

# Jacksonville Senior Wellness & Activity Center

JULY 2026

## CONTACT

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

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## IMPORTANT MESSAGES:

**We will be open 3 July 2026**



### **Jacksonville Jets**

2nd Place winners in the 2026 Regional Bean Bag Tournament

# WORD SEARCH

## 4<sup>TH</sup> OF JULY WORD SEARCH



- |              |              |           |         |
|--------------|--------------|-----------|---------|
| SPARKLERS    | BLUE         | STARS     | USA     |
| LIBERTY      | AMERICA      | FIREWORKS | STRIPES |
| RED          | FREEDOM      | PICNIC    | WHITE   |
| INDEPENDENCE | PHILADELPHIA | JULY      | FLAG    |
| CELEBRATE    | DEMOCRACY    | PATRIOTIC | SUMMER  |

# LEMON GARLIC SHRIMP & ZUCCHINI

## Ingredients

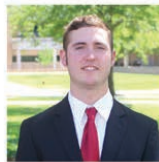
- 1 lb shrimp (peeled & deveined)
  - 2 medium zucchini (sliced)
  - 2 cloves garlic (minced)
  - 1 lemon
  - 1 tbsp olive oil
- (Salt & pepper optional)*



## Directions (15 minutes)

1. Heat olive oil in a large skillet over medium heat.
  2. Add garlic → cook 30 seconds.
  3. Add shrimp → cook 2–3 minutes per side (until pink).
  4. Toss in zucchini → cook 3–4 minutes until tender-crisp.
- Squeeze fresh lemon juice over everything, stir, and serve.

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Jacksonville Senior and Wellness Center, Jacksonville, AR

01-2079

# JULY 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Rosemary Lemon Chicken Rice Blend Seasoned Carrots Honey Kissed Roll Pineapple Upside Down Cake Skim Milk	2 Turkey and Cheese Melt Sweet Potato Wedges Fried Cabbage Mango Mousse Skim Milk	3 Salmon Croquette Scalloped Potatoes Lemon Broccoli Dinner Roll Fresh Fruit Cup Skim Milk
6 Chicken & Sausage Gumbo Rice Seasoned Okra Honey Kissed Roll Fruit Crisp Skim Milk	7 Chicken Bruschetta Buttered Noodles Peas Garlic Toast Strawberry Shortcake Skim Milk	8 Hamburger w/ Bun Baked French Fries Lettuce, Tomato, Onion Coleslaw Mandarin Oranges Skim Milk	9 Chicken Fried Steak Mashed Potatoes Peppered Cream Gravy Carrots Texas Toast Sherbet Skim Milk	10 Cajun Tilapia Rice Pilaf Zucchini and Tomatoes Wheat Roll Fruit Salad Skim Milk
13 Grilled Chicken Teriyaki Fried Rice Glazed Carrots Egg Roll Seasonal Fruit Skim Milk	14 Salsbury Steak Mashed Potatoes Green Bean Almondine Wheat Roll Angel Food Cake Skim Milk	15 Beef Fajita Taco Buttered Corn Pinto Beans Chilled Peaches Skim Milk	16 Turkey Ala King Rice Veggie Medley Garlic Bread Baked Cookie Skim Milk	17 Tuna Salad Sandwich Primavera Pasta Salad Sugar Snap Peas Fresh Fruit Cup Skim Milk
20 Chili w/ Beans and Cheese Baked Potato w/ Fixins Tossed Salad Crackers Salad Dressing Fruit Fluff Skim Milk	21 Pork Loin Brown Gravy Baby Potatoes Seasoned Broccoli Dinner Roll Ice Fruit Cup Skim Milk	22 Monterey Chicken Seasoned Black Beans Squash Medley Honey Kissed Roll Fruit Crisp Skim Milk	23 Deli Sandwich Lettuce, Tomato, Onion Carrot and Rasin Salad Fruit Cup Lemon Cookie Skim Milk	24 Herb Baked Chicken Bowtie Pasta Green Beans Honey Kissed Roll Pudding Skim Milk
27 Dijon Pork Loin Baby Potatoes Mixed Veggies Wheat Roll Brownie Skim Milk	28 Stuffed Pepper Casserole Yellow Squash Tossed Salad Cornbread Salad Dressing Chilled Apricots Skim Milk	29 Rosemary Lemon Chicken Rice Blend Seasoned Carrots Honey Kissed Roll Pineapple Upside Down Cake Skim Milk	30 Turkey and Cheese Melt Sweet Potato Wedges Fried Cabbage Mango Mousse Skim Milk	31 Salmon Croquette Scalloped Potatoes Lemon Broccoli Dinner Roll Fresh Fruit Cup Skim Milk

