

# Jacksonville Senior Wellness & Activity Center

AUGUST 2025

## **CONTACT**

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



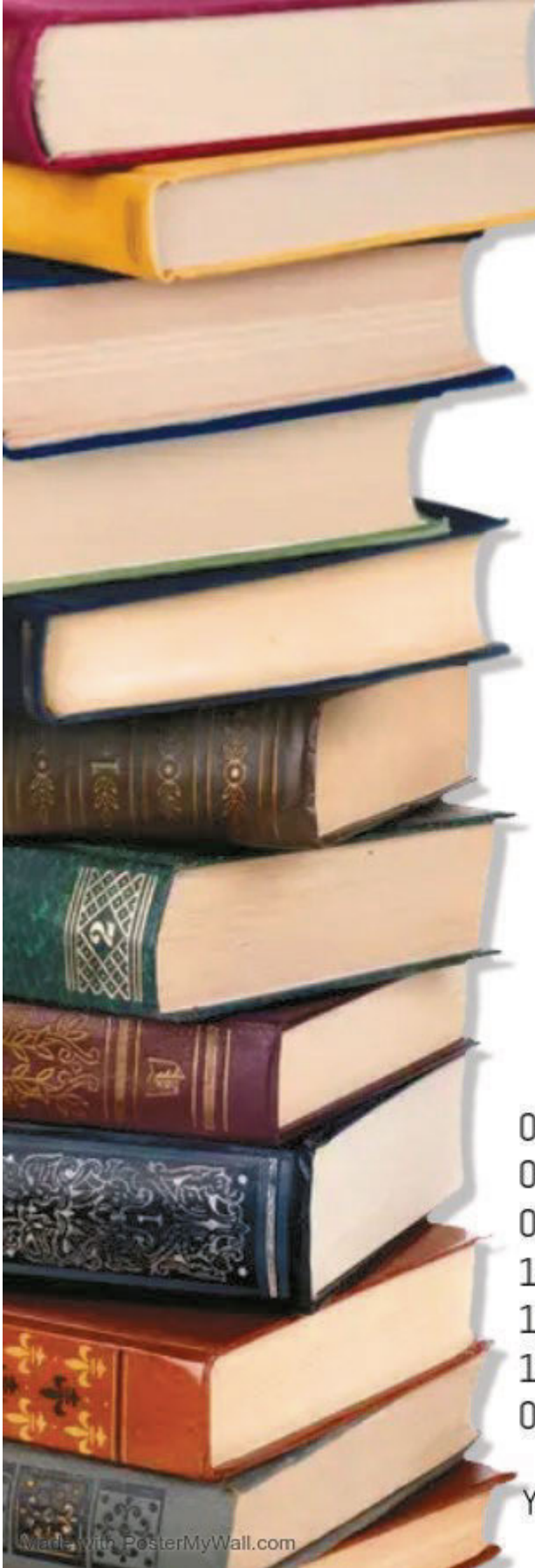
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## **IMPORTANT MESSAGES:**

**Don't miss out on important announcements. Fill out the form on the back page of the newsletter and return it to Tanya to join our email and text messaging systems!**





Central Arkansas Library System  
presents

# BOOK CLUB

First Meeting 7/29  
4th Tuesday every  
month after @10am

07/29/25 | The Cellist of Sarajevo  
08/26/25 | I Know Why the Caged Bird Sings  
09/23/25 | The Crying Tree  
10/28/25 | Water for Elephants  
11/25/25 | Book Lovers  
12/23/25 | TBD  
01/27/25 | Aviator's Wife

You will receive the first book at the first meeting  
and will discuss at the following meeting



# CREAMY CHICKEN CORN CHOWDER

## Ingredients

- 1 cup chicken broth
  - 2/3 cup cubed peeled potato
  - 1/2 cup frozen corn
  - 1/4 teaspoon minced garlic
  - 1/8 teaspoon dried marjoram
  - 1/8 teaspoon dried thyme
  - 1/8 teaspoon pepper
  - 2 tablespoons all-purpose flour
  - 2/3 cup 2% milk
  - 2 ounces Velveeta, cubed
- 2/3 cup cubed cooked chicken breast

## Directions

1. In a large saucepan, combine the broth, potato, corn, garlic, marjoram, thyme and pepper. Bring to a boil. Reduce heat; cover and simmer until potatoes are tender, 15-20 minutes. Combine flour and milk until smooth; gradually add to vegetable mixture. Bring to a boil; cook and stir until slightly thickened, about 2 minutes. Reduce heat; stir in cheese until melted. Add the chicken; heat through.

