

Jacksonville Senior Wellness & Activity Center

JUNE 2026

CONTACT

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www.jacksonvilleseniorcenter.com



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IMPORTANT MESSAGES:

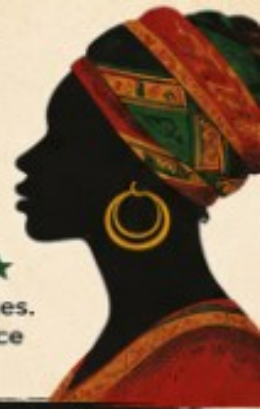
**Tuesday night dance entry
fee is now \$7**

No Tai Chi this month.

JUNETEENTH

★ CELEBRATE FREEDOM. HONOR HISTORY. INSPIRE THE FUTURE. ★

Juneteenth is a holiday that commemorates the end of slavery in the United States. It celebrates freedom, resilience, and the ongoing pursuit of equality and justice for Black Americans.



THE HISTORY OF JUNETEENTH

1619		THE BEGINNING OF ENSLAVEMENT The first enslaved Africans were brought to Jamestown, Virginia, marking the beginning of more than 250 years of slavery in America.
1863		THE EMANCIPATION PROCLAMATION President Abraham Lincoln signed the Emancipation Proclamation on January 1, 1863, declaring freedom for enslaved people in Confederate states. However, enforcement of the proclamation was limited.
JUNE 19, 1865		FREEDOM IN TEXAS On June 19, 1865, Union soldiers arrived in Galveston, Texas, with news that the Civil War had ended and that all enslaved people were free—more than two years after the Emancipation Proclamation. This day became known as Juneteenth—June Nineteenth.
1866		A NEW TRADITION IS BORN Freedmen in Texas began celebrating Juneteenth with prayer, feasts, music, and community gatherings. It became a symbol of hope, freedom, and Black unity.
THROUGH THE YEARS		A HOLIDAY THAT ENDURES Juneteenth celebrations spread across the country, kept alive by generations as a reminder of freedom and the ongoing fight for equal rights for all.
2021		RECOGNIZED NATIONWIDE On June 17, 2021, Juneteenth was officially recognized as a federal holiday in the United States.

HOW WE CELEBRATE



COMMUNITY GATHERINGS



MUSIC & DANCE



FOOD & CULTURE



EDUCATION & REFLECTION

Juneteenth is a time to honor our ancestors, celebrate progress, and commit to building a future of justice and equality.

MORE THAN A DAY OFF

Juneteenth is a reminder that freedom was hard-won and that the work toward true equality continues.

**KNOW THE PAST.
HONOR THE PRESENT.
BUILD THE FUTURE.**



FREEDOM IS OUR LEGACY. JUSTICE IS OUR FUTURE.

TOGETHER, WE RISE.

HEALTHIER WAYS TO ENJOY PASTA SALADS THIS SUMMER

Protein Pasta Salad

Ingredients:

- 1 cup cooked protein pasta (like chickpea or lentil pasta)
- ½ cup cherry tomatoes, halved
- ¼ cup cucumber, diced
- 2 tbsp red onion, finely chopped
- ¼ cup feta cheese (optional)
- 2 tbsp Italian dressing
- Salt & pepper to taste

Directions:

Cook pasta, drain, and cool.
Toss with veggies and feta.
Add dressing, salt, and pepper.
Chill 15–30 minutes before serving.
Tip: Add grilled chicken or tuna for extra protein.

Zoodle Pasta Salad (Light & Fresh)

Ingredients:

- 2 medium zucchini, spiralized
- ½ cup cherry tomatoes, halved
- ¼ cup mozzarella pearls
- 2 tbsp fresh basil, chopped
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt & pepper

Directions:

Pat zoodles dry (important so it's not watery).
Combine all ingredients in a bowl.
Toss gently and serve immediately or chill briefly.
Tip: Add grilled shrimp or chicken for a more filling meal.

