

# Jacksonville Senior Wellness & Activity Center

JULY 2024

## CONTACT

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



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## CENTER HOURS

Monday	8am-3pm
Tuesday	8am-3pm
Wednesday	8am-3pm
Thursday	8am-3pm
Friday	8am-3pm

## **IMPORTANT MESSAGES:**

**We will be closed July 4th and  
5th in observance of  
Independence day.**

# Heatstroke vs. Stroke



American  
Stroke  
Association.  
A division of the  
American Heart Association.

## HEAT STROKE vs STROKE

### What and Why



Heat stroke is when your body overheats and core body temperature rises to more than

**104°F**

Stroke is when a blood vessel to the brain bursts or is blocked by a clot. Brain cells die from the lack of blood and oxygen.



### Risk Factors

Some people may be at higher risk due to:

- Age
- Certain medications
- Exertion in hot weather
- Lack of air conditioning
- Medical conditions
- Spending time outside in excessive heat
- Sudden exposure to hot weather
- Weight



**UP TO 80% OF STROKES MAY BE PREVENTED**

Factors you may be able to treat and control:

Atrial fibrillation  
Cigarette smoking  
Diabetes  
Heart disease

High blood pressure  
High cholesterol  
Obesity  
Poor Diet

Factors you cannot control:

Age  
Race

Family history  
Medical history

### Signs

Body temperature of 104° F or higher is the main sign. Other signs include:

- Confusion
- Headache
- Hot and dry skin (when not exercising)
- Fast pulse or racing heart
- Flushed or red skin
- Loss of consciousness
- Nausea
- Rapid, shallow breathing
- Vomiting

**F.A.S.T.**

Face Drooping    Arm Weakness    Speech Difficulty    Time to Call 911

\* Other signs of stroke include sudden trouble seeing, dizziness, confusion, severe headache, or weakness on one side of the body.

### What to do

While waiting for emergency care, move the person into shade or indoors, remove excess clothing and try to cool them with water, fans, ice packs or cold, wet towels.

**CALL 911**

or your local emergency services number ASAP

Get to the hospital as quickly as possible by ambulance to improve chance of surviving and having a full recovery.



## SPICY ASIAN SALAD CUPS

### INGREDIENTS:

1/2 cup light mayo, 1 1/2 tsp. Dijon mustard, 1tsp Chinese chili sauce, 2.5 ounces canned, salt-free white meat chicken (packed in water (drained)), 8 oz. canned water chestnuts (drained, chopped), 4 chopped green onions, 2 Tbsp. unsalted, unroasted, chopped nuts, (cashews, almonds or walnuts), 1/4 tsp. black pepper, 2 tsp. lime juice, juice from 1 fresh lime, 12 lettuce leaves (iceberg, green leaf, bib, etc.).

### INSTRUCTIONS:

In a medium mixing bowl, combine mayonnaise, mustard, and chili sauce. Stir in chicken, chestnuts, onions, nuts, pepper, and lime juice. Spoon equally into lettuce leaves "cups" and serve.



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THE MEMBERS IN YOUR  
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# JULY 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Scrambled Eggs Turkey Sausage Tomato Slices Biscuit Country Gravy Fruit Cup Muffin Skim Milk	<b>2</b> Chicken Tenders Roasted Potato Wedges Mixed Veggies Wheat Roll Fresh Strawberries Angel Food Cake Skim Milk	<b>3</b> Herbed Pork Loin Scalloped Potatoes Seasoned Broccoli Wheat Roll Fruit Crisp Skim Milk	<b>4</b> Closed in Observance of Independence Day	<b>5</b> Closed in Observance of Independence Day
<b>8</b> Chicken Parmesan Breast Penne Pasta Italian Veggies Garlic Breadstick Chilled Pears Skim Milk	<b>9</b> Shrimp Fried Rice Stir Fry Veggies Egg Roll Fruit Crisp Skim Milk	<b>10</b> Chicken Fajitas Spanish Rice Fiesta Corn Tropical Fruit Skim Milk	<b>11</b> Mediterranean Style Chicken Tossed Garden Salad Wheat Roll Chilled Peaches Skim Milk	<b>12</b> Roasted Turkey with Baked Potato Shredded Cheese Sour Cream Margarine Crackers Fruit Cup Skim Milk
<b>15</b> Greek Salad with Chicken Basmati Rice Pita Chips Fresh Orange Assorted Cookie Skim Milk	<b>16</b> Shrimp Po'boy French Fries Cole Slaw Fruit Cup Skim Milk	<b>17</b> Pot Roast Potatoes & Onions Celery & Carrots Peach Cobbler Wheat Roll Skim Milk	<b>18</b> Soft Beef Taco Corn Refried Beans Lettuce & Tomato Mandarin Oranges Skim Milk	<b>19</b> Deli Sandwich on Wheat Bread with Lettuce and Tomato Pasta Salad Mayonnaise Cookie/Skim Milk
<b>22</b> Tuna Salad on Wheat Lettuce & Tomato Macaroni & Veggie Salad Fresh Orange Skim Milk	<b>23</b> Pulled Chicken Sandwich with BBQ Sauce Tater Tots Cole Slaw Peach Cobbler Skim Milk	<b>24</b> Lasagna California Veggies Wheat Roll Fruited Gelatin Skim Milk	<b>25</b> Sweet & Sour Chicken Rice Asian Veggies Egg Roll Melon Assorted Cookie Skim Milk	<b>26</b> Hamburger on Bun French Fries Tossed Salad W/ Dressing Fresh Apple Slices Skim Milk
<b>29</b> Scrambled Eggs Turkey Sausage Tomato Slices Biscuit Country Gravy Fruit Cup Muffin Skim Milk	<b>30</b> Chicken Tenders Roasted Potato Wedges Mixed Veggies Wheat Roll Fresh Strawberries Angel Food Cake Skim Milk	<b>31</b> Herbed Pork Loin Scalloped Potatoes Seasoned Broccoli Wheat Roll Fruit Crisp Skim Milk		

