

# February Newsletter

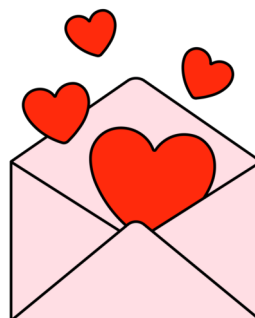
Marion County Senior Activity and Wellness Center

5966 Hwy 202 E.

Flippin, AR. 72634

P.O. Box 728

870-302-3437



Keep an eye out for more information on:  
Wii Bowling Tournament: Coming soon!  
AAANWAR Senior Games: April/May!

**Ambassador Meeting February 10 @ 9 AM**

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



Marion County Senior Center will be closed  
Monday, February 17th for Presidents Day!  
Please mark this down on your calendars.



Find us on:  
**facebook®**

# FEBRUARY

	Monday	Tuesday	Wednesday	Thursday	Friday	
	3	4	5	6	7	
	<p>ASIAN GINGER CHICKEN FLUFFY WHITE RICE ORIENTAL VEGETABLES WHEAT ROLL MANDARIN ORANGES</p>	<p>HERB PORK CUTLET W/ BROWN GRAVY BAKED POTATO SEASONED GREENS WHEAT ROLL CHILLED PEARS</p>	<p>MEATLOAF W/ GRAVY SCALLOPED POTATOES MIXED VEGETABLES WHEAT BREAD SNICKERDOODLE COOKIE</p>	<p>COUNTRY FRIED STEAK W/ CREAM GRAVY MASHED POTATOES GREEN BEANS WHEAT ROLL FRUIT MEDLEY</p>	<p>MARINATED CHICKEN SANDWICH LETTUCE &amp; TOMATO BAKED POTATO WEDGES 3-BEAN SALAD FROSTED CAKE</p>	
	10	11	12	13	14	
	<p>PINTO BEANS W/ HAM FRIED POTATOES &amp; ONIONS SEASONED GREENS CORNBREAD FRUIT MEDLEY</p>	<p>CHICKEN &amp; NOODLES MASHED POTATOES GREEN PEAS WHEAT ROLL HOT BAKED PEACHES</p>	<p>BEEF CHOPPED STEAK W/ MUSHROOM GRAVY ROASTED POTATOES BRUSSEL SPROUTS WHEAT TOLL FRUIT PARFAIT</p>	<p>LASAGNA CALIFORNIA MEDLEY VEGETABLES BREADSTICK ANGEL FOOD CAKE</p>	<p>SALMON BURGER W/ LEMON DILL SAUCE ROSEMARY BAKED POTATO WEDGES BABY LIMA BEANS HONEY FRUIT CUP</p>	
	17	18	19	20	21	
	<p>MCSAWC CLOSED IN OBSERVANCE OF PRESIDENT'S DAY</p> 	<p>POT ROAST PARSLIED POTATOES CARROTS &amp; CELERY WHEAT ROLL CHERRY ANGEL CAKE</p>	<p><b>BIRTHDAY LUNCH! 19</b></p>  <p>CIDER GLAZED PORK LOIN SEASONED POTATO WEDGES STEAMED CABBAGE WHEAT ROLL CAKE W/ ICE CREAM</p>	<p>FRIED CHICKEN MASHED POTATOES W/ GRAVY BUTTERED CORN WHEAT BREAD CHILED PUDDING W/ TOPPING</p>	<p>BAKED ZITI BROCCOLI FLORETS TOSSED SALAD GARLIC BREAD FRESH CLEMENTINES</p>	
	24	25	26	27	28	
	<p>HAMBURGER ON WHEAT BUN MUSTARD POTATO SALAD CREAMY COLESLAW CHILLED PUDDING W/ TOPPING</p>	<p>CHICKEN TENDERS MACARONI &amp; CHEESE BABY LIMA BEANS WHEAT BREAD CHILLED PEACHES</p>	<p>BBQ RIBLETTE SANDWICH BAKED BEANS MIXED VEGETABLES RICE KRISPIE TREAT</p>	<p>OVEN CHICKEN FAJITAS PEPPERS &amp; ONIONS BUTTERED RICE BLACK BEANS FRESH FRUIT</p>	<p>FRIED FISH FILLET BUTTERED CORN COLLARD GREENS WHEAT BREAD LEMON CRÈME PIE</p>	
<p><i>Happy Valentine's Day</i></p> 						

\*MENU SUBJECT TO CHANGE\* SUGGESTED DONATION OF \$4. IF YOU WOULD LIKE A SUBSTITUTE SALAD (Congregate Only), PLEASE CALL BY 11 AM 870-302-3437 UNDER 60 AND CARRY OUT \$8 \*\*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



## How to Solve Sudoku

Each Sudoku puzzle is a 9X9 square that is broken up into 3X3 squares.