Chickpea “Pasta” Salad (No-Pasta Option)

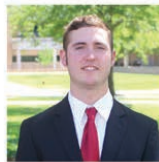
Ingredients:

- 1 can chickpeas, drained & rinsed
- ½ cup cucumber, diced
- ½ cup cherry tomatoes, halved
- 2 tbsp red onion, chopped
- 2 tbsp feta (optional)
- 2 tbsp olive oil
- 1 tbsp red wine vinegar or lemon juice
- Salt, pepper, oregano

Directions:

Combine all ingredients in a bowl.
Toss well to coat.
Chill 20–30 minutes for best flavor.
Tip: Add avocado right before serving for extra creaminess.

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JUNE 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Dijon Pork Loin Baby Potatoes Mixed Veggies Wheat Roll Brownie Skim Milk</p>	<p>2</p> <p>Stuffed Pepper Casserole Yellow Squash Tossed Salad Cornbread Salad Dressing Chilled Apricots Skim Milk</p>	<p>3</p> <p>Rosemary Lemon Chicken Rice Blend Seasoned Carrots Honey Kissed Roll Pineapple Upside Down Cake Skim Milk</p>	<p>4</p> <p>Chicken Philly Sandwich Sweet Potato Wedges Fried Cabbage Mango Mousse Skim Milk</p>	<p>5</p> <p>Salmon Croquette Scalloped Potatoes Lemon Broccoli Dinner Roll Fresh Fruit Cup Skim Milk</p>
<p>8</p> <p>Chicken & Sausage Gumbo Rice Seasoned Okra Honey Kissed Roll Fruit Crisp Skim Milk</p>	<p>9</p> <p>Chicken Bruschetta Buttered Noodles Peas Garlic Toast Strawberry Shortcake Skim Milk</p>	<p>10</p> <p>Hamburger w/ Bun Baked French Fries Lettuce, Tomato, Onion Coleslaw Mandarin Oranges Skim Milk</p>	<p>11</p> <p>Chicken Strips Mashed Potatoes Peppered Cream Gravy Carrots Texas Toast Sherbet Skim Milk</p>	<p>12</p> <p>Cajun Tilapia Rice Pilaf Zucchini and Tomatoes Wheat Roll Fruit Salad Skim Milk</p>
<p>15</p> <p>Sweet and Sour Pork Fried Rice Glazed Carrots Egg Roll Seasonal Fruit Skim Milk</p>	<p>16</p> <p>Cornflake Chicken Mashed Potatoes Green Bean Almondine Wheat Roll Angel Food Cake Skim Milk</p>	<p>17</p> <p>Beef Fajita Taco Buttered Corn Pinto Beans Chilled Peaches Skim Milk</p>	<p>18</p> <p>Turkey Ala King Rice Veggie Medley Garlic Bread Baked Cookie Skim Milk</p>	<p>19</p> <p>Tuna Salad Sandwich Primavera Pasta Salad Sugar Snap Peas Fresh Fruit Cup Skim Milk</p>
<p>22</p> <p>Chili w/ Beans and Cheese Baked Potato w/ Fixins Tossed Salad Crackers Salad Dressing Fruit Fluff Skim Milk</p>	<p>23</p> <p>Pork Loin Brown Gravy Baby Potatoes Seasoned Broccoli Dinner Roll Ice Fruit Cup Skim Milk</p>	<p>24</p> <p>Monterey Chicken Seasoned Black Beans Squash Medley Honey Kissed Roll Fruit Crisp Skim Milk</p>	<p>25</p> <p>Deli Sandwich Lettuce, Tomato, Onion Carrot and Rasin Salad Fruit Cup Lemon Cookie Skim Milk</p>	<p>26</p> <p>Herb Baked Chicken Bowtie Pasta Green Beans Honey Kissed Roll Pudding Skim Milk</p>
<p>29</p> <p>Dijon Pork Loin Baby Potatoes Mixed Veggies Wheat Roll Brownie Skim Milk</p>	<p>30</p> <p>Stuffed Pepper Casserole Yellow Squash Tossed Salad Cornbread Salad Dressing Chilled Apricots Skim Milk</p>			

100 DAYS OF SUMMER

100 Days of SUMMER

SAFETY FOR SENIORS

*Stay safe. Stay healthy.
Make it a great summer!*

Small steps. Big difference. **MAKE EVERY DAY COUNT!**



STAY COOL

Avoid peak heat hours. Stay in the shade and in air-conditioned spaces.