# SPELLING BEE



# SPELLING BEE



## 8TH ANNUAL

23 JULY  
2026

9AM-11AM

### AT CARELINK

2100 Pike Ave  
North Little Rock, AR

Sign up at the activity desk. see Allison for list of spelling words

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# JULY 2026 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
		1pm– Zumba	9:30am– Spelling Bee Practice	9am- Breakfast Emily's Diner
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
12:30am– Bowling	9:30am– Presentation w/ Alexis from AllHeart Senior Care  12pm Kroger  7pm– Dance with Nostalgia	9:30– BINGO with SHIIP  1pm– Zumba	9:30am– Nutrition and Cooking Skills Class	9:30am- BINGO w/ Hospice HomeCare
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9am– Craft Class  1pm– Diamond Art  6pm– Jam Sessions	10am– BP/BS Testing by Wright by Your Side  7pm– Dance with Ritchie & Company	10am– BBB home game vs. Maumelle Stars  1pm– Zumba	9:30am– Educational Presentation by ArchWell  12pm– Edwards Trip	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
1pm– Diamond Art  7pm– BINGO	9:30am– Hospice and Hospice Volunteer Presentation  7pm– Dance with Nostalgia	1pm– Zumba	12pm-Walmart Shopping Trip	9:30am-Birthday BINGO
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
9am– Craft Class  1pm– Diamond Art  6pm– Jam Sessions	9:30am– Sage and Humana  10am– Book Club  7pm– Potluck dance with Ritchie & Company	10am– BBB game @ home w/ W. Central Blazers  1pm– Zumba		10am– BBB game @ home w/ W. Central Badgers

# 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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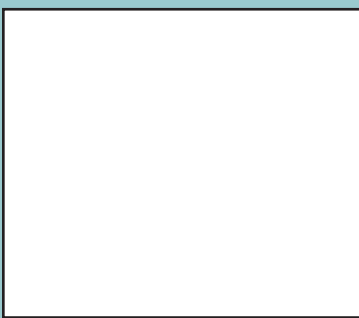
# CHRONIC DISEASE AWARENESS

HEART DISEASE    CANCER    CHRONIC LUNG DISEASE    STROKE    ALZHEIMER'S DISEASE    DIABETES    CHRONIC KIDNEY DISEASE

## CHRONIC DISEASES



No act of kindness is ever wasted



Our community wouldn't be the same **without you!**



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# CHRONIC DISEASE AWARENESS (CONT.)

## WHAT IS A CHRONIC DISEASE?

A chronic disease is a condition that:

- Lasts longer than a year
- Requires ongoing management
- May limit daily activities

Common Examples Include:

- Heart disease
- Diabetes
- Arthritis
- High blood pressure
- COPD (lung disease)

## COMMON RISK FACTORS

- Poor diet (high sugar, salt, processed foods)
- Physical inactivity
- Smoking or tobacco use
- Excess alcohol use
- Being overweight
- High stress levels

## HOW TO PREVENT & MANAGE CHRONIC DISEASE:

- |  |   |
|--|---|
| <b>1. Eat Healthy</b><br>fruits, vegetables, whole grains<br>Choose lean proteins (chicken, fish, beans)<br>Limit sugar, salt, and fried foods | Take medications as prescribed<br>Keep a daily medication list                                      |
| <b>2. Stay Active</b><br>Aim for at least 30 minutes a day by:<br>Walking, chair exercises or light stretching                                 | <b>4. Regular Check-Ups</b><br>Blood pressure checks<br>Blood sugar screenings<br>Cholesterol tests |
| <b>3. Manage Medications</b>   | <b>5. Manage Stress</b><br>Deep breathing<br>Social activities<br>Hobbies you enjoy                 |

## WHY IT MATTERS

Chronic diseases are the leading cause of death and disability in the U.S.

