

Jacksonville Senior Wellness & Activity Center

JANUARY 2026

CONTACT

100 Victory Circle Jacksonville
Phone: 501-982-7531
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www.jacksonvilleseniorcenter.com

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IMPORTANT MESSAGES:

**THE CENTER WILL BE
CLOSED 1-2 JANUARY FOR
NEW YEARS AND 19
JANUARY FOR MARTIN
LUTHER KING JR. DAY**

**BINGO ON MONDAY NIGHTS
IS BACK IN FEBRUARY!
*See page 8 for more info***

Book Club

Discussing All Girl Filling Station's
Last Reunion by Fannie Flagg

Janu 27 | 10am

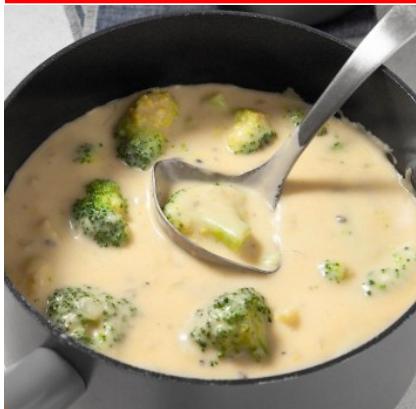
100 victory circle, Jacksonville

Join us!

Next Book: Aviators Wife



BROCCOLI CHEDDAR SOUP



INGREDIENTS

- 1/4 cup chopped onion
- 1/4 cup butter, cubed (unsalted for lower sodium)
- 1/4 cup all-purpose flour
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/2 cups 2% milk
- 3/4 cup low sodium chicken broth
- 1 cup cooked chopped fresh or frozen broccoli
- 1/2 cup shredded cheddar cheese

DIRECTIONS

1. In a small saucepan, sauté onion in butter until tender. Stir in the flour, salt and pepper until blended; gradually add milk and broth. Bring to a boil; cook and stir until thickened, about 2 minutes.
2. Add broccoli. Cook and stir until heated through. Remove from the heat; stir in cheese until melted.

Note: for added protein try adding chopped chicken or substitute bone broth



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COMMUNITY?

