



Searcy County Senior Activity & Wellness Center

November 2025 Newsletter

509 Zack Road Marshall AR 72650

870-448-2999

Be sure to visit our Backdoor Boutique Thrift Store!

Open Monday thru Friday 9:00 am—3 pm.

November 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 or Pam 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—November 2025

Mon	Tue	Wed	Thu	Fri
3 Fried Shrimp French Fries Coleslaw Fruit Fling	4 Cauliflower & Cheddar Soup Breaded Fish Sandwich Prince Edward Vegetables Fruited Gelatin	5 Meatloaf Roasted Garlic Potatoes Capri Vegetables Wheat Dinner Roll Blueberry Vanilla Cake	6 Fried Chicken Mac & Cheese Spinach Cornbread Spiced Apricots	7 Roast Beef Mashed Potatoes w/ Gravy Green Beans Wheat Dinner Roll Apple Pie
10 Cheese Enchiladas Black Bean & Couscous Wheat Dinner Roll Pineapple w/toasted Coconut	11 Closed for Veterans Day 	12 Lasagna Garden Salad Wheat Dinner Roll Chocolate Chip Bar	13 Braised Stew Beef Tips w/gravy Potatoes & Carrots Wheat Dinner Roll Tropical Fruit	14 Baked Chicken Sour Cream Mashed Potatoes Green Peas Wheat Dinner roll Apple Betty Fish Fry 2-6
17 Teriyaki Beef Fried Rice Sugar Snap Peas Vegetable Egg Roll Fruited Gelatin	18 Beef Chili w/bean Baked Potato Tossed Salad Wheat Dinner Roll Mandarin Oranges Bingo 5:30 — 7	19 Salisbury Steak Au Gratin Potatoes Prince Edward Vegetables Wheat Dinner Roll Pudding Parfait	20 Crispy Baked Chicken Spinach Souffle Baked Tomatoes Wheat Dinner Sliced Apples	21 Pit Ham Mashed Potatoes Cornbread Dressing Green Beans Wheat Dinner Roll Pumpkin Pie
24 Four Cheese Pasta Italian Vegetables Wheat Dinner Roll Ambrosia	25 Ham Divan with Broccoli Sweet Whipped Carrots Wheat Dinner Roll Pineapple Tidbits	26 Beef Bourguignonne Egg Noodles Baby Carrots Wheat Dinner Roll Chocolate Éclair Trifle	27 Closed for Thanksgiving 	28 Closed for Thanksgiving 
24 Menu subject to change without notice due to food availability.				Lunch served: 11:30 am – 12:00

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—November 2025 Activity Calendar

Mon	Tue	Wed	Thu	Fri
				
3 Movie Monday 1:00 Wi Bowling 2:30	4 Get Fit 9:30 Craft Class 10:30 Get Fit evening 5:30	5 Weekly Bingo 1:00	6 Get Fit 9:30 Crochet/Knitting class 10:30 Bean Bag Baseball 12:00 Get Fit evening 5:30	7 Chris-Fresh Conversations 11:30
10 Movie Monday 1:00 Wi Bowling 2:30	11 Closed for Veterans Day 	12 Weekly Bingo 1:00	13 Get Fit 9:30 Crochet/Knitting class 10:30 Bean Bag Baseball 12:00 Get Fit evening 5:30 v	14 Fish Fry 2-6 pm
17 Birthday Celebration! Ambassador Meeting 2:00 Movie Monday 1:00 Wi Bowling 2:30	18 Get Fit 9:30 Craft Class 10:30 Get Fit evening 5:30 Basket Bingo 5-7	19 Weekly Bingo 1:00	20 Get Fit 9:30 Crochet/Knitting class 10:30 Bean Bag Baseball 12:00 Get Fit evening 5:30	21 Chris-Nutrition Program 11:30 Bill-Caregiver Support group 12:30-1:30
24 Movie Monday 1:00 Wi Bowling 2:30	25 Get Fit 9:30 Craft Class 10:30 Get Fit evening 5:30	26 Weekly Bingo 1:00	27 Closed for Thanksgiving 	28 Closed for Thanksgiving 

Searcy County Senior Center

509 Zack Road Marshall, AR 72650

**Tuesday
November
18th**



**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.

FEATURES:



Ninja Air Fryer
Retail value: \$129.00

- **AIR CRISP TECHNOLOGY:** 400° superheated air surrounds food for hot, crispy results with little to no oil.
- **LARGE CAPACITY:** The 5-QT nonstick basket and crisper plate fit up to 4 lbs of French fries or 5 lbs of chicken wings.
- **4-in-1 FUNCTIONALITY:** Air Fry, Roast, Reheat, and Dehydrate.
- **GUILT-FREE FRIED FOODS:** Up to 75% less fat than traditional air frying methods. Tested against hand-cut, deep-fried French fries.
- **FROZEN TO CRISPY:** Cook frozen foods in just minutes for an extra-crispy finish.
- **SPACE SAVER:** Ninja's latest air fryer design allows you to save even more space on your countertop without compromising capacity.
- **EASY TO CLEAN:** The basket and crisper plate are both non-stick for easy cleaning.
- **WHAT'S INCLUDED:** Air Fryer, 5-QT nonstick basket and crisper plate, chef-inspired 20 recipe book and cooking charts. One-handed rubber latches for convenient opening and closing of the lid.

All proceeds go towards our Meals on Wheels program!

Searcy County
Senior Activity & Wellness
Fish Fry Fundraiser

**Dine in or
Carry Out!**



**Open to
the public!**

What's on the menu:

**Fish or Chicken Strips, French Fries, Beans,
Cole Slaw, Hushpuppies & Desert!**

Only \$12 per plate!

**Friday November 14th
2:00 pm—6:00 pm**

This months dinner is graciously sponsored by:
Bare Horse BBQ - Chris & Shawnette Loggins

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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 \$5.00 for anyone 60+.

Guests under 60 are welcome to enjoy a meal for \$10.00. To go Meals are \$10.95

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

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 \$5.00 for those 60 and over and \$10.00 dine in for those under 60 or 10.95 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: Loriann 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 November 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.