

June Newsletter

Marion County Senior Activity and Wellness Center

5966 Hwy 202 E., P.O. Box 728

Flippin, AR. 72634

870-302-3437

Community Yard Sale

Saturday, June 14th 2025

9AM-2PM

\$15 for Inside Spot, \$10 for Outside Spot

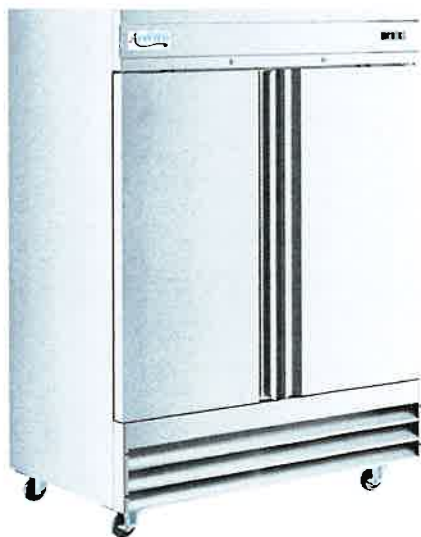
5966 Hwy 202 E.

Flippin, AR. 72634

870-302-3437



Reserve Your Spot today!

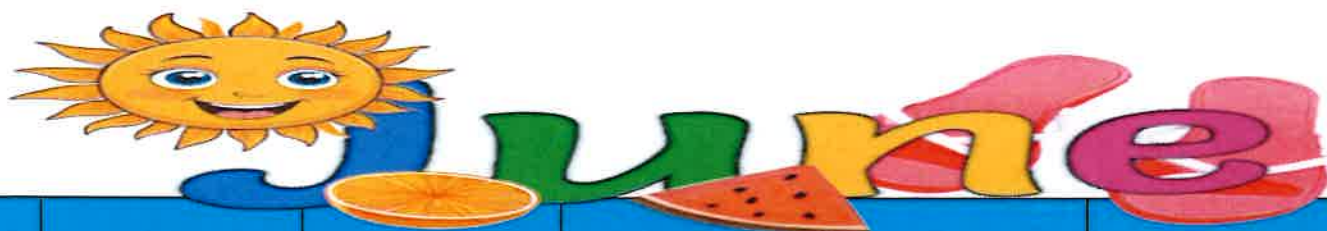


MEALS ON WHEELS

Our center is in need of an upright freezer to aid in storing frozen meals for our Meals on Wheels clients. Marion County Senior Activity and Wellness Center serves Flippin, Yellville, Bull Shoals, Pyatt/Bruno and other areas in Marion County.

Any donations can be made to our center and sent to PO Box 728, Flippin, AR 72634, dropped off at our center Monday-Friday 8 AM– 4:30 PM or donate online at www.aaanwar.org/make-a-donation. Please specify "Marion County Freezer" on any donation.

Help us reach our goal of \$4,000!



	Monday	Tuesday	Wednesday	Thursday	Friday	
	2	3	4	5	6	
	CRISPY CHICKEN SALAD MARINATED CUCUMBER SALAD WHEAT ROLL STRAWBERRY DESSERT BAR	BUTTER CRUMB TILAPIA RED POTATOES CALIFORNIA BLEND VEGETABLES WHEAT ROLL FROSTED VANILLA CUPCAKE	ROAST TURKEY DIANE EGG NOODLES GREEN BEANS WHEAT DINNER ROLL MELON CUBES	BAKED CHICKEN CORNBREAD DRESSING SPINACH WHEAT ROLL BERRY CUP	BREADED PORK CHOP CONFETTI RICE BUTTER BEANS DINNER ROLL PEACHES & CREAM	
	9	10	11	12	13	
	ROAST BEEF AU JUS CHEESY POTATOES GREEN PEAS WHEAT ROLL BANANA CREAM PIE	PINEAPPLE CHICKEN FRIED RICE STIR FRY VEGETABLE BLEND EGG ROLL GERMAN CHOCOLATE CAKE	SLICED BAKED HAM MACARONI & CHEESE GREENS BISCUIT BLONDIE BROWNIE	REUBEN SANDWICH ONION RINGS BROCCOLI SALAD GRAPES	BRAISED BEEF PARSLIED POTATOES SEASONED GREEN BEANS DINNER ROLL CHILLED PUDDING W/ TOPPING	
	16	17	<i>BIRTHDAY LUNCH!</i> 18	19	20	
	SWEDISH MEATBALLS NOODLES BROCCOLI FLORETS WHEAT DINNER ROLL BLUSHING PEARS	CHEESE ENCHILADAS FIESTA RICE PICO DE GALLO SOUR CREAM STRAWBERRIES W/ TOPPING	MUSHROOM SWISS HAMBURGER TOMATO & LETTUCE TATOR TOTS CAKE W/ ICE CREAM	ORANGE JUICE BERRY FRUIT CUP SCRAMBLED EGGS W/ CHEESE BLUEBERRY MUFFIN	CHOPPED STEAK W/ MUSHROOM GRAVY MASHED POTATOES ROASTED CAULIFLOWER CHOCOLATE BROWNIE	
	23	24	25	26	27	
	ZESTY BEAN SOUP SALTINE CRACKERS HAM & CHEESE SANDWICH CUCUMBER SOUR CREAM SALAD HAWAIIAN FRUIT CUP	BEEF W/ ROASTED VEGETABLES ROASTED POTATOES WHEAT ROLL APRICOT PARFAIT	PORK CUTLET PARSLIED POTATOES PEAS & MUSHROOMS DINNER ROLL DAFFODIL ANGEL FOOD CAKE	MARINATED CHICKEN PARMESAN ORZO BABY CARROTS DINNER ROLL PEAR CRISP	BBQ BEEF BRISKET SWEET POTATO WEDGES BAKED BEANS CORNBREAD OATMEAL RAISIN COOKIE	
	30					
	BAKED ZITI W/ CHEESE SPINACH SALAD GARLIC BREAD CHILLED FRUIT SALAD					

