

# Marion County Senior Activity and Wellness Center

5966 Hwy 202 E.

Flippin, AR. 72634

P.O. Box 728

870-302-3437

## January Newsletter

### Painting with Maddie!

Come join us for Painting Class on **January 4th** @ 10:00.

10.00\$ charge- All Supplies Incl.  
\*Potluck Style Lunch\*  
(Winter Barn Scene)



### Ambassador Committee Needed!

We are currently taking nominations for the MCSAWC Ambassadors! Ambassadors help with planning activities, conduct activities, other needs by Director. Meetings once a month. More information with Hannah.

### Volunteers Needed!

If you would like to volunteer here at our Center doing various different tasks, please let us know. We love our volunteers!

Needed:

Front Desk/Greeter

Crafts

Exercise

For more information: please speak with Hannah.

The Marion County Senior Center will be closed **January 1st** (New Years Day) and **January 20th** (Martin Luther King Jr. Day). Please mark these days down on your calendars.

**SUPER NOGGIN CLASSES WILL BE STARTING UP**

**AGAIN ON JANUARY 6TH @ 10:00 .**

**COME TO THE SENIOR CENTER AND GIVE YOUR  
BRAIN A WORKOUT!**



Super Noggin

### IMPORTANT!

#### December 1, 2024 Meal Price Change:

Any meals not eaten at our Center for Congregate Meals are \$8.00 per meal- No Exceptions. If you eat here at Center and want an additional meal to go- that extra meal will be \$8.00.

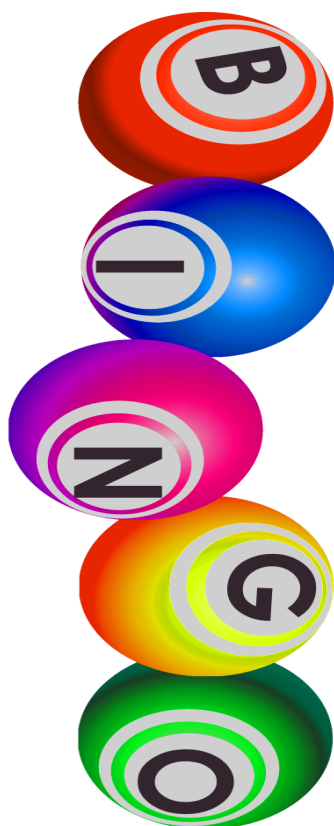
# January

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| <p>1</p>   | <p>2</p> <p>MCSAWC CLOSED FOR NEW YEAR'S!</p>  | <p>3</p> <p>COUNTRY FRIED STEAK &amp; GRAVY<br/>MASHED POTATOES<br/>GREEN BEANS<br/>WHEAT ROLL<br/>FRUIT MEDLEY</p>   | <p>4</p> <p>CHEESE RAVIOLI W/ MARINARA<br/>BUTTERED CORN<br/>TOSSED SALAD<br/>GELATIN PARFAIT</p>  |   |
| <p>6</p> <p>PINTO BEANS &amp; HAM<br/>FRIED POTATOES &amp; ONIONS<br/>SEASONED GREENS<br/>WHEAT BREAD<br/>FRUIT MEDLEY</p>                        | <p>7</p> <p>CHICKEN &amp; NOODLES<br/>MASHED POTATOES<br/>GREEN BEANS<br/>WHEAT ROLL<br/>HOT BAKED PEACHES</p>                  | <p>8</p> <p>MEATLOAF<br/>SEASONED ROASTED POTATOES<br/>BROCCOLI &amp; CAULIFLOWER<br/>WHEAT ROLL<br/>FRUIT PARFAIT</p>  | <p>9</p> <p>LASAGNA<br/>CALIFORNIA MEDLEY<br/>VEGETABLES<br/>BREADSTICK<br/>ANGEL FOOD CAKE</p>  | <p>10</p> <p>SALMON BURGER W/ LEMON DILL SAUCE<br/>ROSEMARY BAKED POTATO WEDGES<br/>BABY LIMA BEANS<br/>HONEY FRUIT CUP</p> |
| <p>13</p> <p>TURKEY &amp; RICE CASSEROLE<br/>GREEN BEANS<br/>WHEAT ROLL<br/>FRESH CLEMENTINES</p>   | <p>14</p> <p>POT ROAST<br/>PARSLIED POTATOES<br/>CARROTS &amp; CELERY<br/>WHEAT ROLL<br/>CHERRY ANGEL CAKE</p>                  | <p>15</p> <p><u>BIRTHDAY LUNCH! 15</u></p>  <p><u>FRIED CHICKEN</u><br/><u>MASHED POTATOES</u><br/><u>BUTTERED CORN</u><br/><u>WHEAT BREAD</u><br/><u>CAKE W/ ICE CREAM</u></p> | <p>16</p> <p>CIDER GLAZED PORK LOIN<br/>SEASONED POTATO WEDGES<br/>STEAMED CABBAGE<br/>WHEAT ROLL<br/>FRUIT MEDLEY</p>                               | <p>17</p> <p>BAKED ZITI<br/>BROCCOLI FLORETS<br/>TOSSED SALAD<br/>WHEAT ROLL<br/>FRUIT PARFAIT</p>                          |
| <p>20</p> <p>MCSAWC CLOSED FOR MARTIN LUTHER KING JR DAY!</p>  | <p>21</p> <p>CHICKEN TENDERS<br/>MACARONI &amp; CHEESE<br/>BABY LIMA BEANS<br/>WHEAT BREAD<br/>CHILLED PEACHES</p>              | <p>21</p> <p>BBQ RIBLET<br/>SANDWICH<br/>BAKED BEANS<br/>MIXED VEGETABLES<br/>CHILLED PEARS</p>   | <p>22</p> <p>HEARTY CHILI W/ CRACKERS<br/>GREEN BEANS<br/>FRUIT MEDLEY<br/>SOFT SUGAR COOKIE</p>   | <p>23</p> <p>FRIED FISH FILLET<br/>BUTTERED CORN<br/>COLLARD GREENS<br/>WHEAT BREAD<br/>LEMON CREAM PIE</p>                 |
| <p>26</p> <p>HAM &amp; AU GRATIN<br/>POTATOES<br/>SPINACH<br/>WHEAT ROLL<br/>BANANA</p>   | <p>27</p> <p>BEEF STROGANOFF OVER NOODLES<br/>BUTTERED CARROTS<br/>WHEAT ROLL<br/>APPLESAUCE</p>                                | <p>28</p> <p>ROAST TURKEY &amp; GRAVY<br/>BAKED SWEET POTATO<br/>GREEN BEANS<br/>WHEAT ROLL<br/>PUMPKIN PIE</p>   | <p>29</p> <p>BONELESS BREADED PORK CHOP W/ GRAVY<br/>HASHBROWN POTATOES<br/>BUTTERED CORN<br/>WHEAT ROLL<br/>MANDARIN ORANGE<br/>GELATIN W/ WHIP</p> | <p>30</p> <p>STEAK FINGERS W/ GRAVY<br/>BAKED POTATO<br/>PEAS &amp; CARROTS<br/>WHEAT BREAD<br/>CHILLED PEACHES</p>         |

