

Jacksonville Senior Wellness & Activity Center

JANUARY 2022

CONTACT

100 Victory Circle Jacksonville

Phone: 501-982-7531

Fax: 501-982-4362

www.jacksonvilleseniorcenter.com



WHAT'S INSIDE

Tips to Start the New Year off Right	02
Fundraisers	03
Lunch Menu	04
Donations	05
Class/Activity Schedule	06
Featured Class of the Month	07
Volunteer	08

CENTER HOURS

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

BOARD OF DIRECTORS

Roger Sundermeier	President
Laurie Johnson	Vice President
Ron McDaniel	Secretary

NON-DISCRIMINATION POLICY

The Jacksonville Senior Wellness & Activity Center, Inc. complies with all 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.

INCLIMENT WEATHER POLICY

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

Our Center will be Closed Monday, January 17th in observance of Martin Luther King, Jr. Day

SIX TIPS TO START THE NEW YEAR OFF RIGHT!

The start of a new year can be a time of renewal. It offers each of us an opportunity to reflect, set new goals, and start over. For many, living a healthier life is a popular New Year's resolution. If it's one of yours, we have some suggestions to help you live better in 2022.

1. Improve your diet

Cooking for one or two during can seem like more work than it is worth. Unfortunately, many of us often turn instead to convenience foods or fast food. Most are loaded with sodium, carbs, and calories. If you just aren't interested in preparing foods on your own, consider a meal delivery service. Blue Apron, for example, is a popular option that offers plenty of easy to make, healthy to eat meals.

2. Get moving

A sedentary lifestyle is now believed to be as bad for your health as smoking! It contributes to a variety of health concerns, ranging from obesity to diabetes and high blood pressure. Try to limit the amount of time you spend sitting and get up and move around throughout the day. It may help to invest in a fitness device that sends you an alert if it's been too long since you've moved.

3. Connect with an exercise program

Another resolution to make in the new year is to exercise 30 minutes a day. Talk with your doctor for advice about the best types of exercise for you, and how much to do at first. While many people are sticking close to home because of concerns about COVID-19, there are plenty of options to exercise in the privacy of your own home. If you're just getting started, set a goal that feels achievable, like walking on a treadmill for 15 minutes in the morning and practicing yoga for 15 minutes in the evening.

4. Learn to manage stress

From political strife to the coronavirus pandemic, 2020 has been a year like no other. It has been stressful for almost everyone. But living with chronic stress is bad for physical and emotional well-being. Try to learn a few stress-management techniques you can turn to in the new year. Journaling, music, art projects, and meditation are a few to explore.

5. Laugh more

If you've been feeling lonely and isolated, resolve to laugh more. Laughter is not only fun, it's also good for your health. It helps lower blood pressure and decrease the risk for depression. Remind yourself that laughter is the best medicine, whether it is talking with a funny friend on FaceTime, watching a comedy series on television, or streaming a new romantic comedy.

6. Have a physical

If you've been putting off seeing your primary care physician, commit to scheduling an appointment in January. They can evaluate your health status and help schedule routine screenings that might be due. The good news is that most insurances pay for an annual wellness visit, so you won't incur any out-of-pocket expenses unless your physician orders additional testing.

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 required for entry



Our annual Taste of New Orleans fundraiser will be held as a drive thru for this year on March 1, 2022
From 10 am– 1pm at the center.
Watch for more information to be posted!



SUPPORT OUR
ADVERTISERS!



Call your
local licensed
Humana
sales agent.



John Forehand
501-697-2851
(TTY: 711)

Monday – Friday
8 a.m. – 5 p.m.

jforehand1@humana.com

Humana.

