

Jacksonville Senior Wellness & Activity Center

JULY 2022

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www.jacksonvilleseniorcenter.com



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CENTER HOURS

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

BOARD OF DIRECTORS

Laurie Johnson	President
Gloria Johnson	Vice President
Ron McDaniel	Secretary

NON-DISCRIMINATION POLICY

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



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Summer Safety Tips for All Ages

Most people look forward to the lazy days of summer all year long. This is especially true for those who live in colder climates, where winter often forces people to spend much of their time indoors. As we head into the warmest months of the year, it's essential to pause and learn more about summer safety.

6 Summer Safety Tips for Adults

1. Apply Sunscreen. A good majority of adults rarely wore sunscreen growing up. For many of them, the same still holds true today. As we age, skin usually becomes thinner and more fragile. That puts adults (especially seniors) at higher risk for sunburn or the more dangerous sun poisoning. Remember to apply and reapply sunscreen when spending any time outdoors or riding in a car. Sunscreen with an SPF of 30 to 50 should be applied and reapplied every two to four hours, or more frequently when swimming. Sunscreen also helps protect you from another growing problem: skin cancer. It's one of the fastest-spreading, and most preventable, forms of cancer.

2. Wear Sunglasses. Sunglasses are more than just a fashion statement. They are also essential for protecting your eyes from the sun's harmful rays. Research shows that routinely wearing a quality pair of sunglasses aids in preventing cancerous growths and cataracts. Read up on tips from the American Academy of Ophthalmology to help you choose sunglasses that protect your eyes from UV rays.

3. Protect your Feet. While it's fun to wear attractive sandals during the summer months, footwear plays a vital role in summer safety. Shoes that cover the fragile skin on the top of the foot, as well as those that have a sturdy sole to protect against cuts and falls, are best.

4. Shield the Face and Neck. The face and back of the neck are two of the first places on the body where skin cancer develops. Augment your sunscreen by wearing a hat with a brim wide enough to shield both.

5. Stay Hydrated. Sometimes people have a difficult time adjusting to fluctuating temperatures and humidity. Unfortunately, this put can put you at high risk for dehydration. Medication side effects and some health conditions, like chronic obstructive pulmonary disease, diabetes, and heart disease, further exacerbate the problem. Taking extra precautions to stay hydrated is vital.

6. Invest in Bug Spray. Insects that make their return during the warmer months are more than just pests. Some carry with them health concerns, such as Lyme disease and West Nile virus. Wear bug spray when you are outdoors. Long sleeves and pants offer another layer of protection. Also be sure to check your clothing,

SUMMER RECIPE

Fish Tacos

- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 2 teaspoons kosher salt
- 1 1/2 pounds fresh flounder, cod or tilapia fillets
- 8 (6-inch) corn or flour tortillas
- 1 avocado, pitted, peeled, and sliced
- 1/4 cup minced cilantro, for garnish
- 1 cup shredded purple cabbage
- 1 lime, cut into wedges



1. Preheat the oven to 400 degrees F. Combine the chili powder, cumin, garlic powder, onion powder, paprika, and salt in a medium bowl.

1. Place the cod on a sheet pan and rub generously on both sides with the spice mixture. Bake for 12 to 15 minutes, until the fish is flaky and cooked through. Remove from the oven.

2. In a large skillet or directly over a gas burner at medium heat, warm the tortillas briefly, flipping once with tongs. Place on plates.

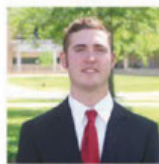
4. Break the fish into large chunks and divide among the tortillas. Top with the avocado slices, cilantro, and cabbage and serve with lime wedges



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Jacksonville Senior and Wellness Center, Jacksonville, AR

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JULY 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Hamburger on a Bun French Fries Tossed Salad Chilled Peaches Skim Milk
4 Center Closed for 4th of July	5 Fettucini Alfredo with Chicken Broccoli Wheat Roll Fruit Cocktail Skim Milk	6 Baked Chicken Scalloped Potatoes Spinach Wheat Roll Chilled Peaches Skim Milk	7 Soft Beef Tacos Spanish Rice Corn Mandarin Oranges Skim Milk	8 Braised Pork Chop Candied Sweet Potatoes California Veggies Wheat Roll Pears Skim Milk
11 Chicken Fried Steak Mashed Potatoes Gravy Green Beans Wheat Roll Chilled Peaches Skim Milk	12 Lasagna Green Peas Garlic Bread Tropical Fruit Cookie Skim Milk	13 Glazed Meatloaf Mashed Potatoes Mixed Veggies Wheat Roll Margarine Fruit Cocktail Skim Milk	14 Egg Roll Fried Rice Stir Fry Blend Veggies Chilled Pineapple Skim Milk	15 BBQ Chicken Macaroni & Cheese Broccoli Wheat Roll Margarine Peach Cobbler Skim Milk
18 Goulash Peas and Carrots Wheat Roll Chilled Pears Skim Milk	19 Ground Beef Stew Tossed Salad with Dressing Cornbread Fruit Cobbler Skim Milk	20 Baked Ham Macaroni & Cheese Green Beans Wheat Roll Chilled Pears Skim Milk	21 Chicken Fajitas Spanish Rice Fiesta Corn Chilled Peaches Skim Milk	22 Turkey Sausage Pinto Beans Cornbread Fresh Apple Chocolate Pudding Skim Milk
25 Chicken Pot Pie California Veg. Mandarin Oranges Cookie Wheat Roll Margarine Skim Milk	26 Spaghetti with Meat Sauce Green Beans Garlic Bread Fruited Gelatin Apple Spice Muffin Skim Milk	27 Oven Fried Chicken Scalloped Potatoes Spinach Wheat Roll Chilled Peaches Skim Milk	28 Chicken Stir Fry Steamed Rice Asian Veggies Wheat Roll Mandarin Oranges Cookie Skim Milk	29 Ham Sausage and Egg Casserole Hashbrowns Biscuits Gravy Fresh Fruit Danish Milk

