

May Newsletter 2025



Searcy County Senior Center
509 Zack Road
Marshall, AR 72650
870-448-2999



May is Mental Health Month

Track gratitude and achievement with a journal

Include three things you're grateful for and three things you were able to accomplish in a day. You don't even need a pen and paper! Get out your smartphone and get to work.

You don't have to see the whole staircase, just take the first step." -Martin Luther King Jr. **Think of something in your life you want to improve**, and figure out what you can do to take a step in the right direction.

See page 3 for more tips to maintaining good mental health.

Daily Activities at the Center

Dominos

Pool Tables

Card Games

Exercise Room

Wii Wi Fi

TV Room Puzzles

Bean Bag Baseball

Exercise Class

Tuesday and Thursday

9:30 am & 5:00 pm

Important Dates of May 2025

M.H. S. Graduation May 9

Mother's Day May 11

Basket Bingo May 20

Memorial Day Holiday May 26

Center Closed for Memorial Day Holiday



Due to unforeseen circumstances the Strawberry Festival for 2025 has been canceled. Next Year, 2026, second Saturday in May!

Searcy County Senior Activity and Wellness Center—May 2025 Menu

May 2025

Mon	Tue	Wed	Thu	Fri
			1 Baked Chicken Cornbread Dressing Spinach Wheat Dinner Roll Berry Cup	2 Breaded Shrimp w/ Cocktail Sauce Macaroni & Cheese Broccoli Florets Wheat Dinner Roll Pineapple & Bananas
5 Chicken Cobb Salad Ranch Dressing Pasta Salad Wheat Dinner Roll Tropical Fruit Dream	6 Rotisserie Style Turkey Bread Dressing Brussels Sprouts Wheat Dinner Roll Six Layer Bar	7 Braised Beef Parslied Mashed Potatoes Seasoned Green Beans Wheat Dinner Roll Berry Cup	8 Salisbury Steak W/ Peppers Duchess Potatoes Herbed Zucchini Wheat Dinner Roll Rosy Apple Slices	9 Lasagna W/ Meatsauce Italian Vegetable Blend Breadstick Assorted Ice Cream
12 Honey Glazed Turkey Baked Sweet Potatoes Savory Spinach Wheat Dinner Roll Peanut Butter Cookie	13 Braised Stew Beef Tips W/ Gravy Rice Pilaf Prince Edward Vegetables Wheat Dinner Roll Ambrosia	14 Glazed Baked Ham Black-Eyed Peas Greens Cornbread Fruited Gelatin Parfait	15 Mushroom Swiss Hamburger Lettuce & Tomato Tater Tots Ice Cream Sundee	16 Chopped Steak Mushroom Gravy Mashed Potato Casserole Multi-Color Cauliflower Wheat Dinner Roll Marbled Cheese-cake
19 Marinated Chicken Parmesan Basil Orzo Baby Carrots Wheat Dinner Roll Pear Crisp	20 Broccoli & Cheese Quiche Garden Blend Rice Herb Roasted Tomatoes Wheat Dinner Roll Fruit Parfait	21 Roast Turkey Dressing W/ Gravy Succotash Wheat Dinner Roll Blueberries & Peaches	22 Blackened Tilapia Fried Corn Calico Coleslaw Wheat Dinner Roll Fruit Mix	23 Beef W/ Roasted Vegetables Rissolle Potatoes Wheat Dinner Roll Apricot Parfait
26 Breaded Shrimp W/ Cocktail Sauce Macaroni & Cheese Broccoli Florets Wheat Dinner Roll Pineapple & Bananas	27 Cream Of Rice Fruit Cup Sausage Patty Waffle W/ Syrup	28 Pot Roast Oven Brownd Potatoes Sauteed Carrots & Celery Wheat Dinner Roll Apple Pie	29 Corn Beef New Boiled Potatoes German Red Cabbage Wheat Dinner Roll Snickerdoodle Cookie	30 Breaded Pork Chop Confetti Rice Butter beans Wheat Dinner Roll Peaches & Cream

May is **Mental Health Month**– You may have cobwebs and dust bunnies hiding in places you don't even know about and they may be affecting your mental health. Thankfully, there are many things you can do to maintain positive mental wellbeing.

1. Start your day with a cup of coffee

Did you know that coffee consumption is linked to lower rates of depression? If coffee isn't your thing, try another good-for-you drink – like green tea.

2. Work your strengths

Do something you're good at to build self-confidence, then tackle a tougher task.

3. Keep it cool for a good night's sleep

The optimal temperature for sleep is between 60° and 67° Fahrenheit, plus cooler sleeping environments are believed to help with weight loss, too!

4. "You don't have to see the whole staircase, just take the first step." -Martin Luther King Jr. **Think of something in your life you want to improve**, and figure out what you can do to take a step in the right direction.

5. Show some love to someone in your life

Close, quality relationships are key for a happy, healthy life.

6. Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days

The flavanoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.

7. Feeling anxious? **Take a trip down memory lane and do some coloring for about 20 minutes to help you clear your mind.** Pick a design that's geometric and a little complicated for the best effect.

8. Take time to laugh

Connect with a funny friend, watch a comedy or check out cute cat videos online. Laughter helps reduce anxiety.

9. Dance around while you do your housework

Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body's "feel-good" chemicals).

10. Go ahead and yawn

Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.

11. Relax in a warm bath once a week

Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.

12. Has something been bothering you? **Let it all out...on paper.** Writing about upsetting experiences can reduce symptoms of depression.

13. Spend some time with a furry friend

Time with animals lowers the stress hormone

14. Work some omega-3 fatty acids into your diet

These fatty acids are linked to decreased rates of depression and schizophrenia among their many benefits. Fish oil supplements work, but eating your omega-3s in foods like wild salmon, flax seeds or walnuts also helps build healthy gut bacteria.

15. Practice forgiveness

Even if it's just forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives.

16. "What appear to be calamities are often the sources of fortune." – Disraeli. **Try to find the silver lining** in something kind of cruddy that happened recently.

17. Feeling stressed? **Smile**

It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down when you're feeling stressed.

18. Take 30 minutes to go for a walk in nature

It could be a stroll through a park or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.

19. **Do your best to enjoy 15 minutes of sunshine**, Sunlight synthesizes Vitamin D, which experts say is a mood elevator, and apply sunscreen.

20. "Anyone who has never made a mistake has never tried anything new." -Albert Einstein **Try something outside of your comfort zone** to make room for adventure and excitement in your life.

Basket



Tuesday May 20, 2025, 6:00 PM

Searcy County Senior Center

509 Zack Road, Marshall, AR

870-448-2999



Blackout Prize "Handmade" Cedar Serving Tray and Cutting Board/w Knives

Made by Bill Jackson

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

Open to the public

Concession available