## Nutrition Facts

1-1/2 cups: 317 calories, 11g fat (6g saturated fat), 73mg cholesterol, 926mg sodium, 31g carbohydrate (7g sugars, 2g fiber), 24g protein.



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Jacksonville Senior and Wellness Center, Jacksonville, AR

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# AUGUST 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Closed
4 Spaghetti W/Meat Sauce Salad w/Dressing Garlic Bread Fruit Cup Skim Milk	5 Chicken Tenders Potato Wedges Mixed Vegetables Wheat Roll Fresh Strawberries Angel Food Cake Skim Milk	6 BBQ Ribettes Baked Beans Corn on the Cob Whole Wheat Roll Fruit Crisp Skim Milk	7 Pizza Casserole Salad W/Dressing Garlic Bread Fruit of Choice Skim Milk	8 Closed
11 King Ranch Chicken Vegetable Blend Garlic Bread Fruit Cake of Choice Skim Milk	12 Taco Soup Lettuce & Tomato Tortilla Chips Fresh Orange Skim Milk	13 BLT Sandwich Pasta Salad Tropical Fruit Skim Milk	14 Pizza Garden Salad Breadstick Chilled Peaches Skim Milk	15 Closed
18 White Bean Chili Vegetable of Choice Cornbread Fresh Oranges Assorted Cookie Skim Milk	19 Smothered Pork Chop Rice Vegetable Blend Wheat Roll/Bread Fruit Cup Skim Milk	20 Chicken Fajitas Spanish Rice Fiesta Corn Tropical Fruit Skim Milk	21 Chicken Spaghetti Garden Salad Garlic Bread Dessert	22 Closed
25 Soft Beef Taco Spanish Rice Corn Lettuce & Tomato Fresh Oranges Skim Milk	26 BBQ Chicken Sandwich BBQ Sauce Tater Tots Cole Slaw Peach Cobbler Skim Milk	27 Hamburger French Fries Salad W/Dressing Fresh Apple Slices Skim Milk	28 Breaded Pork Steak Black Eyed Peas Cornbread Assorted Cookies Skim Milk	29 Closed

# YOUR COMMUNITY NEEDS YOUR HELP

## Help Deliver Meals to Seniors

Volunteering for Meals on Wheels is a great way to make a huge impact in a short amount of time. By delivering meals you bring nutritious food and a friendly visit to seniors and people with disabilities in your community. Anyone can deliver meals, and it's a great volunteer opportunity for families and teams of employees, as well. **Sign up today** and find out how easy and rewarding it is to bring nutrition and independence to your neighbors!



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# AUGUST 2025 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				CLOSED
4	5	6	7	8
7pm-BINGO	10am– CVB Game w/ Benton @Jax 7pm– Dance with Nostalgia	9:15am– Signing with Brenda T. 9:30am– Cooking w/ Karen 10:30am– Spanish	9:30-BINGO by A First Name Basis	CLOSED
11	12	13	14	15
6pm– Jam Sessions	10am– Wright by your Side BS/BP checks 7pm– Dance with Ritchie and Company	9:15am– Signing with Brenda T. 10am- Salsa Dancing	BINGO by Archwell	CLOSED
18	19	20	21	22
7pm-BINGO	7pm– Dance with Nostalgia	9:15am– Signing with Brenda 10:30am– Spanish	Senior Citizen Appreciation Celebration	CLOSED
25	26	27	28	29
6pm– Jam Sessions	10am– Book Club 10am-CVB w/ Maumelle @Jax 7pm– Pot-Luck Dance with Ritchie and Company	9:15am– Signing with Brenda T.	9:30– Birthday BINGO w/ P&P Benefits	CLOSED

## WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9am</b> Bean Bag Baseball <b>9:30am</b> Bible Study <b>10am</b> Tai– Chi <b>10:15am</b> Ageless Grace <b>10:45am</b> PEPPI <b>11am</b> Table Talk	<b>9am</b> Coloring <b>9:30am</b> Chair Yoga <b>10:30am</b> Chair Volleyball Practice <b>1pm</b> Painting with Fred Bass	<b>9am</b> Bean Bag Baseball Practice <b>10:15am</b> Ageless Grace <b>10:30am</b> Chair Volleyball Practice <b>10:45am</b> PEPPI <b>11am</b> Table Talk	<b>10:45am</b> PEPPI <b>11am</b> Table Talk <b>12pm</b> Dominoes <b>1pm</b> Line Dancing	CLOSED

Activities can be removed or added based on the needs of the business / weather. Grocery store visits and field trips have been postponed until we get our new van.