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ATTORNEY

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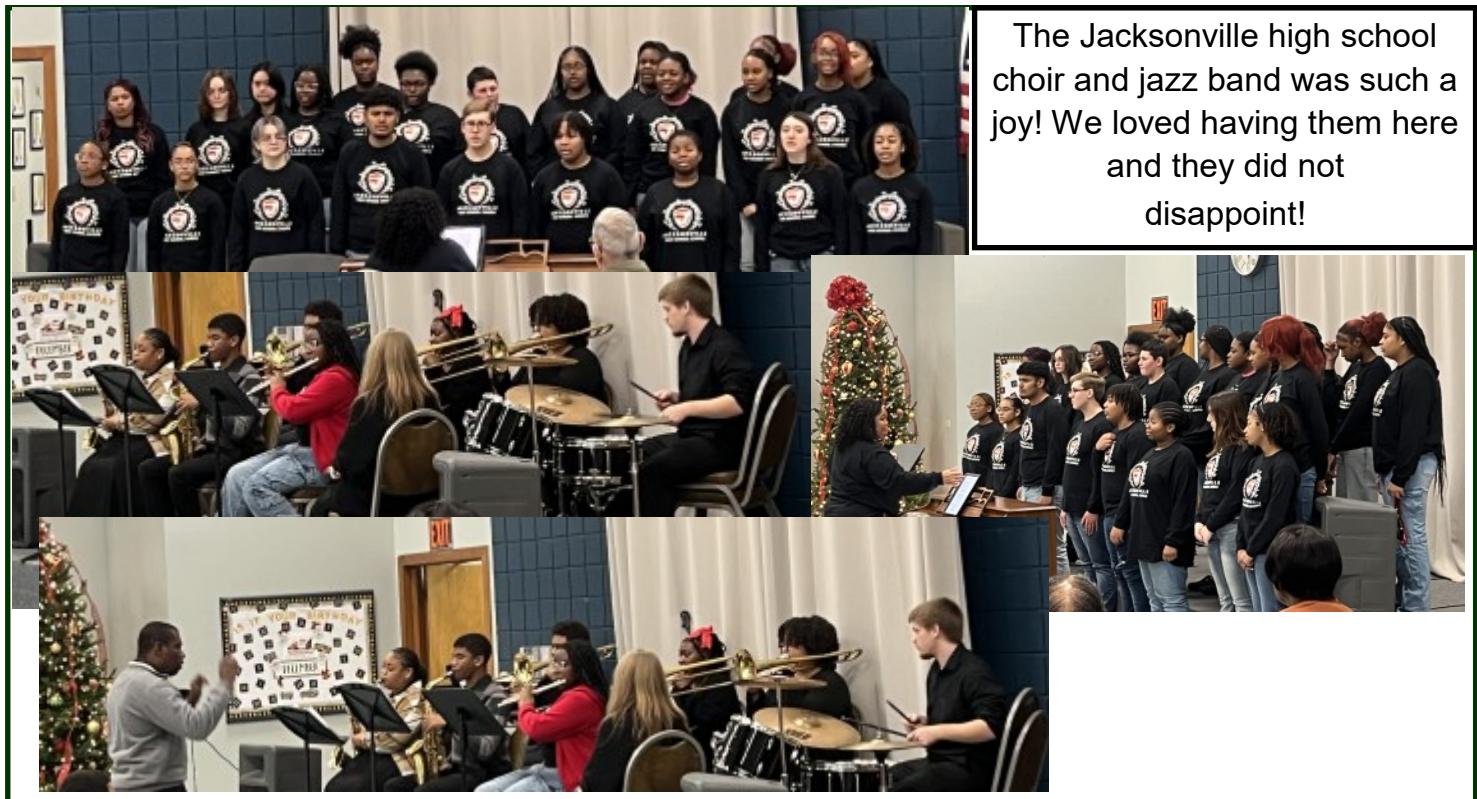
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JANUARY 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED FOR NEW YEARS	2 CLOSED FOR NEW YEARS
5 Meatloaf Mashed Potatoes Honey Glazed Carrots Roll Peaches & Cream Skim Milk	6 Smothered Chicken Black-eyed Peas Seasoned Okra Cornbread Pumpkin Spice Blondies Skim Milk	7 Stuffed Pepper Casserole Green Beans Wheat Roll Hot Spiced Apples Skim Milk	8 Beef Stroganoff Egg Noodles Green Peas Cheesy Garlic Breadsticks Fruit Crisp Skim Milk	9 Chicken Salad Sandwich Pasta Salad Lettuce, Tomato and Onion Fruit Orange Whip Skim Milk
12 Vegetable Soup Sliced Beets Roll Fruit Sidekick Ice Cup Skim Milk	13 Pot Roast Mashed Potatoes Spiced Carrots Wheat Roll Oranges & Pears Skim Milk	14 Beef Enchilada Bake Pinto Beans Calabacita Squash Chilled Apricots Skim Milk	15 Butter Crusted White Fish Rice Lemon Broccoli Roll Oatmeal Cookie Skim Milk	16 Grilled Chicken Sandwich Sweet Potato Fries Let/Tom/Pick/Onion Caramel Apples Skim Milk
19 CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR DAY	20 Country Fried Steak Peppered Cream Gravy Mashed Potatoes Okra & Tomatoes Dinner Roll Fresh Fruit Skim Milk	21 Chicken Fajita Salad Corn/Black Bean Salad Tortilla Chips Picante Sauce Lemon Cobbler Skim Milk	22 Beef Pasta Bake Squash Medley Tossed Salad Dressing Wheat Roll Cinnamon Pears Skim Milk	23 Butternut Squash Soup Tuna Salad Sandwich Sliced Beets Saltine Crackers Ice Fruit Cup Skim Milk
26 Arroz con Pollo Roasted Corn & Bell Peppers Tortilla Chips Frosted Spice Cake Skim Milk	27 Beef Lasagna Broccoli & Cauliflower Mix Cheesy Garlic Breadsticks Ambrosia Skim Milk	28 Cranberry Glazed Pork Loin Buttered New Potatoes Roasted Brussels Sprouts Wheat Roll Cinnamon Pears Skim Milk	29 Steak Fingers Garlic Mashed Potatoes Peppered Cream Gravy Capri Veggies Texas Toast Strawberry Gelatin Parfait Skim Milk	30 Chicken Tortilla Soup Tossed Salad Dressing Dinner Roll Salted Caramel Apple Crisp Skim Milk

