

Marion County Senior Activity and Wellness Center February Newsletter

5966 Hwy 202 E/PO Box 728,
Flippin, AR 72634
870-302-3437

Inclement Weather:

If we are closed due to the weather, we will post on KTLO website & our Facebook page to let you know if we are open or closed.

www.ktlo.com

www.facebook.com/marioncountyseniorcenter



Upcoming Events:

Bingo Fundraiser- March
Senior Games-April/May

FREEZER DONATION

Can be made in person/mail at center or Po Box 728, Flippin 72634.
Online donation @
www.aaanwar.org/make-a-donation
Please add Marion County in subject.

Happy Valentine's Day

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



B Q Q J D F I R S T K I S S N T I U K O
O C Q E Z Y D P K K G E Y O D H J Q K A
X Z T S H E J F P I U I W C U G R J T U
I A C R L H V W L V B U G K E I O C C Q
D V V J U P O R D V L V C I I L M N D F
Q I L H G E A Q B A P O V I Z E A M V Z
I K N I P I L A S O P O R P S L N E G X
O K O N P M P O E O M P Z T Q D C H M H
K H J X E W R M V O S Z V L P N E F A F
Y P I S M R A L P E P A G S W A U G D E
P N K D Z K A K S D L T O T X C H W W L
E T U R D P E O O E S W Z R P B W M O P
S E L A A Y R Z N U M I L A E D E R Z Y
S D E C R L M T E N E P X T S W X Y H L
B D G C O S I M Y A M Z G E N O L I J X
F Y G R N N D D X M O L T E C K L M Y N
P B W Q E Y T S A Z R U O W D D J V Z P
D E H K Q K U D V T I G E S N C G Q C C
B A C H O C O L A T E B Q D I P U C T O
J R V D C F X T N E S Y R J J I Z T A F

IMPORTANT NEWS!

We will be closed February 16, 2026
in observance of President's day!

We resume normal hours on 2/17.

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2 style="font-size: 48px; margin: 0;">HAPPY</h2> <h1 style="font-size: 72px; font-family: cursive; margin: 0;">Valentine's Day</h1>   				
2	3	4	5	6
PIT HAM HASHBROWNS ROASTED BRUSSEL SPROUTS DINNER ROLL RED VELVET CAKE	BRAISED STEW BEEF TIPS W/ GRAVY POTATOES AND CARROTS CORNBREAD MANDARIN ORANGES W/ BANANAS	VEGETABLE LASAGNA GARDEN SALAD ASST SALAD DRESSING BREADSTICK ITALIAN CREAM CAKE	BAKED CHICKEN SOUR CREAM MASHED POTATOES GREEN PEAS WHEAT DINNER ROLL APPLE BETTY	BEEF BRISKET MACARONI & CHEESE SUCCOTASH DINNER ROLL CHILLED PEARS
9	10	11	12	13
BEEF CHILI W/ BEANS BAKED POTATO TOSSED SALAD ASST SALAD DRESSING CORNBREAD SLICED APPLES	CHICKEN PARMESAN W/ NOODLES STEAMED CARROTS GARLIC BREAD SCALLOPED CINNAMON PEACHES	SMOTHERED PORK CHOPS PINTO BEANS W/ ONIONS CAPRI VEGETABLE BLEND CORNBREAD APRICOT HALVES	SALISBURY STEAK AU GRATIN POTATOES PRINCE EDWARD VEGETABLES DINNER ROLL TAPIOCA PUDDING	BRATWURST LINKS ROMANOFF NOODLES SAUTEED PEPPERS & ONIONS DINNER ROLL CHOCOLATE CHEESECAKE
16	17	18	19	20
MCSAWC WILL BE CLOSED FOR PRESIDENT'S DAY! 	BBQ PORK PLATTER CORN CASSEROLE BRUSSEL SPROUTS WHEAT ROLL PEACH CRISP	<b style="color: pink;">BIRTHDAY LUNCH! HERBED PORK CHOP PARSLIED POTATOES ORANGE GLAZED BEETS DINNER ROLL CAKE W/ ICE CREAM 	BRAISED BEEF SEASONED RICE OVEN ROASTED VEGETABLES DINNER ROLL MANDARIN ORANGE GELATIN	ROASTED CHICKEN POULTRY GRAVY BREAD DRESSING MIXED VEGETABLES DINNER ROLL BLUSHING PEARS
23	24	25	26	27
ROAST BEEF AU JUS CREAMED POTATOES STEAMED VEGETABLE STICKS DINNER ROLL CHERRY PIE	ROASTED THYME CHICKEN BREAD DRESSING MIXED VEGETABLES DINNER ROLL CHILLED PEARS	BBQ PORK SANDWICH POTATO WEDGES CALICO COLESLAW CHOCOLATE PUDDING PARFAIT	TURKEY VEGETABLE STEW RICE PILAF DINNER ROLL FRUIT FLING	OVEN FRIED CHICKEN MASHED POTATO CASSEROLE SPINACH CORNBREAD PEACH COBBLER

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

SUGGESTED DONATION OF \$5.00

UNDER 60 \$10.00

TAKE OUT MEAL \$11.00

****LUNCH SERVED MONDAY THRU FRIDAY 11:30 AM TO 12:00 PM****

MARION COUNTY SENIOR ACTIVITY AND WELLNESS CENTER PRESENTS



Painting w/ Maddie

FEBRUARY 7, 2026
STARTS @ 10 AM
5966 HWY 202 E, FLIPPIN, AR 72624
\$10 SUPPLIES INC
POTLUCK LUNCH
See you there!



