

# Jacksonville Senior Wellness & Activity Center

APRIL 2022

## CONTACT

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[www.jacksonvilleseniorcenter.com](http://www.jacksonvilleseniorcenter.com)



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## CENTER HOURS

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

## BOARD OF DIRECTORS

Laurie Johnson	Chairman
Gloria Johnson	Vice Chairman
Ron McDaniel	Secretary

## NON-DISCRIMINATION POLICY

The Jacksonville Senior Wellness & Activity Center, Inc. complies with all civil provisions of federal statutes and related authorities that prohibit discrimination (race, sex, color, age, national origin, religion, disability, Limited English Proficiency (LEP), or low income status) in programs and activities receiving federal financial grant money.

## INCLEMENT WEATHER POLICY

Jacksonville Senior Center will be closed when Jacksonville North Pulaski School District (JNPSD) and Pulaski County Special School District (PCSSD) are closed due to inclement weather. Please check weather conditions and school closings as broadcast by any of the local television and/or radio stations.

FIND US ON FACEBOOK!

# EARTH DAY 2022-INVEST IN OUR PLANET!

Every April 22, we celebrate Earth Day! Whether it's a walk through the woods, picking up litter, or using more Earth-friendly products. Here are **5 ways that you can help to care for your planet**

## 1. Support Our Pollinators!

Bring native bees and other pollinating creatures to your garden. One way to do this is by selecting the right plants.

## 2. Clean Up Plastic in Your Neighborhood or Local Park

One of the best ways to connect with the Earth is through cleanups! Go on a walk with a trash bag and help to clean up any plastic that you find. Perhaps you know of a nearby ditch that is polluted with trash that needs a spring cleaning! You'll start to realize that plastic permeates every aspect of our lives. But as the world wakes up to its addiction, just how easy is it to ditch plastic while growing and storing more of our own food? Don't forget to recycle what plastic you can.

## 3. Swap Out Your Kitchen and Household Products!

Let's talk about the cooking and cleaning products that touch the food we eat as well as our skin. This year, we've discovered a line of kitchen and household products called "If You Care." Everything's biodegradable and does not use chemicals or plastic. Think 100% recycled aluminum foil, chemical-free parchment paper for baking, compostable bags made with potato starch, and even vegetable-based inks for their packaging. We love company's motto: "We care simply because it's the right thing to do!"

## 4. Plant a Tree!

We love our trees! They capture carbon, cool overheated places, benefit agriculture, support pollinators, reduce the risk of disease transmission, and boost local economies. Did you know that planting one oak tree brings in more insect and bird species than an entire yard of plants? Talk to your local government about planting more trees and native garden beds in public spaces or consider planting your own on your property! Another way to make a difference is to ditch printed seed or plant catalogs. When you receive an unwanted catalog in the mail (especially those huge ones!), contact the company and ask to be removed from their print list.

## 5. Reduce, Reuse, Recycle in the Garden

Caring about yourself and nature means being less wasteful and saving money, too. Who could argue with this? If you are a gardener, here are just a few ideas:

- Buy in bulk when you know that you'll need a lot of topsoil, mulch, compost, or other materials. This cuts down on plastic bags. Many garden centers will even deliver right to your yard. Also check with your city recycling center or Department of Transportation—they might offer free compost, soil, sand, or other materials.
- Reuse, recycle, or return old plastic pots and trays.
- Plant pots right into the ground!

## UPCOMING EVIDENCE BASED CLASSES

### DEEP– Diabetes Empowerment Education Program

Every Tuesday from 1-3pm starting April. Our last class will be held on May 24th

Where: JSWAC Safe Room

#### What is DEEP?

Diabetes Empowerment Education Program (**DEEP™**) is a licensed diabetes self-management education (DSME) curriculum developed by the University of Illinois, Chicago. DEEP was developed to provide communities with tools to better manage diabetes and is based on principles of empowerment and adult education. The purpose of this training is to provide diabetes education to members of the local community. There are eight modules that are typically taught in six (6) 2-hour sessions (one session per week). The modules are: Understanding the Human Body; Risk Factors; Blood Glucose Monitoring; Physical Activity; Management Through Meal Planning; Complications; Medications and Medical Care; Mobilizing Your Family and Friends.

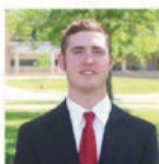
If you are not a member of the senior center and would like to participate in the class, please call us at 501-982-7531 for more information or stop in and see us!



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Jacksonville Senior and Wellness Center, Jacksonville, AR

