



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

IMPORTANT

DATES:

Nov 1: Painting Class
Nov 8: Craft Show
Nov 11: Closed
Nov 12: Birthday Lunch
Nov 13: Craft Class
Nov 19: Thanksgiving Lunch
Nov 20: Elder Law Class
Nov 27: Closed
Nov 28: Closed

Dec 10: Birthday Lunch
Dec 17: Christmas Lunch
Dec 24: Closed
Dec 25: Closed

***MCSAWC CHILI-
SOUP COOKOFF***

Must be signed up by
Nov 7 @ 4 pm.
\$5 tickets sold for tasting and
voting on judging day.
(Tickets on sale 11/7/25)

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



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

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.
Come see all the quilts and crafts and stop by our
booth as well!

November

Monday

Tuesday

Wednesday

Thursday

Friday

Reminder!

As of November 1, 2025
Congregate Suggested Donation of \$5.00
Under 60 years of age \$10.00
Carry-out Meals \$11.00

3

COLD CHEF SALAD
W/ HAM & TURKEY
PASTA SALAD
CRACKERS
TROPICAL FRUIT SALAD

4

OVEN FRIED
CHICKEN WINGS
MASHED POTATOES
SPINACH
CORNBREAD
PEACH COBBLER

5

SLICED BAKED HAM
MACARONI & CHEESE
BOILED CABBAGE
DINNER ROLL
BANANA NUT CAKE

6

COUNTRY PORK LOIN
W/ GRAVY
SCALLOPED POTATOES
BRUSSEL SPROUTS
FRESH APPLE

7

ROAST BEEF AU JUS
CREAMED POTATOES
STEAMED VEGETABLES
DINNER ROLL
CHERRY PIE

10

BAKED CHICKEN
BABY BAKER POTATOES
GREEN PEAS
WHEAT ROLL
APPLE CRISP

11

MCSAWC WILL BE CLOSED
IN OBSERVANCE OF
VETERANS DAY



12 BIRTHDAY LUNCH!

BEEF BRISKET
MACARONI & CHEESE
SUCCOTASH
DINNER ROLL
CAKE W/ ICE CREAM

13

LASAGNA
GARDEN SALAD
ASST SALAD DRESSING
GARLIC BREAD
CHILLED PEARS

14

CHICKEN FRIED STEAK
W/ GRAVY
MASHED POTATOES
GREEN BEANS
FRUIT COCKTAIL

17

PORK CHOP W/ GRAVY
WINTER VEGETABLE BLEND
WHEAT ROLL
SLICED APPLES

18

TERIYAKI BEEF
FRIED RICE
STEAMED BROCCOLI
EGG ROLL
MANADRIN ORANGES

19 THANKSGIVING LUNCH!

ROASTED TURKEY
MASHED POTATOES W/
GRAVY
BREAD DRESSING
GREEN BEANS
WHEAT ROLL
PUMPKIN PIE



20

CREAM OF TOMATO SOUP
SALTINE CRACKERS
GRILLED CHEESE SANDWICH
MIXED VEGETABLES
CHOCOLATE CHIP BAR

21

CRISPY BAKED CHICKEN
SPINACH SOUFFLE
BAKED TOMATOES
DINNER ROLL
SNICKERDOODLE COOKIE

24

BBQ PORK PLATTER
STEAMED CORN
BRUSSEL SPROUTS
DINNER ROLL
PEACH COBBLER

25

SWISS STEAK W/ GRAVY
GARLIC MASHED POTATOES
STEWED TOMATOES
WHEAT ROLL
COCONUT BREAD PUDDING

26

SHRIMP ALFREDO
ITALIAN VEGETABLE BLEND
WHEAT ROLL
AMBROSIA

27

MCSAWC WILL BE CLOSED
IN OBSERVANCE OF
THANKSGIVING



28

MCSAWC WILL BE CLOSED
IN OBSERVANCE OF
THANKSGIVING



MENU SUBJECT TO CHANGE* SUGGESTED DONATION OF \$5.00. UNDER 60 \$10.00 CARRY-OUT MEALS \$11.00

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

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.

We have 10 donated! We are 50 to our goal!!

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 made to our center can be 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.

Currently at \$1,220!

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



POTLUCK FOOD

COME JOIN US FOR GOOD
MUSIC AND FUN!

Activities

3 SUPER NOGGIN 9 AM BINGO 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	4 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM	5 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	6 TABLE GAMES 9-11 AM	7 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
10 SUPER NOGGIN 9 AM BINGO 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	11 MCSAWC WILL BE CLOSED IN OBSERVANCE OF VETERAN'S DAY 	12 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	13 TABLE GAMES 9-11 AM CRAFT CLASS 12:30 PM	14 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
17 SUPER NOGGIN 9 AM BINGO 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	18 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM	19 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	20 TABLE GAMES 9-11 AM	21 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
24 SUPER NOGGIN 9 AM BINGO 10 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	25 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM	26 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	27 MCSAWC WILL BE CLOSED IN OBSERVANCE OF THANKSGIVING 	28 MCSAWC WILL BE CLOSED IN OBSERVANCE OF THANKSGIVING 

MARION COUNTY SENIOR CENTER
5966 HWY 202 E, FLIPPIN AR
870-302-3437

THANKSGIVING DINNER

Come join us for good food, good company
and celebration.



