

# Jacksonville Senior Wellness & Activity Center

MAY 2026

## CONTACT

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

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## **IMPORTANT MESSAGES:**

**Center closed 6 May for  
Travelers Game**

**Closed 25 May for Memorial  
Day**

**No Zumba 6 & 13 May**

PICNIC IN THE PARK

# PICNIC

in The Park with  
Jacksonville Senior Center



## FOOD - FISHING - FUN

KICK OFF MEMORIAL WEEKEND RIGHT! JOIN US FOR A FUN DAY OF FISHING AND FELLOWSHIP. BURGERS AND HOT DOGS GRILLED BY OUR FRIENDS AT FIRST ARKANSAS BANK & TRUST

FRIDAY  
**22**  
MAY

**DUPREE PARK**  
**AT 10AM - 1PM**

1700 S. REDMOND RD, JACKSONVILLE, AR

Jacksonville  
Senior Wellness  
& Activity Center

**1<sup>ST</sup>** FAB&T

# CHICKEN SHEET PAN MEAL

Sheet pan meals are a great way to limit what we are cooking and how much we have leftover. Some times cooking a healthy meal can be overwhelming with so many steps and ingredients or so much leftover, you know you'll be eating that for the next week. With this sheet pan recipe you can cook ONLY what you will need for dinner

- |                           |                                |
|---------------------------|--------------------------------|
| 1 Chicken Breast          | Salt                           |
| 1 Zucchini (chopped)      | Pepper                         |
| 1 Yellow Squash (chopped) | Olive Oil                      |
| 1/2 Onion (chopped)       | Italian Seasoning              |
| 1 cup Broccoli Florets    | (or any spice blend of choice) |

## Directions:

Preheat oven to 375 degrees

Dump all veggies on to a sheet pan and drizzle with oil and season with salt, pepper, Italian seasoning and mix until all veggies are evenly coated. Push vegetable mix to the side of the pan to make room for your chicken breast

Prepare chicken breast and brush with oil and season with salt, pepper and Italian seasoning and place on sheet pan.

Cook for 20-25 minutes or until chicken's internal temp reached 165 degrees. Mix veggies half way through



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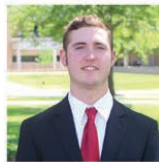


## Stephen Bennett ATTORNEY

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# MAY 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chili Frito Pie Roasted Veggies Cornbread Fruit Cup Skim Milk
4 Grilled Chicken Sandwich Potato Wedges Lett/Tom/Onion Strawberries and Bananas Skim Milk	5 Breaded Cod Mac & Cheese Coleslaw Dinner Roll Fruit Cobbler Skim Milk	6 <b>NO LUNCH. CENTER CLOSED</b>	7 Chili Baked Potato Tossed Salad Dressing Cornbread Escalloped Peaches Skim Milk	8 Beef Enchilada Bake Spanish Rice Pinto Beans Fruit Salad Warm Tortilla Skim Milk
13 Sliced Sausage Potato Chips Coleslaw Seasoned Corn Apple Spice Cake Skim Milk	14 Salisbury Steak Gravy Garlic Mashed Potatoes Tuscan Veggies Roll Fruit Medley Skim Milk	15 Turkey Tetrizzini Mixed Green Salad Dressing Dinner Roll Ice Fruit Cup Skim Milk	16 Cheese Tortellini w/ Meat Sauce Broccoli Cheesy Garlic Breadstick Cranberry Pear Crisp Skim Milk	17 Corn Dog Sweet Potato Puffs Veggies Wheat Rolls Chocolate Brownie Skim Milk
20 Swedish Meatballs Potatoes Wedges Tossed Salad Dressing Escalloped Apples Skim Milk	21 BBQ Pork Fried Okra Garden Salad Dressing Frosted Angel Food Cake Skim Milk	22 Fish Veracruz Spanish Rice Mexican Squash Corn Tortilla Fruited Gelatin Skim Milk	23 Turkey Sausage Potatoes & Onions Pancakes or Waffles Cottage Cheese and Fruit Plate Skim Milk	24 Goulash Peas & Carrots Cauliflower Dinner Roll Banana Pudding w/ Wafers Skim Milk
25 <b>CLOSED FOR MEMORIAL DAY</b>	26 Meatballs & Pasta Broccoli Tossed Salad Dressing Cheesy Breadstick Ice Fruit Cup Skim Milk	27 Chicken Tenders Potato Wedges Mixed Veggies Wheat Roll Angel Food Cake Fresh Berries Skim Milk	28 Turkey Pot Pie Mashed Potato Green Peas Dinner Roll Brownie Skim Milk	29 Chili Frito Pie Roasted Veggies Cornbread Fruit Cup Skim Milk

# DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

SUPPORT. EDUCATION. EMPOWERMENT.