\*MENU SUBJECT TO CHANGE\* SUGGESTED DONATION OF \$4.00. IF YOU WOULD LIKE A SUBSTITUE SALAD, (CONGREGATE ONLY) PLEASE CALL BY 11 AM 870-302-3437.  
UNDER 60 AND CARRY OUT \$8.00 \*\*LUNCH SERVED MONDAY THRU FRIDAY 11:30 AM TO 12:15 PM\*\*

Come join us in celebrating  
January Birthdays on  
**Wednesday, January 15th**

Fried Chicken  
Mashed Potatoes  
Buttered Corn  
Wheat Bread  
Cake and Ice Cream



## WINTER WONDERLAND BINGO

COME ENJOY OUR WINTER BINGO  
JANUARY 17TH FROM 4:00-6:00PM

10.00\$ PER PERSON FOR FIRST BOOK OF 10

5.00\$ FOR ADDITIONAL BOOKS

5.00\$ FOR MEAL

YOUR CHOICE OF:

CHICKEN NOODLE SOUP OR POTATO SOUP

GRILLED CHEESE SANDWICH, CRACKERS

BROWNIE

# January ACTIVITIES

|   |  |   |  |  |
|---|--|---|--|--|
|    |  | <p>1</p> <p>CENTER WILL BE CLOSED IN OBSERVANCE OF NEW YEAR'S DAY</p> <p><b>Happy New Year!</b></p> | <p>2</p> <p>TABLE GAMES 9-11 AM</p> <p>AGELESS GRACE 11 AM</p>   | <p>3</p> <p>MOVIN' &amp; GROOVIN' 9 AM</p> <p>EXTENSION GET FIT 10 AM</p> <p>SKIPBO 11:00 AM</p> <p>BINGO 12:30 PM</p>   |
| <p>6</p> <p>BINGO 10 AM</p> <p><b>SUPER NOGGIN 10 AM</b></p> <p>AGELESS GRACE 11 AM</p> <p>WII BOWLING 12:30 PM</p>  | <p>7</p> <p>CHAIR YOGA 9 AM</p> <p>EXTENSION GET FIT 10 AM</p> <p>SKIPBO 11:00 AM</p> <p>CORNHOLE 12:30 PM</p> <p>TUESDAY CUTUPS 12:30 PM</p>  | <p>8</p> <p>WII BOWLING 9 AM</p> <p>CHAIR VOLLEYBALL 10 AM</p> <p>BEANBAG BASEBALL 12:30 PM</p>     | <p>9</p> <p>TABLE GAMES 9-11 AM</p> <p>AGELESS GRACE 11 AM</p> <p><b>CRAFT CLASS 12:30 PM</b></p>  | <p>10</p> <p>MOVIN' &amp; GROOVIN' 9 AM</p> <p>EXTENSION GET FIT 10 AM</p> <p>SKIPBO 11:00 AM</p> <p>BINGO 12:30 PM</p>  |
| <p>13</p> <p>BINGO 10 AM</p> <p><b>SUPER NOGGIN 10 AM</b></p> <p>AGELESS GRACE 11 AM</p> <p>WII BOWLING 12:30 PM</p>  | <p>14</p> <p>CHAIR YOGA 9 AM</p> <p>EXTENSION GET FIT 10 AM</p> <p>SKIPBO 11:00 AM</p> <p>CORNHOLE 12:30 PM</p> <p>TUESDAY CUTUPS 12:30 PM</p> | <p>15</p> <p>WII BOWLING 9 AM</p> <p>CHAIR VOLLEYBALL 10 AM</p> <p>BEANBAG BASEBALL 12:30 PM</p>    | <p>16</p> <p>TABLE GAMES 9-11 AM</p> <p>AGELESS GRACE 11 AM</p>  | <p>17</p>  <p>MOVIN' &amp; GROOVIN' 9 AM</p> <p>EXTENSION GET FIT 10 AM</p> <p>SKIPBO 11:00 AM</p> <p><b>NO AFTERNOON BINGO!</b></p> <p><b>BINGO FUNDRAISER 4-6 PM</b></p> |
| <p>20</p> <p>CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR DAY</p>    | <p>21</p> <p>CHAIR YOGA 9 AM</p> <p>EXTENSION GET FIT 10 AM</p> <p>SKIPBO 11:00 AM</p> <p>CORNHOLE 12:30 PM</p> <p>TUESDAY CUTUPS 12:30 PM</p> | <p>22</p> <p>WII BOWLING 9 AM</p> <p>CHAIR VOLLEYBALL 10 AM</p> <p>BEANBAG BASEBALL 12:30 PM</p>    | <p>23</p> <p>TABLE GAMES 9-11 AM</p> <p>AGELESS GRACE 11 AM</p>  | <p>24</p> <p>MOVIN' &amp; GROOVIN' 9 AM</p> <p>EXTENSION GET FIT 10 AM</p> <p>SKIPBO 11:00 AM</p> <p>BINGO 12:30 PM</p>  |