NOVEMBER 19, 2025

11:30 AM

SUG. DONATION OF \$5.00 PER
PERSON AGE 60 OR OLDER
UNDER 60 \$10.00 + TAX
CARRYOUT \$11.00

HAPPY THANKSGIVING!

join us for an

Art Class with Maddie K Pilgrams are the theme!

SATURDAY, 1ST NOVEMBER 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!**

Are you Prepared?

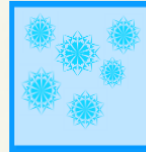


Get Winter Weather Ready

Make sure you have available:



Make sure you have
extra food and
water. High energy
foods and foods that
require no cooking
or refrigeration are
best.



Have an
emergency heating
source such as a
fireplace, wood
stove, space
heater, etc.



First aid supplies,
extra medication, a
battery powered
radio, flashlight, and
extra batteries are all
items you should
have readily available.



Test your carbon
monoxide and
smoke detector to
ensure they are
working properly.

Dress to fit the season



**Did you know that
half of heat loss can
be from your head?
Make sure you wear a
hat.**



**Outer garments
should be tightly
woven, water
repellent, and
hooded.**



**Wear loose-fitting,
light-weight, warm
clothing in several
layers.**

**Remove layers as
necessary to avoid
perspiration and
subsequent chill.**

Car Kit

Having a car kit is just as important as having a disaster supply kit. If you think you may have to travel in inclement weather, plan your trip in advance and check the latest weather reports to avoid the storm. Make sure your vehicle is fully winterized.

"What if I get stuck on the road?"

Tie a bright
colored cloth
(preferably red)
to the antenna
for rescuers to
see.

+

Start the car and
use the heater for
about 10 minutes
every hour. Keep
the exhaust pipe
clear so fumes
won't back up
into the car.

+

Leave the
overhead light
on when the
engine is
running so that
you can be seen.

+

As you sit,
keep moving
your arms and
legs to keep
blood
circulating and
to stay warm.

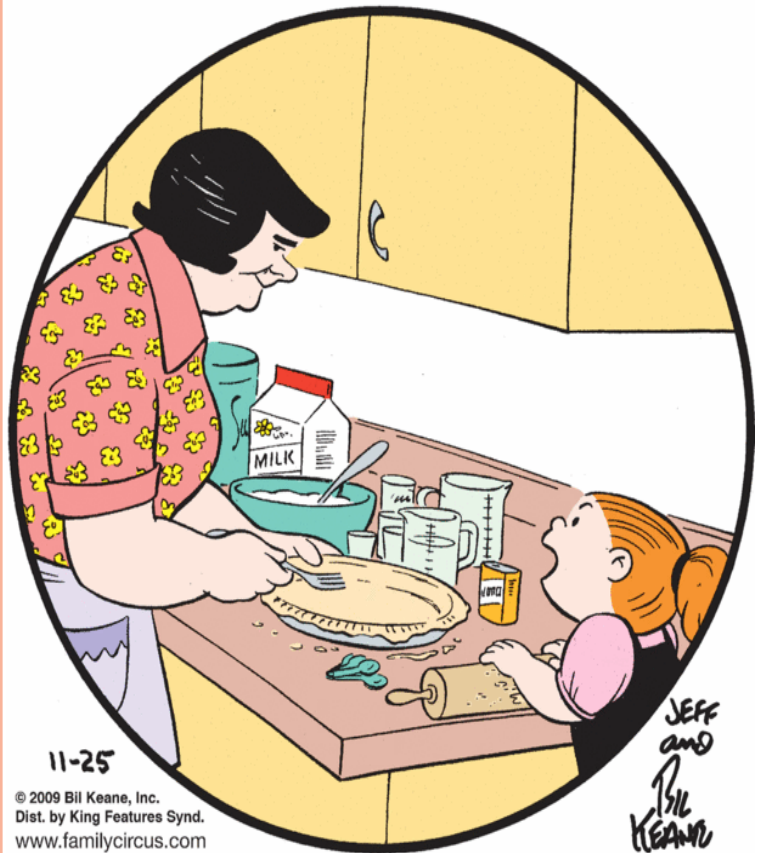
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Keep one
window that
is away from
the blowing
wind slightly
open to let
in air.



NOVEMBER CRAFT CLASS NOVEMBER 13 @ 1:30 PM \$5.00 PER PERSON

JOIN US WHILE WE MAKE LEAF
 AND PINECONE WREATHS!



11-25
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JEFF
 and
 BIL
 KEANE

“This is a **HARD** way to make pumpkin
 pie, Grandma. Don’t you know how
 to make the frozen kind?”

