March Newsletter



Marion County Senior Activity and Wellness Center

Ambassador Meeting March 10

@ 9 AM

Discuss fundraising ideas,

ideas for our

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!



Sign up now! Donations benefit Meals on Wheels





The same		ESSE COLO				
	Monday	Tuesday	Wednesday	Thursday	Friday	
	3 HAM & AU GRATIN POTATOES SPINACH WHEAT ROLL BANANA	BEEF STROGANOFF OVER NOODLES BUTTERED CARROTS WHEAT ROLL APPLESAUCE	FOAST 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	T 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	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	COUNTRY FRIED STEAK W/ GRAVY MASHED POTATOES GREEN BEANS WHEAT ROLL FRUIT MEDLEY	14 CHEESE RAVIOLI W/ SAUCE BUTTERED CORN TOSSED SALAD GELATIN PARFAIT	
	ST PATRICK'S DAY 17 PINTO BEANS & HAM FRIED POTATOES & ONIONS SEASONED GREENS WHEAT BREAD FRUIT MEDLEY	18 CHICKEN & NOODLES MASHED POTATOES GREEN BEANS WHEAT ROLL HOT BAKED PEACHES	MEATLOAF W/ KETCHUP SEASONED ROASTED POTATOES BROCCOLLS CAULIFLOWER WHEAT ROLL CAKE W/ ICE CREAM	LASAGNA CALIFORNIA MEDLEY VEGETABLES BREADSTICK ANGEL FOOD CAKE	TANGY RANCH CHICKEN AU GRATIN POTATOES SEASONED CARROTS WHEAT ROLL CINNAMON APPLES	
	TURKEY & RICE CASSEROLE GREEN BEANS WHEAT ROLL FRESH CLEMENTINE	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	FRIED CHICKEN MASHED POTATOES W/ GRAVY BUTTERED CORN WHEAT BREAD CHILLED PUDDING W/ TOPPING	BAKED ZITI BROCCOLI FLORETS TOSSED SALAD WHEAT ROLL FRUIT PARFAIT	
	CHICKEN TENDERS MACARONI & CHEESE BABY LIMA BEANS WHEAT BREAD CHILLED PEACHES		≯ Kappy St. S	Patrick's Do	y de la constant de l	

MENU SUBJECT TO CHANGE SUGGESTED DONATION OF \$4.00.

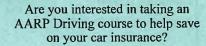
UNDER 60 AND CARRY OUT \$8.00-NO EXCEPTIONS

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

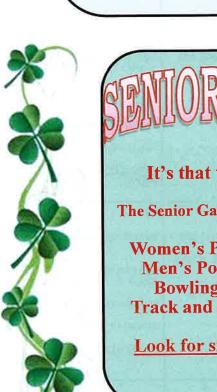




Please get with Hannah or Kristen to get your name on the list. There is not a date yet but will be coming up soon in April/May.

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





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



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BINGO 10 AM SUPER NOGGIN 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	TABLE GAMES 9-11 AM AGELESS GRACE 11 AM	MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
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17 ST PATRICK'S DAY! BINGO 10 AM SUPER NOGGIN 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	18 CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	19 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	20 TABLE GAMES 9-11 AM AGELESS GRACE 11 AM	21 MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM NO AFTERNOON BINGO! BINGO FUNDRAISER 4-6 PM
24 BINGO 10 AM SUPER NOGGIN 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	25 CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	26 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	27 TABLE GAMES 9-11 AM AGELESS GRACE 11 AM	28 MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM CATFISH FRY 4-6 PM
31 BINGO 10 AM SUPER NOGGIN 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM		St. Patr	ick's Digg	





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 vromen 51+ years old need 1,200 mg daily (younger men need 1,00 mg daily).





VITAMIN B-6

Vitamin 8 6 is a water soluble vitamin that has a role in metabolism, immune function, and enzyme reactions. Those ages 51-70 need 13 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 1-12 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 mainutrition. Foods highest in calories typically include those high in fat like avocado, whole fat dairy, nuts, and oils. Consult a geriatric dietitian as needed.

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







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





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

