



Searcy County Senior Activity & Wellness Center

October 2025 Newsletter

509 Zack Road Marshall AR 72650

870-448-2999

Be sure to visit our Backdoor Boutique Thrift Store !

Open Monday thru Friday 8:30am—3 pm.

October is Emotional Health Month

- Positive emotional well-being is when people manage emotions well and have a sense of meaning, purpose, and supportive relationships.
- Positive emotional well-being can lower your risk of disease, sickness, and injury.
 - There are ways you can improve your overall emotional well-being.

Why is it important?

- Positive emotional well-being helps people manage their thoughts and feelings.
 - People with positive emotional well-being have a sense of meaning and purpose.
 - Without positive emotional well-being people may have difficulty connecting socially.
- If you have a friend or loved one who needs support, talking to that person about feelings and concerns can help to relieve stress and promote resilience.

Benefits of positive emotional well-being:

- Lower risk of disease, sickness and injury.
- Faster recovery after being sick or getting injured.
 - Improved mental health.
- Being able to bounce back from negative experiences.
 - Strong relationships and higher self-esteem.
- Having a sense of contentment, meaning, and purpose in life.
 - Better productivity and performance.

People with positive emotional well-being can still feel sad or stressed during tough times.
But they can manage these challenges better.

How our Senior Center “Works”.

The Searcy County Senior Activity and Wellness Center is “an equal opportunity provider and employer.” We serve older adults of Searcy County. We never charge a fee for our services for seniors age 60 or above, but we ask a donation for all of our services. We also don’t turn anyone away for inability to give a donation for our services. Our center is funded 55% from State and Federal Funding. We receive some funds from quorum court. The other 45% of funding comes from clients giving contributions as they use our much needed services, outside donations and fundraisers done at the Center and in our community.

***** We need community support! *****

If you are interested in donating to our center, please call Stacie at 870-448-2999

Daily Social Activities at the Senior Center

You can relax and watch TV, get a book from our library, use the Wi-Fi, use the fitness room, attend our fundraisers, and make new friends.

Pool Tables / Wii Bowling / Wii fit / Jig Saw Puzzles / Bean Bag Baseball / Card Games / Board Games / Dominos Adult Coloring/Greeting Card Class/Crochet & Knitting Class

Check out our calendar of events on page 2!

Stop by we would love to meet you!

Suggested donation of \$1 per day for social activities.

Searcy County Senior Activity and Wellness Center Lunch Menu—October 2025

Mon	Tue	Wed	Thu	Fri
	Menu subject to change without notice due to food availability.	1 Lasagna with Meat Sauce Italian Vegetables Breadstick Ice Cream	2 Tuna Noodle Casserole Green Peas Wheat Dinner Roll Oatmeal Raisin Cookie	3 Thin Crust Cheese Pizza Cesar Salad Garlic Bread Tropical Fruit
6 Sliced Baked Ham White Cheddar Mac & Cheese Braised Cabbage Wheat Dinner Roll Frosted Banana Cake	7 Roast Beef Au Jus Creamed Potatoes Steamed Vegetable Sticks Wheat Dinner Roll Pineapple Tidbits	8 Roasted Chicken Bread Dressing Mixed Vegetables Wheat Dinner Roll Chilled Pears	9 BBQ Pulled Pork Sandwich Potato Wedges Calico Coleslaw Chocolate Pudding Parfait	10 Beef Lo Mein Asian Vegetable Blend Wheat Dinner roll Mandarin Oranges
13 Braised Stew Beef Tips w/gravy Potatoes & Carrot Wheat Dinner Roll Mandarin Oranges & Bananas	14 Blackened Tilapia Potato Wedges Cauliflower Wheat Dinner Roll Peaches	15 Baked Chicken Sour Cream Mashed Potatoes Green Peas Wheat Dinner Roll Apple Betty	16 Pit Ham Fried Grit Cakes Roasted Brussels Sprouts Wheat Dinner Roll Red Velvet Cake	17 Beef Brisket Mac & Cheese Succotash Wheat Dinner Roll Peanut Butter Cookie
20 Cream of Rice Apple Juice Sausage Patty Waffle w/syrup Fruit Cup	21 Crispy Baked Chicken Spinach Souffle Baked Tomatoes Wheat Dinner Roll Snickerdoodle Cookie	22 Turkey a la King Egg Noodles Baby Carrots Wheat Dinner Roll Scalloped Cinnamon Peaches	23 Beef Chilli w/Beans Baked Potato Tossed Salad Wheat Dinner Roll Ice Cream	24 Maple Glazed Ham Corn Pudding Greens Wheat Dinner Roll Pears Poached
27 Honey Mustard Chicken Battered Corn Nuggets Green Beans Wheat Dinner Roll Mixed Berry Dessert Bar	28 BBQ Pork Platter Corn Casserole Brussels Sprouts Wheat Dinner Roll Peach Parfait	29 Braised Beef Seasoned Rice Oven Roasted Vegetables Wheat Dinner Roll Mandarin Orange Gelatin	30 Baked Stuffed Tilapia Loaded Baked Potato Sauteed Squash Wheat Dinner Roll Frosted Vanilla Cupcake	31 Ham Divan w/ Broccoli Sweet Whipped Carrots Wheat Dinner Roll Pineapple Tidbits

PLEASE BE AWARE THAT OUR FOOD MAY CONTAIN OR COME IN CONTACT WITH COMMON ALLERGENS, SUCH AS DAIRY, EGGS, WHEAT, SOYBEAN, NUTS, FISH OR SHELLFISH.