# 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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LOCALLY

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# JULY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
7pm-Bingo	<b>KROGER TRIP AFTER LUNCH</b>  7:00pm Dance with Nostalgia	11am– Table Talk	Closed for Independence Day	Closed for Independence Day
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
1pm– Tech 101  6pm– Jam Sessions	10am– Wright by Your side BP/BS Checks  7pm-Dance with Ritchie and Company	9:30am– Cooking with Karen Boone, SNAP Education Program	11am-Table Talk and a <b>SURPRISE TREAT!!</b>  <b>Edwards Trip after lunch</b>	930am– Bingo
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
7pm-Bingo	7:00pm Dance with Nostalgia  Carelink will be here to help with SNAP and Medicare	11am-Table Talk  915am– Signing with Brenda	930am– Unity BP/BS Checks 11am-Table Talk and a <b>SURPRISE TREAT!!</b>  <b>Walmart Shopping Trip after lunch</b>	<b>11am– Table Talk</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>11am– Table Talk</b>	7pm-Dance with Ritchie and Company	9:30am– Cooking with Karen Boone, SNAP Education Program	11am-Table Talk and a <b>SURPRISE TREAT!!</b>	930am- Bingo Celebration
<b>29</b>	<b>30</b>	<b>31</b>		
<b>11am– Table Talk</b>	7:00pm Dance with Nostalgia 9am– Hays Center/ Volleyball Practice	915am– Signing with Brenda 11am-Table Talk		

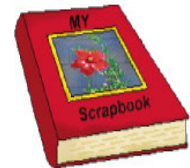
## WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9am-Bean Bag Baseball	9:00 am Coloring	9:00 am Bean Bag Baseball Practice	9:00 am Coloring	930am– Alternating Activity
9:15am– Darlies Darlings Garden Club	9:30am– Chair Yoga	10am- Ageless Grace	9am-11am Super Noggin	9:00 am—Bean bag Baseball Practice
9:30 am Bible Study	10:30 am Chair Volleyball Practice	10:45am PEPPI	10:30 am Chair Volleyball Practice	10:45 am PEPPI
10am-Ageless Grace	1030am– Book Club		1:00 pm Games	
10:45 am PEPPI	1:00 pm-Painting with Fred Bass		1:00 pm Line Dancing	
<b>Activities can be removed or added based on the needs of the business / weather.</b>				

## WE WANT TO HEAR FROM YOU

Are there classes, activities, or programs that you would like to see our center offer? Do you have hobbies or skills that you would like to share with others? Let us know! We would love your input on how we can improve our center and offer more

