

Jacksonville Senior Wellness & Activity Center

APRIL 2024

CONTACT

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www.jacksonvillesseniorcenter.com



WHAT'S INSIDE

Healthy For Good	02
Recipe	03
Lunch Menu	04
Yard Sale	05
Class/Activity Schedule	06
We Want to Hear from You!	07
Fish Fry-Day	08
Bake Sale	09
Super Noggin	10
Deep	11
Memorial Tree Dedication	12

CENTER HOURS

Monday	8am-4pm
Tuesday	8am-4pm
Wednesday	8am-2pm
Thursday	8am-4pm
Friday	8am-2pm

IMPORTANT MESSAGES:

**We're gearing up for our annual
yard sale on April 19th,
call Jessica at 501-982-7531 for
more information.**



American Heart Association.
Healthy for Good™

MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



10

Minutes

of stretching is like walking the length of a football field



2.5

Hours

of walking every week for a year is like walking across the state of Wyoming



30

Minutes

of singles tennis is like walking a 5K



1

Hour

of dancing every week for a year is like walking from Chicago to Indianapolis



20

Minutes

of vacuuming is like walking one mile

30

Minutes

of grocery shopping every other week for a year is like walking a marathon



Source: purdue.edu/walktothemoon/activities.html

EAT SMART **MOVE MORE** BE WELL

For more ways to add activity to your life, visit HEART.ORG/MOVEMORE

SCRAMBLED EGGS WITH FRESH RICOTTA AND CHIVES

Recipe:

4 Large Eggs

1 tblsp chopped fresh chives

1/4 tspn kosher salt

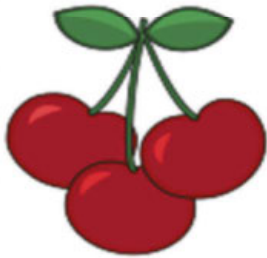
1 tblsp butter 1/2 cup fresh ricotta cheese

4 slices of whole grain bread, lightly toasted and buttered.



Whisk eggs, chopped chives, and 1/4 teaspoon fleur de sel in medium bowl until well blended. Melt butter in heavy medium nonstick skillet over medium heat. When foam subsides, add eggs and stir with heatproof silicone spatula until eggs are almost cooked but still runny in parts, tilting skillet and stirring with spatula to allow uncooked portion to flow underneath, about 2 minutes. Remove from heat. Add ricotta and stir just until incorporated but clumps of cheese are still visible.

Arrange 2 toasts or 4 baguette slices on each of 2 plates. Spoon scrambled eggs atop toasts. Sprinkle with more fleur de sel and pepper. Garnish with whole chives, if desired.