STAY HYDRATED

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



PROTECT YOURSELF

Wear a hat, sunglasses and sunscreen with SPF 30+ when outdoors.



STAY ACTIVE, SAFELY

Enjoy gentle exercise, stretching and balance activities. Listen to your body.



STAY CONNECTED

Check on friends and loved ones. Know who to call in case of an emergency.



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JUNE 2026 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
12:30pm– Bowling 7pm– BINGO	9:30am– Nutrition and Cooking Skills 12:30pm– Kroger Shopping Trip 7pm– Dance with Nostalgia	1pm– Zumba		11am– Seminar and Tour @ Rest Hills
8	9	10	11	12
9am– Craft Class 1pm– Diamond Art 6pm– Jam Session	10am– BP/BS Testing by Wright by Your Side 7pm– Dance with Ritchie & Company	1pm– Zumba	12:30pm– Edwards Shopping Trip	9:30am- BINGO w/ A First Name Basis
15	16	17	18	19
1pm– Diamond Art 7pm– BINGO	9:30am– Nutrition and Cooking Skills 7pm– Dance with Nostalgia	1pm– Zumba	9:30am– Activity w/ Hospice Homecare 12:30pm-Walmart Shopping Trip	10am– Juneteenth Presentation w/ Kendrick Lusk
22	23	24	25	26
9am– Craft Class 1pm– Diamond Art 6pm– Jam Session	9:30am– Sage Health and Humana 10am– Book Club 7pm– Dance with Ritchie & Company	1pm– Zumba	9:30am- Counseling Services of Jacksonville Presentation	9:30am– Birthday BINGO w/ P&P Benefits
29	30			
9am– Craft Class 1pm– Diamond Art	9:30am– Activity w/ A First Name Basis 7pm– Potluck dance with Nostalgia			

WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9am Bean Bag Baseball Practice 9:30am Bible Study 10am Ageless Grace (Cong. Room) 10:45am PEPPI	9am Coloring 9:30am Chair Yoga 10:30am Chair Volleyball Practice 1pm Painting with Fred Bass	9am Bean Bag Baseball Practice 9:15am Sign Language 10am Ageless Grace (Safe Room) 10:45am PEPPI 11am Table Talk	9am Coloring 10:30am Chair Volleyball 11am Table Talk 12pm Dominoes 1pm Line Dancing	9am Bean Bag Baseball Practice (1st & 3rd week) 10:45am PEPPI *Activities subject to change for BINGO or other events

