

Jacksonville Senior Wellness & Activity Center

NOVEMBER 2021

CONTACT

100 Victory Circle Jacksonville

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www.jacksonvilleseniorcenter.com

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CENTER HOURS

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

BOARD OF DIRECTORS

Roger Sundermeier	President
Laurie Johnson	Vice President
Ron McDaniel	Secretary



OUR MISSION

Our mission is to provide a comprehensive and coordinated service system for persons aged 60 and older within the established service area. The primary goals are:

- to secure and maintain maximum independence and dignity in a home environment for older persons capable of self-care with appropriate supportive services and;
- to remove the individual and social barriers to economic personal independence for older persons. Including the provisions of employment opportunities and community volunteer activities where older persons live.

NON DISCRIMINATION POLICY:

The Jacksonville Senior Wellness & Activity Center, Inc. complies with all civil provisions of federal statutes and related authorities that prohibit discrimination (race, sex, color, age, national origin, religion, disability, Limited English Proficiency (LEP), or low income status) in programs and activities receiving federal financial grant money.

A PLACE TO STAY YOUNG

WELCOME BACK!

We are excited to announce that as of Nov. 1st we will be back to a normal class schedule and providing transportation to the center!

We have a few requirements to reopening and riding the bus.

- **Masks are required both on the bus and in the center. You must wear a mask if you are not eating or drinking.**
- **If you have a fever of 100.4 degrees or higher, you will be asked not to come to the center until you are fever free for 24 hours.**
- **All activities will resume on a regular “pre-covid” schedule. Dances will not resume at this time.**
- **All table games and exercise equipment will need to be sanitized after each use.**
- **We will not be offering to-go meals. If you would like to take your meal to-go, you will have to pay \$6.00 for your meal. We would love for you to join us for lunch in the center at no cost. If you would like to make a donation to the center, the suggested meal donation amount is \$3.00**

If you have any questions, or if you would like to be picked up to come to the center, please call

501-982-7531

FUNDRAISERS

BINGO

Doors open at 6:00 pm

Early Bird games start at 6:30 pm

Regular Games start at 7:00 pm

Held at:

Jacksonville Senior Wellness & Activity Center, Inc.

100 Victory Cr., Jacksonville, AR 72076

Open to the Public! Must be 18 years or older

All proceeds benefit

Jacksonville Senior Wellness & Activity Center



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NOVEMBER 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chicken & Dumplings California Veggies Wheat Roll Tropical Fruit Banana Muffin Skim Milk	Turkey Sausage Sauteed Onions & Peppers Pinto Beans Cornbread Chilled Pears Skim Milk	Beef Tips with Gravy Steamed Rice Candied Carrots Wheat Roll Chilled Peaches Skim Milk	Taco Salad Spanish Rice Fiesta Corn Chilled Pineapple Churros Skim Milk	Grilled Chicken on a Bun with Lettuce and Tomato Sweet Potato Fries Fruit Ambrosia Skim Milk
8	9	10	11	12
Chili con Carne Corn Crackers Margarine Chilled Pineapple Cookie Skim Milk	Chicken Tetrazzini California Veggies Wheat Roll Chilled Peaches Frosted Cake Skim Milk	BBQ Pulled Pork Sandwich Potato Salad Baked Beans Baked Apples Skim Milk	Chicken Fried Steak Mashed Potatoes Green Beans Wheat Roll Chilled Pears Skim Milk	Lasagna California Veggies Wheat Roll Tropical Fruit Cookie Skim Milk
15	16	17	18	19
Spaghetti w/Meat Sauce Seasoned Zucchini Wheat Roll Margarine Chilled Pineapple Cookie Skim Milk	Baked Ham Mac & Cheese Broccoli Wheat Roll Tropical Fruit Skim Milk	Beef Stew Tossed Salad Cornbread Chilled Pineapple Skim Milk	Chicken Stir Fry Steamed Rice Asian Veggies Dinner Roll Fresh Orange Flan Skim Milk	Roast Turkey Mashed Potatoes w/ Turkey Gravy Green Beans Cornbread Dressing Cranberry Sauce Dinner Roll Pumpkin Pie
22	23	24	25	26
Chicken Breast Tenders Roasted Potato Wedges Corn Wheat Roll Apple Spice Muffin Skim Milk	Sloppy Joe on a Bun Tater Tots Green Beans Fresh Orange Cookie Skim Milk	Glazed Meatloaf Mashed Potatoes Mixed Veggies Wheat Roll Strawberry Jello w/ Whipped Topping Skim Milk	Closed for Thanksgiving Holiday	Closed for Thanksgiving Holiday
29	30			
Chicken & Dumplings California Veggies Wheat Roll Tropical Fruit Banana Muffin Skim Milk	Turkey Sausage Sauteed Onions & Peppers Pinto Beans Cornbread Chilled Pears Skim Milk			

