

February 2025

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Searcy County Senior Center

509 Zack Rd

P.O. Box 806

Marshall, AR 72650

870-448-2999

Serious Sugars

Most all of us love sweet foods, but that added sugar can have serious health effects. Nutrition experts suggest limiting added sugars to no more than 10 % of daily calories, or 12 teaspoons a day. Added sugars is linked to obesity and chronic disease. Americans take in 22 to 30 teaspoons of added sugars daily. That's nearly 350 to 500 calories!

Added sugars is a term that refers to any caloric sweetener added to a food during processing, cooking or at the table. Sugars that occur "naturally" in foods, like fruit or milk, come packaged with good stuff like vitamins, minerals, protein, fiber and water—so they don't have the negative health effects.

Reading the label ingredients on processed foods can help to identify added sugars. Names for sugars on food labels include: anhydrous dextrose, brown sugar, confectioner's powdered sugar, corn syrup, corn syrup solids, dextrose, fructose, high-fructose corn syrup (HFCS), honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, nectars (e.g. peach nectar, pear nectar), pancake syrup, raw sugar, sucrose, and white granulated sugar.

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February Activities:

Daily Activities Available;

Domino, Cards, Wi Fi,

Wi Bowling, Bean Bag Baseball,

Pool Tables

Exercise Class every Tuesday and Thursday at 9:00 am or exercise on your own.

Available -treadmill, stationary bike,

Other activities and

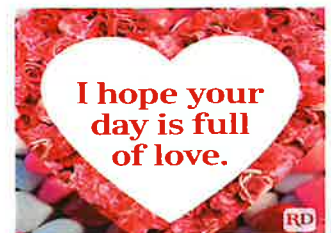
Fundraisers

Feb 11– Basket Bingo 6:00 pm

Feb 14– Valentines Day

Feb 17– Center Closed for Presidents Day

Feb 28– Fish Fry 2:00 pm until 6:00 pm



Continued from page 1.....

Recent studies suggest that the more added sugars people consume, the higher their triglyceride levels, LDL, cholesterol, and blood pressure—and the association was independent of sugar’s effect on body weight. Sugar may also be involved in the development of artery-hardening plaque and fatty liver.

How to keep from consuming too much sugar---

Choose fruit! Fruit has natural sugar, less than 1 percent of total added sugars come from fruits and 100% fruit juice (including fresh, canned, frozen, dried fruit and fruit salads).

Think about it----- Drink more water, make water tastier by adding slices of lemon, lime, cucumber or melon.

Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.

When you do choose a sugar-sweetened beverage, go for the small size.

Think about it before you choose sugar snacks. Is it worth it, extra sugars? Would a fruit be just as good?

Information source; University of Arkansas Division of Agriculture, Searcy County Extension Service, Marshall, AR.



