

# Searcy County Senior Center

## January 2025 Newsletter

### Walking: Small Steps

#### Get Big Results

There are countless ways to be active but according to the American Heart Association, walking has the lowest dropout rate of them all! It's the simplest positive change you can make to improve your heart health.

Research has shown that walking at least 30 minutes a day can help you:

- Reduce your risk of coronary heart disease and stroke
- Improve your blood pressure, blood sugar levels and blood lipid profile
- Maintain your body weight and lower the risk of obesity
- Enhance your mental well being
- Reduce your risk of osteoporosis
- Reduce your risk of breast and colon cancer
- Reduce your risk of non-insulin dependent (type 2) diabetes

Try it! Walking can be an easy way to be active.



Remember: Some physical activity is better than none! Adults who participate in any amount of physical activity gain some health benefits.

Information gained from the UofA Division of Agriculture

### Sole-Mate

#### A friend by Your Side

The thought of being alone can be enough to keep some people from walking. The American Heart Association recommends finding a friend to walk with. You can plan walking paths that are convenient for both of you, or map out routes that take you places you've never been before. It's a great way to exercise and spend time with friends.

### Take Action

Taking small steps can lead to big results. Are you committed to being more active next year? When do you want to start? Making a plan is the first step to success.

### Goal: Move More and Sit Less!


#### Searcy County Senior Center Activities for January:

Jan. 1– Closed for New Year Holiday

Jan. 14– Basket Bingo Fundraiser

Jan. 20– Center Closed– MLK Holiday

## Searcy County Senior Activity and Wellness Center—January 2025 Menu

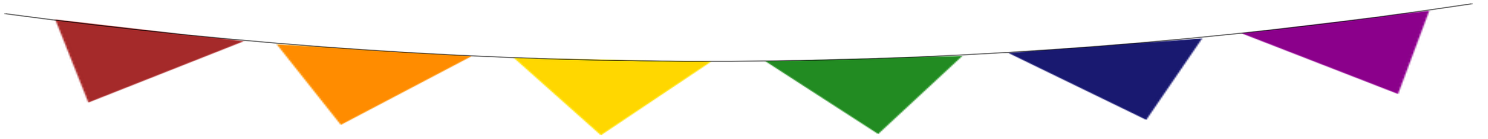
Mon	Tue	Wed	Thu	Fri
		<b>1</b>  <b>HOLIDAY—CLOSED</b>	<b>2</b> Teriyaki Chicken Fried Rice Broccoli Egg Roll <b>Mandarin Oranges</b>	<b>3</b> Beef Brisket Mashed Potatoes Buttered Corn Wheat Roll Angel Food Cake
<b>6</b> Asian Ginger Chicken Fluffy White Rice Oriental Vegetables Wheat Roll Mandarin Oranges	<b>7</b> Chicken Pot Pie California Medley Vegetables Wheat Roll Fresh Fruit	<b>8</b> Cream of Potato Soup Turkey & Swiss Sandwich Baked Potato Chips Relish Plate Salad Dressing Fruit Crisp	<b>9</b> Country Fried Steak w/ Peppered Cream Gravy Mashed Potatoes Green Beans Wheat Roll Fruit Medley	<b>10</b> Cheese Ravioli w/ Pesto Buttered Corn Tossed Salad Salad Dressing Gelatin Parfait
<b>13</b> Italian Baked Chicken Pasta Primavera Italian Bread Glazed Angel Cake	<b>14</b> Soft Beef Tacos Texas Pinto Beans Mixed Green Salad Vinaigrette Dressing Fruited Gelatin	<b>15</b> Meatloaf w/ Ketchup Seasoned Roasted Potatoes Broccoli & Cauliflower Wheat Roll Fruit Parfait	<b>16</b> Lasagna California Medley Vegetables Bread Stick Angel Food Cake	<b>17</b> Salmon Burger w/ Dill Sauce Rosemary Baked Potato Wedges Baby Lima Beans Honey Fruit Cup
<b>20</b>  <b>HOLIDAY— CLOSED</b>	<b>21</b> Pot Roast Parslied Potatoes Carrots & Celery Wheat Roll Cherry Angel Cake	<b>22</b> Cider Glazed Pork Loin Seasoned Potato Wedges Steamed Cabbage Wheat Roll Fruit Medley	<b>23</b> Fried Chicken Mashed Potatoes w/ Gravy Buttered Corn Wheat Bread Chilled Pudding w/	<b>24</b> French Dip Sand- wich Baked Potato Chips Mixed Vegetables Mandarin Oranges
<b>27</b> Hamburger on Wheat Bun Mustard Potato Salad Creamy Coleslaw Chilled Pudding	<b>28</b> Chicken Tenders Macaroni & Cheese Baby Lima Beans Wheat Bread Chilled Peaches	<b>29</b> BBQ Ribette Sandwich Baked Beans Mixed Vegetables Rice Krispie Treat	<b>30</b> Hearty Chili w/ Crack- ers Romaine Lettuce Sal- ad Salad Dressing Fruit Medley	<b>31</b> Fried Fish Fillet Buttered Corn Collard Greens Wheat Bread Lemon Cream Pie

12/26/24, 2:20 PM

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Use numbers 1 2 3 4 5 6 7 8 9 to fill in the blank boxes. Use each number only once in each line.

# Basket Bingo



Thursday January 14, 2025

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

Searcy County Senior Center

Blackout Prize

**To Be Announced**

Watch the Searcy County Senior Center

Facebook Page

Suggested Donation \$10 first packet, additional packets \$5 each

for more details call 448-2999

Follow us on Facebook "Searcy County Senior Center"

All proceeds go to support the Senior Center

Open to all ages