

# hello SEPTEMBER

MARION COUNTY SENIOR ACTIVITY AND WELLNESS CENTER  
5966 HWY 202 E, PO BOX 728, FLIPPIN, AR 72634  
870-302-3437 FAX 870-453-8481

## Important Dates:

**Sept 1**

Closed

**Sept 6**

Painting Class

**Sept 8**

Ambassador Meeting

Super Noggin Starts

Caregiver Support Group

**Sept 11**

Craft Class

Senior Bingo Day @ Fair

**Sept 17**

Birthday Lunch

**Sept 19**

Beanbag Baseball Tournament

**Sept 22**

Caregiver Support Group



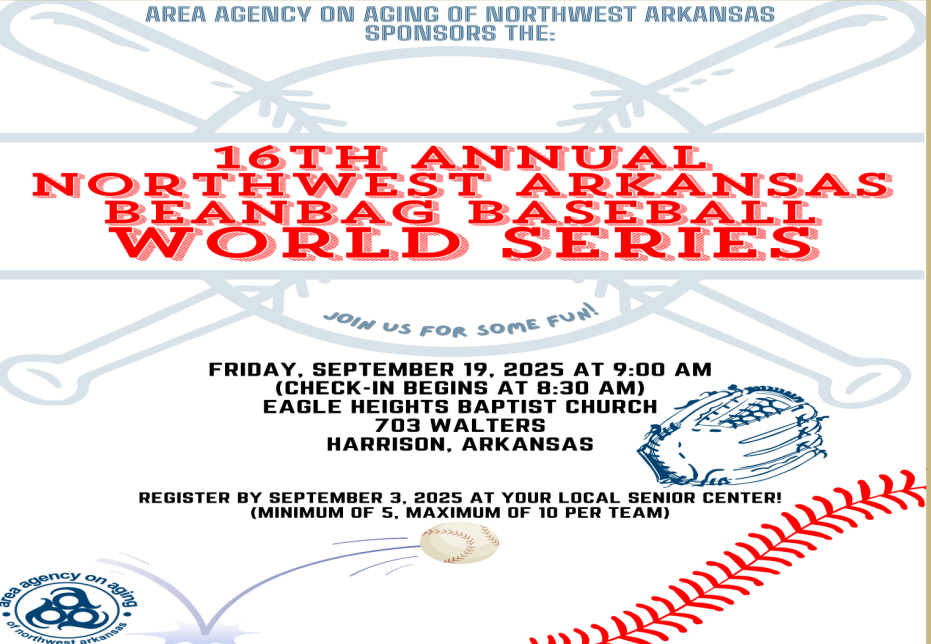

AREA AGENCY ON AGING OF NORTHWEST ARKANSAS  
SPONSORS THE:

**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)



## DIY Aroma Stones





Join us for an afternoon of  
making natural aroma  
stones! Perfect for your  
home or even gifts!  
RSVP by 9/9/25.

Craft Class is 9/11 @ 1:30  
pm. All supplies included,  
cost is \$5.00 per person.

# September

## MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	
	<p>1</p> <p>MCSAWC WILL BE CLOSED IN OBSERVANCE OF LABOR DAY!</p> 	<p>2</p> <p>LASAGNA W/ MEAT SAUCE ITALIAN VEGETABLES BREADSTICK ASST ICE CREAM</p>	<p>3</p> <p>REUBEN SANDWICH ONION RINGS BROCCOLI SALAD GRAPES</p>	<p>4</p> <p>CHICKEN COBB SALAD RANCH DRESSING PASTA SALAD BREADSTICK TROPICAL FRUIT DREAM</p>	<p>5</p> <p>ROTISSERIE STYLE TURKEY BREAD DRESSING BRUSSEL SPROUTS DINNER ROLL SIX LAYER BAR</p>	
	<p>8</p> <p>BREADED FISH FILET TARTAR SAUCE FRENCH FRIES MARINATED VEGETABLE SALAD DINNER ROLL LEMON POUND CAKE</p>	<p>9</p> <p>GLAZED BAKED HAM BLACK EYED PEAS GREENS CORNBREAD FRUITED GELATIN PARFAIT</p>	<p>10</p> <p>MUSHROOM SWISS BURGER LETTUCE &amp; TOMATO SALAD TATOR TOTS PEACH COBBLER</p>	<p>11</p> <p>CHEESE ENCHILADAS FIESTA RICE PICO DE GALLO SOUR CREAM STRAWBERRIES W/ WHIPPED TOPPING</p>	<p>12</p> <p>HONEY GLAZED TURKEY BAKED SWEET POTATOES SAVORY SPINACH DINNER ROLL PEANUT BUTTER COOKIE</p>	
	<p>15</p> <p>PORK CUTLET PARSLIED POTATOES GREEN PEAS WHEAT ROLL DAFFODIL ANGEL FOOD CAKE</p>	<p>16</p> <p>ITALIAN BEEF SANDWICH MIXED WAFFLE FRIES SAUTEED PEPPERS &amp; ONIONS ROCKY ROAD PUDDING</p>	<p>BIRTHDAY LUNCH! 17</p>  <p>BBQ BEEF BRISKET SWEET POTATO WEDGES BAKED BEANS CORNBREAD CAKE W/ ICING AND ICE CREAM</p>	<p>18</p> <p>VEGETABLE PASTA PRIMAVERA TOSSED SALAD W/ DRESSING GARLIC BREAD GELATIN JEWELS</p>	<p>19</p> <p>CHICKEN CLUB SANDWICH ONION RINGS STEAMED VEGETABLE STICKS OATMEAL RAISIN COOKIE</p>	
	<p>22</p> <p>BREADED SHRIMP COCKTAIL SAUCE MACARONI &amp; CHEESE BROCCOLI FLORETS DINNER ROLL PINEAPPLES &amp; BANANAS</p>	<p>23</p> <p>BAKED ZITI W/ CHEESE SPINACH SALAD W/ DRESSING GARLIC BREAD FRUIT SALAD</p>	<p>24</p> <p>MEATLOAF MASHED POTATOES GREEN BEANS WHEAT ROLL MANDARIN ORANGES</p>	<p>25</p> <p>PASTA FAGIOLI SOUP SALTINE CRACKERS DELI SANDWICH CREAMY VEGETABLE SALAD RED WHITE BLUEBERRY FRUIT</p>	<p>26</p> <p>BAKED CHICKEN CORNBREAD DRESSING SPINACH DINNER ROLL BERRY COBBLER</p>	
	<p>29</p> <p>KIELBASA BABY BAKER POTATOES BEETS MEDLEY WHEAT ROLL FRUIT SALAD</p>	<p>30</p> <p>PINEAPPLE CHICKEN FRIED RICE STIR FRY VEGETABLES EGG ROLL GERMAN CHOCOLATE CAKE</p>				