February 2 @ 9:30 AM

Please join us for our 10-week course on
brain health fitness!



Super Noggin
Is BACK!

Valentine's Craft Class

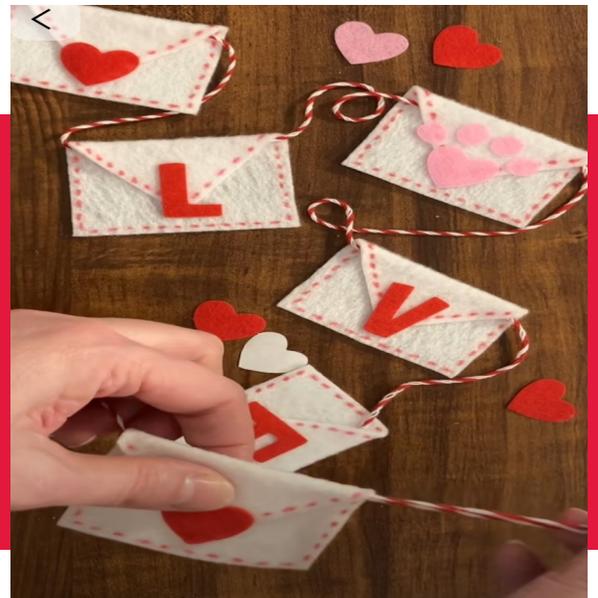
February 12 @ 1:30 PM

Public is Welcome!

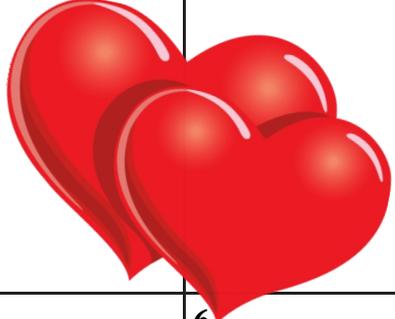
Cost: \$5.00 Supplies Included

RSVP: 870-302-3437

All proceeds benefit MCSA WC



February Activities

				
2 BINGO 10 AM SUPER NOGGIN 9:30 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	3 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM	4 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	5 TABLE GAMES 9-11 AM	6 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
9 BINGO 10 AM SUPER NOGGIN 9:30 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	10 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM	11 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	12 TABLE GAMES 9-11 AM CRAFT CLASS 1:30 PM	13 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
16 CLOSED FOR PRESIDENT'S DAY 	17 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM	18 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	19 TABLE GAMES 9-11 AM	20 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM
23 BINGO 10 AM SUPER NOGGIN 9:30 AM AGELESS GRACE 11 AM WII BOWLING 12:30 PM	24 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM CORNHOLE 12:30 PM	25 WII BOWLING 9 AM CHAIR VOLLEYBALL 10 AM BEANBAG BASEBALL 12:30 PM	26 TABLE GAMES 9-11 AM	27 EXTENSION GET FIT 10 AM SKIPBO 11:00 AM BINGO 12:30 PM

6 WAYS TO PROMOTE PROPER NUTRITION FOR SENIORS



1. Load up on fruits and veggies.
Try strawberries and spinach for maximum nutritional value.



2. Don't be afraid of fat.
Fish, almonds, and avocados are all great sources of healthy fats.



3. Embrace healthy bacteria.
Enjoy low-sugar yogurt or Kombucha.



4. Promote protein.
Eggs with chicken or cheese are great choices.



5. Hydrate.
Try water flavored with lemon or fruit!



6. Eat smaller meals.
Focus on small servings of nutrient-rich foods.

HOME CARE
ASSISTANCE

Baked Sweet Potato Coins

Prep Time: 10 mins Cook Time: 20 mins

Servings: 4

Total Time: 40 mins

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease 2 baking sheets with cooking spray.

Make a lengthwise cut partway through the middle of each sweet potato.

Cut potatoes into coins using the slicer attachment on a spiralizer. Arrange coins on the baking sheets. Spray with cooking spray. Season both sides with seasoned salt.

Bake in the preheated oven until edges start to curl, 20 to 25 minutes. Season with more salt. Let cool until crisp, about 10 minutes.



FEBRUARY