A MATTER OF BALANCE



MANAGING CONCERNS ABOUT FALLS

Classes are Tuesdays & Thursdays from 1pm-3pm

This is an 8 class course 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.

Call Tanya or Susan at 501-982-7531 for more information.



Author: LOU JEAN TURNER

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NOVEMBER CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Welcome Back!!! 6:30 pm– Bingo 6:00 pm- Alzheimer's Support Group	1-3pm-A Matter of Balance		12:30– Grocery Shopping –Walmart 1-3pm-A Matter of Balance	
8	9	10	11	12
6:00 pm– Jam Session with David Evans	Medicare Part D Open Enrollment with Care Link-By appt only 9:00 am-Wright by Your Side BP/BS Checks 1-3pm-A Matter of Balance	11:30 am– Medicare Minute	12:30– Grocery Shopping –Walmart 1-3pm-A Matter of Balance	
15	16	17	18	19
6:30 pm– Bingo	1-3pm-A Matter of Balance		12:30– Grocery Shopping –Edwards 1-3pm-A Matter of Balance with Phys. Therapist Nancy Much	Turkey Bingo!!
22	23	24	25	26
6:00 pm– Jam Session with David Evans	1-3pm-A Matter of Balance		Closed for Thanksgiving	Closed for Thanksgiving
29	30	Daily Lunch announcements and Lunch activity starting at 11:30. Lunch will be served at 11:45 at your table by the staff.		
	1-3pm-A Matter of Balance			

WEEKLY CLASS SCHEDULE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:30 am Bible Study (Conference Room) 9:30 am Drums Alive (Safe Room) 10:00 am Bean Bag Baseball Practice (Congregate Room) 10:45 am PEPPI (Safe Room)	9:00 am Coloring with Lori Rawlings (Conference Room) 10:30 am Chair Volleyball Practice (Congregate Room) 10:45 am Chair Yoga (Safe Room) 1:00 pm Art Class (Conference Room) 7:00 pm Dance	9:00 am Bean Bag Baseball Practice (Congregate Room) 9:30 am Drums Alive (Safe Room) 10:45 am PEPPI (Safe Room)	9:00 am Upcycling Art Class 10:45 am Chair Yoga (Safe Room) 1:00 pm Games (Lobby) 1:00 pm Line Dancing (Safe Room)	9:00 am Coloring with Lori Rawlings (Conference Room) 10:30 am Chair Volleyball Practice (Congregate Room) 10:45 am PEPPI (Safe Room)

THANKSGIVING DINNER AND BINGO!

**TURKEY BINGO AT 9:30
WE WILL PLAY FOR TURKEYS
AND TURKEY DINNER SIDE
ITEMS!**

**TURKEY DINNER TO FOLLOW AT
11:45**



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VOLUNTEER



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!



Do you have a skill or hobby that you would like to share or teach to others? If so, we would love to have you sign up to lead a class of eager learners and help them grow their knowledge base, develop a new skill, or find a hobby they would enjoy!

Some examples of classes would be computer skills, keyboarding, quilting, knitting, scrapbooking, dancing, chess, photography, gardening, ect.

If you are interested in leading a class at the center for adults over the age of 60, please call Tanya or Linda at 501-982-7531!