\*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\*\*





## Calling all Crafters!

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

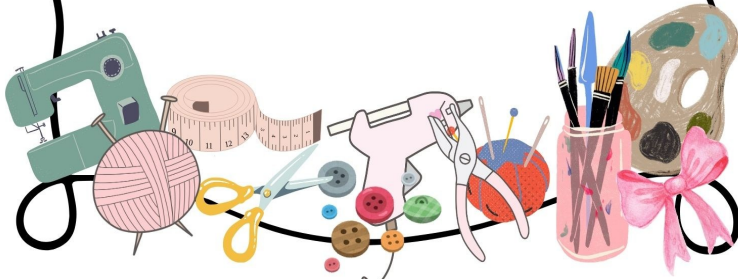
We are looking for any type of craft that is handmade with love to be put at our booth.

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.



## SATURDAY NIGHT MUSIC

MARION COUNTY SENIOR CENTER

EVERY SATURDAY

AT 6 PM

POTLUCK FOOD

COME JOIN US FOR GOOD MUSIC AND FUN!

Made with PosterMyWall.com

## Marion County Fair Board

### Senior Bingo

**Sept. 11 @ 11am**

*55 and Older  
Join us for  
Lunch and Bingo*

join us for an

## Art Class

with **Maddie K**

## Silhouettes

are the theme!

SATURDAY, 6th SEPTEMBER AT 10 AM

5966 HWY 202 E. FLIPPIN AR  
MARION COUNTY SENIOR  
ACTIVITY AND WELLNESS CENTER.  
SUPPLIES INCLUDED- POTLUCK LUNCH  
\$10 PER PERSON  
PUBLIC IS WELCOME!



Follow us on  
**Facebook**



# SEPTEMBER



## ACTIVITIES

<b>1</b> MCSAWC WILL BE CLOSED IN OBSERVANCE OF LABOR DAY! 	<b>2</b> CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	<b>3</b> WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	<b>4</b> TABLE GAMES 9-11 AM AGELESS GRACE 11 AM	<b>5</b> MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
<b>8</b> BINGO 10 AM  <b>SUPER NOGGIN 9 AM</b>  AGELESS GRACE 11 AM  WII BOWLING 12:30 PM  <b>CAREGIVER SUPPORT 12:30 PM</b>	<b>9</b> CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	<b>10</b> WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	<b>11</b> TABLE GAMES 9-11 AM AGELESS GRACE 11 AM  <b>CRAFT CLASS 1:30 PM</b>	<b>12</b> MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
<b>15</b> BINGO 10 AM  SUPER NOGGIN 9 AM  AGELESS GRACE 11 AM  WII BOWLING 12:30 PM	<b>16</b> CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	<b>17</b> WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	<b>18</b> TABLE GAMES 9-11 AM AGELESS GRACE 11 AM	<b>19</b> MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
<b>22</b> BINGO 10 AM  SUPER NOGGIN 9 AM  AGELESS GRACE 11 AM  WII BOWLING 12:30 PM  <b>CAREGIVER SUPPORT 12:30 PM</b>	<b>23</b> CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM	<b>24</b> WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	<b>25</b> TABLE GAMES 9-11 AM AGELESS GRACE 11 AM	<b>26</b> MOVIN' & GROOVIN' 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
<b>29</b> BINGO 10 AM  SUPER NOGGIN 9 AM  AGELESS GRACE 11 AM  WII BOWLING 12:30 PM	<b>30</b> CHAIR YOGA 9 AM EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM TUESDAY CUTUPS 12:30 PM			



