

March Newsletter



Marion County Senior Activity and Wellness Center

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



Walk Across Arkansas

Registration Feb 24-Mar 9
Begins: March 10



Painting w/ Maddie

March 1, 2025
10 AM

\$10 Supplies Included
Potluck Lunch! Bring a dish to share!



**Ambassador
Meeting March 10
@ 9 AM**

**Discuss
fundraising ideas,
ideas for our
Center**

**Cornhole Tournament!
April 10, 2025 @ 1pm
\$10 per person**

**Sign up now!
Donations benefit Meals on
Wheels**



Find us on:
facebook®



MARCH 9, 2025

**DAYLIGHT
SAVING TIME
SPRING FORWARD**

MARCH

	Monday	Tuesday	Wednesday	Thursday	Friday
	3 HAM & AU GRATIN POTATOES SPINACH WHEAT ROLL BANANA	4 BEEF STROGANOFF OVER NOODLES BUTTERED CARROTS WHEAT ROLL APPLESAUCE	5 ROAST TURKEY & GRAVY BAKED SWEET POTATO GREEN BEANS WHEAT ROLL PUMPKIN PIE	6 BONELESS BREADED PORK CHOP W/ GRAVY HASHBROWN POTATOES BUTTERED CORN MANDARIN ORANGE GELATIN W/ WHIPPED TOPPING	7 STEAK FINGERS W/ GRAVY BAKED POTATO PEAS & CARROTS WHEAT BREAD CHILLED PEACHES
	10 ROASTED GREEK CHICKEN RICE PILAF BROCCOLI FLORETS WHEAT ROLL 100 CALORIE FUDGE BAR	11 HERB PORK CUTLET W/ GRAVY BAKED POTATO SEASONED GREENS WHEAT ROLL CHILLED PEARS	12 CREAM OF POTATO SOUP TURKEY & SWISS SANDWICH BAKED POTATO CHIPS RELISH PLATE FRUIT CRISP	13 COUNTRY FRIED STEAK W/ GRAVY MASHED POTATOES GREEN BEANS WHEAT ROLL FRUIT MEDLEY	14 CHEESE RAVIOLI W/ SAUCE BUTTERED CORN TOSSED SALAD GELATIN PARFAIT
	17 ST PATRICK'S DAY PINTO BEANS & HAM FRIED POTATOES & ONIONS SEASONED GREENS WHEAT BREAD FRUIT MEDLEY	18 CHICKEN & NOODLES MASHED POTATOES GREEN BEANS WHEAT ROLL HOT BAKED PEACHES	19 <i>BIRTHDAY LUNCH!</i> MEATLOAF W/ KETCHUP SEASONED ROASTED POTATOES BROCCOLI & CAULIFLOWER WHEAT ROLL CAKE W/ ICE CREAM	20 LASAGNA CALIFORNIA MEDLEY VEGETABLES BREADSTICK ANGEL FOOD CAKE	21 TANGY RANCH CHICKEN AU GRATIN POTATOES SEASONED CARROTS WHEAT ROLL CINNAMON APPLES
	24 TURKEY & RICE CASSEROLE GREEN BEANS WHEAT ROLL FRESH CLEMENTINE	25 POT ROAST PARSLIED POTATOES CARROTS & CELERY WHEAT ROLL CHERRY ANGEL CAKE	26 CIDER GLAZED PORK LOIN SEASONED POTATO WEDGES STEAMED CABBAGE WHEAT ROLL FRUIT MEDLEY	27 FRIED CHICKEN MASHED POTATOES W/ GRAVY BUTTERED CORN WHEAT BREAD CHILLED PUDDING W/ TOPPING	28 BAKED ZITI BROCCOLI FLORETS TOSSED SALAD WHEAT ROLL FRUIT PARFAIT
	31 CHICKEN TENDERS MACARONI & CHEESE BABY LIMA BEANS WHEAT BREAD CHILLED PEACHES	<p><i>Happy St. Patrick's Day</i></p>			

***MENU SUBJECT TO CHANGE* SUGGESTED DONATION OF \$4.00.
UNDER 60 AND CARRY OUT \$8.00- NO EXCEPTIONS
LUNCH SERVED MONDAY THRU FRIDAY 11:30 AM TO 12:15 PM**

Health Screenings
March 7, 2025
10 AM– 1 PM

Blood Pressure
Blood Sugar
Cholesterol
BMI



Are you interested in taking an
AARP Driving course to help save
on your car insurance?

Please get with Hannah or Kristen to
get your name on the list. There is
not a date yet but will be coming up
soon in April/May.

\$20 for current AARP members
\$25 for non-AARP members
Payment due on day of class.

AARP[®]

SENIOR GAMES

It's that time again!

The Senior Games are coming!!

Women's Pool– April 11

Men's Pool– April 18

Bowling– April 24

Track and Field– May 1

Look for sign up soon!!