Y0040_GHHXDFEN20_BC_C



JANUARY 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Chili Con Carne Corn Crackers Margarine Chilled Pineapple Cookie Skim Milk	Chicken Spaghetti California Veggies Wheat Roll Chilled Peaches Frosted Cake Skim Milk	BBQ Pulled Pork Sandwich Potato Salad Baked Beans Baked Apples Skim Milk	Chicken Fried Steak Mashed Potatoes Carrots Cinnamon Apples Wheat Roll Skim Milk	Lasagna California Veggies Wheat Roll Tropical Fruit Cookie Skim Milk
10	11	12	13	14
Spaghetti with Meat Sauce Seasoned Zucchini Wheat Roll Margarine Chilled Pineapple Cookie Skim Milk	Baked Ham Mac & Cheese Broccoli Wheat Roll Tropical Fruit Skim Milk	Beef Stew Tossed Salad Cornbread Chilled Pineapple Skim Milk	Chicken Stir Fry Steamed Rice Asian Vegetables Dinner Roll Fresh Oranges Fortune Cookie Skim Milk	Fettucini Alfredo with Chicken Italian Veggies Wheat Roll Fruit Cocktail Skim Milk
17	18	19	20	21
Closed for Martin Luther King, Jr Day.	Sloppy Joe on a Bun Tater Tots Green Beans Fresh Orange Cookie Skim Milk	Glazed Meatloaf Mashed Potatoes Mixed Veggies Wheat Roll Margarine Strawberries in Gelatin with Whipped Topping Skim Milk	Oven Fried Chicken Macaroni & Cheese Broccoli Wheat Roll Chilled Peaches Skim Milk	Pulled Pork Sandwich Tater Tots Cole Slaw Fresh Oranges Peach Cobbler Skim Milk
24	25	26	27	28
Chicken & Dumplings Tossed Salad Pears Wheat Roll Brownie Skim Milk	Turkey Sausage Sauteed Peppers & Onions Pinto Beans Cornbread Chilled Pears Skim Milk	Beef Tips w/ Gravy Steamed Rice Candied Carrots Wheat Roll Chilled Peaches Skim Milk	Taco Salad Spanish Rice Fiesta Corn Chilled Pineapple Churros Skim Milk	Grilled Chicken Sandwich Sweet Potato Fries Lettuce and Tomato Fruit Ambrosia Skim Milk
31				The suggested donation for meals is \$3.00 per meal. Guests under 60 yrs. old pay \$6.00.
Chili Con Carne Corn Crackers Margarine Chilled Pineapple Cookie Skim Milk				

DONATIONS

As we reflect on another year that has come and gone, we would like to give a special thank you to all of the people who have donated to our center, both in time and monetary donations. Our center would not be able to function at the capacity that we do without all of your help!

Monetary donations that are made to the center help support all of our programs from transportation to Meals on Wheels and so much more!

If you would like to make an anonymous monetary donation to the center, here is how:

Transportation: there are locked boxes by the drivers on each bus, you can place your donation in the box either while you get on or get off the bus.

Congregate Lunch service: We have a locked donation box that sits on the piano in the back room. Please place your donation in that box.

Meals on Wheels: If you are recipient of Meals on Wheels, you can send your donation to the center in your envelope. If you are not a meal recipient, you can mail a check to the center, or stop by the office.

At anytime, you can mail a donation to: 100 Victory Circle Jacksonville, AR 72076. Please indicate in the memo line what program, if any, that you would like your donation to support.

If you would like to donate your time by volunteering at the center, please call 501-982-7531 for more information on volunteer opportunities!

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

SUPPORT OUR ADVERTISERS!



CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
6:30 pm Bingo	12:30pm Grocery Shopping- Kroger National Trivia Day! Join us for Trivia at 11am!			11:15 am Drums Alive Demo with Da'Mon and Linda
10	11	12	13	14
6:00 pm Alzheimer's Support Group 6:30 pm Jam Sessions	10:00 BP/BS Checks with Wright by Your Side National Arkansas Day! Wear your Arkansas Gear!	National Rubber Duck Day!	12:30pm Grocery Shopping- Walmart	9:30 am Bingo
17	18	19	20	21
Closed for Martin Luther King, Jr Day.	11:30 am Medicare Minute	10:00 am- BBB Game vs. Lonoke Senior Center at Home National Popcorn Day!	12:30pm Grocery Shopping- Edwards	
24	25	26	27	28
6:30 pm Jam Sessions			9:30 am BP/BS Checks with Woodland Hills	9:30 am Bingo National Data Privacy Day- Discussion at 11:30
31	Board Games available upon request daily from 9:30 to 11:30			

WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am Bible Study (Conference Room) 9:30 am Drums Alive (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 Walk a Mile 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 Drums Alive (Safe Room) 10:45 am PEPPI (Safe Room)	9:00 am Upcycle Art Class (Conference Room) 9:00 am Walk a Mile 10:45 am Chair Yoga (Safe Room) 1:00 pm Games (Lobby)	9:00 am Coloring with Lori Rawlings (Conference Room) 10:30 am Chair Volleyball Practice (Congregate Room) 10:45 am PEPPI (Safe Room)

FEATURED CLASS OF THE MONTH

Each month we are going to highlight one of our programs to give more insight on the benefits each class offers to an individual.

This month's featured class is Drums Alive!

Using rhythm as the source of inspiration to discover a new group fitness experience Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially!

Participants use drumsticks to beat on stability balls anchored down by storage tubs while using full-body movements to the pulsating rhythm of drums.

The instructor controls the music, calls out when the moves change, and demonstrates what the moves are for the participants. So, even if you are a beginner, you will feel like a pro in no time!

Music can be used as therapy for people of all ages and can improve mood, provide mental stimulation and transform emotions.

Join a Drums Alive class, led by Da'mon Beard, on Mondays and Wednesdays at 9:30 am!

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

1-855-225-4251

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Anita Aguilar**
to place an ad today!

aaguilar@lpicommunities.com
or **(800) 950-9952 x2677**

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com



VOLUNTEER!

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!