## Learn

## Practice

## Track:

- **LEARN** what the latest research says about keeping your mind sharp
  - Diet
  - Sleep
  - Exercise
- **PRACTICE** healthy new lifestyle habits and brain fitness exercises in a fun social setting (don't worry, there won't be any grades)
- **TRACK** your progress with an easy to follow work book

## Super Noggin

**Want to stay sharp? Attend our Brain Fitness workshops!**



## You Are Invited

Join us for an introduction to Super Noggin and brain fitness. We'll explain the program in detail and have some fun:  
**MARION COUNTY SENIOR ACTIVITY AND WELLNESS CENTER**  
 SEPTEMBER 8, 2025 @ 9 AM  
 870-302-3437



2							4	9
7	9		8				5	
			4					
			1		2	8	7	
	5	1	7		8			
					4			
	2				1		9	3
9	8							5



## 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.



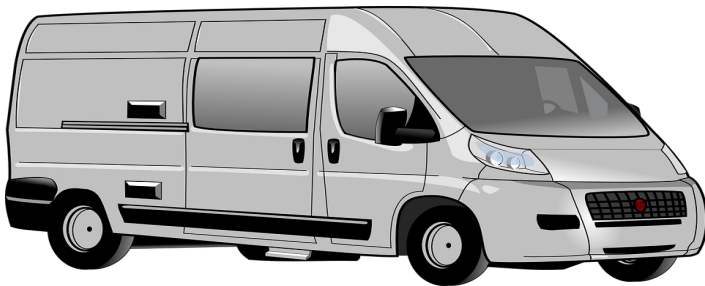
Any donations can be made to our center and sent to  
 PO Box 728, Flippin, AR 72634, dropped off at our center  
 Monday-Friday 8 AM- 4:30 PM  
 or donate online at [www.aaanwar.org/make-a-donation](http://www.aaanwar.org/make-a-donation).  
 Please specify "Marion County Freezer" on any donation.

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

**Until further notice, ALL  
Transportation will not be  
running due to staff shortage.**

**We will keep you  
updated as soon as we can get  
our vans rolling again.**

**Thank you all for understanding .**



## **HEALTH FAIR & EXPO**

PRESENTED BY BAXTER HEALTH, KTLO, CLASSIC HITS & THE BOOT

**October 1, 2025 @ The Sheid**

**9:00 am– 4:00 pm**

### **Ingredients**

2 cups all-purpose flour  
1 cup sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
2 large eggs, room temperature  
1/2 cup butter, melted  
1-1/4 teaspoons vanilla extract  
1-1/2 cups peeled chopped tart apples

#### **STREUSEL TOPPING:**

1/3 cup packed brown sugar  
1 tablespoon all-purpose flour  
1/8 teaspoon ground cinnamon  
1 tablespoon cold butter

#### **GLAZE:**

3/4 cup confectioners' sugar  
2 to 3 teaspoons 2% milk  
1 teaspoon butter, melted  
1/8 teaspoon vanilla extract  
Dash salt

### **Directions**

Preheat oven to 375°. Whisk together first 5 ingredients. In another bowl, whisk together eggs, melted butter and vanilla; add to flour mixture, stirring just until moistened (batter will be stiff). Fold in apples.

Fill 12 greased or paper-lined muffin cups three-fourths full. For topping, mix brown sugar, flour and cinnamon; cut in butter until crumbly. Sprinkle over batter.

Bake until a toothpick inserted in center comes out clean, 15-20 minutes. Cool 5 minutes before removing from pan to a wire rack to cool. Mix glaze ingredients; drizzle over tops.

**We  our  
MEMBERS!**



**MUST BE SIGNED UP BY SEPT 7 TO  
PARTICIPATE!  
SEE OFFICE FOR DETAILS**



## **Apple Muffins**

Courtesy of Taste of Home  
Www.tastaofofhome.com



MARION COUNTY SENIOR CENTER

# CATFISH FRY



SEPT  
26

4:30-6:30 PM

PER MEAL

**\$13**

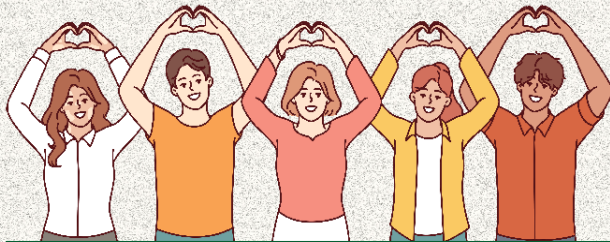
**5966 HWY 202 E, FLIPPIN, AR 72634**

Curbside or Dine-In

General Public is Welcome!

Follow us on Facebook! 870-302-3437

**Proceeds Benefit Meals on Wheels**



**BE A VOLUNTEER:**

**BECAUSE**

**SUPERHEROES**

**DON'T ALWAYS**

**WEAR CAPES!**

Facebook  
@Marioncountyseniorcenter

## 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