIG FLAT, AR 72617

PHONE: 870-448-3674

EMAIL:

dwallis@aanwar.org



DECEMBER 2024



**MEALS ON WHEELS
AMERICA** 2019 MEMBER

MONDAY	Tues2	Wednesday	Thursday	Friday
<p>2</p> <p>Meatball Sub Baked French Fries Peas & Carrots Peaches</p>	<p>3</p> <p>Meatloaf Mashed Potatoes Mixed Vegetables Wheat Roll Fresh Fruit</p>	<p>4</p> <p>Teriyaki Chicken Fried Rice Broccoli Egg Roll Mandarin Oranges</p>	<p>5</p> <p>BBQ Pork Cutlet New Red Potatoes Lima Beans Wheat Roll Fruit Medley</p>	<p>6</p> <p>Beef Stew Romaine Lettuce Wheat Roll Warm Spiced Peaches</p>
<p>9</p> <p>Sloppy Joe/Bun Baked French Fries Peas & Carrots Banana Pudding</p>	<p>10</p> <p>White Chicken Chili Deli Style Chef Salad Crackers Fruit Crisp</p>	<p>11</p> <p>Fried Fish Pinto Beans Seasoned Spinach Cornbread Ambrosia</p>	<p>12</p> <p>Shepherd's Pie Green Peas Roll Fresh Fruit</p>	<p>13</p> <p>Ham Green Beans Sweet Potatoes Roll Pumpkin Pie</p>
<p>16</p> <p>Cheeseburger ? Bun Baked French Fries Seasoned Spinach Fruit Medley</p>	<p>17</p> <p>Fried Fish Corn Casserole Creamy Coleslaw Wheat Bread Citrus Fruit Cup</p>	<p>18</p> <p>Salisbury Steak Mushroom Gravy Mash Potatoes Green Peas Wheat Roll Glazed Angel Cake</p>	<p>19</p> <p>Chicken & Dump- lings Mixed Vegetables Garden Salad Vinaigrette Dressing Wheat Bread Pineapple Pudding</p>	<p>20</p> <p>Breaded Shrimp Homemade Fries Creamy Coleslaw Fruited Gelatin/ Topping</p>
<p>23</p> <p>Tomato Basil Soup Crackers Popcorn Chicken Salad Winter Fruit Cup</p>			<p>26</p> <p>Chili Baked Potato Mexican Corn Crackers Fruited Gelatin</p>	<p>27</p> <p>Taco Salad Flame Corn & Black Bean Fiesta Cinnamon Rolls</p>
<p>29</p> <p>Homestyle Ham & Beans Fried Potatoes Seasoned Greens Cornbread Applesauce</p>	<p>30</p> <p>Mexican Chicken Pasta Sauteed Squash Wheat Roll Fruit Parfait</p>	<p>31</p> <p>Baked Chicken Wild Rice Pilaf Green Peas Roll Fall Fruit Salad</p>		
				<p>2</p> <p>Spaghetti & Meat- balls Broccoli Garden Salad Wheat Roll Angel Food Cake</p>

Do you have questions or need services for senior adults?

In-Home Services • Senior Activity Centers • Home Delivered Meals • Family Caregiver Assistance
 Personal Emergency Response System • Incontinence Supplies, Housing • Veteran Directed Program
 Call the Area Agency on Aging of Northwest Arkansas for more information! 1-800-432-9741

BIG FLAT SR. CENTER'S DECEMBER ACTIVITIES

MONDAY	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>DOMINOES POOL CARD GAMES</p>	<p>3</p> <p>POOL PUZZLE TABLE DOMINOES</p>	<p>4</p> <p>CARD GAMES PUZZLE TABLE BEANBAG BASEBALL 1:30</p>	<p>5</p> <p>POOL CARD GAMES DOMINOES</p>	<p>6</p> <p>DOMINOES POOL CARD GAMES</p>
<p>9</p> <p>DOMINOES POOL PUZZLE TABLE</p>	<p>10</p> <p>DOMINOES POOL CARD GAMES</p>	<p>11</p> <p>DOMINOES POOL 1:30 BEANBAG BASEBALL</p>	<p>12</p> <p>DOMINOES POOL CARD GAMES</p>	<p>13</p> <p>DOMINOES POOL PUZZLE TABLE Christmas Party 5 p.m.</p>
<p>16</p> <p>DOMINOES POOL PUZZLE TABLE</p>	<p>17</p> <p>DOMINOES POOL CARD GAMES</p>	<p>18</p> <p>DOMINOES POOL PUZZLE TABLE</p>	<p>19</p> <p>Dominoes Pool Puzzle Table</p>	<p>20</p> <p>Dominoes Pool CARD GAMES CANDY BAKE SALE 8-Noon</p>
<p>23</p> <p>DOMINOES POOL PUZZLE TABLE</p>			<p>26</p> <p>DOMINOES POOL PUZZLE TABLE</p>	<p>27</p> <p>DOMINOES POOL PUZZLE TABLE</p>
<p>30</p> <p>DOMINOES POOL PUZZLE TABLE</p>	<p>31</p> <p>DOMINOES POOL CARD GAMES</p>			