***MENU SUBJECT TO CHANGE* SUGGESTED DONATION OF \$4.00. UNDER 60 AND CARRY OUT \$8.00- NO EXCEPTIONS**

****LUNCH SERVED MONDAY THRU FRIDAY 11:30 AM TO 12:15 PM****

Be The Light

Marion County Senior Activity
and Wellness Center

Provider of Meals on Wheels

Serving: Flippin, Yellville, Summit, Bull Shoals, Rea Valley, Pyatt, Bruno,
Peel and other areas of Marion County

Donate \$25 in 2025

<https://securepayment.link/aaanwar/>

Donate online or by mail

Help us reach our
goal of \$179,802!

Help us make sure no senior citizen goes hungry.

It takes 7,193 people donating \$25 to reach our goal!

Please consider donating today!

P.O. Box 728 Flippin, AR 72634 870-302-3437 501 (c) 3 Non-Profit



Find us on:
facebook®

25 DAYS OF RANDOM ACTS OF Kindness

1. Smile at someone just because.
2. Buy the person behind you coffee.
3. Donate toys to charity.
4. Make homemade dog treats and deliver them to a shelter.
5. Bake cookies for your neighbor.
6. Donate to a food bank.
7. Send a card in the mail just because.
8. Volunteer.
9. Donate old blankets and towels to an animal shelter.
10. Paint rocks and hide them for others to find.
11. Send a care package to deployed soldiers.
12. Pay for someone's meal at a restaurant.
13. Let someone go in front of you in line.
14. Mow the lawn, rake the leaves, or shovel snow for your neighbor.
15. Leave a generous tip at a restaurant.
16. Send someone flowers.
17. Help someone before they ask.
18. Carry a stranger's grocery bags.
19. Leave a treat in the mailbox for your mail carrier.
20. Donate to your favorite charity.
21. Compliment a stranger.
22. Bake treats and deliver them to your local police station.
23. Pick up litter at the park.
24. Place a jar of pennies by a wishing fountain!
25. Call a relative just to say hello!

themommadaries.com

Craft Fundraiser

Glowing
Floral
Lantern
Jar



\$8.00 per person
All supplies included
All donations will
benefit Marion
County Senior
Center

JUNE

ACTIVITIES

2 BINGO 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	3 CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	4 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	5 TABLE GAMES 9-11 AM AGELESS GRACE 11 AM	6 MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
9 BINGO 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	10 CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	11 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	12 TABLE GAMES 9-11 AM AGELESS GRACE 11 AM CRAFT CLASS 12:30 PM	13 MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
16 BINGO 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	17 CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	18 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM S&B GROUP 12:30 PM	19 TABLE GAMES 9-11 AM AGELESS GRACE 11 AM	20 MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
23 BINGO 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	24 CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	25 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	26 TABLE GAMES 9-11 AM AGELESS GRACE 11 AM	27 MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
30 BINGO 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM				

Please enjoy this
random act of

KINDNESS

Now it's your turn to pay it
forward. Do something **KIND**
and leave this card behind!

June is Marion County Senior Activity
and Wellness Center's Kindness Month!
Think about doing random acts of
kindness today!

ONE KIND WORD
can change
someone's
entire day



Come celebrate your birthdays with us on June 18th!

Mushroom Swiss Hamburger, Tator Tots, Cake w/ Ice Cream

Painting w/ Maddie

June 7th @ 10 am

Potluck Lunch
Food Theme: Picnic Style

Paint Theme: Kitty Cats

\$10 per person
All supplies included!

Come one, come all!
Enjoy some fun painting
and great conversation!



Saturday Night Music

Every Saturday
6- 8:30 pm

Potluck
Bring whatever
you would like
to share!

Come enjoy some great
music, visit with our local
community and some

