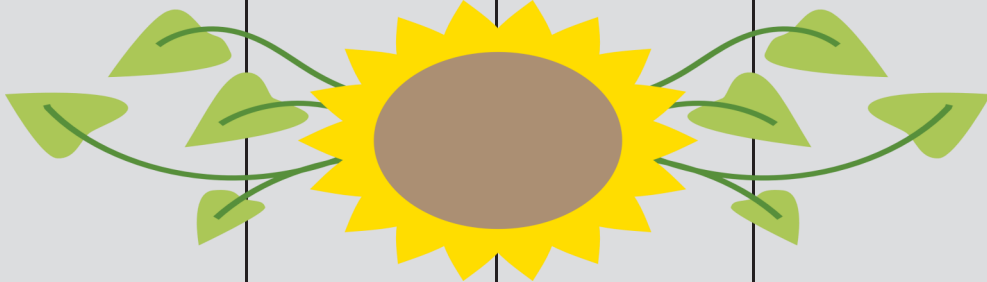


MARION COUNTY SENIOR ACTIVITY AND WELLNESS CENTER
5966 HWY 202 E, PO BOX 728, FLIPPIN, AR 72634



August

	Monday	Tuesday	Wednesday	Thursday	Friday	
					1 POT ROAST OVEN BROWN POTATOES SAUTEED CARROTS & CELERY DINNER ROLL APPLE PIE	
	4 REUBEN SANDWICH ONION RINGS BROCCOLI SALAD GRAPES	5 PAPRIKA BAKED TILAPIA LEMON & HERB PENNE MIXED VEGETABLES TAPIOCA PUDDING	6 CHICKEN FRIED STEAK W/ GRAVY MASHED POTATOES GREEN BEANS CHOCOLATE BROWNIE	7 ROTISSERIE STYLE TURKEY BREAD DRESSING BRUSSEL SPROUTS SIX LAYER BAR	8 ROAST BEEF AU JUS CHEESY POTATOES GREEN PEAS BANANA CREAM PIE	
	11 SWEET & SOUR PORK STEAMED RICE ASIAN VEGETABLES DINNER ROLL ORAGE PINEAPPLE DREAM	12 GRILLED CHICKEN SALAD POTATO SALAD BREADSTICK FRUITED GELATIN	13 BIRTHDAY LUNCH! BREADED FISH FILET FRENCH FRIES MARINATED VEGETABLE SALAD WHEAT ROLL CAKE W/ ICE CREAM	14 GLAZED BAKED HAM BLACK EYED PEAS GREENS CORNBREAD LEMON POUND CAKE	15 CHEESEBURGER LETTUCE & TOMATO TATOR TOTS ICE CREAM SUNDAE	
	18 CHICKEN & DUMPLINGS MASHED POTATOES GREEN BEANS WHEAT ROLL GRAPES	19 ITALIAN BEEF SANDWICH MIXED WAFFLE FRIES SAUTEED PEPPERS & ONIONS ROCKY ROAD PUDDING	20 LEMON & HERB BAKED TILAPIA GARLIC MASHED CAULIFLOWER SQUASH MEDLEY DINNER ROLL CHERRY PIE	21 MARINATED CHICKEN PARMESAN BASIL ORZO BABY CARROTS DINNER ROLL PEAR CRISP	22 PORK CUTLET PARSLIED POTATOES PEAS & MUSHROOMS WHEAT ROLL DAFFODIL ANGEL FOOD CAKE	
	25 BAKED ZITI W/ CHEESE SPINACH SALAD GARLIC BREAD FRUIT SALAD	26 BREADED SHRIMP MACARONI & CHEESE BROCCOLI FLORETS WHEAT ROLL PINEAPPLES & BANANAS	27 MEATLOAF ROASTED POTATOES GREEN BEANS WHEAT ROLL MANDARIN ORANGES	28 CRISPY CHICKEN SALAD MARINATED CUCUMBERS DINNER ROLL STRAWBERRY DESSERT BAR	29 CORNED BEEF NEW BOILED POTATOES GERMAN RED CABBAGE DINNER ROLL SNICKERDOODLE COOKIE	

MENU SUBJECT TO CHANGE SUGGESTED DONATION OF \$4.00. UNDER 60 AND CARRY OUT \$8.00

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



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!



Caregiver Support Group

August 25, 2025 12:30 – 1:30

Will meet every other Monday

**Marion County
Senior Center
5966 AR 202
Flippin, AR. 72634**



**Questions: contact
Bill Howse
870-425-9811 x.1802
bhowse@aaanwar.org**

AREA AGENCY ON AGING OF NORTHWEST ARKANSAS
SPONSORS THE:

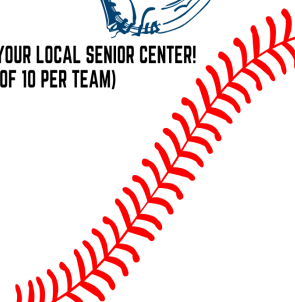
16TH ANNUAL NORTHWEST ARKANSAS BEANBAG BASEBALL WORLD SERIES

JOIN US FOR SOME FUN!