Searcy County Senior Activity and Wellness Center—October 2025 Activity Calander

Mon	Tue	Wed	Thu	Fri
		1 Junkfest Sale 8-4 Weekly Bingo 1:00	2 Junkfest Sale 8-4 Get Fit 9:30 Crochet/Knitting class 10:30 Bean Bag Baseball 12:00 Wii Bowling 2:30	3 Junkfest Sale 8-4 Chris-Fresh Conversations 11:30
6 Movie Monday 1:00	7 Get Fit 9:30 Diamond Art Class 10:30	8 Weekly Bingo 1:00	9 Get Fit 9:30 Crochet/Knitting class 10:30 Bean Bag Baseball 12:00 Wii Bowling 2:30	10 Fish Fry Fundraiser 2-6
13 Movie Monday 1:00	14 Get Fit 9:30 Greeting Card Class 10:30	15 Weekly Bingo 1:00	16 Get Fit 9:30 Crochet/Knitting class 10:30 Bean Bag Baseball 12:00 Wii Bowling 2:30	17 Chris-Nutrition Program 11:30 Bill-Caregiver Support group 12:30-1:30
20 Birthday Celebration Movie Monday 1:00	21 Get Fit 9:30 Diamond Art Class 10:30 Basket Bingo 5-7	22 Weekly Bingo 1:00 Webinar: Preventing Social Isolation @10:30	23 Get Fit 9:30 Crochet/Knitting class 10:30 Bean Bag Baseball 12:00 Wii Bowling 2:30	24
27 Movie Monday 1:00	28 Get Fit 9:30 Greeting Card Class 10:30	29 Weekly Bingo 1:00	30 Get Fit 9:30 Crochet/Knitting class 10:30 Bean Bag Baseball 12:00 Wii Bowling 2:30	31 Halloween Costume Contest and treats 1- 3

Searcy County Senior Center

509 Zack Road Marshall, AR 72650

Tuesday
October
21st



Phone:
448-2999

Basket Bingo Fundraiser

Doors open at 5:30 PM

Games start at 6:00 PM

10 Games of Bingo plus Blackout Bingo!!

\$10 suggested donation for 10 games

\$5 each additional booklet.

Open to the public of all ages!

Concessions: hot dogs, nachos, popcorn, baked goods and drinks.



Enjoy longer-lasting ice on your next camping or fishing trip – our Patrol ice chest keeps ice frozen for days. Its tough construction places no limits on adventure.

FEATURES:

Capacity: 15 cans / 19 l

Dimensions: 37,8 x 52,6 x 35,6 cm

Thick PU insulation keeps ice frozen for days

Large, leak-proof drain makes cleaning easy

Deep-freeze lid seal ensures no gaps for air to enter or escape

Rugged construction with one-piece rotomolded PE
One-handed rubber latches for convenient opening and closing of the lid.

Retail value: \$170.00

Generously Donated by:

Bumper to Bumper/Issac Trotter

All proceeds go towards our Meals on Wheels program!

Searcy County Senior Activity & Wellness Center



Fish Fry Fundraiser

**Dine in or
Carry Out!!!**

**Friday October 10th
2:00pm– 6:00pm**

This month's dinner is graciously sponsored by:

Advantage Health Care Staffing

509 Zack Road Marshall, AR 72650

870-448-2999

The center is open Monday– Friday, 8:00 am to 4:30 pm.

We serve a nutritious meal from 11:30am -12:00 pm for a suggested donation of \$4.00 for anyone 60+.

Guests under 60 are welcome to enjoy a meal for \$8.75.

We also provide home delivered meals to the senior citizens of Searcy County.

These meals are sometimes the only warm meal or social interaction our clients might see a day.

Did you know??

You can host your event at the center!

Do you have a company meeting, book club, or other group and need a place to meet?

Rent the center after hours or weekends for your family reunions, birthday parties and more!

Are you seeking a venue for lunch? We always welcome guests. While the center is geared towards individuals 60 and over, all are welcome. Meals are \$4.00 for those 60 and over and \$8.00 dine in for those under 60 or 8.75 for to-go meals. We have lunch Monday- Friday 11:30 AM - 12:00 PM. We also invite you to visit us and take a tour of our senior center.

Call the center and talk to Stacie at 870-448-2999 for details!

Announcements:

Beginning on October 17th from 12:30-1:30pm we will be hosting a caregiver support group.

Never miss our newsletter or menu, email me at searcysc@aanwar.org to be added to our email list!!

Due to increased costs to prepare meals, the Searcy County Senior Activity & Wellness Center is increasing the suggested donation for the meals. This increase will take effect on November 1st, 2025. The suggested donation for congregate and home delivered meals will be \$5 for those 60 or older. For those under 60, the meal cost is \$10.00. TO GO meals are \$10.95

Meet the team!!

Director: Stacie Allbee

Center Assistant: Pam Cannada

Kitchen Manager: Amber Gosner

Kitchen Assistant: Mary Beth Ragland

Boutique/Custodian/Kitchen: Linda Hertter

Route Driver: Randy Koscielak

Route Driver: Lorian Bendit



Volunteers Needed!

If you would like to volunteer at our center doing various tasks, please let Stacie or Pam know. Needed: Arts & Crafts, Music, Boutique help, Van Drivers, Bingo Caller, Weed eating, Power Washing, Newsletter/flyer distribution, Fundraisers etc.

We want your opinion!! What would you like to see at the center?!

We will be starting some new activities in September and we want to continue adding new activities in the upcoming months!

Do you have a skill, craft, or gift that you would like to teach others?

Do you play music or know someone that does? Let us know! We would like to add music to our fundraiser activities and are thinking about having a dance.

There is a suggestion box by the desk in the lunchroom, or you can let Pam or Stacie know.