Easter Breakfast

Saturday, April 12, 2025
9:00 am—11:00 am

All You Can Eat
Pancakes
Sausage
Eggs


\$10 per person, \$6 under 10 years old
Open to the Public

Proceeds benefit Marion County Senior
Activity and Wellness Center





ACTIVITIES

<p>3</p> <p>BINGO 10 AM SUPER NOGGIN 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM</p>	<p>CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM</p>	<p>WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM</p>	<p>7</p> <p>TABLE GAMES 9-11 AM AGELESS GRACE 11 AM</p>	<p>MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM</p>
<p>10</p> <p>BINGO 10 AM SUPER NOGGIN 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM</p>	<p>11</p> <p>CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM</p>	<p>12</p> <p>WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM</p>	<p>13</p> <p>TABLE GAMES 9-11 AM AGELESS GRACE 11 AM CRAFT CLASS 12:30 PM</p>	<p>14</p> <p>MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM</p>
<p>17 ST PATRICK'S DAY!</p> <p>BINGO 10 AM SUPER NOGGIN 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM</p> 	<p>18</p> <p>CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM</p>	<p>19</p> <p>WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM</p>	<p>20</p> <p>TABLE GAMES 9-11 AM AGELESS GRACE 11 AM</p>	<p>21</p> <p>MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM NO AFTERNOON BINGO! <u>BINGO FUNDRAISER 4-6 PM</u></p>
<p>24</p> <p>BINGO 10 AM SUPER NOGGIN 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM</p>	<p>25</p> <p>CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM</p>	<p>26</p> <p>WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM</p>	<p>27</p> <p>TABLE GAMES 9-11 AM AGELESS GRACE 11 AM</p>	<p>28</p> <p>MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM <u>CATFISH FRY 4-6 PM</u></p>
<p>31</p> <p>BINGO 10 AM SUPER NOGGIN 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM</p>				

BINGO NIGHT FUNDRAISER

FRIDAY MARCH 21ST 2025

STARTS @ 4 PM

\$10 per person for 10 games, \$5 per person for all games

\$2 DAUBERS & \$0/\$0 TICKETS

DINNER MEAL \$7.00

MARION COUNTY SENIOR CENTER
5966 HIGHWAY 202, FLIPPIN, AR 72634
870-302-3437

OPEN TO THE PUBLIC!

GREAT PRIZES!

FUN FOR ALL!

ALL PROCEEDS BENEFIT MARION COUNTY SENIOR CENTER

7 Key Nutrients for Senior Nutrition

The Geriatric Dietitian



VITAMIN D

Vitamin D is a fat soluble vitamin involved in bone health, muscle health, immunity, and cognition. Older adults > age 70 need 800 IU daily (younger adults need 600 IU daily). Low vitamin D is common in seniors.

CALCIUM

Calcium is a mineral involved in bone health, muscle health, nerve transmission, and hormone secretion. Men >70 years old and women 51+ years old need 1,200 mg daily (younger men need 1,000 mg daily).



VITAMIN B-6

Vitamin B-6 is a water soluble vitamin that has a role in metabolism, immune function, and enzyme reactions. Those ages 51-70 need 1.3 mg daily. Men >70 years need 1.7 mg daily. Women >70 years need 1.5 mg daily.

VITAMIN B-12

Vitamin B-12 is a water soluble involved in making DNA, red blood cell formation, and proper nerve function. Men and women need 2.4 mcg daily. Many seniors cannot absorb vitamin B-12 from food sources.



FIBER

Fiber is a type of carbohydrate that the body is unable to digest. Fiber is involved with healthy digestion, feeling full, and preventing constipation. Men 51+ years need 30 gms daily. Women 51+ years need 21 gms daily.

PROTEIN

Protein supports good health, immunity, maintains muscle, and physical function in older adults. Researchers recommend that older adults consume 1-1.2 grams of protein per kilogram body weight.



CALORIES

Seniors who lose weight unintentionally need more calories to stop weight loss, protect their muscle, and prevent malnutrition. Foods highest in calories typically include those high in fat like avocado, whole fat dairy, nuts, and oils. Consult a geriatric dietitian as needed.



Canning Ring Rag Sunflower



MCSAWC March Craft!

Canning Ring Sunflower

Public is Welcome

RSVP @ 870-302-3437

\$5.00 Supplies Included

Benefits Marion County Senior Activity and Wellness Center

EMERGENCY PREPAREDNESS

FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

CREATE A NETWORK OF SUPPORT
TO HELP YOU IN CASE OF AN EMERGENCY.

PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES.



talk to a health care provider about what to do



identify an alternative power source for devices



inform your emergency contacts of the plan



Plan how you will communicate if you have a communication disability.



Plan for your transportation if you need help evacuating.



Plan how you will evacuate with any assistive devices.

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- ✓ Contact information for important people and care providers
- ✓ A list of medicines you need, dosage instructions, and any allergies
- ✓ Styles and serial numbers of all medical and assistive devices
- ✓ Need-to-know information for first responders and others who might need to help you



✓ Food, water, and essentials for you and pets or service animals

✓ Medicines, medical supplies, batteries, and chargers

✓ Copies of Medicaid, Medicare, and other insurance cards



Learn more: acl.gov/programs/emergency-preparedness

MARION COUNTY SENIOR CENTER

FISH FRY

FUNDRAISER

PROCEEDS GO TO MEALS ON WHEELS.

FRIDAY
MARCH 28
4 PM - 6 PM

MARION COUNTY SENIOR CENTER
5956 HWY 302 E. FLIPPIN, AR 71434
FOR MORE INFORMATION
870-303-3437 • MARIONCO@AOL.COM

EACH MEAL INCLUDES: FRIED CATFISH - POTATO SALAD - HEALTHY FRIES - BAKED BEANS - DESSERT

\$14.00 PER MEAL, CURBSIDE PICKUP OR DINE-IN