# PHYSICAL HEALTH BENEFITS OF EXERCISE

## The Physical Health Benefits of Exercise

For Older Adults



### Live Better

Reduced risk of heart attacks



### Regulate Easier

Regulate blood sugar and insulin levels



### Gain Muscle

Maintain muscle strength and balance easier



### Feel amazing

Better management of weight



### Recover Faster

Combat fatigue from diseases



### Live Longer

Increased chance of living longer



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# NATIONAL IMMUNIZATION AWARENESS MONTH

## ***What is National Immunization Awareness Month?***

NIAM is a national observance held each August in the United States, organized to highlight the importance of vaccination for people of all ages. From infants to older adults, immunizations play a critical role in preventing serious diseases like measles, whooping cough, flu, and HPV-related cancers. The month offers a timely reminder as families prepare for back-to-school season and flu season. Healthcare professionals use this time to promote routine vaccinations, while communities run educational campaigns to counter misinformation and reduce vaccine hesitancy. Whether it's a pediatrician reminding parents about childhood immunizations or a local clinic hosting free flu shot drives, the goal is simple: make immunization information accessible, accurate, and actionable.

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LOCALLY**

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# NATIONAL IMMUNIZATION AWARENESS MONTH

## All Adults

Seasonal Flu  
Tdap  
Whooping Cough  
Tetanus / Diphtheria

*Every year*  
*Once if not received as an adolescent*  
*Once unless previously vaccinated with Tdap*  
*Every 10 years following Tdap vaccine*

## Adults Over 60

Shingles  
Pneumococcal

*60+ years old*  
*65+ years old*



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Community!



# BAKE SALE

**Come support a great cause and have some fun!!**



**Thursday Aug. 14, 2025 at 9am**

**If you have made/purchased treats to donate to our bake sale, please drop those off Wednesday, Aug. 13th by 230pm.**

**For questions call Tanya at 501-982-7531**

**Proceeds to benefit the  
Jacksonville Senior Wellness & Activity Center**

**100 Victory Circle, Jacksonville, AR 72076**

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# FUN AND GAMES

## What's In Common ?

What do these groups of 3 words have in common ?

Example : Piano - Computer - House They all have Keys

1. Picnic - Card - Pool \_\_\_\_\_
2. Earth - Book - Inch \_\_\_\_\_
3. Onion - Napkin - Wedding \_\_\_\_\_
4. Egg - Safe - Whip \_\_\_\_\_
5. Eyes - Eggs - Laundry \_\_\_\_\_
6. Blue - Goose - Black \_\_\_\_\_
7. Swiss Cheese - Donut - Bowling Ball \_\_\_\_\_
8. Penny - Ford Motor Co - Nebraska \_\_\_\_\_
9. Tent - Baseball - Horseshoe \_\_\_\_\_
10. School - Skate - Dart \_\_\_\_\_
11. Flag - Tent - Magnet \_\_\_\_\_
12. Fortune - Bank - Story \_\_\_\_\_
13. Turtle - M&M Candy - Ocean \_\_\_\_\_
14. Pumpkins - Turkeys - Initials \_\_\_\_\_
15. Head - Tail - Cross \_\_\_\_\_
16. Africa - Red Riding Hood - Matador \_\_\_\_\_
17. Electronic - Fan - Junk \_\_\_\_\_
18. Radio - Car Engine - Piano \_\_\_\_\_
19. Florist - Furniture Store - Obstetrician \_\_\_\_\_
20. Baseball Glove - Pool Table - Jeans \_\_\_\_\_

## Joke of the Month

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again." The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

2		8	6		5		3	1
	1		3	2		5		8
5	4		8		1	6		9
1		5	7	8				3
8		7		6	3	1		5
9	3	4		1	2	7		6
3		1	2	4	8			7
	9		1	3	7	8	5	2
	8		9	5			1	

	5			1			4	
	3			8	4		9	7
7		4	5	6	9	1		3
		9	4	5		8	3	
	1	5	9		8		7	4
4	8	7		3		9	2	5
5		3	6	4				8
	4		8	7				9
8	7		3	9		4	5	



## EMAIL AND TEXT MESSAGE CONTACT INFO

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Having this information will aid us in better way to notify you of changes to our schedule, menu, unexpected closures, and more.

Please cut under the black box at the bottom and return this form to Tanya Kopp, Executive Director.

**CUT HERE**

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