FREE PRINTABLE CHRISTMAS WORD SEARCH

Christmas Word Search



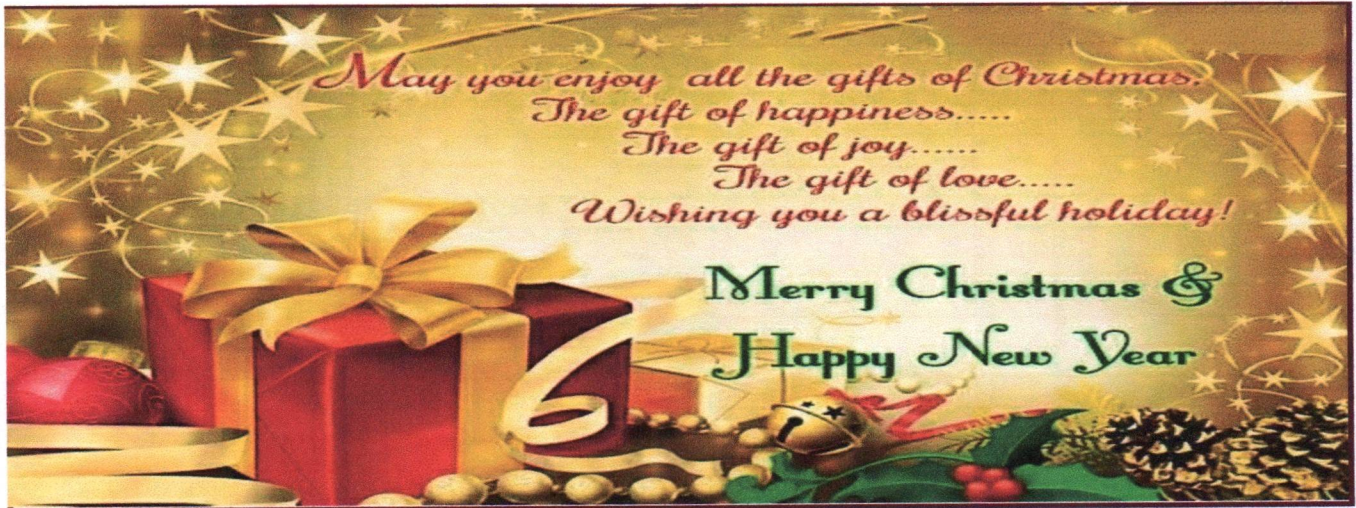
CANDY CANE
CAROLS
CHRISTMAS
DECEMBER
ELVES
GINGERBREAD
JINGLE

HOLLY
LIGHTS
MERRY
NORTH POLE
ORNAMENTS
PRESENTS
REINDEER

SANTA
SLEIGH
STOCKING
TREE
WINTER
WREATH



DECEMBER 2024



**The Center will be closed
Tuesday & Wednesday
December 24th & 25th for
CHRISTMAS!!!**

Unfortunately due to the continuing rise in groceries

Starting December 1st we are having to raise our prices on our To Go Meals and everyone under 60 to

\$8.00 plus tax.

We are having a Christmas Party Dec.13th. Open to everyone. We will have games, snacks, and gift exchange. If you would like to participate in the gift Exchange just bring a gift no more than \$20.00.

 An official website of the United States government [Here's how you know](#)

National Institutes of Health / National Library of Medicine



MedlinePlus
Trusted Health Information for You

25 YEARS
of health
information

Home → Health Topics → Nutrition for Older Adults

URL of this page: <https://medlineplus.gov/nutritionforolderadults.html>

Nutrition for Older Adults

What is nutrition and why is it important for older adults?