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

To solve the puzzle follow the following rules:

- In each 3X3 square the numbers 1-9 must be present once.
- In each row the numbers 1-9 must be present once.
- In each column the numbers 1-9 must be present once.

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

The challenge lies in not repeating any numbers in the row, column, or square.

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

# GROUNDHOG DAY

**FEB 2**

According to legend, if a groundhog sees its shadow on this day, there will be six more weeks of wintry weather; if it doesn't, then spring is right around the corner!

THE OLD FARMER'S ALMANAC

## WALK ACROSS ARKANSAS

Registration Opens: February 24  
 March 10 - May 4

**SPRING 2025**

**BENEFITS INCLUDE:**

- ✓ Better sleep
- ✓ Strong relationships
- ✓ Lost weight/inches
- ✓ Improved blood pressure
- ✓ Improved blood panels
- ✓ Controlled stress

**WHAT IS IT ALL ABOUT**  
 Walk Across Arkansas is an 8-week team-based physical activity program. Teams up to 30 participants set physical activity goals and support each other through friendly competition. Anyone can join!

Sign up on [walk.uada.edu](http://walk.uada.edu) OR contact your local County Extension Agent.

For more information contact  
 Billie Collins  
 ☎ 870 449-6349  
 ✉ [bcollins@uada.edu](mailto:bcollins@uada.edu)

U.A. DIVISION OF AGRICULTURE RESEARCH & EXTENSION University of Arkansas System

The University of Arkansas System Division of Agriculture offers all its Extension and Research programs to all eligible persons without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

# HELLO February

<p>3</p> <p>BINGO 10 AM          SUPER NOGGIN 10 AM          AGELESS GRACE 11 AM          WII BOWLING 12:30 PM</p>	<p>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>6</p> <p>TABLE GAMES 9-11 AM          AGELESS GRACE 11 AM</p>	<p>7</p> <p>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>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  <b>CRAFT CLASS 12:30 PM</b></p>	<p>14</p> <p>EXTENSION GET FIT 10 AM          SKIPBO 11:00 AM          BINGO 12:30 PM</p> 
<p>17</p> <p>MCSAWC CLOSED IN OBSERVANCE OF PRESIDENT'S DAY!</p> 	<p>18</p> <p>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>EXTENSION GET FIT 10 AM          SKIPBO 11:00 AM          BINGO 12:30 PM</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>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>EXTENSION GET FIT 10 AM          SKIPBO 11:00 AM          BINGO 12:30 PM</p>
<p> </p>	<p> </p>	<p> </p>	<p> </p>	<p> </p>

YOU ARE INVITED TO

*Valentine's*  
**DINNER**

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**FEBRUARY 14**  
**5:00-7:00 PM**

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

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



# Spinach Artichoke Dip

## Ingredients:

16 oz of softened cream cheese  
1 cup Alfredo Sauce  
10 oz of frozen spinach, thawed and squeezed dry  
1/2 cup artichoke hearts  
1/4 cup of sun dried tomatoes  
2 cups of Italian blend cheese, shredded  
1/2 grated parmesan cheese  
1/4 teaspoon of Italian Seasoning  
1 dash of hot sauce

1. Preheat oven to 350\*
2. In a large bowl, stir together all of the ingredients until blended well.
3. Spoon ingredients into a lightly greased 2 qt casserole.
4. Bake for 25-30 minutes, or until golden brown
5. Serve with sliced toast or crackers. Enjoy!

Makes about 25 servings

Courtesy of [www.almanac.com](http://www.almanac.com)

## MCSAWC February Craft!

“Love you to Pieces”  
Wreath

Public is Welcome

RSVP @ 870-302-3437

\$5.00 Supplies Included

Benefits Marion County  
Senior Activity and Wellness Center