JACKSONVILLE HIGH SCHOOL CHOIR AND JAZZ BAND



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JANUARY 2026 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			CLOSED FOR NEW YEARS	CLOSED FOR NEW YEARS
5	6	7	8	9
12:30pm– Bowling in Cabot 7pm– BINGO	9:30am– Nutrition and Cooking skills 12pm– Kroger Shopping Trip 7pm– Dance with Nostalgia	9:15am– Signing with Brenda T.	9:30-11:30am– A Matter of Balance	9:30am- BINGO with ArchWell
12	13	14	15	16
9am– Craft Class 1pm– Activity Hour w/ Allison 6pm– Jam Sessions	7pm– Dance with Ritchie & Company	9:15am– Signing with Brenda T. 10am– Salsa Dancing 1pm– Zumba	9:30-11:30am– A Matter of Balance 12pm– Edwards Shopping Trip	
19	20	21	22	23
CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR DAY	9:30am– Healthy Eating Recipes with ArchWell 7pm– Dance with Nostalgia	9:15am– Signing with Brenda T. 1pm– Zumba	9:30-11:30am– A Matter of Balance 12pm– Walmart Shopping Trip	9:30am-Birthday BINGO w/ P&P Benefits
26	27	28	29	30
9am– Craft Class 1pm– Activity Hour w/ Allison 6pm– Jam Sessions	10am– Book Club 7pm– Potluck dance with Ritchie & Company	9:15am– Signing with Brenda T. 1pm– Zumba	9:30-11:30am– A Matter of Balance	

WEEKLY CLASS SCHEDULE

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

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MONDAY NIGHT BINGO

**MONDAY NIGHT BINGO IS COMING BACK IN
FEBRUARY!!**

1ST AND 3RD MONDAY OF EVERY MONTH.

JOIN US AT 100 VICTORY CIR. JACKSONVILLE

FOR FUN, FOOD AND PRIZES.

DOORS OPEN AT 6PM

QUICK FIRES START AT 6:30PM



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ORGANIZATION NEED
A NEWSLETTER?**

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NEWSLETTER
OCTOBER EDITION



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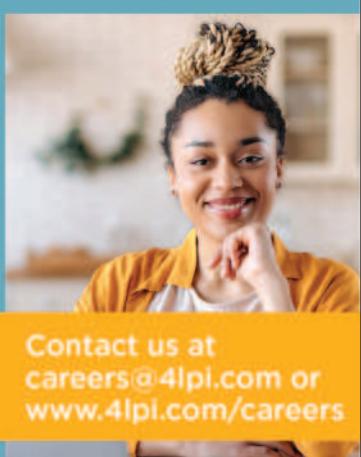


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HAPPY NEW YEAR



Another fresh New Year is here...
Another year to live!
To banish worry, doubt, and fear,
To love, and laugh and give!

Happy New Year



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that Support our
Community!



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let's go bowling!

Join us the 1st monday
of every month!
12:30-2pm

ALLFAM Bowling Alley
2350 Lakewood Dr,
Cabot, AR



\$1.75 per bowler,
per game. Price of
shoes not included

Transportation available
from the senior center for
up to 12 people

NEW YEAR NEW CLASSES

ZUMBA
CLASSES
WITH
LORI
STARTING
14 JANUARY
2026
EVERY WEDNESDAY
AT 1PM IN THE SAFE ROOM



ZUMBA®
fitness



A MATTER OF
BALANCE

MANAGING CONCERNs ABOUT FALLS

BEGINNING 8 JANUARY 2026
THIS CLASS IS FREE TO INDIVIDUALS AGED 60 AND
OLDER. REGISTRATION IS REQUIRED PRIOR TO
CLASS START DATE. WORKBOOKS WILL BE PROVIDED.
SEATING IS LIMITED.
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YOUR SPOT.
100 VICTORY CIRCLE JACKSONVILLE



LEGO BUILDING AND DIAMOND
ART CLASS
STARTING 12 JANUARY 2026
AT 1PM IN THE COLORING
ROOM

EVERY MONDAY EXCEPT FOR THE
FIRST MONDAY OF THE MONTH



HEALTHY
EATING AND
COOKING SKILLS
CLASS

1ST AND 3RD TUESDAY
OF EVERY MONTH

LEARN HELPFUL COOKING
SKILLS AS WELL AS TIPS
AND TRICKS FOR
HEALTHY EATING



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



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

WORD SEARCH

Happy New Year!

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

AULD LANG SYNE	HAPPY
BABY	HAT
BALL	HOURGLASS
BALOON	INVITATION
CALENDAR	JANUARY
CELEBRATION	KISS
CHAMPAGNE	MIDNIGHT
CLOCK	MUSIC
CONFETTI	NOISE MAKER
COUNTDOWN	PARTY
DANCING	RESOLUTION
DECEMBER	SPARKLER
EVE	STREAMER
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FIRECRACKER	TOAST
FIRST	TRADITION
FLUTE	TUXDEO
GAMES	VOW
GOWN	YEAR

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