



**Marion County Senior Activity and Wellness Center**  
**5966 Highway 202, Flippin AR 72634**  
**870-302-3437**

**IMPORTANT**  
**DATES:**

OCT 1: HEALTH EXPO FAIR  
OCT 4: PAINTING CLASS  
OCT 6: CAREGIVER/GRIEF SUPPORT  
OCT 9: FABRIC PUMPKINS  
OCT 10-11: TURKEY TROT  
OCT 15: BIRTHDAY LUNCH  
OCT 22: SOCIAL ISOLATION  
ZOOM CLASS  
OCT 24: BLACK LIGHT BINGO  
OCT 31: COSTUME CONTEST  
PUMPKIN CONTEST RESULTS

NOV 1: MEAL PRICE INCREASE  
NOV 8: ST PETER'S CRAFT SHOW  
NOV 14: CHILI & SOUP  
COOKOFF  
NOV 20: ELDER LAW FIRM  
PRESENTAION



Due to increasing food costs, starting November 1, 2025, congregate meals will be a suggested donation of \$5.00 per meal. Anyone who orders to-go meals will have a cost of \$11.00 per meal. Under 60 years of age will have a cost of \$10.00

**HEALTH FAIR & EXPO**

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

October 1, 2025 @ The Sheid  
9:00 am– 4:00 pm



Pamela Darnold will be here to present information about home care, assisted living, nursing homes, etc.  
November 20 @ 10 am



# October

# MENU



	Monday	Tuesday	Wednesday	Thursday	Friday	
			1 SLICED BAKED HAM MACARONI & CHEESE GREENS BISCUIT CHOCOLATE BROWNIE	2 SALISBURY STEAK W/ PEPPERS DUCHESS POTATOES HERBED ZUCCHINI WHEAT ROLL ROSY APPLES	3 REUBEN SANDWICH ONION RINGS BROCCOLI SALAD GRAPES	
	6 EGG SALAD SANDWICH CRISPY WAFFLE FRIES MUTLI-COLOR CARROTS SPICED APRICOTS	7 OVEN FRIED CHICKEN MASHED POTATOES SPINACH CORNBREAD PEACH COBBLER	8 MEATLOAF ROASTED RED POTOATES GREEN BEANS WHEAT DINNER ROLL BLUEBERRY VANILLA CAKE	9 COUNTRY PORK LOIN W/ GRAVY SCALLOPED CORN BRUSSEL SPROUTS WHEAT DINNER ROLL FRUIT GELATIN W/ MARSHMALLOWS	10 ROAST BEEF AU JUS CREAMED POTATOES STEAMED VEGETABLES DINNER ROLL CHERRY PIE	
	13 CHEESE ENCHILADAS BLACK BEANS AND COUSCOUS WHEAT DINNER ROLL PINEAPPLE W/ TOASTED COCONUT	14 BEEF BRISKET MACARONI & CHEESE SUCCOTASH WHEAT DINNER ROLL PEANUT BUTTER COOKIE	BIRTHDAY LUNCH! 15 BAKED CHICKEN SOUR CREAM MASHED POTATOES GREEN PEAS WHEAT DINNER ROLL WHITE CAKE W/ ICE CREAM	16 PIT HAM SWEET POTATOES ROASTED BRUSSEL SPROUTS DINNER ROLL APPLE CRISP	17 BRAISED STEW BEEF TIPS W/ GRAVY POTATOES & CARROTS WHEAT DINNER ROLL MANDARIN ORANGES	
	20 BRATWURST LINKS ROMANOFF NOODLES SAUTEED PEPPERS & ONIONS WHEAT DINNER ROLL CHEESECAKE	21 CRISPY BAKED CHICKEN SPINACH BAKED TOMATOES DINNER ROLL SNICKERDOODLE COOKIE	22 MAPLE GLAZED HAM CORN PUDDING GREENS WHEAT ROLL PEAR GINGER UPSIDE DOWN CAKE	23 BEEF CHILI W/ BEANS BAKED POTATO TOSSED SALAD ASSORTED SALAD DRESSING WHEAT DINNER ROLL ASSORTED ICE CREAM	24 SALISBURY STEAK AU GRATIN POTATOES PRINCE EDWARD VEGETABLES WHEAT ROLL PUDDING PARFAIT	
	27 HERBED PORK CHOP PARSLIED POTATOES ORANGE GLAZED BEETS DINNER ROLL APPLE CRUMB CAKE	28 TUNA NOODLE CASSEROLE GREEN PEAS WHEAT ROLL OATMEAL RAISIN COOKIE	29 THIN CRUST CHEESE PIZZA CAESAR SALAD BERRY CUP	30 MUSHROOM BARLEY SOUP SALTINE CRACKERS TURKEY SANDWICH SPINACH SALAD ASST SALAD DRESSING SPICED APRICOTS	31 ROASTED CHICKEN POULTRY GRAVY BREAD DRESSING MIXED VEGETABLES WHEAT ROLL BLUSHING PEARS	