of the  
activities



that

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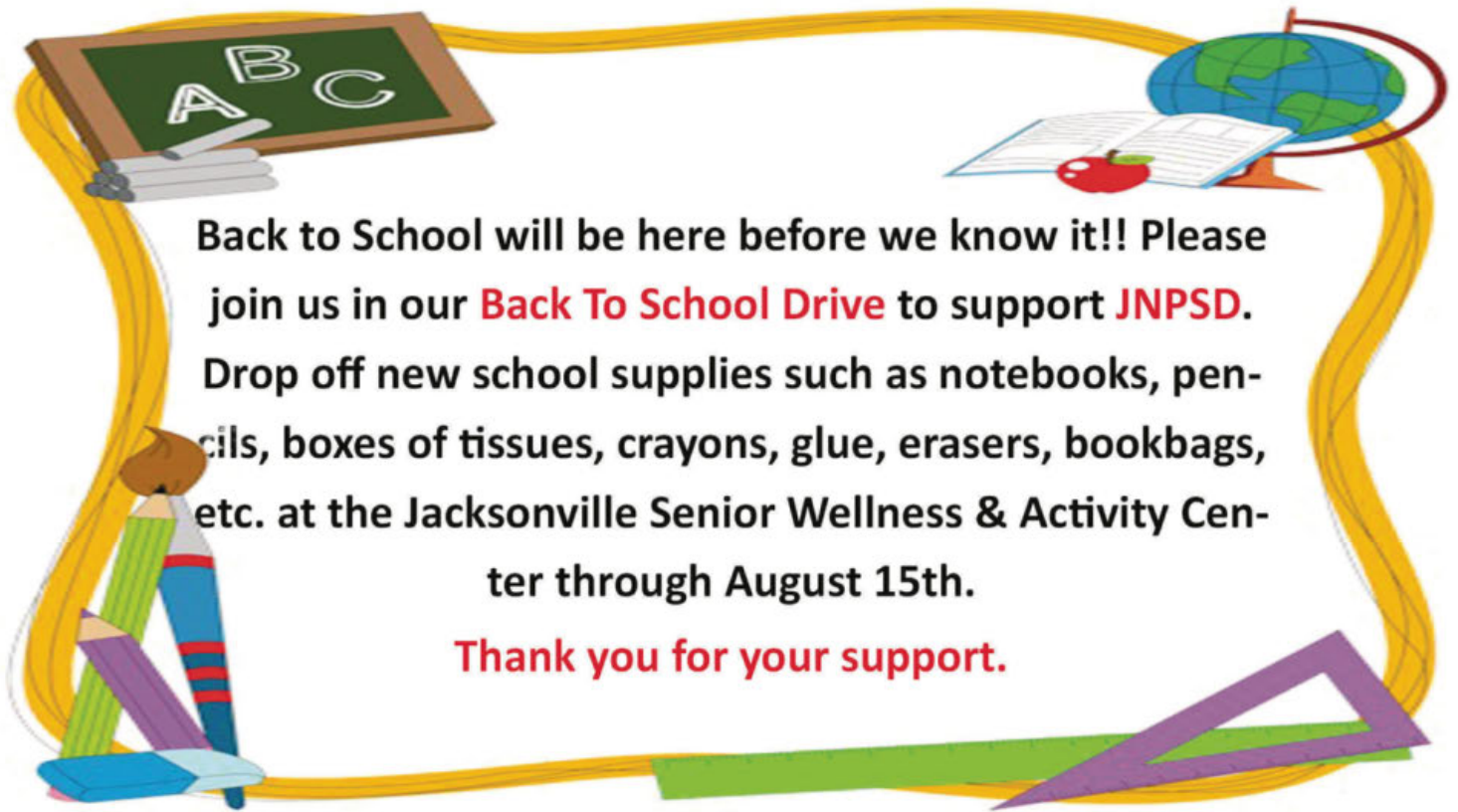


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# BACK TO SCHOOL DRIVE



**THRIVE**  
LOCALLY

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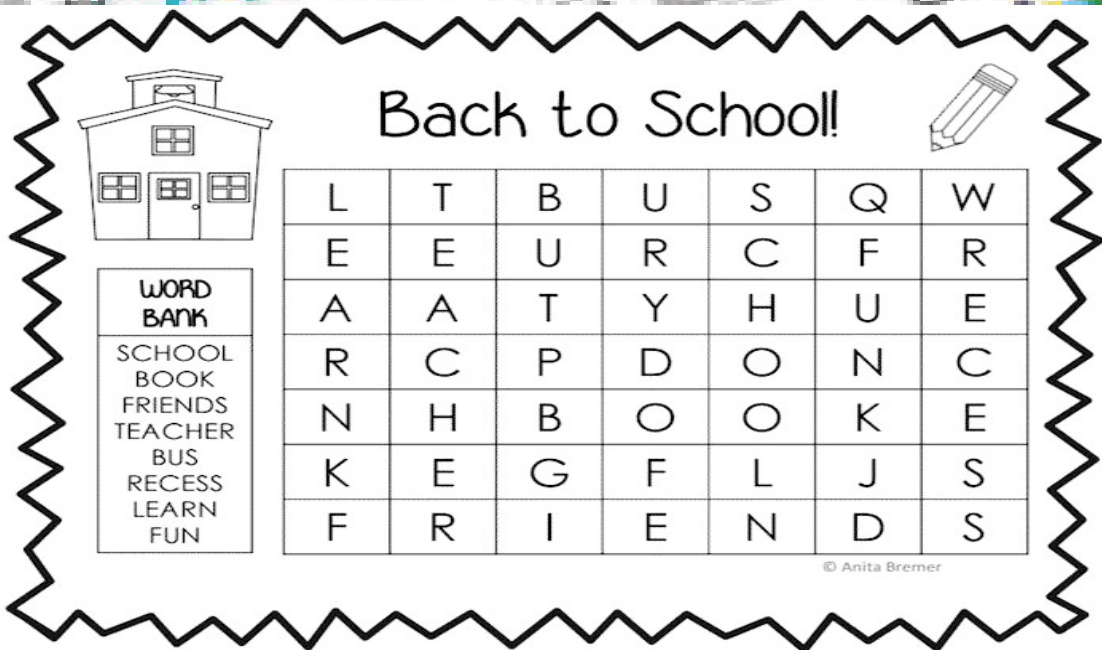
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## WORD SEARCH



