

Jacksonville Senior Wellness & Activity Center

MARCH 2023

CONTACT

100 Victory Circle Jacksonville

Phone: 501-982-7531

Fax: 501-982-4362

www.jacksonvilleseniorcenter.com



WHAT'S INSIDE

Health Talk	02
Recipe	03
Lunch Menu	04
A Matter of Balance	05
Class/Activity Schedule	06
We Want to Hear from You!	07
Earth Day	08
Volunteer	09
Tea for Two's-day	10
Puppy Dog Day	11
St. Patrick's Day Activities	12

CENTER HOURS

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

IMPORTANT MESSAGES:

Daylight Savings Time Begins March 12
2023

Inclement Weather Policy

The Center may close when the Jacksonville North Pulaski School District and/or the city of Jacksonville is closed due to inclement weather. Employees should check weather conditions and school closings as broadcast by any of the local television and/or radio stations.

Please watch local news for updates on closings. We will not be named as a facility that is closed, but keep in mind, if the schools are closed, we will be too.



NATIONAL NUTRITION MONTH® 2023

FUEL FOR THE FUTURE



Fueling your body with nutrient-dense, sustainable food is important throughout all life stages. Nutrients are critical for living a healthy life. Sustainability is essential to meeting the growing demand for food without compromising adequate food for future generations. Choosing foods that are high in nutrition, but also good for the planet is the key to fueling the future.

CARBOHYDRATES

are essential as an energy source for everything our bodies do – from walking to breathing to thinking and even digesting food. **Best Wellness Choices for Living Sustainably:** Vegetables, fruits, legumes, whole grains and low-fat dairy.

VITAMINS AND MINERALS

are needed for most every bodily process, keep you healthy and prevent disease. **Best Wellness Choices for Living Sustainably:** Vegetables, fruits, legumes, whole grains, nuts, seeds, low-fat dairy, eggs, and seafood.

PROTEINS

are the building blocks of life and essential for cell and tissue growth. **Best Wellness Choices for Living Sustainably:** Poultry, seafood, low-fat dairy, eggs, tofu, tempeh, legumes, nuts, seeds and quinoa. Choose plant-based proteins more often as they have less impact on the environment.

FIBER

is a type of carbohydrate that helps reduce cholesterol, control blood sugar and aid in digestion and gives a feeling of fullness in the stomach. **Best Wellness Choices for Living Sustainably:** Vegetables, fruits, legumes, whole grains, nuts and seeds.

FATS

give our body energy, support cell function, help absorb some nutrients and produce important hormones. **Best Wellness Choices for Living Sustainably:** Unsaturated fats from plant sources like those found in oils such as olive, canola, sunflower, and peanut, avocados, nuts and seeds and omega 3 fats from fatty fish like salmon and tuna.

WATER

is essential to keeping our bodies working as they should. **Best Wellness Choices for Living Sustainably:** Water is the best choice but use reusable bottles versus single-use plastic water bottles to avoid harmful environmental waste.

HONEY LIME FRUIT SALAD

Servings: 4

Ingredients:

- 2 Tbsp. honey
- 1 lined, juiced
- 2 bananas, sliced
- 2 kiwis, peeled and diced
- 2 cups strawberries, quartered
- 2 cups grapes



Directions:

1. Mix honey and lime juice together in a large bowl.
2. Add the cut fruit to the bowl and stir gently to coat.

Nutritional Information: 163 calories, 1 gram protein, 42 grams/carbohydrates, 0 gram fat, 3 mg sodium, 5 gram fiber.

 <p>ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?</p> <p>To advertise here visit lpicommunities.com /adcreator</p>		<p>SUPPORT OUR ADVERTISERS!</p>
---	--	--

Call your
local licensed
Humana
sales agent.



John Forehand
501-697-2851
(TTY: 711)

Monday – Friday
8 a.m. – 5 p.m.

jforehand1@humana.com

Humana.

