

July Newsletter

Marion County Senior Activity and Wellness Center

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

Flippin, AR. 72634

The Marion County Senior Center
will be closed July 4th, in
observance of Independence day!
Have a safe and happy holiday!

Saturday Night Music will be held
every Saturday starting at
6:00PM – 8:30PM.
Public is welcome to attend!



Find us on:
facebook®

CALICO ROCK MUSEUM & VISITOR CENTER

**July 29, 2025 10:30 AM
\$10.00 for the trip
(extra spending money for
Lunch and shopping)**

**Lunch will be at the Between
the Buns Café.**

**LIMITED SPACE AVAILABLE!
MUST RSVP BY JULY 21, 2025!**









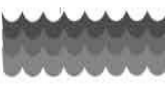

Join us in celebrating
this month's Birthdays
On July 16th!

				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ham Steak Cream Cheese Corn Brussel Sprouts Wheat Roll Chocolate Tango Pudding	2 Breaded Shrimp Macaroni & Cheese Broccoli Florets Wheat Roll Chilled Pineapples	3 Baked Chicken Cornbread Dressing Spinach Wheat Roll Berry Cup	4 MCSAWG will be closed in observance of Independence Day! 
7 Lasagna w/ Meat Sauce Italian Vegetables Breadstick Assorted Ice Cream	8 Kielbasa Baby Baker Potatoes Beets Medley Dinner Roll Fruit Salad	9 Garlic Herb Pork Loin Sweet Whipped Carrots Roasted Cauliflower Wheat Roll Mandarins w./ Toasted Coconut	10 Pineapple Chicken Fried Rice Stir Fry Vegetables Egg Roll German Chocolate Cake	11 Sliced Baked Ham Macaroni & Cheese Greens Biscuit Blondie Brownie
14 Mushroom Swiss Burger Lettuce & Tomato Tator Tots Chocolate Pudding w/ Topping	15 Chicken Enchiladas Fiesta Rice Pico de Gallo Sour Cream Strawberries w/ Topping	BIRTHDAY LUNCH! 16  Breaded Fish Filet French Fries Marinated Vegetable Salad Dinner Roll Cake w/ Ice Cream	17 Swedish Meatballs Noodles Broccoli Florets Wheat Roll Blushing Pears	18 Sweet & Sour Pork Steamed Rice Asian Vegetables Egg Roll Orange Pineapple Dream
21 Pork Cutlet Parslied Potatoes Peas & Mushrooms Wheat Roll Daffodil Angel Food Cake	22 Zesty Bean Soup Saltine Crackers Ham and Cheese Sandwich Cucumber Sour Cream Salad Hawaiian Fruit Cup	23 Beef w/ Roasted Vegetables Rissole Potatoes Wheat Roll Apricot Parfait	24 Chicken & Dumplings Mixed Vegetables Dinner Roll Grapes	25 BBQ Beef Brisket Sweet Potato Wedges Baked Beans Cornbread Fruit Mix
28 Chicken Vesuvio Peas & Pearl Onions Wheat Roll Coconut Cream Pie	29 Crispy Chicken Salad Marinated Cucumber Salad Wheat Roll Strawberry Dessert Bar	30 Meatloaf Mashed Potatoes Broccoli Wheat Roll Mandarin Oranges	31 Oatmeal Apple Juice French Toast Sausage Patty Apple Juice Fruit Cup	

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

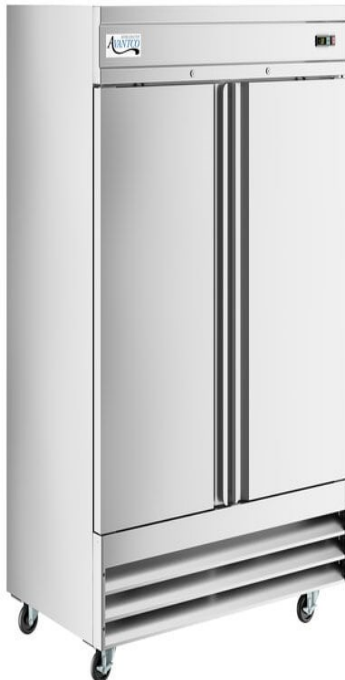
REBUS PUZZLES 14 - Idioms

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ESL VAULT

<https://eslvault.com>

							
	<u>*Trivia Questions*</u>						
	<ol style="list-style-type: none"> 1. Which US President grew up in a peanut farm? 2. What is the national flower of the United States? 3. What is the nickname of Chicago? 4. Which state has the highest population in the US? 5. Which state was the last to be admitted to the US? 6. In which state is the city of Reno located? 7. Which state was bought from the French in 1803? 8. Which volcano erupted in the US in 1980? 9. Hartford is the capital of what state? 10. What is the capital of Idaho? 11. Where in North America do most Amish reside? 12. What genre of music originated in New Orleans? 13. Who is referred to as 'Honest Abe'? 14. Name the 2 states that start with the letter 'K'. 15. What is the most popular sport in the US? 16. What year did Independence Day start? 17. How many stars are on the USA flag? 18. What is the National bird of the USA? 19. What is the most Northern state in the USA? 20. What were the original 13 states? 						
							
							
							
							
							
							
							
							
							



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!

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	4 MCSAWC WILL BE CLOSED IN OBSERVANCE OF INDEPENDENCE DAY! 
7 BINGO 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 NO CRAFT THIS MONTH	11 MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
14 BINGO 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	15 CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	16 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	17 TABLE GAMES 9-11 AM AGELESS GRACE 11 AM	18 MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
21 BINGO 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	22 CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	23 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	24 TABLE GAMES 9-11 AM AGELESS GRACE 11 AM	25 MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
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