

Jacksonville Senior Wellness & Activity Center

JULY 2025

CONTACT

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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:

Starting in July, JSWAC will be closed on Fridays until August 31st for summer hours. New hours of operation will be Monday thru Thursday, 8 am to 3pm



American
Heart
Association.

LEARN CPR

For drowning, the American Heart Association recommends rescue breaths along with compressions.



REMEMBER LIFE JACKETS

Half of all boating deaths could be prevented with their use.

LEARN TO SWIM

Drowning is the leading cause of death in children between ages 1 and 4.

SECURE THE POOL

Install fencing with self-closing gates at least 4-feet high to separate the pool from the house and yard.

STAYING SAFE *in the water*

TEACH SAFETY

Talk about risky behavior: diving or swimming in unfamiliar water, and alcohol or drug use while in or near water.



FAMILY'S SAFETY PLAN

It's important for everyone in the family to be trained in CPR.

NO DIVING!

NO RUNNING!

CLEAR OUT POOL TOYS

Make sure children aren't tempted to play unsupervised.



RECIPE

Mediterranean Chickpea Salad

This no-cook recipe is perfect for a light lunch or side dish.

Ingredients:

- 1 can low-sodium chickpeas, rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, chopped
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- Fresh parsley and oregano

Directions:

- Mix chickpeas, tomatoes, cucumber, and onion in a bowl.
- Drizzle with olive oil and balsamic vinegar.
- Sprinkle with parsley and oregano.



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THE MEMBERS IN YOUR
COMMUNITY?**

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JULY 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Soft Beef Taco Spanish Rice Corn Lettuce & Tomato Fresh Oranges Skim Milk	BBQ Chicken Sandwich BBQ Sauce Tater Tots Cole Slaw Peach Cobbler Skim Milk	Hamburger French Fries Salad W/Dressing Fresh Apple Slices Skim Milk	Pulled Pork Coleslaw Potato Salad Chips Dessert	Closed in observance of the Independence Day Holiday
7	8	9	10	11
Spaghetti W/ Meat Sauce Salad w/ Dressing Garlic Bread Fruit Cup Skim Milk	Chicken Tenders Potato Wedges Mixed Vegetables Wheat Roll Fresh Strawberries Angel Food Cake Skim Milk	BBQ Ribettes Baked Beans Corn on the Cob Whole Wheat Roll Fruit Crisp Skim Milk	Pizza Casserole Salad W/Dressing Garlic Bread Fruit of Choice Skim Milk	Closed
14	15	16	17	18
King Ranch Chicken Vegetable Blend Garlic Bread Fruit Cake of Choice Skim Milk	Taco Soup Lettuce & Tomato Tortilla Chips Fresh Orange Skim Milk	BLT Sandwich Pasta Salad Tropical Fruit Skim Milk	Pizza Garden Salad Breadstick Chilled Peaches Skim Milk	Closed
21	22	23	24	25
White Bean Chili Vegetable of Choice Cornbread Fresh Oranges Assorted Cookie Skim Milk	Smothered Pork Chop Rice Vegetable Blend Wheat Roll/Bread Fruit Cup Skim Milk	Chicken Fajitas Spanish Rice Fiesta Corn Tropical Fruit Skim Milk	Frito Pie Corn Lettuce & Tomato Oranges Skim Milk	Closed
28	29	30	31	
Soft Beef Taco Spanish Rice Corn Lettuce & Tomato Fresh Oranges Skim Milk	BBQ Chicken Sandwich BBQ Sauce Tater Tots Cole Slaw Peach Cobbler Skim Milk	Hamburger French Fries Salad W/Dressing Fresh Apple Slices Skim Milk	Breaded Pork Steak Black Eyed Peas Cornbread Assorted Cookies 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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JULY 2025 CLASS SCHEDULE

