

Marion County Senior Activity and Wellness Center

5966 Hwy 202 E.
Flippin, AR. 72634
P.O. Box 728
870-302-3437

December Newsletter

Important Dates

- **December 7–**
Painting Class
- **December 11–**
Birthday Lunch
- **December 20–**
Christmas Dinner
- **December 24-25–**
Closed for the
Holiday
- **January 1–** Closed
for New Years
- **January 4–**
Painting Class
- **January 6–** Super
Noggin Restarts

Painting with Maddie!
Join us for Painting Class on
December 7th.

10.00\$ Charge
All Supplies Included
Pot Luck Lunch










Find us on:
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Ugly Christmas Sweater Contest
"The tackier, the better!"
December 20 (during Christmas lunch)
11:30-12:15 pm
Come with your best ugly sweater on!



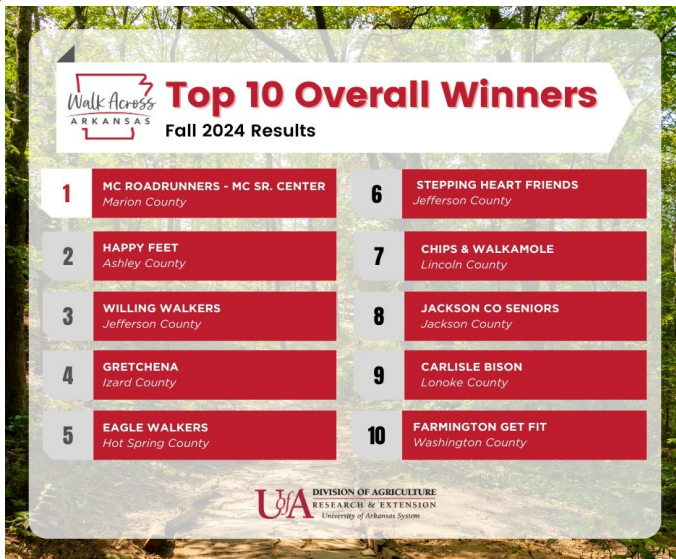
Monday	Tuesday	Wednesday	Thursday	Friday
2 CHICKEN SPAGHETTI CASSEROLE BUTTERED CARROTS BREADSTICK PINEAPPLE FLUFF	3 CHEESEBURGER ON BUN BAKED FRENCH FRIES SPINACH FRUIT MEDLEY	4 CHICKEN & DUMPLINGS MIXED VEGETABLES GARDEN SALAD WHEAT BREAD PINEAPPLE CREAM PUDDING	5 FRIED FISH FILET CORN CASSEROLE CREAMY COLESLAW WHEAT BREAD CITRUS FRUIT CUP	6 BAKED PORK CUTLET W/ MUSHROOM GRAVY NEW RED POTATOES NORMANDY VEGETABLE BLEND DINNER ROLL CARAMEL CAKE
9 CHICKEN ENCHILADA CASSEROLE MEXICAN RICE TOSSED SALAD ANGEL FOOD CAKE W/ TOPPING	10 ROAST BEEF W/ GRAVY MASHED POTATOES BUTTERED CARROTS WHEAT ROLL CHILLED PINEAPPLE	11 BIRTHDAY LUNCH 	12 CHICKEN TENDERS FRENCH FRIES BROCCOLI FLORETS DINNER ROLL BANANA	13 HEARTY CHILI BAKED POTATO MEXICAN CORN CRACKERS FRUITED GELATIN W/ TOPPING
16 HOMESTYLE HAM & BEANS FRIED POTATOES W/ ONIONS SEASONED GREENS CORNBREAD CINNAMON APPLESAUCE	17 BREADED CHICKEN FILET W/ GRAVY BAKED POTATO SUCCOTASH WHEAT ROLL HARVEST FRUIT CUP	18 SPAGHETTI & MEATBALLS BROCCOLI FLORETS GARDEN SALAD WHEAT ROLL CHILLED PUDDING	19 DIJON PORK CUTLET HASHBROWN POTATOES GREEN BEANS WHEAT ROLL CHILLED PINEAPPLE	20 CHEF'S CHOICE CHRISTMAS DINNER SLICED HAM W/ PINEAPPLES SWEET POTATOES GREEN BEANS PECAN PIE 
23 BLACKENED CHICKEN RICE PILAF BRUSSEL SPROUTS WHEAT ROLL TAPIOCA PUDDING	24 MCSAWC CLOSED FOR CHRISTMAS HOLIDAY 	25 MCSAWC CLOSED FOR CHRISTMAS HOLIDAY 	26 CHICKEN TETRAZZINI SEASONED GREEN BEANS WHEAT ROLL SPICED PEACHES	27 BEEF BRISKET MASHED POTATOES BUTTERED CORN WHEAT ROLL ANGEL FOOD CAKE W/ STRAWBERRIES
30 BAKED HERB CHICKEN PARMESAN POTATOES SPINACH WHEAT ROLL BANANA	31 BBQ PULLED PORK SANDWICH BAKED POTATO WEDGES CALIFORNIA MEDLEY OATMEAL COOKIE			

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 \$8.00 **LUNCH SERVED MONDAY THRU FRIDAY 11:30 AM TO 12:15 PM**

Merry Christmas and a Happy New Year from all of us here at the
Marion County Senior Activity & Wellness Center!

From all of our staff:

Mike, Ray, Johnny, Kim, Jackie, Rolin, Amy, Kristen and Hannah



CONGRATULATIONS TO OUR MARION COUNTY ROADRUNNER WALKING TEAM!

You made it to the top overall and for Ozark district! So proud of you all! Keep up the good work improving your physical and mental health!

If you are interested in being a part of our walking team, registration begins for spring is February 24.

Walking will begin March 9!

Please see us in the office to register.

Super Noggin comes back to MCSAWC!

On January 6, 2025, we will start again our Super Noggin, a new brain fitness program for those who want to stay mentally sharp throughout life. A series of educational workshops will teach you about the lifestyle choices and activities you can do to maintain and even improve your brain health. Monthly meetings will help you stay motivated and connected with the Super Noggin group, and your personal Super Noggin Notebook will provide you with a year's worth of recommended exercises to keep your mind fit. You can also track your progress on a personal chart.

Join us!

**Every Monday beginning
January 6, 2025
10 week course
Marion County Senior Center
10:00 am**

DECEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday
	ACTIVITIES				
	2 BINGO 10 AM EXERCISE ROOM CLOSED FOR TRAINING	3 CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM CORNHOLE 12:30 PM TUESDAY CUT UPS 12:30 PM	4 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	5 TABLE GAMES 9-11 AM AGELESS GRACE 11 AM	6 MOVIN & GROOVIN 9 AM EXTENSION GET FIT 10 AM BINGO 12:30 PM
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All social activities at the Senior Center are a suggested donation of \$1 per person, daily.