Many are preventable or manageable with healthy habits

Early detection can improve quality of life

## Reach a hyperlocal audience.

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# 101 CRITICAL DAYS OF SUMMER

# 101 *of* CRITICAL DAYS SUMMER

STAY SAFE. STAY HEALTHY. ENJOY SUMMER.

The 101 Critical Days of Summer are the period from Memorial Day to Labor Day. It's the busiest time of year for emergency rooms—and a critical time to take care of yourself and stay safe.



## 5 WAYS TO STAY SAFE & WELL



### BEAT THE HEAT

Limit time outdoors during peak heat (10am–4pm).

Stay in the shade and in air conditioning when possible.



### STAY HYDRATED

Drink plenty of water throughout the day—even if you don't feel thirsty.



### EAT WELL

Enjoy light, nutritious meals with plenty of fruits and vegetables.



### KEEP MOVING

Stay active with safe, low-impact activities like walking, stretching or swimming.



### STAY CONNECTED

Check in with family and friends. Don't hesitate to ask for help if you need it.



 *Your health matters.*

MAKE SAFETY  
A SUMMER HABIT.

### ≡ A FEW REMINDERS: ≡

- ✓ Take medications as prescribed.
- ✓ Know the signs of heat exhaustion: dizziness, nausea, headache, confusion.
- ✓ If it's an emergency, call 911.



*Here's to a safe, healthy and happy summer!*



SMALL STEPS TODAY. SAFER TOMORROWS.



# 250TH AMERICAN INDEPENDENCE DAY

1776 ★ 2026  
CELEBRATING

★ ★ ★ ★ ★

**OUR JOURNEY TO INDEPENDENCE**  
★ ★ ★

- 1776  
JULY 4, 1776

The Declaration of Independence is adopted by the Continental Congress, declaring that the thirteen colonies are free and independent states.
- 1775 – 1783  
THE AMERICAN REVOLUTION

The colonies, united in freedom, fight for independence in the Revolutionary War.
- 1783  
TREATY OF PARIS

The war ends and the United States is recognized as an independent nation.
- 1787  
THE CONSTITUTION

The U.S. Constitution is written, creating a strong foundation for our new nation.

# 250<sup>TH</sup>



YEARS

OF AMERICAN INDEPENDENCE

ONE NATION ★ ONE PEOPLE ★ ONE FUTURE



A NATION BUILT ON PRINCIPLES

Our independence was founded on timeless ideals that continue to guide us:

 <b>LIBERTY</b> The right to live free and pursue our dreams.	 <b>JUSTICE</b> Equal rights and fair treatment for all.	 <b>UNITY</b> Stronger together as one nation under God.	 <b>DEMOCRACY</b> Government by the people, for the people.	 <b>OPPORTUNITY</b> The freedom to work, succeed and thrive.
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**DID YOU KNOW?**  
★ ★ ★

- 

The original 13 colonies became the United States of America.
- 

There were 56 signers of the Declaration of Independence.
- 

The Liberty Bell has become a symbol of freedom and justice.
- 

The U.S. flag has 13 stripes representing the original colonies.

★ **LOOKING AHEAD TO 2026 AND BEYOND** ★

As we commemorate 250 years of independence, we honor our past, celebrate our present, and inspire future generations to carry forward the promise of America.

FREEDOM THEN. FREEDOM NOW. FREEDOM FOREVER.

★ ★ ★ ★ ★

"WE HOLD THESE TRUTHS TO BE SELF-EVIDENT, THAT ALL MEN ARE CREATED EQUAL, THAT THEY ARE ENDOWED BY THEIR CREATOR WITH CERTAIN UNALIENABLE RIGHTS, THAT AMONG THESE ARE LIFE, LIBERTY AND THE PURSUIT OF HAPPINESS." — DECLARATION OF INDEPENDENCE

# SUDOKU

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