

Jacksonville Senior Wellness & Activity Center

APRIL 2026

CONTACT

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IMPORTANT MESSAGES:

Easter Party 3 April

No Zumba 8 April

Calling All Book Lovers!

Come join us for

BOOK CLUB

Next Meeting 28 April 10am

**At the Jacksonville Senior Wellness
& Activity Center**

100 Victory Cir. Jacksonville, AR

**Book to be Discussed: The Amateur Marriage
by Anne Taylor**

**New Book: This is Where I Leave You by
Jonathan Tropper**



RECIPE



2 Long English Cucumbers 1tbsp White Vinegar
1/2 Red Onion (thinly sliced) 1/2tsp Salt
1/4c Fresh Dill (finely chopped) 1/4tsp Pepper
2tbsp Olive Oil

1. In a large bowl, add cucumbers, red onion, dill, olive oil, vinegar, salt and pepper.
2. Stir well to mix.
3. This salad is best served immediately because the cucumber becomes watery over time. But you can add all ingredients, minus salt and pepper, and refrigerate up to 24 hours. Season and stir before serving.

Note: to prevent cucumbers from releasing so much water, try putting salt on your cucumbers for a few minutes to pull out the moisture then wash and dry cucumbers before step 1



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APRIL 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Tenders Potato Wedges Mixed Veggies Wheat Roll Angel Food Cake Fresh Berries Skim Milk	2 Chili Frito Pie Roasted Veggies Cornbread Fruit Cup Skim Milk	3 Easter Meal Skim Milk
6 Grilled Chicken Sandwich Potato Wedges Lett/Tom/Onion Strawberries and Bananas Skim Milk	7 Boneless Chicken Wings Mac & Cheese Coleslaw Dinner Roll Fruit Cobbler Skim Milk	8 Crispy Onion Chicken Whipped Sweet Potatoes Cauliflower Roll Frosted Cake Skim Milk	9 Pork Carnitas Spanish Rice Pinto Beans Fruit Salad Warm Tortilla Skim Milk	10 Chef Salad Crackers Escaloped Peaches Skim Milk
13 Pulled Chicken w/ Bun Potato Chips Coleslaw Seasoned Corn Apple Spice Cake Skim Milk	14 Salisbury Steak Gravy Garlic Mashed Potatoes Tuscan Veggies Roll Fruit Medley Skim Milk	15 Beef Stew Mixed Green Salad Dressing Dinner Roll Ice Fruit Cup Skim Milk	16 Chicken Parm Pasta w/ Sauce Broccoli Cheesy Garlic Breadstick Cranberry Pear Crisp Skim Milk	17 Corn Dog Sweet Potato Puffs Veggies Wheat Rolls Chocolate Brownie Skim Milk
20 Meatball Sub Sandwich Potatoes Wedges Tossed Salad Dressing Escaloped Apples Skim Milk	21 BBQ Pork Fried Okra Garden Salad Dressing Frosted Angel Food Cake Skim Milk	22 Beef Picadillo Spanish Rice Mexican Squash Corn Tortilla Fruited Gelatin Skim Milk	23 Breakfast Casserole Potatoes & Onions Wheat Toast Fruit Parfait Skim Milk	24 Chicken and Rice Casserole Peas & Carrots Cauliflower Dinner Roll Banana Pudding w/ Wafers Skim Milk
27 Sesame Ginger Chicken Brown Rice Pilaf Oriental Veggies Roll Oranges and Cherries Skim Milk	28 Meatballs & Pasta Broccoli Tossed Salad Dressing Cheesy Breadstick Ice Fruit Cup Skim Milk	29 Chicken Tenders Potato Wedges Mixed Veggies Wheat Roll Angel Food Cake Fresh Berries Skim Milk	30 Turkey Pot Pie Mashed Potato Green Peas Dinner Roll Brownie Skim Milk	