- Risk Factors
- Glucose Monitoring
- Physical Activity
- Meal Planning
- Complications
- Medications
- Medical Care

**THRIVING WITH DIABETES STARTS WITH YOU**  
**STARTING 7 MAY 2026 @ 9AM**

**MINIMUM CLASS SIZE 12 PARTICIPANTS CALL THE CENTER OR ME OYR SPOT !**

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# MAY 2026 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				10am– Tour Military Museum & Lunch at Barnhill
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
12:30am– Bowling 7pm– BINGO	9:30am– Nutrition and Cooking Skills  12pm Kroger  7pm– Dance with Nostalgia	9am– Travers Baseball game  <b>CENTER CLOSED FOR GAME</b>	9:30am– ArchWell  9am– DEEP	9:30am- BINGO w/ ArchWell  2pm– Preplanning with Dignity Memorial
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9am– Craft Class 1pm– Diamond Art 6pm– Jam Sessions	10am– BP/BS Testing by Wright by Your Side  7pm– Dance with Ritchie & Company	9:15am– Signing with Brenda T.  No Zumba	9am– DEEP  <b>Regional Bean Bag Baseball Tournament at Lonoke</b>	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
7pm– BINGO 1pm– Diamond Art	9:30am– Birdhouse Painting with A First Name Basis  7pm– Dance with Nostalgia	9:15am– Signing with Brenda T.  1pm– Zumba	9am– DEEP  9:30am– Planning Ahead: Estate & Long-Term Care by AAPG Law  12pm–Edwards Shopping Trip	10am– Park day at Dupree Park
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>CLOSED FOR MEMORIAL DAY</b>	9:30am– Sage and Humana  10am– Book Club  7pm– Potluck dance with Ritchie & Company	9:15am– Signing with Brenda T.  1pm– Zumba	9am– DEEP  12pm-Walmart Shopping Trip	9:30am-Birthday BINGO

# 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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SAVE THE DATE



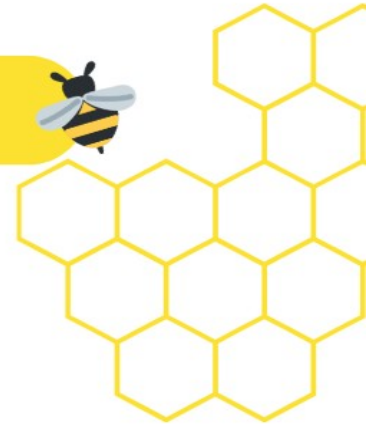
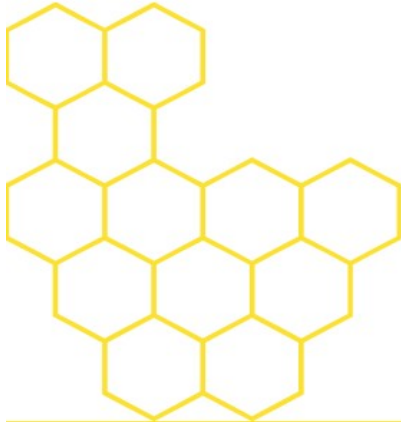
# SPELLING BEE



## SAVE THE DATE

23 JULY  
2026

MORE DETAILS  
TO COME

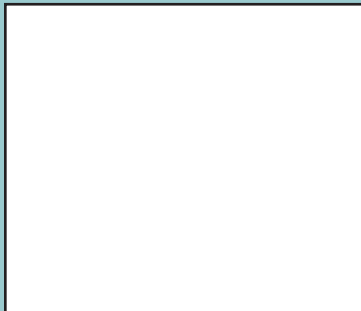


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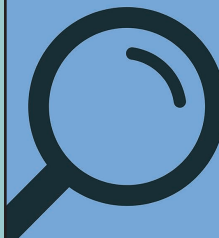
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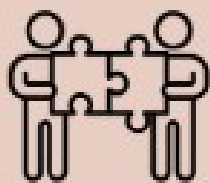
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# MAY HEALTH AWARENESS



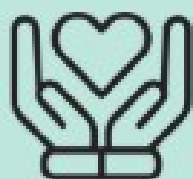
## CONNECTION

**Why it matters:**  
As we age, social circles can shrink due to retirement, loss, or mobility changes. Staying connected helps prevent loneliness, depression, and cognitive decline.



## COPING

**Why it matters:**  
Life brings changes — health issues, loss, and stress. Healthy coping skills help seniors handle challenges without becoming overwhelmed.



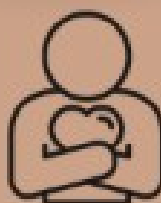
## COMPASSION

**Why it matters:**  
Being kind to yourself and others improves emotional well-being and relationships.



## CALMNESS

**Why it matters:**  
Chronic stress can affect sleep, memory, and physical health. Learning to calm the mind and body is essential.



## CARE

**Why it matters:**  
Taking care of your body supports your mental health. Physical and mental health are deeply connected.

# 5 C'S OF MENTAL HEALTH

01.

02.

05.

03.

04.

# ARTHRITIS

## AWARENESS MONTH



### ARTHRITIS FACTS:

- ✓ Over 53 million adults in the U.S. have arthritis
- ✓ There are over 100 types of arthritis
- ✓ Common symptoms include joint pain, stiffness, and swelling
- ✓ Osteoarthritis and rheumatoid arthritis are the most prevalent types

### PREVENTION TIPS:

- ✓ Maintain a healthy weight
  - ✓ Exercise regularly to strengthen joints
  - ✓ Eat an anti-inflammatory diet rich in fruits, vegetables, omega-3s
- Avoid overuse of joints and take breaks when needed



*Raising Awareness & Finding Relief*

# SUDOKU

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