\*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\*\*





**Join Live**  
**October 22, 2025**  
**@ 10:30am CST**

**PREVENTING SOCIAL ISOLATION & LONELINESS IN OLDER ADULTS**

Join Zoom Meeting  
<https://uams.zoom.us/j/975799486952>  
 pwd=ilXWsqnc3zX7JqTS0wFQJZnmKhJW2QJ



Scan to join meeting on your mobile device



Register by scanning the QR code or visit  
<https://redcap.link/q488sofq>



**UAMS**  
 Donald W. Reynolds Institute on Aging  
 Arkansas Geriatric Education Collaborative

**OAKLAWN CENTER ON AGING**

Funding for these programs are made possible by AGECE, a Health Resources & Services Administration Geriatric Workforce Enhancement Program under grant #U01HP53054

**St Peters Quilters Annual Quilt and Craft Show**  
**Saturday November 8, 2025**  
**Family Life Center– St. Peter's Church**  
**249 Dyer St– Mountain Home, AR 72653**

Our senior center will have a booth at this event. If you have any donations, crafts or supplies you would like to donate, please let us know. All proceeds will benefit our senior center and the Meals on Wheels program. See flyer below for more information.

**October Craft Class**  
**Fabric Pumpkins**



**THURSDAY 10/9/25**  
**@ 1:30**  
**\$5.00, All supplies included**



**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.




# October Activities

		<b>1</b>  <b>WII BOWLING 9 AM</b>  <b>CHAIR VOLLEYBALL 10 AM</b>  <b>BEANBAG BASEBALL 12:30 PM</b>	<b>2</b>  <b>TABLE GAMES 9-11 AM</b>  <b>AGELESS GRACE 11 AM</b>	<b>3</b>  <b>MOVIN' &amp; GROOVIN' 9 AM</b>  <b>EXTENSION GET FIT 10 AM</b>  <b>SKIPBO 11:00 AM</b>  <b>BINGO 12:30 PM</b>
<b>6</b>  <b>SUPER NOGGIN 9 AM</b>  <b>BINGO 10 AM</b>  <b>AGELESS GRACE 11 AM</b>  <b>WII BOWLING 12:30 PM</b>	<b>7</b>  <b>CHAIR YOGA 9 AM</b>  <b>EXTENSION GET FIT 10 AM</b>  <b>SKIPBO 11:00 AM</b>  <b>CORNHOLE 12:30 PM</b>  <b>TUESDAY CUTUPS 12:30 PM</b>	<b>8</b>  <b>WII BOWLING 9 AM</b>  <b>CHAIR VOLLEYBALL 10 AM</b>  <b>BEANBAG BASEBALL 12:30 PM</b>	<b>9</b>  <b>TABLE GAMES 9-11 AM</b>  <b>AGELESS GRACE 11 AM</b>  <b>CRAFT CLASS 12:30 PM</b>	<b>10</b>  <b>MOVIN' &amp; GROOVIN' 9 AM</b>  <b>EXTENSION GET FIT 10 AM</b>  <b>SKIPBO 11:00 AM</b>  <b>BINGO 12:30 PM</b>
<b>13</b>  <b>SUPER NOGGIN 9 AM</b>  <b>BINGO 10 AM</b>  <b>AGELESS GRACE 11 AM</b>  <b>WII BOWLING 12:30 PM</b>	<b>14</b>  <b>CHAIR YOGA 9 AM</b>  <b>EXTENSION GET FIT 10 AM</b>  <b>SKIPBO 11:00 AM</b>  <b>CORNHOLE 12:30 PM</b>  <b>TUESDAY CUTUPS 12:30 PM</b>	<b>15</b>  <b>WII BOWLING 9 AM</b>  <b>CHAIR VOLLEYBALL 10 AM</b>  <b>BEANBAG BASEBALL 12:30 PM</b>	<b>16</b>  <b>TABLE GAMES 9-11 AM</b>  <b>AGELESS GRACE 11 AM</b>	<b>17</b>  <b>MOVIN' &amp; GROOVIN' 9 AM</b>  <b>EXTENSION GET FIT 10 AM</b>  <b>SKIPBO 11:00 AM</b>  <b>BINGO 12:30 PM</b>
<b>20</b>  <b>SUPER NOGGIN 9 AM</b>  <b>BINGO 10 AM</b>  <b>AGELESS GRACE 11 AM</b>  <b>WII BOWLING 12:30 PM</b>	<b>21</b>  <b>CHAIR YOGA 9 AM</b>  <b>EXTENSION GET FIT 10 AM</b>  <b>SKIPBO 11:00 AM</b>  <b>CORNHOLE 12:30 PM</b>  <b>TUESDAY CUTUPS 12:30 PM</b>	<b>22</b>  <b>WII BOWLING 9 AM</b>  <b>CHAIR VOLLEYBALL 10 AM</b>  <b>BEANBAG BASEBALL 12:30 PM</b>	<b>23</b>  <b>TABLE GAMES 9-11 AM</b>  <b>AGELESS GRACE 11 AM</b>	<b>24</b>  <b>MOVIN' &amp; GROOVIN' 9 AM</b>  <b>EXTENSION GET FIT 10 AM</b>  <b>SKIPBO 11:00 AM</b>  <b>NO AFTERNOON BINGO!</b> <b>BINGO FUNDRAISER 4-6 PM</b>
<b>27</b>  <b>SUPER NOGGIN 9 AM</b>  <b>BINGO 10 AM</b>  <b>AGELESS GRACE 11 AM</b>  <b>WII BOWLING 12:30 PM</b>	<b>28</b>  <b>CHAIR YOGA 9 AM</b>  <b>EXTENSION GET FIT 10 AM</b>  <b>SKIPBO 11:00 AM</b>  <b>CORNHOLE 12:30 PM</b>  <b>TUESDAY CUTUPS 12:30 PM</b>	<b>29</b>  <b>WII BOWLING 9 AM</b>  <b>CHAIR VOLLEYBALL 10 AM</b>  <b>BEANBAG BASEBALL 12:30 PM</b>	<b>30</b>  <b>TABLE GAMES 9-11 AM</b>  <b>AGELESS GRACE 11 AM</b>	<b>31</b>  <b>MOVIN' &amp; GROOVIN' 9 AM</b>  <b>EXTENSION GET FIT 10 AM</b>  <b>SKIPBO 11:00 AM</b>  <b>BINGO 12:30 PM</b>





