



March 2025
Newsletter

Searcy County Senior Center
509 Zack Road
Marshall, AR 72650

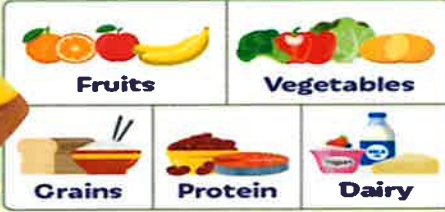
March 2025

5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Eat a variety of foods each day.



Read food labels to learn what's in your food.

Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Keep a food diary to track what you eat.



Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.



Daily Activities available at the Senior Center

- Dominos
- Pool Tables
- Card Games
- Exercise Room
- Wii
- TV Room
- Puzzles
- Wi Fi
- Bean Bag Baseball
- Exercise Class on Tuesday and Thursday @ 9:30 am

March Calander

- March 9– Daylight Savings Time Begins
- March 15– Fashion Show at Ozark Heritage Art Center– Leslie
- March 17– St Patrick's Day– Wear Green!
- March 21 and 22– Hee Haw Show at Ozark Heritage Art Center-Leslie 7:00 pm nightly



St Patrick's Day

Word Search

E	B	B	Q	H	F	G	D	S	H	O	R	S	E	S	H	O	E	J	Y
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MAGICAL
BAGPIPE
CLOVER
DUBLIN

GOLD
GREEN
IRELAND
IRISH

LUCK
PATRICK
POTATOES
RAINBOW

SHAMROCK
SEVENTEENTH
POT OF GOLD
LEPRECHAUN

CORNED BEEF
HORSESHOE
ST PADDY'S DAY
LUCK OF THE IRISH

March 2025 Menu

Mon	Tue	Wed	Thu	Fri
<p>3 Hamburger on Wheat Bun Mustard Potato Salad Creamy Coleslaw Applesauce</p>	<p>4 Chicken Tenders Macaroni & Cheese Baby Lima Beans Wheat Bread Chilled Peaches</p>	<p>5 BBQ Riblet Sandwich Baked Beans Mixed Veggies Rice Krispy Treat</p>	<p>6 Hearty Chili w/ Crackers Romaine Lettuce Salad w/Dressing Fruit Medley Sugar Cookie</p>	<p>7 Fried Fish Fillet Buttered Corn Collard Greens Wheat Bread Lemon Cream Pie</p>
<p>10 Ham & Au Gratin Potatoes Spinach Roll Banana</p>	<p>11 Beef Stroganoff over Noodles Buttered Carrots Roll Applesauce</p>	<p>12 Roast Turkey w/ Gravy Baked Sweet Potato Green Beans Roll</p>	<p>13 Boneless Breaded Pork Chop w/ Cream Gravy Hash Brown Potatoes Buttered Corn</p>	<p>14 Vegetable Beef Soup Crackers Cottage Cheese Spinach Salad w/ Dressing Chilled Peaches</p>
<p>17 Asian Ginger Chicken Fluffy White Rice Oriental Veggies Roll Mandarin Oranges</p>	<p>18 Chicken Pot Pie w/ Biscuit California Medley Veggies Fresh Fruit</p>	<p>19 Cream of Potato Soup Turkey & Swiss Sandwich Baked Potato Chips Relish Plate w/</p>	<p>20 Country Fried Steak Peppered Cream Gravy Mashed Potatoes Green Beans /Roll Fruit Medley</p>	<p>21 Cheese Ravioli with Pesto Buttered Corn Tossed Salad w/ Dressing Cookie</p>
<p>24 Italian Baked Chicken Pasta Primavera Italian Bread Glazed Angel Cake</p>	<p>25 Chicken & Noodles Mashed Potatoes Green Beans Roll Hot Baked Peaches</p>	<p>26 Meatloaf w/ Ketchup Seasoned Roasted Potatoes Broccoli & Cauliflower Roll</p>	<p>27 Herb Baked Fish Fluffy White Rice Buttered Corn Wheat Bread Chocolate Chip Cookie</p>	<p>28 Tangy Ranch Chicken Au Gratin Potatoes Seasoned Carrots Roll Cinnamon Apples</p>
<p>31 Tater Tot Casserole Green Peas Roll Chilled Pears</p>	<p>1 Pot Roast Parslied Potatoes Carrots & Celery Roll Cherry Angel Cake</p>	<p>2 Cider Glazed Pork Loin Seasoned Potato Wedges Steamed Cabbage Roll Fruit Medley</p>	<p>3 Fried Chicken Mashed Potatoes w/Gravy Buttered Corn Wheat Bread Chilled Pudding w/ Topping</p>	<p>4 Baked Ziti Broccoli Florets Tossed Salad w/ Dressing Roll Fruit Parfait</p>

Searcy County Senior Activity Center
Presents

Ozark

Mountain



MARCH 21 & 22 2025, 7:00 P.M.

OZARK HERITAGE ART CENTER

LESLIE, ARKANSAS

Local Cast, Square Dancers, Corny Jokes, lots of Music

Special Guest

Admission at the door \$10

Advanced tickets available at the Searcy County Senior Center & Bank of 1889 \$8.00

511 Zack Road Marshall, AR 72650

Call 870-448-2999 For more information

Proceeds go to Meals on Wheels Program