

# Jacksonville Senior Wellness & Activity Center

JUNE 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:

**Happy Fathers' Day**

**New hours of operation are  
Monday—Friday  
8am-3pm**

# IMPROVE YOUR HEART HEALTH



## 10 ways to improve your heart health

1 Balance calories eaten with physical activity.



2 Reach for a variety of fruits and vegetables.



3 Choose whole grains.



4 Include healthy protein sources, mostly plants and seafood.



5 Use liquid non-tropical plant oils.



6 Choose minimally processed foods.



7 Subtract added sugars.



8 Cut down on salt.



9 Limit alcohol.



10 Do all this wherever you eat!



Need more food for thought? Go to [www.heart.org/eatsmart](http://www.heart.org/eatsmart)

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## MEDITERRANEAN STYLE STUFFED PEPPERS

**INGREDIENTS:** 2 teaspoons Whole Rosemary Leaves, finely crushed, 1 teaspoon Ground Cinnamon, 1 teaspoon Oregano Leaves, 1/2 teaspoon Sea Salt, 1 pound lean ground beef, 1 can (14 ounces) no salt added tomato sauce, 1/3 cup golden raisins, 1/4 cup toasted slivered almonds, 1 cup cooked brown rice, 1 egg, beaten, 4 medium green bell peppers, halved lengthwise, stem and seeds removed, 1/2 cup crumbled reduced fat feta cheese.

**INSTRUCTIONS:** Preheat oven to 375°F. Mix rosemary, cinnamon, oregano and sea salt in small bowl. Set aside. Cook ground beef in large skillet on medium-high heat 5 to 7 minutes or until no longer pink, stirring occasionally to break up meat. Drain fat. Add spice mixture; cook and stir 1 minute. Stir in tomato sauce, raisins and almonds. Bring to boil. Remove from heat. Add rice and egg; mix well. Arrange bell pepper halves, cut-side up, in 13x9-inch baking dish. Spoon beef mixture evenly into bell pepper halves. Pour 1/4 cup water into dish. Cover with foil. Bake 45 minutes or until bell peppers are tender. Sprinkle filling with feta cheese. Bake, uncovered, 12 to 15 minutes longer or until cheese is lightly browned.

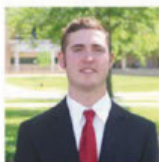


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# JUNE 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Scrambled Eggs Turkey Sausage Tomato Slices Biscuit Country Gravy Fruit Cup Muffin Skim Milk	<b>4</b> Chicken Tenders Roasted Potato Wedges Mixed Veggies Wheat Roll Fresh Strawberries Angel Food Cake Skim Milk	<b>5</b> Herbed Pork Loin Scalloped Potatoes Seasoned Broccoli Wheat Roll Fruit Crisp Skim Milk	<b>6</b> Pizza Casserole Tossed Salad w/ Dressing Garlic Bread Fruit Skim Milk	<b>7</b> No meal service due to center wide field trip.
<b>10</b> Chicken Parmesan Breast Penne Pasta Italian Veggies Garlic Breadstick Chilled Pears Skim Milk	<b>11</b> Shrimp Fried Rice Stir Fry Veggies Egg Roll Fruit Crisp Skim Milk	<b>12</b> Chicken Fajitas Spanish Rice Fiesta Corn Tropical Fruit Skim Milk	<b>13</b> Mediterranean Style Chicken Tossed Garden Salad Wheat Roll Chilled Peaches Skim Milk	<b>14</b> Roasted Turkey with Baked Potato Shredded Cheese Sour Cream Margarine Crackers Fruit Cup Skim Milk
<b>17</b> Greek Salad with Chicken Basmati Rice Pita Chips Fresh Orange Assorted Cookie Skim Milk	<b>18</b> Shrimp Po'boy French Fries Cole Slaw Fruit Cup Skim Milk	<b>19</b> Pot Roast Potatoes & Onions Celery & Carrots Peach Cobbler Wheat Roll Skim Milk	<b>20</b> Soft Beef Taco Corn Refried Beans Lettuce & Tomato Mandarin Oranges Skim Milk	<b>21</b> Deli Sandwich on Wheat Bread with Lettuce and Tomato Pasta Salad Mayonnaise Cookie Skim Milk
<b>24</b> Tuna Salad on Wheat Lettuce & Tomato Macaroni & Veggie Salad Fresh Orange Skim Milk	<b>25</b> Pulled Chicken Sandwich with BBQ Sauce Tater Tots Cole Slaw Peach Cobbler Skim Milk	<b>26</b> Lasagna California Veggies Wheat Roll Fruited Gelatin Skim Milk	<b>27</b> Sweet & Sour Chicken Rice Asian Veggies Egg Roll Melon Assorted Cookie Skim Milk	<b>28</b> <b>4th of July            Picnic!</b>