Fish Fry– Fish Fry– Fish Fry

Friday February 28, 2025 2:00 pm until 6:00 pm

Fish or Chicken Strips, French Fries, Beans, Hushpuppies and Dessert

Searcy County Senior Center



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Mon	Tue	Wed	Thu	Fri
<p>3 Honey Lemon Chicken Red Skin Mashed Potatoes Broccoli Florets Roll Oatmeal Cookie</p>	<p>4 Breaded Shrimp Baked Potato Wedges Calico Slaw Roll Tropical Fruit</p>	<p>5 Open Faced Turkey Sandwich Mashed Potatoes Green Beans Roll Yellow Cake w/ Chocolate Frosting</p>	<p>6 Herbed Pork Loin Whipped Sweet Potatoes California Blend Veggies Roll Pineapple</p>	<p>7 Steak Fingers with Cream Gravy Baked Potato Peas & Carrots Wheat Bread Chilled Peaches</p>
<p>10 Roasted Greek Chicken Rice Pilaf Broccoli Florets Roll Fudge Bar</p>	<p>11 Herb Pork Cutlet w/Gravy Baked Potato Seasoned Greens Roll Chilled Pears</p>	<p>12 Chicken Pot Pie California Blend Veggies Wheat Roll Fresh Fruit</p>	<p>13 Cream of Potato Soup Turkey & Swiss Cheese Sandwich Baked Potato Chips Relish Plate w/ Salad Dressing Fruit Crisp</p>	<p>14 Pork Roast Pinto Beans Seasoned Cabbage Cornbread Sunshine Cake</p>
<p>17 Holiday Closed for Presidents' Day</p>	<p>18 Italian Baked Chicken Pasta Primavera Italian Bread Glazed Angel Food Cake</p>	<p>19 Meatloaf w/ Ketchup Seasoned Roasted Potatoes Broccoli & Cauliflower Roll Fruit Parfait</p>	<p>20 Lasagna Seasoned Green Beans Breadstick Hot Baked Peaches</p>	<p>21 Salmon Burger w/ Lemon Dill Sauce Rosemary Baked Potato Wedges Baby Lima Beans Honey Fruit Cup</p>
<p>24 Turkey & Rice Casserole Seasoned Green Beans Roll Fresh Clementines</p>	<p>25 Cream of Broccoli Soup Crackers Tuna Salad Sandwich Sweet Potato Fries Chocolate Pudding</p>	<p>26 Baked Cube Steak w/Gravy New Red Potatoes Baby Lima Beans Roll Fruited Gelatin</p>	<p>27 Mushroom Chicken Wild Rice Blend Broccoli Florets Roll Mixed Berry Crisp</p>	<p>28 French Dip Sandwich Baked Potato Chips Mixed Veggies Vanilla Cream Pie</p>

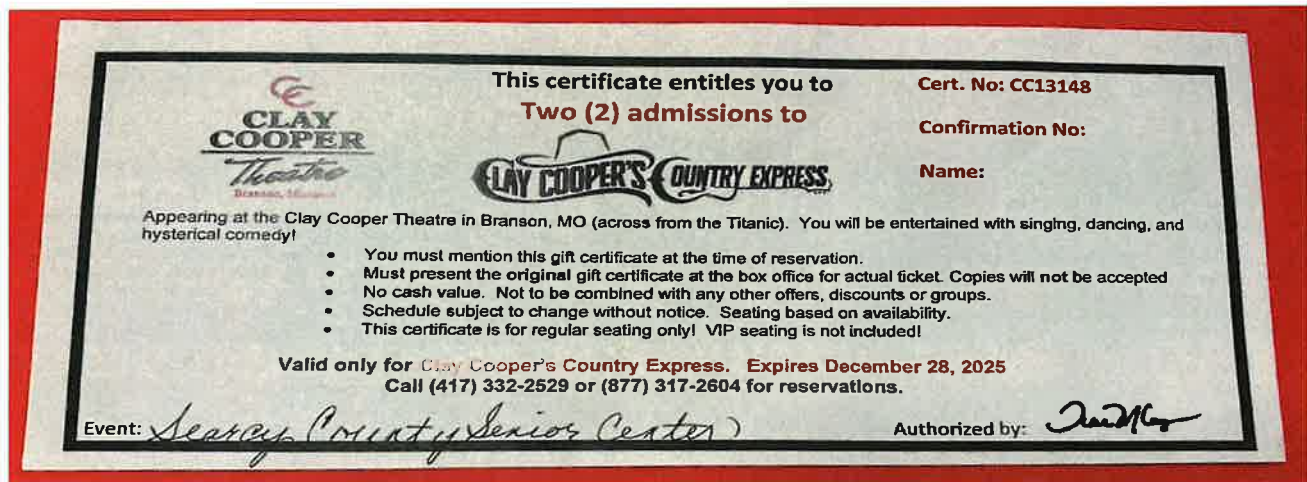
Basket Bingo

Tuesday February 11, 2025, 6:00 PM

Searcy County Senior Center

509 Zack Road, Marshall, AR

870-448-2999



Blackout Prize Two tickets to the Clay Cooper Theater in Branson, Missouri

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

10 games of bingo plus Blackout Bingo!

\$10 suggested donation for 10 games,

\$5 each additional booklet

Blackout Bingo Prize 2 Tickets to Clay Cooper Theater in Branson, MO

Bingo Open to the public