Back to School!

WORD BANK

SCHOOL  
BOOK  
FRIENDS  
TEACHER  
BUS  
RECESS  
LEARN  
FUN

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

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Community!



**You're invited to "Signing with Brenda", where we will begin to learn sign language. Please join on Wednesday July 17th and Wednesday July 31st at 915am.**



# INDEPENDENCE DAY

## INDEPENDENCE DAY

**Red - are the rocks of the Grand Canyon**

White - are the mountains, shining with snow

**Blue - are the waves of Pacific Ocean**

**Red, White and Blue - colors of all.**

**Red - is the Earth from which we come**

White - is the Air that fills our lungs

**Blue - is the Water inside us, with Stardust**

**Red, White and Blue - connected in all.**

**Red - is pure Love, deep in our hearts**

White - is the Brightness of our clear minds

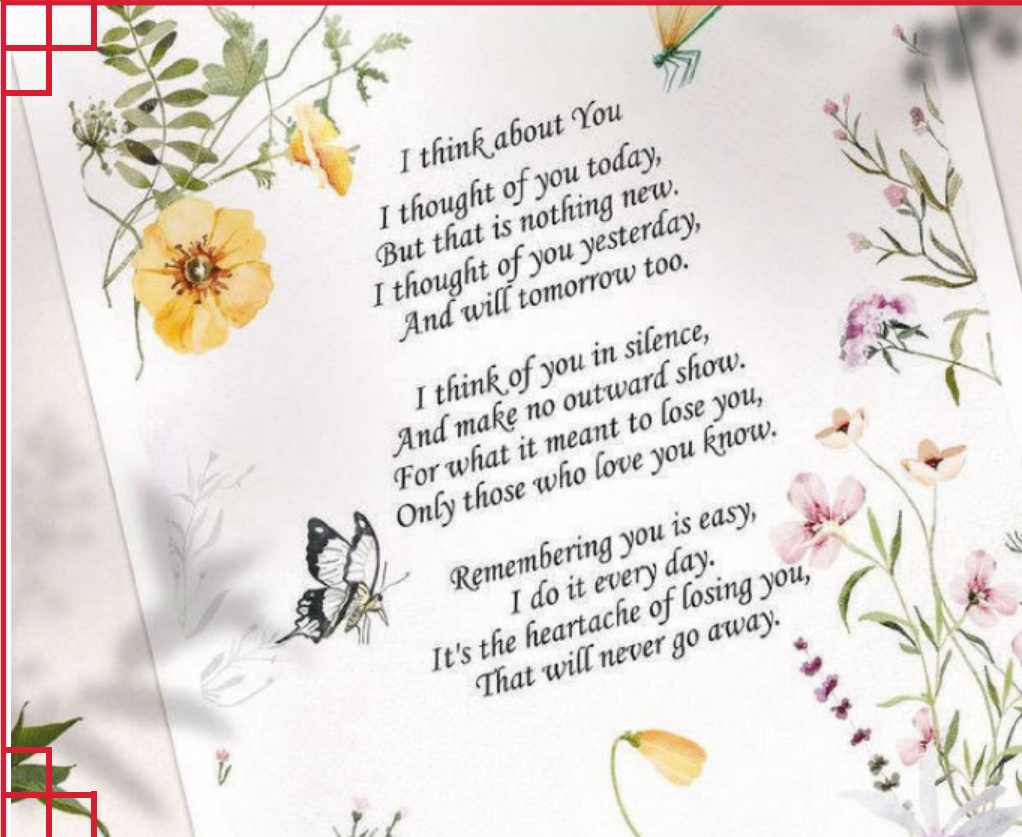
**Blue - is the Peace of well-lived lives**

**Red, White and Blue - freedom for all.**





## MEMORIAL TREE



Our Memorial Tree  
Ceremony got  
rained out last  
month so we will  
like to try again very  
soon.

Date to be  
announced!

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