

# Jacksonville Senior Wellness & Activity Center

MARCH 2026

## CONTACT

100 Victory Circle Jacksonville

Phone: 501-982-7531

Fax: 501-982-4362

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

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## **IMPORTANT MESSAGES:**

**MONDAY NIGHT BINGO 1ST  
AND 3RD MONDAY'S**

**6PM– DOORS OPEN**

**630PM– QUICK FIRES START**

**7PM– REGULAR GAMES  
START**

# ST. PATRICKS DAY PARTY

Please join us at the Jacksonville  
Senior and Wellness Center

## St. Patrick's Day PARTY

with Sage Health



# 17 MARCH

Start at 9:30am  
100 Victory Cir. Jacksonville, AR

**St. Patrick's themed BINGO**  
**Movie w/ Popcorn**  
**St. Patrick's themed craft**



# RECIPES

## Creamy Pesto Chicken Pasta

A nutritious, comforting meal that is easy to prepare.

**Ingredients:** 1 chicken breast (diced)  
1 cup pasta (penne or bowtie)  
1 cup broccoli  
2 tbsp pesto  
1 tbsp cream or Greek yogurt.

**Instructions:** Boil pasta, adding broccoli for the last 2 minutes. In a separate pan, sauté chicken until cooked. Drain pasta/broccoli, then toss



## Easy Sausage and Veggie Skillet

A fast, flavorful, and filling 1-pot, 15-minute meal.

**Ingredients:** 1/2 package of precooked chicken sausage or kielbasa (sliced)  
2 cups frozen mixed vegetables (or fresh zucchini/peppers)  
1 tbsp butter or olive oil, seasoning.

### Instructions:

Heat butter/oil in a skillet over medium heat. Add sliced sausage and cook until slightly browned. Add vegetables, cover, and cook for 5-7 minutes until tender.



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# MARCH 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Sesame Ginger Chicken Brown Rice Pilaf Oriental Veggies Roll Oranges and Cherries Skim Milk</p>	<p><b>3</b></p> <p>Meatballs &amp; Pasta Broccoli Tossed Salad Dressing Cheesy Breadstick Ice Fruit Cup Skim Milk</p>	<p><b>4</b></p> <p>Chicken Tenders Potato Wedges Mixed Veggies Wheat Roll Angel Food Cake Fresh Berries Skim Milk</p>	<p><b>5</b></p> <p>Turkey Pot Pie Mashed Potato Green Peas Dinner Roll Brownie Skim Milk</p>	<p><b>6</b></p> <p>Chili Frito Pie Roasted Veggies Cornbread Fruit Cup Skim Milk</p>
<p><b>9</b></p> <p>Cheeseburger Potato Wedges Lettuce, Tomato and Onion Mustard Strawberries and Bananas Skim Milk</p>	<p><b>10</b></p> <p>Boneless Chicken Wings Mac &amp; Cheese Coleslaw Dinner Roll Fruit Cobbler Skim Milk</p>	<p><b>11</b></p> <p>Crispy Onion Chicken Whipped Sweet Potatoes Cauliflower Roll Frosted Cake Skim Milk</p>	<p><b>12</b></p> <p>Chili Baked Potato Tossed Salad Dressing Cornbread Escalloped Peaches Skim Milk</p>	<p><b>13</b></p> <p>Pork Carnitas Spanish Rice Pinto Beans Fruit Salad Warm Tortilla Skim Milk</p>
<p><b>16</b></p> <p>Pulled Chicken w/ Bun Potato Chips Coleslaw Seasoned Corn Apple Spice Cake Skim Milk</p>	<p><b>17</b></p> <p>Sausages Gravy Garlic Mashed Potatoes Peas Roll Jello Skim Milk</p>	<p><b>18</b></p> <p>Beef Stew Mixed Green Salad Dressing Dinner Roll Ice Fruit Cup Skim Milk</p>	<p><b>19</b></p> <p>Chicken Parm Pasta w/ Sauce Broccoli Cheesy Garlic Breadstick Cranberry Pear Crisp Skim Milk</p>	<p><b>20</b></p> <p>Corn Dog Sweet Potato Puffs Veggies Wheat Rolls Chocolate Brownie Skim Milk</p>
<p><b>23</b></p> <p>Meatball Sub Sandwich Potatoes Wedges Tossed Salad Dressing Escalloped Apples Skim Milk</p>	<p><b>24</b></p> <p>BBQ Pork Fried Okra Garden Salad Dressing Frosted Angel Food Cake Skim Milk</p>	<p><b>25</b></p> <p>Beef Picadillo Spanish Rice Mexican Squash Corn Tortilla Fruited Gelatin Skim Milk</p>	<p><b>26</b></p> <p>Breakfast Casserole Potatoes &amp; Onions Wheat Toast Fruit Parfait Skim Milk</p>	<p><b>27</b></p> <p>Chicken and Rice Casserole Peas &amp; Carrots Cauliflower Dinner Roll Banana Pudding w/ Wafers Skim Milk</p>
<p><b>30</b></p> <p>Sesame Ginger Chicken Brown Rice Pilaf Oriental Veggies Roll Oranges and Cherries Skim Milk</p>	<p><b>31</b></p> <p>Meatballs &amp; Pasta Broccoli Tossed Salad Dressing Cheesy Breadstick Ice Fruit Cup Skim Milk</p>			