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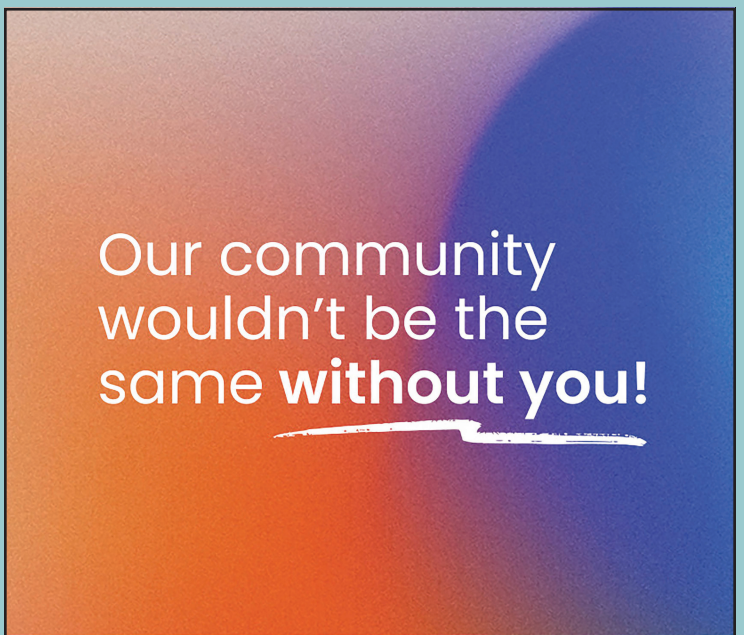
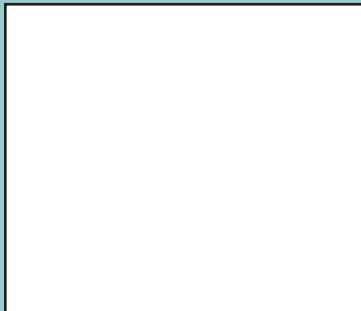
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ON AVERAGE
men live
about
5 years less
than women



1 in 2
men
will develop
cancer

MEN HAVE A
higher death rate
for most leading causes of death
including cancer, heart disease, diabetes, and suicide

APPROXIMATELY
30,000
men
IN THE U.S.
die each year
from
prostate cancer

Men make
1/2 as many
physician visits for
prevention
as women

Men are more likely to be **uninsured** than women

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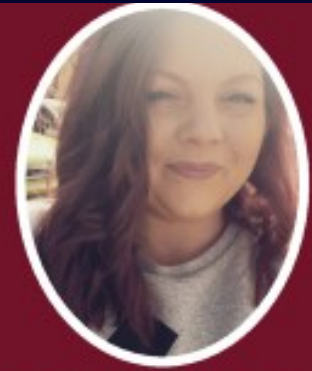


MEET THE STAFF

We have a few exciting staff updates to share!

First, we'd love to reintroduce some of our team members. You may already know their faces, but we encourage everyone to take a moment to reconnect and learn more about what they do here at the center. We've also had a few staff changes, including some new faces and a few role updates within our team. These changes help us continue to grow and provide the best experience possible for everyone we serve.

If you see someone new (or someone in a new role), be sure to say hello and help us give them a warm welcome!