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 are recommended but no longer required.

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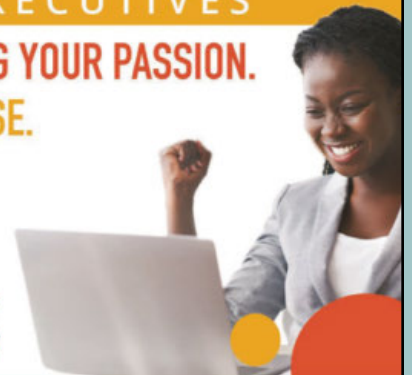
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CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				June Birthday Celebration
4	5	6	7	8
Center Closed for 4th of July	12:30pm Grocery Shopping- Kroger 7:00 pm Dance-Sugarcreek Band	Arkansas Travelers Game Day! 10 am Leave Time	12:30 pm- Grocery Shopping Kroger	9:30 am Bingo Sponsored by Roller Funeral Home
11	12	13	14	15
10:00 am- AR Respite Care Presentation 6:30 pm Jam Session	10:00 BP/BS Checks with Wright by Your Side 7:00 pm Dance-End of the Line Band	9:30 am- Cooking Class with Karen Boone, SNAP Education Program 11:00 am- BBB Game @ Maumelle	12:30pm Grocery Shopping- Walmart	11:30 am Medicare Minute
18	19	20	21	22
6:30 pm Bingo	7:00 pm Dance-Sugarcreek Band		12:30pm Grocery Shopping- Edwards	
25	26	27	28	29
6:30 pm Jam Session	7:00 pm Dance-End of the Line Band	9:30 am- Cooking Class with Karen Boone, SNAP Education Program	9:30 am BP/BS Checks with Woodland Hills	9:30 am- Brunch and Bingo July Birthday Celebration

WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am Bible Study (Conference Room) 9:30 am Ageless Grace (Safe Room) 10:00 am Bean Bag Baseball Practice (Congregate Room) 10:45 am PEPPI (Safe Room)	9:00 am Coloring (Conference Room) 9:30 am Tai Chi 10:30 am Chair Volleyball Practice (Congregate Room) 1:00 pm Painting with Fred Bass (Congregate Room)	9:00 am Bean Bag Baseball Practice (Congregate Room) 9:30 am Ageless Grace (Safe Room) 10:45 am PEPPI (Safe Room)	9:00 am Upcycle Art Class (Conference Room) 9:30 am Tai Chi 10:30 am Chair Volleyball Practice (Congregate Room) 1:00 pm Games (Lobby) 1:00 pm Line Dancing (Safe Room)	9:00 am Coloring (Conference Room) 9:00 am Beanbag Baseball Practice (Congregate Room) 10:45 am PEPPI (Safe Room)
		6		

CHESS CLUB

Do you like to play chess or have you been interested in learning?

We have just the thing for you! Starting in August, we will host a chess club every Thursday afternoon at 1:00 pm! If you ride the bus to the center in the morning, we will take you home after chess club. Please see Linda or Tanya if you have any questions.



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FUN AND GAMES

Summer Olympics

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

Word List:

AQUATICS
SPORTS
BRONZE
MEDAL
COUNTRIES
FENCING
GOLF
NATIONAL
ANTHEM
RUGBY
SWIMMING
TORCH
WEIGHTLIFTING

ARCHERY
CEREMONIES
CYCLING
FIELD
HOCKEY
GYMNASTICS
OLYMPICS
SAILING
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TENNIS
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EVENTS
GOLD
MEDAL
LOSERS
ROWING
SILVER
MEDAL
TENNIS
VOLLEYBALL
WRESTLING



ENIGMATM CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "W" = "S"

"WPLGMELGW ZG LYB CGYJR LPJG
 QJPL Y LYR'W GJJ PJW, MIYR QJPL
 IEW XEJMF GW."

— IGRJB ZYDWZPJMI CPRSQGCCPZ