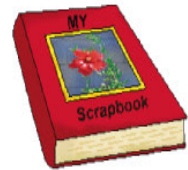
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	7pm– Dance with Nostalgia 10am– CVB scrimmage with Hays at Home	9:15am– Signing with Brenda T. 1030am– Spanish	830am-Fishing	CLOSED IN OBSERVANCE INDEPENDENCE DAY
7	8	9	10	11
7pm-BINGO	10am– Wright by your Side BS/BP checks 7pm– Dance with Ritchie and Company	9am– Spelling Bee @ Hays 10am– Salsa Daning with Ramon	Bingo Celebration Sponsored by Archwell	CLOSED
14	15	16	17	18
6pm– Jam Sessions	7pm– Dance with Nostalgia	9:15am– Signing with Brenda T. 10:30am– Spanish		CLOSED
21	22	23	24	25
7pm-BINGO	9:30am– BINGO with A First Name Basis 7pm– Pot-Luck Dance with Ritchie and Company	9:15am– Signing with Brenda	10am– CVB scrimmage with Hays at Home	CLOSED
28	29	30	31	
6pm– Jam Sessions	10am– Book Club 7pm– Dance with Nostalgia	9:15am– Signing with Brenda T.	9:30am– Bingo Celebration	

WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9am Bean Bag Baseball 9:30am Bible Study 10am Tai– Chi 10:15am Ageless Grace 10:45am PEPPI 11am Table Talk	9am Coloring 10:30am Chair Yoga 10:30am Chair Volleyball Practice 1pm Painting with Fred Bass	9am Bean Bag Baseball Practice 10:15am Ageless Grace 10:45am PEPPI 11am Table Talk	10:30am Chair Volleyball Practice 11am– Table Talk 12pm Dominoes 1pm Line Dancing	CLOSED
Activities can be removed or added based on the needs of the business / weather. Grocery store visits and field trips have been postponed until we get our new van.				

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 you all love and enjoy!



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HOW TO SPOT HEAT STROKE

DEHYDRATION	<p>What it is: A loss of water in your body. It can be serious if not treated.</p> <p>Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.</p> <p>What to do: Drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called “electrolytes.” Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you’re dehydrated. If you don’t feel better, call 911. If you feel better after drinking fluids but have medical conditions like heart failure or take diuretics (“water pills”), you should also call your healthcare provider for a follow-up.</p>
HEAT EXHAUSTION	<p>What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).</p> <p>Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C).</p> <p>What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don’t feel better quickly after moving to the shade and drinking liquids.</p>

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HOW TO SPOT HEAT STROKE

HEAT SYNCOPE	<p>What it is: Fainting caused by high temperatures.</p> <p>Warning signs: Dizziness or fainting.</p> <p>What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.</p>
HEAT STROKE	<p>What it is: A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly.</p> <p>Warning signs: A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out.</p> <p>What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.</p>



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Fourth of July

WORD SEARCH

CAGFDPSJFREEDOM
REVOLUTIONLWLSX
OVBISTATESIVTJY
EFUDNXZZBWBCGUW
FOLNHDQIWAEIFLG
EIHAIPEQVRRLNYV
ACRNGTAPHATFLAG
MCJEBOETENYZYSJ
ESXPWSDDRNKRMBV
RUUIEOTRSIDAQNG
IMGCOVERAOTOEKUT
CMJNWMCKRTATNP
AEGIWYRSSMTICA
CRHCKJPARADEECE
EHDQGAXUNBVCISI

United States
Liberty
States
Parade

Independence
America
Stars
Flag

Revolution
Freedom
Flag
Summer

Fireworks
Picnic
Patriotic
July

FUN AND GAMES



				5				
	7	2					4	6
3			6		1			9
9			2		6			4
	6	7				1	3	
				8				
6								7
	8						5	
		5	9	6	2	3		

July 4th Word Scramble



Picnic Fun



Can you unscramble the words?

1. dtsoohg _____
2. wteermloan _____
3. ucekthp _____
4. ilgir _____
5. hraemburg _____
6. arusmtd _____
7. phics _____
8. sseomr' _____
9. cei mecra _____
10. ppsielco _____



CARELINK SPELLING BEE

PRESENTED BY
Care♥Link

JOIN US FOR THE 7TH ANNUAL ADULT SPELLING BEE



Call Tanya at 501-982-7531 for further
information and to sign up.

Don't miss out on this
SPELL-TACULAR
community event

July 9th, 2025
9 am - 11 am

Patrick Henry Hays Center
401 Pershing Circle, NLR

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