Tanya Kopp
Director

Jacksonville
Senior Wellness
& Activity Center



Gail Roberson
Service
Coordinator



Kyocia Kingsby
Bookeeping



Robert Johnson
Transportation
Supervisor



Amelia Billings
Kitchen Manager



Allison Daniel
Activities
Coordinator



Todd McCauley
Transportation



Jerry Robinson
Lead Custodian



Dorthy Dejesus
Clerical Staff



Sandra Estes
Receptionist



Michael Ferguson
Kitchen Aide-
SCSEP



Tommy Woods
Kitchen Aide- 2



Rodney Henderson
Kitchen Aide



Joseph Moore
Custodian



Lila Watson
Custodian-
SCSEP



Clint Tullous
Custodian-
SCSEP



Jerry Reichenbach
HDM Driver

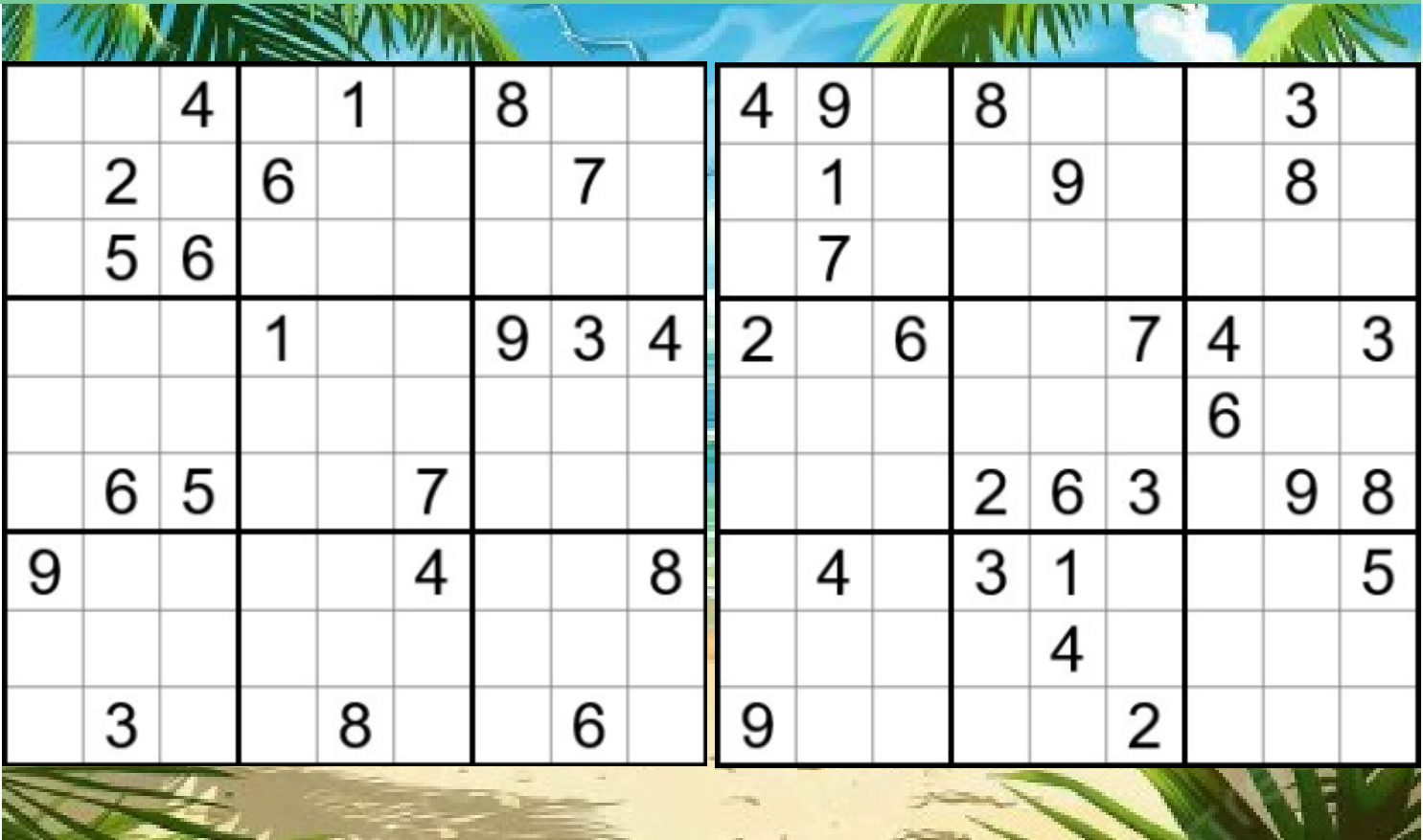
HOME DELIVERED MEALS

Faith In Action Award 2025 -2026 for Home Delivered Meals
St. Jude the Apostle Council 11604



St. Jude the Apostle council 11604 and Ladies Auxiliary have been delivering Meals on Wheels since the Covid Crisis of 2019. Nutritious meals are prepared by the Jacksonville Senior Wellness and Activity Center staff. The Knights and Ladies Aux faithfully deliver the meals for them to home bound residents in Jacksonville and Sherwood. They average 15,000 meals each year to the home bound. Currently serving pictured above (l-r) David Benson, Dolores Johnson, Jerry Reichenbach, Dale Olivo, and Troy Gray. missing from photo Ann Reichenbach. Knights & Ladies past participants include John Hertzog, Frank & Susan Wilder, Carl & Carol Seim, Evie Gray, Greg Deen, and Matt Brzozowski

SUDOKU



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