Y0040_GHHHXDFEN20_BC_C



MARCH 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The suggested donation for meals is \$4.00 per meal. Guests under 60 yrs. old must pay \$7.50</p>		1	2	3
		Herbed Pork Loin Roasted Sweet Potatoes Candied Carrots Wheat Roll Margarine Chilled Peaches Skim Milk	Hamburger Steak with Onions Mashed Potatoes & Gravy Mixed Veggies Wheat Roll Baked Apples Cookie Skim Milk	Baked Chicken Rice Pilaf California Veggies Wheat Roll Fruit Cocktail Banana Muffin Skim Milk
6	7	8	9	10
Spaghetti w/ Meat Sauce Green Beans Wheat Rolls Fruited Gelatin Cookie Skim Milk	Baked Ham Macaroni & Cheese Broccoli Wheat Roll Chilled Pineapple Cookie Skim Milk	Frito Pie Corn Baked Apples Skim Milk	Chicken Pot Pie Peas & Carrots Wheat Roll Margarine Chilled Peaches Assorted Cookies Skim Milk	Turkey Sausage Sauteed Onions & Peppers Pinto Beans Cornbread Fresh Orange Skim Milk
13	14	15	16	17
Chicken Fried Steak Mashed Potatoes Gravy Green Beans Wheat Roll Tropical Fruit Skim Milk	Sloppy Joe on a Bun Seasoned Potato Wedges Mixed Veggies Fresh Orange Skim Milk	Oven Fried Chicken Wild Rice Blend Green Beans Wheat Roll Tropical Fruit Skim Milk	Ground Beef Stew Tossed Salad w/ Dressing Cornbread Cherry Cobbler Skim Milk	Chicken Stir Fry Steamed Rice Asian Veggies Wheat Roll Fruited Ambrosia Fortune Cookie Skim Milk
20	21	22	23	24
Beef Stroganoff Noodles Peas & Carrots Fresh Pineapple Pudding Wheat Roll Skim Milk	BBQ Chicken Onion Roasted Potatoes Spinach Wheat Roll Margarine Chilled Peaches Skim Milk	Meatloaf Macaroni & Cheese Broccoli Wheat Roll Fruit Cocktail Skim Milk	Chicken Tetrizzini California Veggies Wheat Roll Margarine Tropical Fruit Skim Milk	Pulled Pork Sandwich Seasoned Potato Wedges Cole Slaw Apple Crisp Skim Milk
27	28	29	30	31
Taco Casserole Spanish Rice Fiesta Corn Tropical Fruit Skim Milk	Fettuccini Alfredo Chicken Broccoli Wheat Roll Chilled Pineapple Skim Milk	Herbed Pork Loin Roasted Sweet Potatoes Candied Carrots Wheat Roll Margarine Chilled Peaches Skim Milk	Hamburger Steak with Onions Mashed Potatoes & Gravy Mixed Veggies Wheat Roll Baked Apples Cookie Skim Milk	Baked Chicken Rice Pilaf California Veggies Wheat Roll Fruit Cocktail Banana Muffin Skim Milk

A MATTER OF BALANCE: FALL PREVENTION

Dates: Every Monday and Thursday starting , Thursday, March 2nd, 2023 from 9:30 – 11:30

This is an 8 session class that is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. People who develop the fear of falling often limit their activities, which can result in severe physical weakness, making the risk of falling even greater.

This class is free to individuals aged 60 and older. Registration is required prior to class start date. Workbooks will be provided and refreshments will be served. Seating is limited.

**Please call Tanya or Susan at
501-982-7531 to reserve your spot!**

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



ADVERTISE HERE
to reach your community



Call 800-950-9952

**THRIVE
LOCALLY**

SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Jacksonville Senior and Wellness Center, Jacksonville, AR

