

Marion County Senior Activity and Wellness Center

5966 Hwy 202 E, PO BOX 728

Flippin, AR 72634

870-302-3437

April Newsletter

Important Dates:

April

- 1: April Fool's Day!
- 10: Cornhole Tournament @ 1PM
- 11: SENIOR GAMES: Women's Pool
- 12: Easter Breakfast 9-11 AM
Painting Class 11 AM
- 14: Ambassador Meeting @ 9 AM
- 18: SENIOR GAMES: Men's Pool
- 20: Happy Easter!
- 22: Happy Earth Day!
- 24: SENIOR GAMES: Bowling

May

- 1: SENIOR GAMES: Track & Field
- 3: Painting Class @ 10 AM
Cotter Festival- Come visit booth!
- 14: Disaster Preparedness -
Training @ 10:45 AM



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®

Address: 5966 Highway 202 E, Flippin AR 72634

Mailing Address: PO BOX 726, Flippin, AR 72634

Phone Number: 870-302-3437

Hours: Mon-Fri 8:00 AM-4:30 PM



	Monday	Tuesday	Wednesday	Thursday	Friday	
		1 HAMBURGER ON WHEAT BUN MUSTARD POTATO SALAD CREAMY COLESLAW CHILLED PUDDING W/ TOPPING	2 OVEN CHICKEN FAJITAS W/ PEPPERS & ONIONS BUTTERED RICE BLACK BEANS FRESH FRUIT	3 HEARTY CHILI W/ CRACKERS ROMAINE LETTUCE SALAD FRUIT MEDLEY SOFT SUGAR COOKIE	4 CORNBREAD PORK CUTLET W/ GRAVY MASHED POTATOES BUTTERED CARROTS WHEAT ROLL MANDARIN ORANGE FLUFF	
	7 ROAST BEEF AU JUS CHEESY POTATOES GREEN PEAS WHEAT ROLL BANANA CRÈME PIE	8 ROTISSERIE STYLE TURKEY BREAD DRESSING BRUSSEL SPROUTS WHEAT ROLL STRAWBERRIES W/	9 PINEAPPLE CHICKEN FRIED RICE STIR FRY VEGETABLES EGG ROLL MANDARIN ORANGE FLUFF	10 KIELBASA POTATO PANCAKES BEETS MEDLEY WHEAT ROLL FRUIT SALAD	11 CHICKEN COBB SALAD PASTA SALAD WHEAT ROLL TROPICAL FRUIT DREAM	
	14 CHEESE ENCHILADAS FIESTA RICE PICO DE GALLO & SOUR CREAM STRAWBERRIES W/ TOPPING	15 SWEET & SOUR PORK STEAMED RICE ASIAN VEGETABLES EGG ROLL ORANGE PINEAPPLE CREAM	BIRTHDAY LUNCH! 16 GRILLED CHICKEN SALAD POTATO SALAD BREADSTICK WHITE CAKE W/ CHOCOLATE FROSTING 	17 BRAISED STEW BEEF TIPS W/ GRAVY RICE PILAF PRINCE EDWARD VEGETABLES WHEAT ROLL AMBROSIA	18 MUSHROOM SWISS HAMBURGERS LETTUCE & TOMATO TATOR TOTS ICE CREAM SUNDAE	
	21 MARINATED CHICKEN PARMESAN BASIL ORZO BABY CARROTS WHEAT ROLL PEAR CRISP	22 LEMON & HERB BAKED TILAPIA GARLIC MASHED CAULIFLOWER SQUASH MEDLEY WHEAT ROLL CHERRY PIE	23 BBQ BEEF BRISKET SWEET POTATO WEDGES BAKED BEANS CORNBREAD OATMEAL RAISIN COOKIE	24 ORANGE JUICE OATMEAL FRUIT CUP SAUSAGE PATTY FRENCH TOAST SYRUP	25 CHICKEN CLUB SANDWICH ONION RINGS STEAMED VEGETABLE STICKS CHOCOLATE CHIP BAR	
	28 BAKED ZITI W/ CHEESE SPINACH SALAD GARLIC BREAD FRUIT SALAD	29 BREADED SHRIMP MACARONI & CHEESE BROCCOLI FLORETS WHEAT ROLL PINEAPPLE & BANANAS	30 MEATLOAF ROASTED POTATOES GREEN BEANS WHEAT ROLL MANDARIN ORANGES			

MENU SUBJECT TO CHANGE SUGGESTED DONATION OF \$4. UNDER 60 AND CARRY OUT \$8.00

Bargain Bus is Back!