| <p>27</p> <p>BINGO 10 AM</p> <p><b>SUPER NOGGIN 10 AM</b></p> <p>AGELESS GRACE 11 AM</p> <p>WII BOWLING 12:30 PM</p>  | <p>28</p> <p>CHAIR YOGA 9 AM</p> <p>EXTENSION GET FIT 10 AM</p> <p>SKIPBO 11:00 AM</p> <p>CORNHOLE 12:30 PM</p> <p>TUESDAY CUTUPS 12:30 PM</p> | <p>29</p> <p>WII BOWLING 9 AM</p> <p>CHAIR VOLLEYBALL 10 AM</p> <p>BEANBAG BASEBALL 12:30 PM</p>    | <p>30</p> <p>TABLE GAMES 9-11 AM</p> <p>AGELESS GRACE 11 AM</p>  | <p>31</p> <p>MOVIN' &amp; GROOVIN' 9 AM</p> <p>EXTENSION GET FIT 10 AM</p> <p>SKIPBO 11:00 AM</p> <p>BINGO 12:30 PM</p>  |



# MARDI GRAS

Word Scramble

1. GDWSOR .....
2. STAUAEYDFY .....
3. GISMU .....
4. SADBE .....
5. PYRAT .....
6. TSAH .....
7. RAAPED .....
8. VAARILNG .....
9. SMAKS .....
10. TOSGEMU .....



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# Four Activities That Can Help You Overcome Winter Blues



## Participating in public activities and programs

According to the American Psychological Association, loneliness is a risk factor for depression.<sup>1</sup> Recreation centers, libraries, places of worship, and local non-profit organizations may offer free public events and activities during the winter months that give plenty of opportunities to connect with other people and keep you from staying isolated in your home.



## Volunteering in your community

Engaging in philanthropic activities, particularly those that help repair or restore something important, can foster positive feelings of pride and self-efficacy.




## Staying active

Physical activity is not only good for you physically, but it can also clear your mind, which can improve your energy level and decision-making ability. Engaging in activities with others can also boost your emotional well-being. Check out local gyms, community centers, or online groups, like Meetup, to learn of ways you can be physically active while engaging with others.



## Spending time with family or friends

Emotionally positive relationships can improve your mood. Rather than staying in, watching TV, or eating alone, choose to connect with family and friends.



YOU ARE INVITED TO

# Valentine's DINNER

FEBRUARY 14  
5:00-7:00 PM

MARION COUNTY SENIOR CENTER  
5966 HIGHWAY 202 E  
FLIPPIN, AR 72634

**\*LIMITED TICKETS\***  
**\$20 SINGLE/\$35 COUPLE**  
**870-302-3437**