**FRIDAY, SEPTEMBER 19, 2025 AT 9:00 AM
(CHECK-IN BEGINS AT 8:30 AM)
EAGLE HEIGHTS BAPTIST CHURCH
703 WALTERS
HARRISON, ARKANSAS**



**REGISTER BY SEPTEMBER 3, 2025 AT YOUR LOCAL SENIOR CENTER!
(MINIMUM OF 5, MAXIMUM OF 10 PER TEAM)**





<div> <div>1</div> <div>MOVIN' & GROOVIN' 9 AM</div> <div>EXTENSION GET FIT 10 AM</div> <div>SKIPBO 11:00 AM</div> <div>BINGO 12:30 PM</div> </div>				
<div>4</div> <div>BINGO 10 AM</div> <div>AGELESS GRACE 11 AM</div> <div>WII BOWLING 12:30 PM</div>	<div>5</div> <div>CHAIR YOGA 9 AM</div> <div>EXTENSION GET FIT 10 AM</div> <div>SKIPBO 11:00 AM</div> <div>CORNHOLE 12:30 PM</div> <div>TUESDAY CUTUPS 12:30 PM</div>	<div>6</div> <div>WII BOWLING 9 AM</div> <div>CHAIR VOLLEYBALL 10 AM</div> <div>BEANBAG BASEBALL 12:30 PM</div>	<div>7</div> <div>TABLE GAMES 9-11 AM</div> <div>AGELESS GRACE 11 AM</div> <div>CRAFT CLASS 12:30 PM</div>	<div>8</div> <div>MOVIN' & GROOVIN' 9 AM</div> <div>EXTENSION GET FIT 10 AM</div> <div>SKIPBO 11:00 AM</div> <div>BINGO 12:30 PM</div>
<div>11</div> <div>BINGO 10 AM</div> <div>AGELESS GRACE 11 AM</div> <div>WII BOWLING 12:30 PM</div>	<div>12</div> <div>CHAIR YOGA 9 AM</div> <div>EXTENSION GET FIT 10 AM</div> <div>SKIPBO 11:00 AM</div> <div>CORNHOLE 12:30 PM</div> <div>TUESDAY CUTUPS 12:30 PM</div>	<div>13</div> <div>WII BOWLING 9 AM</div> <div>CHAIR VOLLEYBALL 10 AM</div> <div>BEANBAG BASEBALL 12:30 PM</div>	<div>14</div> <div>TABLE GAMES 9-11 AM</div> <div>AGELESS GRACE 11 AM</div>	<div>15</div> <div>MOVIN' & GROOVIN' 9 AM</div> <div>EXTENSION GET FIT 10 AM</div> <div>SKIPBO 11:00 AM</div> <div>BINGO 12:30 PM</div>
<div>18</div> <div>BINGO 10 AM</div> <div>AGELESS GRACE 11 AM</div> <div>WII BOWLING 12:30 PM</div>	<div>19</div> <div>CHAIR YOGA 9 AM</div> <div>EXTENSION GET FIT 10 AM</div> <div>SKIPBO 11:00 AM</div> <div>CORNHOLE 12:30 PM</div> <div>TUESDAY CUTUPS 12:30 PM</div>	<div>20</div> <div>WII BOWLING 9 AM</div> <div>CHAIR VOLLEYBALL 10 AM</div> <div>BEANBAG BASEBALL 12:30 PM</div> <div>S&B GROUP 12:30 PM</div>	<div>21</div> <div>TABLE GAMES 9-11 AM</div> <div>AGELESS GRACE 11 AM</div>	<div>22</div> <div>MOVIN' & GROOVIN' 9 AM</div> <div>EXTENSION GET FIT 10 AM</div> <div>SKIPBO 11:00 AM</div> <div>NO AFTERNOON BINGO!</div> <div>BINGO FUNDRAISER 4-6 PM</div>
<div>25</div> <div>BINGO 10 AM</div> <div>AGELESS GRACE 11 AM</div> <div>WII BOWLING 12:30 PM</div> <div>CAREGIVER SUPPORT GROUP 12:30 PM</div>	<div>26</div> <div>CHAIR YOGA 9 AM</div> <div>EXTENSION GET FIT 10 AM</div> <div>SKIPBO 11:00 AM</div> <div>CORNHOLE 12:30 PM</div> <div>TUESDAY CUTUPS 12:30 PM</div>	<div>27</div> <div>WII BOWLING 9 AM</div> <div>CHAIR VOLLEYBALL 10 AM</div> <div>BEANBAG BASEBALL 12:30 PM</div>	<div>28</div> <div>TABLE GAMES 9-11 AM</div> <div>AGELESS GRACE 11 AM</div>	<div>29</div> <div>MOVIN' & GROOVIN' 9 AM</div> <div>EXTENSION GET FIT 10 AM</div> <div>SKIPBO 11:00 AM</div> <div>BINGO 12:30 PM</div>

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

Calling all Crafters!

