

# Jacksonville Senior Wellness & Activity Center

OCTOBER 2024

## CONTACT

100 Victory Circle Jacksonville

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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:**

**Health Fair Tuesday October  
15th at the Community Center.**

**(More details on page 10)**

**Beans & Cornbread Fundraiser**

**Tuesday October 22nd.**

**(More details on page 11)**



**BREAST  
CANCER**  
AWARENESS MONTH

# STROKE AWARENESS

**stroke won't wait.  
neither should you.**



**Together  
to End Stroke™**

generally sponsored by  
**Medtronic**



**No excuse is more important than your health.**



Stroke kills nearly **6.5 million** people worldwide each year.<sup>1</sup>

**World Stroke Day is**



**Stroke is  
largely treatable.**

Responding **quickly** when a stroke occurs can mean the difference between recovery and disability.



Recognize the signs.  
Call 911 immediately.

**F** • Face Drooping  
**A** • Arm Weakness  
**S** • Speech Difficulty  
**T** • Time to Call 911

**Quick Treatment May Reduce Disability**



It is recommended that stroke patients are treated within **3 – 4.5 hours** from the first sign of stroke.<sup>3</sup>

**Knowing the signs and**



are the first steps to receiving life-saving treatment.

**Learn more at [StrokeAssociation.org/WorldStrokeDay](http://StrokeAssociation.org/WorldStrokeDay)**

Sources:

1. Heart Disease and Stroke Statistics - 2016 Update: A Report From the American Heart Association
2. Radiology. 2016 Jun;279(3):888-97. doi: 10.1148/radiol.2016160204. Epub 2016 Apr 19.
3. American Heart Association / American Stroke Association's 2015 Focused Update to the 2013 AIS Guidelines.



# THE BEST CHILI RECIPE

## INGREDIENTS:

1 pound ground beef, 1 onion chopped,  
1 (15 ounce) can tomato sauce,  
1 (15 ounce) can kidney beans,  
1 (14.5 ounce) can stewed tomatoes,  
1 ½ cups water, or as needed (Optional),  
1 teaspoon chili powder, or more to taste,  
1 pinch garlic powder, salt and pepper to taste.

## Directions:

1. Place ground beef and onion in a large saucepan over medium heat; cook and stir until meat is browned and onion is tender, about 5 to 7 minutes.

2. Stir in tomato sauce, kidney beans, and stewed tomatoes with juice. If you prefer a thinner consistency, you can add water. Season with chili powder, garlic powder, salt, and black pepper. Bring to a boil, reduce heat to low, cover and let simmer for 15 minutes.

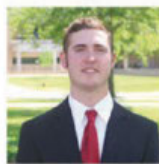


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# OCTOBER 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Fried Steak Mashed Potatoes Broccoli Stir Fry Whole Wheat Roll Fruit Cobbler Skim Milk	2 Corn Dog French Fries Carrot and Celery Sticks Ranch Dressing Fresh Fruit Skim Milk	3 Pan Pizza Tossed Garden Salad Breadstick Fresh Orange Skim Milk	4 Grilled Chicken Salad Crackers Ranch Dressing Fresh Fruit Sherbet Skim Milk
7 Hamburger Steak w/onion gravy Mashed Potatoes Seasoned Carrots Whole Wheat Roll Fruit Cup Skim Milk	8 Soft Pork Taco Pineapple Slaw Fresh Fruit Skim Milk	9 Hamburger on Bun Steak Fries Lettuce Tomato Onion Chilled Pineapple Skim Milk	10 Hawaiian Chicken Rice Roasted Zucchini Wheat Roll Angel Food Cake Strawberries w/ Whip Topping Skim Milk	11 BLT Sandwich Pasta Salad Chilled Peaches Skim Milk
14 Beef Broccoli Stir Fry Rice Dinner Roll Cookie Fresh Fruit Skim Milk	15 Taco Salad Salsa Tossed Salad w/ Dressing Corn Tortilla Sherbet Skim Milk	16 Chicken & Waffles French Fries Broccoli Syrup Mandarin Oranges Skim Milk	17 Roast Turkey Candied Sweet Potatoes Mixed Greens Cornbread Fruit Cobbler Ice Cream Skim Milk	18 Tuna Salad Sandwich on Wheat Pasta Cheese Salad Fresh Fruit Cup Cookie Skim Milk
21 Scrambled Eggs Sausage Patty Tomato Slices French Toast Syrup Seasonal Fresh Fruit Skim Milk	22 Glazed Meatloaf Mashed Potatoes Mixed Vegetables Wheat Roll Pineapple Upside Down Cake Skim Milk	23 BBQ Chicken Leg Seasoned Yellow Squash Tossed Garden Salad Wheat Roll Fruit Crisp Skim Milk	24 Breaded Fish French Fries Calico Slaw Whole Wheat Roll Chocolate Cake w/ Icing Skim Milk	25 Chili Dog on Bun Sweet Potato Tots Sliced Fresh Strawberries Angel Food Cake Skim Milk
28 Chicken Rice Casserole Tuscan Vegetables Dinner Roll Margarine Fruit Parfait Angel Food Cake Skim Milk	29 Chicken Fried Steak Mashed Potatoes Broccoli Stir Fry Whole Wheat Roll Fruit Cobbler Skim Milk	30 Corn Dog French Fries Carrot and Celery Sticks Ranch Dressing Fresh Fruit Skim Milk	31 Pan Pizza Tossed Garden Salad Breadstick Fresh Orange Skim Milk	