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# APRIL 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The suggested donation for meals is \$3.00 per meal. Guests under 60 yrs. old pay \$6.00.				1 Fish Sandwich Tater Tots Cole Slaw Chilled Peaches Cookie Skim Milk
4 Chicken Pot Pie Broccoli Mandarin Oranges Cookie Wheat Roll Margarine Skim Milk	5 Chicken Tenders Roasted Potato Wedges Mixed Veggies Angel Food Cake with Strawberry Topping Wheat Roll Skim Milk	6 Frito Pie Mixed Veggies Chilled Pears Apple Spice Muffin Skim Milk	7 Meatballs with Mushroom Gravy Pasta California Veggies Fruit Cocktail Wheat Roll Skim Milk	8 Hamburger on a Bun French Fries Tossed Salad Chilled Peaches Skim Milk
11 Chicken Spaghetti Broccoli Fruit Salad Wheat Roll Margarine Skim Milk	12 Ground Beef Stew Cornbread Tossed Salad Baked Apples Skim Milk	13 Chicken Fajitas Spanish Rice Fiesta Corn Tropical Fruit Skim Milk	14 Goulash Green Beans Chilled Peaches Cookie Wheat Roll Skim Milk	15 Ham Dinner Hashbrown Casserole Green Beans Dinner Roll Carrot Cake Skim Milk
18 Sloppy Joe Tater Tots Green Beans Mandarin Oranges Skim Milk	19 Chicken & Dumplings Peas and Carrots Chilled Pears Cookie Wheat Roll Margarine Skim Milk	20 Turkey Sausage Sauteed Onions and Peppers Pinto Beans Cornbread Chilled Pineapple Skim Milk	21 Soft Beef Taco Lettuce and Tomatoes Corn Ranch Beans Mandarin Oranges Skim Milk	22 BBQ Chicken Roasted Potatoes Spinach Fruit Crisp Wheat Roll Margarine Skim Milk
25 Chicken Fried Steak Mashed Potatoes Gravy Green Beans Tropical Fruit Wheat Roll Skim Milk	26 Beef Stroganoff Noodles Peas & Carrots Chilled Peaches Wheat Roll Skim Milk	27 Sliced Ham Scalloped Potatoes Candied Carrots Tropical Fruit Brownie Wheat Roll Skim Milk	28 Spaghetti w/ Meat Sauce Green Beans Chilled Pineapple Cookie Wheat Roll Skim Milk	29 Fish Sandwich Tater Tots Cole Slaw Chilled Peaches Cookie Skim Milk



# FUNDRAISERS

## BINGO

**MONDAY NIGHT BINGO IS BACK AT THE JACKSONVILLE SENIOR  
WELLNESS & ACTIVITY CENTER!**

**Bingo is held on the first and third Monday of every month**

**Doors open at 6:00 pm**

**Early Bird games start at 6:30 pm**

**Regular Games start at 7:00 pm**

**Package Prices start at \$12.00**

**Masks are recommended but no longer required.**

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# CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				April Fool's Day
4	5	6	7	8
6:30 pm Bingo	10:00 BP/BS Checks with Wright by Your Side  12:30pm Grocery Shopping- Kroger			
11	12	13	14	15
6:30 pm Jam Session	11:30 am Medicare Minute		12:30pm Grocery Shopping- Walmart	9:30 Easter Egg Hunt And Easter Celebration
18	19	20	21	22
6:30 pm Bingo	1:00 pm Deep Class #1 Congregate Room		9:30 am BP/BS Checks with Woodland Hills 12:30pm Grocery Shopping- Edwards	Earth Day!
25	26	27	28	29
6:30 pm Jam Session	1:00 pm Deep Class #2 Congregate Room	BBB Game- Home vs. West Central Badgers @ 10:00 am		9:30 am Bingo

## WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am Bible Study (Conference Room) 9:30 am Ageless Grace (Safe Room) 10:00 am Bean Bag Baseball Practice (Congregate Room) 10:45 am PEPPI (Safe Room)	9:00 am Coloring with Lori Rawlings (Conference Room) 9:00 am Tai Chi 10:30 am Chair Volleyball Practice (Congregate Room) 10:45 am Chair Yoga (Safe Room) 1:00 pm Painting with Fred Bass (Congregate Room)	9:00 am Bean Bag Baseball Practice (Congregate Room) 9:30 am Ageless Grace (Safe Room) 10:45 am PEPPI (Safe Room)  6	9:00 am Upcycle Art Class (Conference Room) 9:00 am Tai Chi 10:30 am Chair Volleyball Practice (Congregate Room) 10:45 am Chair Yoga (Safe Room) 1:00 pm Games (Lobby)	9:00 am Coloring with Lori Rawlings (Conference Room) 9:00 am Beanbag Baseball Practice (Congregate Room) 10:45 am Ageless Grace (Safe Room)

## FEATURED CLASS OF THE MONTH

# AGELESS GRACE

Ageless Grace® is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain – strategic planning, memory/recall, analytical thinking, creativity and imagination, kinesthetic learning – and simultaneously addresses all 21 physical skills needed for lifelong optimal function.

We are excited to have the opportunity to bring this class to our center, and we hope you will enjoy it! Please join us Monday and Wednesday mornings at 9:30 am in the Safe Room!

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# FUN AND GAMES

## National Parks

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

### Word List:

ACADIA	ARCHES	BADLANDS	BISCAYNE
CANYONLANDS	CONGAREE	DENALI	EVERGLADES
GLACIER	KATMAI	OLYMPIC	PINNACLES
REDWOOD	SAGUARO	SEQUOIA	SHENANDOAH
VOYAGEURS	YELLOWSTONE	YOSEMITE	ZION
ROCKY	MOUNTAIN	PETRIFIED	FOREST
CASCADES	RAINIER	MESA	VERDE
MAMMOTH	CAVE	GRAND	CANYON
DUNES	SMOKY	TETON	

## ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "J" = "P"

"NLL IGAV JDLJKD CYA LYN LR  
 OMDGQ KLAU HDRLCD NPDV CYA LYN  
 LR XLCMQ."

— GYNPLC YAFALXA

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E049

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

				3		8	7	5
						4		
	2		7	4			6	3
		9						7
3	8			6				9
7				5				
6		7			8		5	
5						9	3	
	4							

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## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

2			5				3	
			4				9	
					2		8	6
3		6						
5	9			6				
		8					1	
6		2			5			
	8		3		9			2
		9				4		

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