# TUESDAY NIGHT DANCES

## 🎵 TUESDAY NIGHT DANCE 🎵

Live Music • Dancing • 50/50 Raffle

🕒 Every Tuesday Night  
Doors Open: 6:00 PM  
Music Starts: 7:00 PM

Entrance Fee: \$6

### 🎷 LIVE MUSIC SCHEDULE

1st & 3rd Tuesdays:

🎷 Nostalgia

2nd & 4th Tuesdays:

🎷 Richie and Company

Last Tuesday of the Month:

🍲 Potluck Night! Bring a favorite dish to share!



Mardi Gras Night 17 Feb 2026

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# MARCH 2026 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
10am– BBB @ home vs. W. Central Badgers  12:30pm– Bowling in Cabot  7pm– BINGO	9:30am– Nutrition and Cooking skills  7pm– Dance with Nostalgia	9:15am– Signing with Brenda T.  10am– BBB @ home vs. Benton  1pm– Zumba	9:30-11:30am– A Matter of Balance	9:30– Puzzles and Games
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9am– Craft Class  1pm– Activity Hour w/ Allison	10am– BP/BS Testing by Wright by Your Side  7pm– Dance with Ritchie & Company	9:15am– Signing with Brenda T.  12pm-BBB @ Maumelle  1pm– Zumba	9:30am– Arthritis, Bone and Joint Health by Houk Rheumatology  9:30-11:30am– A Matter of Balance	9:30am- BINGO with ArchWell
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
1pm– Activity Hour w/ Allison  7pm– BINGO	9:30am– St. Patrick's Day Celebration w/ Sage Health  7pm– Dance with Nostalgia	9:15am– Signing with Brenda T.  1pm– Zumba		10am– BBB game @ Sherwood
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9am– Craft Class  1pm– Activity Hour w/ Allison	10am– Book Club  7pm– Dance with Ritchie & Company	9:15am– Signing with Brenda T.  10am-BBB @ home vs. Hays Center  1pm– Zumba		9:30am-Birthday BINGO w/ P&P Benefits
<b>30</b>	<b>31</b>			
1pm– Activity Hour w/ Allison	7pm– Potluck dance with Nostalgia			

# 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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# DID YOU KNOW.....

## We offer afternoon classes!

While most of our activities happen between 8-11:30am, we DO offer afternoon classes!

## DIAMOND ART

2nd, 3rd and 4th Monday at 1pm



Painting with Fred- Every Tuesday at 1pm



Zumba Gold with Lisa Nation  
Wednesday's at 1pm

Line Dancing  
with Karen  
Corbitt  
Thursday's at  
1pm



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## TAI CHI WITH JULIAN

Tai Chi offers many gentle yet powerful benefits for seniors, making it an ideal form of low-impact exercise. Its slow, flowing movements help improve balance and coordination, which can significantly reduce the risk of falls. Regular practice strengthens muscles, increases flexibility, and supports joint health without placing stress on the body. Tai Chi also promotes better posture and breathing, enhancing overall circulation and energy levels. Beyond physical health, it supports mental well-being by reducing stress, easing anxiety, and improving focus and memory. For many older adults, Tai Chi also provides a valuable opportunity for social connection and a sense of calm, contributing to a higher quality of life. We invite you to join our Tai Chi classes every Friday's at 10:00 AM—come experience the benefits for yourself in a welcoming and supportive environment!



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# KIDNEY HEALTH MONTH



## KEEP YOUR KIDNEYS HEALTHY



### Simple Steps for Better Kidney Health!

Your kidneys work 24/7 to:

- ✓ Filter waste
- ✓ Balance fluids
- ✓ Control blood pressure

Protect them with these easy tips:

#### 1. DRINK WATER

- ✓ Stay Hydrated!
- ✓ 8 Glasses a Day!



#### 3. WATCH YOUR SALT

- ✓ Use Less Sodium



#### 2. EAT HEALTHY FOODS

- ✓ More Fruits & Veggies



#### 4. CHECK YOUR BLOOD PRESSURE

- ✓ Keep it Under Control



#### 5. STAY ACTIVE

- ✓ Keep Moving!



#### 6. NO SMOKING, LESS ALCOHOL

- ✓ Healthy Choices!



