

# Jacksonville Senior Wellness & Activity Center

JANUARY 2026

## CONTACT

100 Victory Circle Jacksonville

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

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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Jacksonville Senior and Wellness Center, Jacksonville, AR

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# JANUARY 2026 MENU

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

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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
<b>9am</b> Bean Bag Baseball Practice  <b>9:30am</b> Bible Study  <b>10am</b> Ageless Grace (Cong. Room)  <b>10:45am</b> PEPPI	<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>10am</b> Ageless Grace (Safe Room)  <b>10:45am</b> PEPPI  <b>11am</b> Table Talk	<b>9am</b> Coloring  <b>10:30am</b> Chair Volleyball  <b>11am</b> Table Talk  <b>12pm</b> Dominoes  <b>1pm</b> Line Dancing	<b>9am</b> Bean Bag Baseball Practice (1st & 3rd week)  <b>10am</b> Tai Chi  <b>10:45am</b> PEPPI  *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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LOCALLY**

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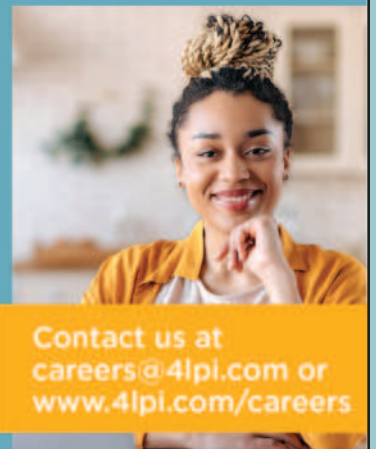


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## HAPPY NEW YEAR



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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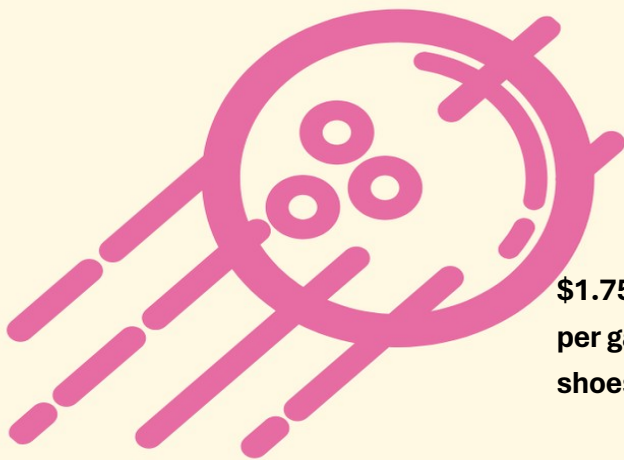


## BOWLING GROUP

# let's go bowling!

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

ALLFAM Bowling Alley  
2350 Lakewood Dr,  
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\$1.75 per bowler,  
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## NEW YEAR NEW CLASSES

**ZUMBA®**  
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1	5	4	9	3	7
2	3	8	7	4	1
4	8	7	9	3	6
3	1	2	6	5	8
9	3	7	1	4	2
6	1	7	2	4	1



# WORD SEARCH

*Happy New Year!*



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

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