# 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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# JUNE CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Bingo</b>	10am– Mr Williams/ Absolute care Presentation Kroger Trip after lunch 7pm– Dance with Richie Rich Band	10am- Celebrate National Gardening Day with Brenda Ketzscger/Humana	11am-Tabke Talk	<u><b>9am– Hot Springs Casino</b></u>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>1pm– Tech 101</b>  <b>6pm– Jam Sessions</b>	10am– Wright by Your side BP/BS Checks 10am– Jannie Cotton Mental Health Conversation Kroger Trip after lunch 7:00pm Dance with Nostalgia	9:30am– Cooking with Karen Boone, SNAP Education Program	11am-Tabke Talk	930am– Bingo / Ice Cream Social Sponsored by Absolute Care
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Bingo</b>	7:00pm- Dance with Ritchie Rich Band	Juneteenth	11am-Tabke Talk	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	10am– Brenda Ketzscher will discuss Diabetes and Heart Health 7:00pm– Dance with Nostalgia	9:30am– Cooking with Karen Boone, SNAP Education Program	930am– Unity BP/BS Checks  Walmart Shopping Trip after lunch	930am- Bingo Celebration

**Activities can be removed or added based on the needs of the business or weather.**

## WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9am</b> -Bean Bag Baseball  <b>9:15am</b> – Darlies Darlings Garden Club <b>9:30 am</b> Bible Study  10am-Ageless Grace  10:45 am PEPPI	<b>9:00 am</b> Coloring  <b>9:30am– Chair Yoga</b>  <b>10:30 am</b> Chair Volleyball Practice  1030am– Book Club  <b>1:00 pm</b> -Painting with Fred Bass	<b>9:00 am</b> Bean Bag Baseball Practice  9:15am– Darlies Darlings Garden Club  10am- Ageless Grace  10:45am PEPPI	<b>9:00 am</b> Coloring  <b>9am-11am</b> Super Noggin  <b>10:30 am</b> Chair Volleyball Practice  <b>1:00 pm</b> Games  <b>1:00 pm</b> Line Dancing	930am– Alternating Activity  <b>9:00 am</b> —Bean bag Baseball Practice  <b>10:45 am</b> PEPPI

## 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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**Jeremiah Braggs**

[jbraggs@4LPi.com](mailto:jbraggs@4LPi.com)

(800) 950-9952 x2126

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## BOOK CLUB



Do you like reading? Then come join our book club !!

We will be partnering with the  
Central

Arkansas Library System Tuesdays  
10:30am-11am

Our current selection are excerpts from  
Chicken Soup for the Golden Soul.

We'll see you there!!

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## JUNETEENTH

Juneteenth commemorates the day, June 19, 1865, when 2,000 Union Troops arrived in Galveston, Texas, and informed the remaining 250,000 enslaved Black people that the Emancipation Proclamation was signed by Abraham Lincoln. The signing of this document granted all Black people freedom. Juneteenth commemorates the end of slavery in America through the issuing of the Emancipation Proclamation. It is a day dedicated to celebrating accomplishments, justice and freedom for Black people, as well as reflection on the continuing struggle for equity.

# JUNETEENTH FREEDOM DAY JUNE 19



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### *Practice*

#### *Track:*

- **LEARN** what the latest research says about keeping your mind sharp
  - Diet
  - Sleep
  - Exercise
- **PRACTICE** healthy new lifestyle habits and brain fitness exercises in a fun social setting (don't worry, there won't be any grades)
- **TRACK** your progress with an easy to follow work book

*Want to stay sharp? Attend our Brain Fitness workshops!*



### *You Are Invited*

Join us for Super Noggin brain fitness.

**WHERE:** Jacksonville Senior Wellness & Activity Center Safe Room

**WHEN:** Every Thursday starting at 9am-10:30am, or earlier depending on the lesson. (Classes subject to change based on needs of business)

**CONTACT INFO-** Jessica 501-982-7531

## FATHERS DAY

“

**A father's tears and fears  
are unseen, his love  
is unexpressed, but his  
care and protection  
remains as a pillar  
of strength throughout  
our lives.**

Ama H. Vanniarachchy

GH

**HAPPY  
FATHER'S  
DAY**

FIND US ON FACEBOOK!



# WORD SEARCH



## HAPPY FATHER'S DAY

Solve the following puzzle by finding all the hidden words!



HERO  
BRAVE  
BEST  
FAMILY  
GIFTS  
SPECIAL

JOKES  
HAPPY  
RESPECT  
PRESENT  
FRIEND

VALUES  
DADDY  
LOVE  
PARENT  
GRANDPA

CELEBRATE  
PROUD  
STRONG  
NURTURE  
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