### KNOW THE WARNING SIGNS:



- Swelling,
- Changes in Urine



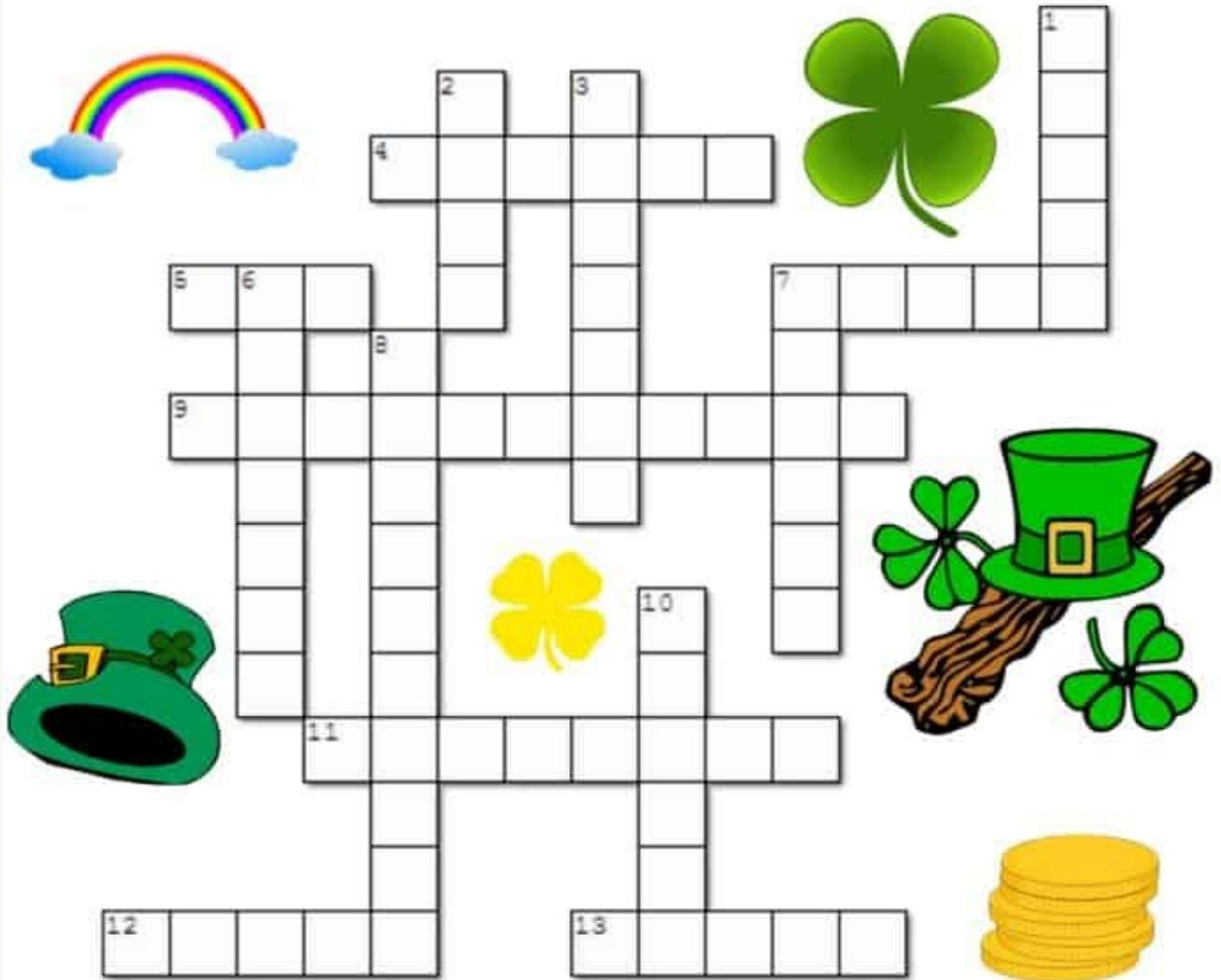
- Fatigue



**Talk to Your Doctor if You Have Concerns!**

# ST. PATRICKS DAY CROSSWORD

## ST. PATRICK'S DAY CROSSWORD PUZZLE



### Across

- 4. capital of Ireland
- 5. a type of Irish dance
- 7. if you do not wear green on March 17 this will happen
- 9. the day St. Patrick's Day falls on
- 11. the national emblem of Ireland
- 12. yellow and blue make \_\_\_\_\_
- 13. from Ireland

### Down

- 1. the 3rd month of the year
- 2. good fortune
- 3. nonsense or misleading talk
- 6. called the Emerald Isle
- 7. a starchy vegetable
- 8. a sprite
- 10. 4 leaf \_\_\_\_\_

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# SUDOKU

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