## Marion County Senior Activity and Wellness Center

5966 Highway 202 E  
Flippin, AR 72634  
870-302-3437

- The hours for transportation are from 8 am to 12:30 pm Monday-Friday.
- Appointments need to be made between 9 am and 11 am.
- Transportation must be scheduled at least 72 hours in advance.
- Leaving a message after business hours or on weekends is not considered 24 hours advance notice.
- Maximum of 2 stops per person.
- Medicaid clients that need medical transportation are to call and use Medicaid transportation. For Medicaid transportation call 1-888-833-4136.
- We will provide non-medical transportation to Medicaid clients.

## Meals on Wheels Pumpkin Contest

Entries must be at MCSAWC  
by October 20.

Judging entries are \$1 in box to  
pumpkin of your choosing.

Judging Oct 20-24.

Winner announced on  
October 27.



## 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.aanwar.org/make-a-donation](http://www.aanwar.org/make-a-donation). Please specify "Marion County Freezer" on any donation.

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



## *Meals on Wheels Christmas Cheer*



For Christmas this year, we are looking for donation of 60 blankets. These blankets can be new handmade or brand new from the store. These blankets will go to our homebound Meals on Wheels clients as a Christmas Present from our Senior Center.

If you would like to help with a donation of a blanket, you can drop them off at the center Monday-Friday 8:00—4:30 pm. Any monetary donations made for this fundraiser will be used to purchase additional blankets to meet our goal.

### **MCSAWC CHILI-SOUP COOKOFF**

Must be signed up by  
Nov 7 @ 4 pm.  
\$5 tickets sold for tasting and  
voting on judging day.

Judging day is  
Nov 14  
1:30-3:30pm



**Follow us on  
Facebook**



## **A LITTLE TIME, A BIG DIFFERENCE**

**SIGN-UP TO VOLUNTEER**

FACEBOOK  
@MARIONCOUNTYSENIORCENTER





## HALLOWEEN COSTUME CONTEST

OCTOBER 31 11:30 AM

DURING LUNCH

COME ONE, COME ALL! DRESS IN YOUR VERY  
BEST COSTUME! JUDGING WILL BE DONE BY  
CLIENTS DURING LUNCH THAT DAY!

HAVE A GREAT TIME, BE CREATIVE  
AND HAPPY HALLOWEEN!



# BLACK LIGHT BINGO

OCTOBER 24, 2025 4:00 - 6:00 PM

BASKET BINGO PRIZES

\$15.00 PER PERSON (INC'L DAUBBER)

\$8.00 FOR ADDT'L GAMES

50/50 DRAWING

\$6.00 MEAL DURING HALFTIME

MARION COUNTY SENIOR ACTIVITY AND WELLNESS CENTER

5966 HWY 202, FLIPPIN, AR 870-302-3437

**FUNDRAISER OPEN TO THE PUBLIC**

ALL PROCEEDS BENEFIT MARION COUNTY SENIOR CENTER