A MATTER OF BALANCE

We just finished up our A Matter of Balance class. We had a good time and learned a lot about strengthening muscles and center of balance. We also worked to change our way of thinking and gaining confidence to do things that we stop doing due to the fear of falling. Keep an eye out for the next class this fall



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Jacksonville Senior and Wellness Center, Jacksonville, AR

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APRIL 2026 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		1pm– Zumba	9:30am– Easter Craft w/ ArchWell	930am-Easter Egg Hunt and Easter Activity
6	7	8	9	10
1pm– Diamond Art 7pm– BINGO	9:30am– Nutrition and Cooking Skills 7pm– Dance with Nostalgia	No Zumba	9:30am– Fire Safety & Prevention	9:30am- BINGO w/ Sage Health and Humana
13	14	15	16	17
9am– Craft Class 10am-BBB @ W. Central (Blazers) 1pm– Diamond Art 6pm– Jam Sessions	10am– BP/BS Testing by Wright by Your Side 7pm– Dance with Ritchie & Company	1pm– Zumba	9am– CVB games @ home vs. Lonoke	9:30am-Birthday BINGO
20	21	22	23	24
1pm– Diamond Art 7pm– BINGO	9am– CVB game @ home vs. Hays 7pm– Dance with Nostalgia	1pm– Zumba	9:30am– Movie	9am-Casino Day @ Oaklawn
27	28	29	30	
9am– Craft Class 1pm– Diamond Art 6pm– Jam Sessions	9:30am– Cookie Decorating with Sage Health 10am– Book Club 7pm– Potluck dance with Ritchie & Company	1pm– Zumba	10am– Tech 101 by CALS	

WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9am Bean Bag Baseball Practice 9:30am Bible Study 10am Ageless Grace (Cong. Room) 10:45am PEPPI	9am Coloring 9:30am Chair Yoga 10:30am Chair Volleyball Practice 1pm Painting with Fred Bass	9am Bean Bag Baseball Practice 9:15am Sign Language 10am Ageless Grace (Safe Room) 10:45am PEPPI 11am Table Talk	9am Coloring 10:30am Chair Volleyball 11am Table Talk 12pm Dominoes 1pm Line Dancing	9am Bean Bag Baseball Practice (1st & 3rd week) 10am Tai Chi 10:45am PEPPI *Activities subject to change for BINGO or other events

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April is
**Parkinson's
Disease**
Awareness Month

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PARKINSON'S AWARENESS MONTH

April is the time to learn, support, and take action!

What is Parkinson's Disease?

A progressive neurological condition that affects movement, balance, and coordination.

Know the Signs:

- Tremors or shaking
- Slowed movement
- Muscle stiffness
- Balance problems

You Are Not Alone

Millions of individuals and families are living with Parkinson's. Support and education make a difference!

Stay Strong & Active:

- Gentle exercise (walking, stretching, Tai Chi)
- Balanced, nutritious meals
- Stay socially connected

Join Us This Month!

Learn more, share support, and spread awareness in our community.



EASTER PARTY

YOU ARE INVITED TO OUR

EASTER PARTY

3 APRIL | 9:30 AM

EGG HUNT
SPRING PAINT CRAFT
EASTER MOVIE

100 VICTORY CIRCLE
JACKSONVILLE, AR

DEEP CLASS

Jacksonville Senior Wellness &
Activities Center

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

SUPPORT. EDUCATION. EMPOWERMENT.



- Risk Factors
- Glucose Monitoring
- Physical Activity
- Meal Planning
- Complications
- Medications
- Medical Care

THRIVING WITH DIABETES STARTS WITH YOU

STARTING 7 MAY 2026 @ 9AM

MINIMUM CLASS SIZE 12 PARTICIPANTS

CALL THE CENTER OR COME BY TO RESERVE YOUR SPOT!

 501-982-7531

Jacksonville
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& Activity Center

 100 Victory Cir. Jacksonville

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