B 4C 01-2079

CLASS SCHEDULE

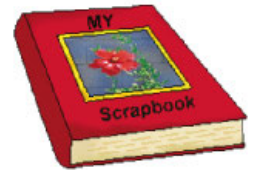
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		10:00 am– Trivia	9:30 am-11:30am A Matter of Balance 10:00 am– Amazing Brain	
6	7	8	9	10
9:30 am-11:30am A Matter of Balance 6:30 pm Bingo	10:00 BP/BS Checks with Wright by Your Side 12:30 pm Grocery Shopping– Kroger 7:00 pm Dance-Nostalgia	9:30 am– Cooking Class with Karen Boone, SNAP Education Program 10:30 am– Mental Health Presentation- Center for Healing Hearts and Spirits.	9:30– 11:30am A Matter of Balance 10:00 am– Amazing Brain	9:30 Bingo
13	14	15	16	17
9:30– 11:30am A Matter of Balance 10:00am Cancer Presentation with Amanda Hunter 6:30 PM Jam Sessions	7:00 pm Dance-Sugar Creek Band	10:30 am– Trivia/ Pictionary	9:30– 11:30am A Matter of Balance 10:00am Coffee Talk with Patricia Pace 12:30pm- Grocery Shopping– Walmart	St. Patrick's Day Scavenger Hunt 11:30 am Medicare Minute
20	21	22	23	24
9:30– 11:30am A Matter of Balance 10:00 AM Earth Day Event	12:30pm Tea for Two's-day 7:00 pm Dance-Nostalgia	9:30 am– Cooking Class with Karen Boone, SNAP Education Program	12:30pm- Grocery Shopping– Edwards	9:30 am January Birthday Celebrations & Bingo Sponsored by P&P Benefits, Mark and Logan Perry
27	28			
9:30– 11:30am A Matter of Balance 6:30 pm Jam Sessions	7:00 pm Dance-Sugar Creek Band Potluck Night			

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) Chess Club (Congregate)	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 Drumming with Tanya 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		

LET US 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!



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Mike Ward

mward@lpicommunities.com

(800) 950-9952 x2324

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Jacksonville Senior and Wellness Center, Jacksonville, AR

C 4C 01-2079

EARTH DAY

March 20, 2023

Please join us for Earth Day as we adopt a block in our community. We love our community and want to help keep it clean and beautiful. We will adopt a block local to Jacksonville and with your help, we would like to pick up trash, plant flowers and more.



THRIVE
LOCALLY

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Mike Ward

mward@lpicommunities.com

(800) 950-9952 x2324

WE'RE HIRING!
AD SALES EXECUTIVES



**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952



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!

A photograph of a person working on a laptop. In the background, there are several cardboard boxes and a roll of packing tape, suggesting a shipping or logistics environment. The text is overlaid on the left side of the image.

**SUPPORT THE
ADVERTISERS
that Support our
Community!**



Tea for Two's-day

Tuesday, March 21,
2023

12:30- 2:30pm



Please join us for High Tea,
treats, and manicures

AMAZING BRAIN!!

Stay mentally sharp with our Amazing Brain program! Our class will help with practicing a brain healthy lifestyle by teaching healthy lifestyle choices and activities.

You will track your progress thru a journal and Progress Chart

Each week will provide a fun and easy program to follow!

See Jessica for more details!



National Puppy Day

March 23, 2023

Did you know dogs are more than mans' best friend? Spending time with animals has been shown to provide many health benefits such as lower blood pressure, decreased anxiety and so much more.

The Jacksonville Animal Shelter will be here with some dogs that would thoroughly enjoy spending time with you.



March 17, 2023

Communities all over Ireland follow the theory of Saint Patrick's Trinity and represent it with a three-leaf shamrock. But finding a four-leaf clover is symbolic to good luck, so come on out and join us for a scavenger hunt to find your lucky four-leaf clover!

Thank you!!

Everyone for supporting our Taste of New Orleans fundraiser!

A special thank you to Mrs. Laurie Johnson for cooking the delicious food, our Board of Directors for helping spread the word about the fundraiser, and our staff for making it all possible! And of course to all of you that came out and enjoyed lunch and our donors, including First Arkansas Bank & Trust, ACE Liquor, Modern Woodman, Unity Health, and Sysco Foods! You have helped make this another successful fundraiser!

FIND US ON FACEBOOK!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Jacksonville Senior and Wellness Center, Jacksonville, AR

F 4C 01-2079