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APRIL 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Steak Fingers Mashed Potatoes Green Beans Wheat Roll Tropical Fruit Skim Milk</p>	<p>2</p> <p>Chicken and Dumplings Broccoli Wheat Roll Chilled Peaches Sugar Cookies Skim Milk</p>	<p>3</p> <p>Glazed Meatloaf Mashed Potatoes Mixed Veggies Wheat Roll Margarine Fruit Cocktail Skim Milk</p>	<p>4</p> <p>Stuffed Pepper Casserole Broccoli Wheat Roll Mandarin Oranges Cookie Skim Milk</p>	<p>5</p> <p>Turkey Swiss Wrap Chips Lettuce & Tomato Fruit Cup Skim Milk</p>
<p>8</p> <p>Baked Chicken Rice Bowl with Veggie Egg Roll Mandarin Oranges Cookie Skim Milk</p>	<p>9</p> <p>Spaghetti with Meat Sauce Green Beans Tossed Salad w/ Dressing Garlic Bread Apple Crisp Skim Milk</p>	<p>10</p> <p>Pulled Pork Sandwich Seasoned Potato Wedges Cole Slaw Apple Crisp Skim Milk</p>	<p>11</p> <p>Fettuccini Alfredo with Chicken Broccoli Wheat Roll Chilled Pineapple Skim Milk</p>	<p>12</p> <p>Baked Fish with Lemon Butter Rice Pilaf Broccoli Seasoned Carrots Wheat Roll Skim Milk</p>
<p>15</p> <p>Beef Tip with Gravy Rice Broccoli Wheat Roll Fresh Fruit Skim Milk</p>	<p>16</p> <p>Grilled Chicken Sandwich with Lettuce & Tomato Sweet Potato Fries Chilled Pineapple Cookie Skim Milk</p>	<p>17</p> <p>Baked Sauteed Shrimp Vegetable Fried Rice Bowl Stir Fry Veggies Egg Roll Fruit Crisp Skim Milk</p>	<p>18</p> <p>Chili with Beans Shredded Cheese Corn Whole Wheat Crackers Fresh Orange Slices Cookie Skim Milk</p>	<p>19</p> <p>Chicken Salad Croissant Lettuce & Tomato Marinated Veggie Salad Fresh Fruit Skim Milk</p>
<p>22</p> <p>King Ranch Chicken California Veggies Wheat Roll Fresh Fruit Salad Cookie Skim Milk</p>	<p>23</p> <p>Tuscany Tomato Bisque Turkey Sandwich Fresh Fruit Skim Milk</p>	<p>24</p> <p>Chicken Stir Fry Steamed Rice Asian Veggies Whole Wheat Roll Fruited Ambrosia Fortune Cookie Skim Milk</p>	<p>25</p> <p>Meatballs w/ Gravy Buttered Pasta Green Beans Wheat Roll Chilled Peaches Skim Milk</p>	<p>26</p> <p>Fish Fry-Day 2 piece fish French Fries Hushpuppies Cole Slaw Dessert Choice of Drink</p>
<p>29</p> <p>Steak Fingers Mashed Potatoes Green Beans Wheat Roll Tropical Fruit Skim Milk</p>	<p>30</p> <p>Chicken and Dumplings Broccoli Wheat Roll Chilled Peaches Sugar Cookies Skim Milk</p>	<p>The suggested donation for meals is \$4.00 per meal. Guests and patrons under 60 must pay \$7.50 Lunch is to be eaten in the building. If you want to take your lunch out of the building, you will need to pay \$7.50.</p>		

YARD SALE

Yard Sale

4-19-2024

9am-12:30pm



Our Annual Yard Sale is right around the corner on Friday 4-19-24 9am-1230pm. If you have items you'd like to donate, Please call Jessica at 501-982-7531 for more information.

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APRIL CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
6pm- Bingo	10am- Kelly w/ Brightstar Care Kroger Shopping Trip - after lunch 7:00pm Dance with Nostalgia			<u>10AM- BBB AWAY GAME AT WEST CENTRAL</u>
8	9	10	11	12
No Smartphone 101 due to Eclipse 6pm-Jam Session	10am- Gina w/ Heartland Financial Presentation 1030am- Writing Circle with Nixon Library 7:00pm- Dance with Sugar Creek	<u>10am- BBB Game Here with Conway Purple Streaks</u>	9am-11am- Deep Session 1 11am-Table Talk	<u>10 am- BBB GAME HERE WITH WEST CENTRAL BLAZERS</u>
15	16	17	18	19
6 pm- Bingo	10am-11am- Salsa with Ramon 7:00pm Dance with Nostalgia	<u>10am- BBB GAME HERE WITH MAUMELLE STARS</u>	930am- Unity BP Checks 9am-11am- Deep Session 2 Walmart Shopping Trip after lunch	9am -1230pm- YARD SALE
22	23	24	25	26
11am- Medicare Minute 6 pm- Bingo	10am- Gardening with Brenda Ketzscher 7pm-Dance with Sugar Creek	9:30am- Cooking with Karen Boone, SNAP Education Program	9am-11am- Deep Session 3	930am- Birthday Bingo Celebration Sponsored by Mark Perry Fish Fry Fundraiser
29	30			
Planting of the Memorial Tree Ceremony	830am- Travelers Baseball Game 7:00pm Dance with Nostalgia/ Pot Luck			

WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9am-Bean Bag Baseball (Congregate Room) 9:30 am Bible Study (Conference Room) 930am-DrumsAlive (Safe Room) 10am-Ageless Grace 10:45 am (Safe Room) PEPPI (Safe Room)	9:00 am Coloring (Conference Room) 9:30am- Chair Yoga 10:30 am Chair Volleyball Practice (Congregate Room) 11:15 Darlie's Darlings Garden Club 1:00 pm Painting with Fred Bass	9:00 am Bean Bag Baseball Practice (Congregate Room) 9:30 am -10am Drumming with Tanya 10am-1030am Ageless Grace (Safe Room) 10:45 am PEPPI (Safe Room) 1230-130pm- Book Club	9:00 am Coloring 9am-11am Education 10:30 am Chair Volleyball Practice (Congregate Room) 1:00 pm Games (Lobby) 1:00 pm Line Dancing (Safe Room)	930am- Alternating Activity 9:00 am Beanbag Baseball Practice (Congregate Room) 10:45 am PEPPI (Safe Room)

WE WANT TO HEAR FROM YOU

Are there classes, activities, or programs that you would like to see our center offer? Do you have hobbies or skills that you would like to share with others? Let us know! We would love your input on how we can improve our center and offer more of the activities that you all love and enjoy!



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Joe Scott

jscott@4LPi.com

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jscott@4LPi.com

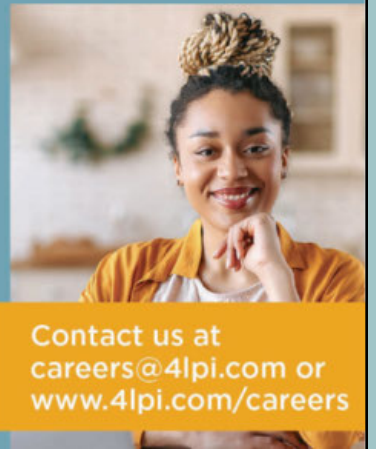
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BAKE SALE



It's that time again!! Break out your best baked goods and please join us for our Semi-Annual Bake Sale Friday April 19th 2024.

All proceeds go to support our mission to purchase a goat through Heifer International for a family in need overseas.

For more information call Jessica at 501-982-7531.



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Learn

Practice

Track:

- **LEARN** what the latest research says about keeping your mind sharp
 - Diet
 - Sleep
 - Exercise
- **PRACTICE** healthy new lifestyle habits and brain fitness exercises in a fun social setting (don't worry, there won't be any grades)
- **TRACK** your progress with an easy to follow work book

Super Noggin

Want to stay sharp? Attend our Brain Fitness workshops!



You Are Invited

Join us for an introduction to Super Noggin and brain fitness. We'll explain the program in detail and have some fun:

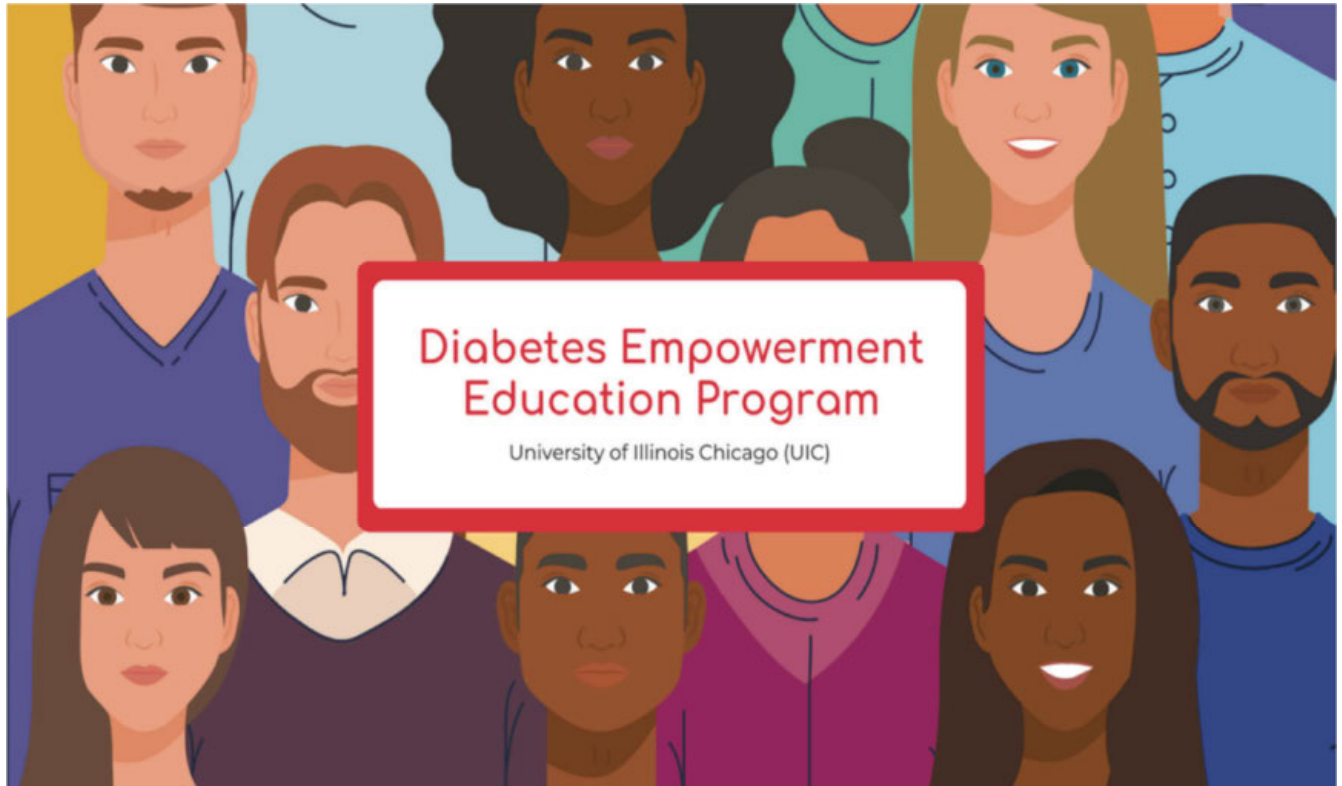
Where: Jacksonville Senior Wellness & Activity Center

When: Thursday May 23rd 9am-11am (Introduction)

Regular class will start June 6th between 9am-11am

Call Jessica 501-982-7531 for questions or concerns.

DIABETES EMPOWERMENT EDUCATION PROGRAM



DEEP™ Overview

DEEP™ is a diabetes self-management education (DSME) program that has been shown to be successful in helping participants take control of their diabetes and reduce the risk of complications.

If you or someone you know have Diabetes, then please join us on a journey to Diabetes Empowerment beginning Thursday April 11th 9am-11am.

The main goals of the Diabetes Empowerment Education Program are:

1. To improve and maintain the quality of life of persons with diabetes or persons who have diabetes risk factors.
2. To prevent complications and disability.
3. To improve eating habits and maintain adequate nutrition.
4. To increase physical activity.
5. To develop self-care skills.
6. To improve the relationship between patients and health care providers.
7. To utilize the available resources.

FIND US ON FACEBOOK!

MEMORIAL TREE DEDICATION



Please join us for a Memorial Tree Dedication April 29th at 10:00am. We will plant a tree at The Jacksonville Senior Wellness & Activity Center in honor of our dearest friends and family members we've lost through the years. Feel free to bring a ribbon or ornament to hang on the tree in honor of your loved one. For more information call Jessica at 501-982-7531.

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