Nutrition is about eating a healthy and balanced diet so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need so they can function and grow. They include carbohydrates [<https://medlineplus.gov/carbohydrates.html>] , fats [<https://medlineplus.gov/dietaryfats.html>] , proteins [<https://medlineplus.gov/dietaryproteins.html>] , vitamins [<https://medlineplus.gov/vitamins.html>] , minerals [<https://medlineplus.gov/minerals.html>] , and water.

Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as osteoporosis [<https://medlineplus.gov/osteoporosis.html>] , high blood pressure [<https://medlineplus.gov/highbloodpressure.html>] , heart disease [<https://medlineplus.gov/heartdiseases.html>] , type 2 diabetes [<https://medlineplus.gov/diabetestype2.html>] , and certain cancers.

But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein.

What can make it harder for me to eat healthy as I age?

Some changes that can happen as you age can make it harder for you to eat healthy. These include changes in your:

- Home life, such as suddenly living alone or having trouble getting around
- Health, which can make it harder for you to cook or feed yourself
- Medicines, which can change how food tastes, make your mouth dry, or take away your appetite
- Income, which means that you may not have as much money for food
- Sense of smell and taste [<https://medlineplus.gov/tasteandsmelldisorders.html>]
- Problems chewing or swallowing [<https://medlineplus.gov/swallowingdisorders.html>] your food

How can I eat healthy as I age?

To stay healthy as you age, you should:

- **Eat foods that give you lots of nutrients without a lot of extra calories**, such as
 - Fruits and vegetables (choose different types with bright colors)
 - Whole grains, like oatmeal, whole-wheat bread, and brown rice

- Fat-free or low-fat milk and cheese, or soy or rice milk that has added vitamin D [<https://medlineplus.gov/vitamind.html>] and calcium [<https://medlineplus.gov/calcium.html>]
- Seafood, lean meats, poultry, and eggs
- Beans, nuts, and seeds
- **Avoid empty calories.** These are foods with lots of calories but few nutrients, such as chips, candy, baked goods, soda, and alcohol.
- **Pick foods that are low in cholesterol and fat.** You especially want to try to avoid saturated and trans fats. Saturated fats are usually fats that come from animals. Trans fats are processed fats in stick margarine and vegetable shortening. You may find them in some store-bought baked goods and fried foods at some fast-food restaurants.
- **Drink enough liquids,** so you don't get dehydrated [<https://medlineplus.gov/dehydration.html>]. Some people lose their sense of thirst as they age. And certain medicines might make it even more important to have plenty of fluids.
- **Be physically active.** If you have started losing your appetite, exercising may help you to feel hungrier.


What can I do if I am having trouble eating healthy?

Sometimes health issues or other problems can make it hard to eat healthy. Here are some tips that might help:


- If you are tired of eating alone, try organizing some potluck meals or cooking with a friend. You can also look into having some meals at a nearby senior center, community center, or religious facility.
- If you are having trouble chewing, see your dentist to check for problems
- If you are having trouble swallowing, try drinking plenty of liquids with your meal. If that does not help, check with your health care provider. A health condition or medicine could be causing the problem.
- If you're having trouble smelling and tasting your food, try adding color and texture to make your food more interesting
- If you aren't eating enough, add some healthy snacks throughout the day to help you get more nutrients and calories
- If an illness is making it harder for you to cook or feed yourself, check with your health care provider. He or she may recommend an occupational therapist, who can help you find ways to make it easier.

NIH: National Institute on Aging

Start Here

- Healthy Eating as You Age: Know Your Food Groups [<https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet/healthy-eating-you-age-know-your-food-groups>]  (National Institute on Aging)
- Overcoming Roadblocks to Healthy Eating [<https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet/overcoming-roadblocks-healthy-eating>]  (National Institute on Aging)

Diagnosis and Tests

- Prealbumin Blood Test [<https://medlineplus.gov/lab-tests/prealbumin-blood-test/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-sangre-de-prealbumina/>]

Related Issues

- Foods for Eye Health [<https://www.eatright.org/health/wellness/healthful-habits/5-top-foods-for-eye-health>]
(Academy of Nutrition and Dietetics)