We are looking for crafts made by seniors who are willing to donate to our craft fair booth.

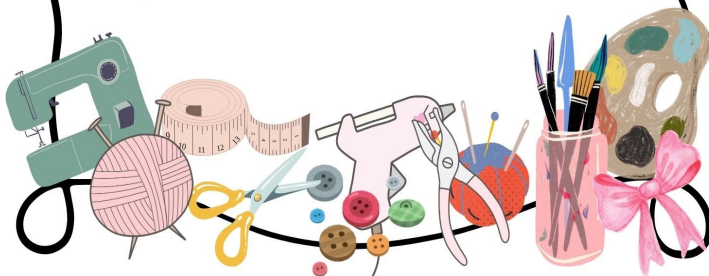
We are looking for any type of craft that is handmade with love to be put at our booth.

All donations made at the booth will benefit the Senior Center.

Any crafts can be anything, as long as handmade by a senior. Examples could be crocheting, quilting, painting, woodworking, etc.

We are also looking for crafting supplies that can be used at the center or sold at the booth.

If you have any donations, please contact 870-302-3437.



Introducing Amy Elliott as our new Program Assistant! Amy was our Flippin route Meals on Wheels driver and is familiar with our clients. If you have any questions about Meals on Wheels or just want to drop by and say Hi, she will be here at our center.
870-302-3437.

Congratulations Amy!

Come join us for our Craft Class making these cute bugs!

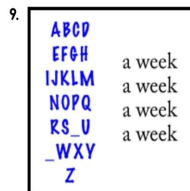
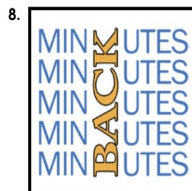
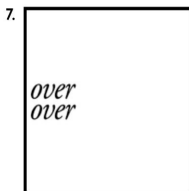
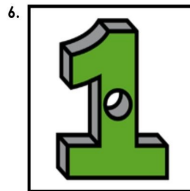
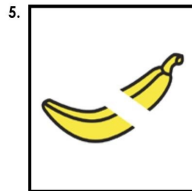
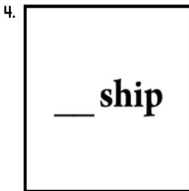
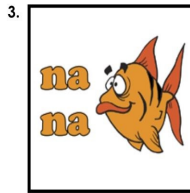
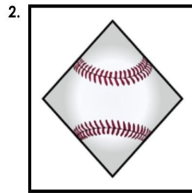


August 14 @ 1:30 PM

\$7.00

Proceeds benefit Meals on Wheels

Brain Teasers

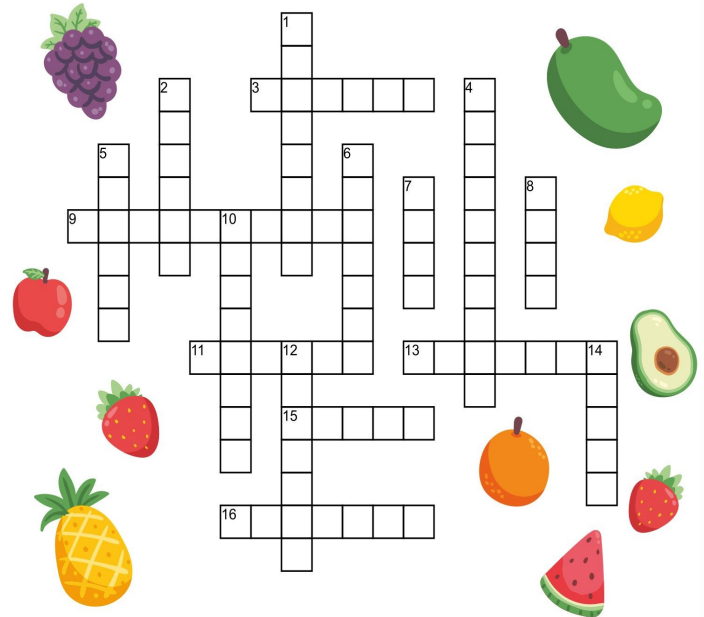


Crabby Road

8-1-07



Fruit and Vegetables



Across

3. The vegetable that chips are made from.
9. Delicious summer fruit: Red flesh with black pips.
11. Grows in bunches on vines
13. A vegetable that is good for your eyesight.
15. Delicious summer fruit: Big pip, yellow flesh, juicy
16. Dried grapes are called _____

Down

1. A vegetable that looks like a small tree.
2. Granny Smith, Golden Delicious, Star King
4. Red berry with its seeds on the outside.
5. Round citrus fruit with segments inside
6. Monkeys and Minions love these!
7. Green on the inside with tiny black pips
8. Round fruit with small pip and yellow or dark purple flesh
10. A fungus
12. Hollowed out for Halloween
14. Tomatoes, cucumber and lettuce make a nice _____