May 19, 2025 @ 8:30 AM

\$10.00

Rust, Dust, & Wanderlust

Harrison, AR

RSVP @ 870-302-3437



EASTER CRAFT

APRIL 10 @ 12:30 PM

\$5.00

Community Yard Sale

Saturday June 14, 2024

9 am—2 pm

5966 Highway 202 East

Flippin, AR 72634


For more information : 870-302-3437

\$15 Inside Spot, \$10 Outside Spot

Reserve your Spot Today!

YARD SALE

HAPPY april ACTIVITIES

	1 CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	2 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	3 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
7 BINGO 10 AM SUPER NOGGIN 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	8 CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	9 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	10 TABLE GAMES 9-11 AM AGELESS GRACE 11 AM CRAFT CLASS 12:30 PM	11 MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
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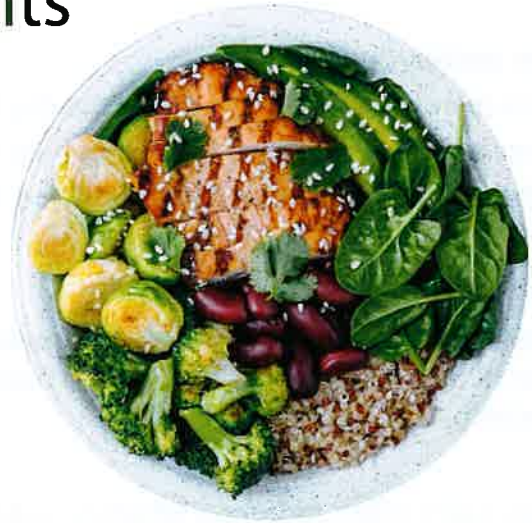
Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

The following tips can help you get started on your way to eating right.



Make half your plate fruits and vegetables.

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you're at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

Limit sodium, saturated fat and added sugars.

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

Stay well-hydrated

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

Enjoy your food but be mindful of portion sizes.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

Cook more often at home, where you are in control of what's in your food.

When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

Consult a registered dietitian nutritionist if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: U.S. Department of Health and Human Services and Complete Food and Nutrition Guide, 5th edition

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Food Connects Us

2025 NATIONAL NUTRITION MONTH®

eat right. Academy of Nutrition and Dietetics

WORD SEARCH

Words may be horizontal, vertical, diagonal, or backwards

Acorn Squash	A	C	O	R	N	S	Q	U	A	S	H	C	E
Bulgur	S	A	P	K	E	A	D	L	I	N	E	W	I
Chard	N	M	E	D	R	M	P	O	P	C	O	R	N
Chicken	O	R	P	S	U	A	E	S	B	L	Y	U	D
Edamame	O	Y	A	I	N	T	C	A	S	D	E	G	B
Honeydew	T	A	R	O	R	O	O	T	N	K	N	L	S
Kiwi	E	D	M	D	K	M	H	R	I	A	U	U	R
Lychee	R	B	E	E	Y	C	B	W	O	C	R	B	R
Okra	W	I	S	A	R	D	I	N	E	S	B	Y	E
Parmesan Cheese	N	R	A	N	O	M	W	H	R	N	T	S	N
Popcorn	E	L	N	A	L	E	E	M	A	M	A	D	E
Sardines	K	U	C	S	A	T	S	G	S	T	P	E	C
Sesame Seeds	C	T	H	D	E	C	U	B	O	R	W	E	H
Tamarind	I	G	E	L	Y	H	R	A	O	M	H	S	I
Taro Root	H	Q	E	H	O	L	Q	D	M	W	C	E	L
Yogurt	C	H	S	P	G	R	N	L	G	E	D	M	A
	O	P	E	C	U	I	P	R	E	D	R	A	T
	P	W	G	B	R	P	K	H	N	Y	Q	S	D
	L	I	O	A	T	U	C	P	A	E	N	E	W
	N	G	M	R	R	Y	E	H	T	N	U	S	C
	R	A	E	K	L	G	I	N	O	O	R	I	F
	T	O	L	B	A	D	W	E	C	H	A	R	D