# 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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# OCTOBER CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	7:00pm Dance with Nostalgia	10am– West Central Badgers/BBB/Here	9am-10:30am Super Noggin 9:30am– West Central here for VolleyBall Practice	10am– Sherwood/BBB/Here 10:30am– CALS Learning Lab
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
10:30am– CALS Learning Lab <b>12:30pm– Make it Monday</b> 7pm– Bingo	10am– Wright by Your side BP/BS Checks 10:15am– Kale Thomas 7pm-Dance with Ritchie and Company	9:15am– Signing with Brenda	9am-10:30am Super Noggin	930am– Bingo  10am– Blazers/BBB/Away
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
6pm– Jam Sessions	9am-1pm—Health Fair at the Community Center  7:00pm Dance with Nostalgia	9:30am– Cooking with Karen Boone, SNAP Education Program		10am– Benton/BBB/Here  10:30am– CALS Learning Lab
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
10:30am– CALS Learning Lab <b>12:30pm– Make it Monday</b> 7pm– Last Bingo Until February	11:30-1pm- Beans & Cornbread Fundraiser  7pm-Dance with Ritchie and Company	9:15am– Signing with Brenda  11am-Table Talk	9am-10:30am Super Noggin  9:30am– Hays Center VB Here	9:30am– Nomads Crafts
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Dress For Success	Favorite Sports Team 10AM– RECYCLED TEENAGERS HERE 7:00pm Sock-Hop/Elvis Dance with Nostalgia/Pot-Luck	Tacky Day  9:15am– Signing with Brenda	930am- Bingo Celebration Halloween Costume Contest/ Fun Day	Crazy Hat/Hair Day

## WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9am-Bean Bag Baseball  9:30 am Bible Study  10:15am– Ageless Grace  10:45 am PEPPI	9:00 am Coloring  9:30am– Chair Yoga  10:30 am Chair Volleyball Practice  1030am– Book Club  1:00 pm-Painting with Fred Bass	9:00 am Bean Bag Baseball Practice  10:15am- Ageless Grace  10:45am PEPPI	9:00 am Coloring  10:30 am Chair Volleyball Practice  1:00 pm Games  1:00 pm Line Dancing	930am– Alternating Activity (See Above)  9:00 am—Bean bag Baseball Practice  10:45 am PEPPI

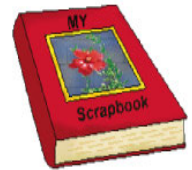
Activities can be removed or added based on the needs of the business / weather. Grocery store visits and field trips have been postponed until we get our van back.

## 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)

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## UPCOMING EVENTS

### UPCOMING *Mark Your Calendars* EVENTS



1. September 15 - October 15 we will celebrate Hispanic Heritage Month.
2. CALS Learning labs October 4th, 7th, 18th and 21st at 1030am.
3. Kale Thomas– How to combat Holiday Blues Conversation on Tuesday October 8th at 10:15am.
4. Health Fair Tuesday October 15th at the Community Center.
5. Beans & Cornbread Fundraiser Tuesday October 22nd.  
( \$10.00 Tickets can be purchased from Tanya Kopp or any Board Member).
6. Last week of October Spirit Week (Dress for Success, Favorite Sports Gear, Tacky Day, Halloween Costume Contest, Crazy hat/hair Day).
7. Thursday October 31st-Halloween Costume Contest/Fun Day.

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## UPCOMING EVENTS

### UPCOMING *Mark Your Calendars* EVENTS



8. Elections– Tuesday November 5th (Safe Room will be closed to activities).
9. Jacksonville High School Jazz Band-Thursday November 21st at 10am.
10. Thanksgiving Dinner/Bingo will be Friday November 22nd.
11. Jacksonville Middle School Choir and Piano Lab December 12th 10am.
12. Jacksonville Middle School Advanced and Intermediate Choir  
December 16th 9am.
13. Jacksonville High School Jazz Band-Christmas Concert December 19th 10am.
14. Christmas Dinner/Bingo will be Friday December 20th.

(These are tentative and subject to change based on the needs of the business,  
weather and transportation)



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



# *A Healthy Dose of Wellness Community Health Fair!*

*Tuesday, October 15th, 2024*

*9:00 AM- 1:00 PM*

*Hosted By:*

**Jacksonville**  
Senior Wellness  
& Activity Center

*Held at Jacksonville*

*Community Center*

*5 Municipal Drive,  
Jacksonville*

*More than 40 health  
based companies and vendors!*

**Care♥Link**  
Resources for Older People and Their Families

*Door Prizes*

*Plus so much more!!*

*This FREE event is open to all  
ages!*

*For questions, please call 501-982-7531*

We will have a pharmacist available for a medication review. Please bring all prescription medications and over the counter meds that you are taking and they make sure they are all safe to take together. (You can also bring a list of meds.)



# BEANS & CORNBREAD FUNDRAISER



*Jacksonville Senior Wellness & Activity Center's*  
***Annual Beans & Cornbread***  
***Fundraiser!***



*Tuesday, October 22, 2024*

*11:30 am- 1pm*

*Fundraiser will be held at*  
*Jacksonville Senior Center*  
*100 Victory Circle Jacksonville*

***Meal Price is \$10***

*Meals include*

*Pinto Beans with Sausage*

*Cornbread*

*Onions*

*Coleslaw*

*Choice of Dessert*

*All donations & proceeds will benefit the Jacksonville Senior Wellness & Activity Center, Inc.*

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## BREAST CANCER AWARENESS MONTH



To show our support for Breast Cancer Awareness Month, join us and wear pink any day during October.

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