

Jacksonville Senior Wellness & Activity Center

OCTOBER 2026

CONTACT

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IMPORTANT MESSAGES

**Halloween Party on
October 30th**

Center Hours: 8:00 AM—2:00 PM

Announcements: 11:30 AM

Lunch is served after ANNOUNCEMENTS!!



Word Search

Name: _____

Date: _____

Halloween Word Search



The Halloween monsters have scattered spooky words all over the place! Can you help find them? Look carefully—some words might overlap. Circle each word you discover and cross it off the list to make sure no word is left behind!

V	Z	Q	K	E	N	O	T	S	B	M	O	T	L	T	T	K
Z	S	Q	Z	K	V	N	R	E	T	S	N	O	M	A	W	D
L	C	N	D	B	E	M	U	T	S	O	C	B	C	E	F	Q
T	A	H	B	R	O	O	M	S	T	I	C	K	A	R	R	N
H	R	A	E	R	I	P	M	A	V	M	C	T	U	T	N	N
G	E	U	G	R	E	D	I	P	S	A	K	S	L	C	M	R
I	C	N	C	O	Q	Z	R	P	L	L	K	K	D	C	N	E
R	R	T	Y	R	B	E	M	B	U	E	W	X	R	O	C	T
F	O	E	W	J	B	L	Q	Y	L	M	Z	D	O	C	C	N
J	W	D	X	O	V	M	I	E	K	Y	P	M	N	O	T	A
C	R	K	T	W	A	W	T	N	F	O	L	K	B	N	N	L
W	A	C	Q	S	E	O	A	W	Y	L	O	W	I	T	M	O
I	O	N	K	Y	N	I	B	L	U	P	E	P	L	N	K	K
T	X	T	D	D	M	N	B	F	C	B	E	H	S	C	N	C
C	L	Q	M	Y	C	M	Q	M	V	Q	T	E	I	G	G	A
H	P	O	T	I	O	N	U	D	O	N	C	R	R	H	J	J
R	R	D	G	H	O	S	T	M	N	Z	T	V	T	C	Y	C

BAT

BLACK CAT

BROOMSTICK

CANDY

CAULDRON

COBWEB

COSTUME

CREEPY

FRIGHT

FULL MOON

GHOST

GOBLIN

HAUNTED

JACK-O'-LANTERN

MASK

MONSTER

MUMMY

OCTOBER

POTION

PUMPKIN

SCARECROW

SKELETON



TRICK

VAMPIRE

WITCH

ZOMBIE



SPIDER

SPOOKY

TOMBSTONE

TREAT



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RECIPE

Easy & Delicious PUMPKIN FLUFF

A light, creamy, no-bake dessert that's perfect for fall gatherings, holidays, or any time you crave something sweet!



INGREDIENTS

- 1 (15 oz) can pumpkin puree (not pumpkin pie filling)
- 1 (3.4 oz) box instant vanilla pudding mix
- 1 teaspoon pumpkin pie spice
- 1 cup cold milk
- 1 (8 oz) container whipped topping (like Cool Whip), thawed
- ½ cup mini marshmallows (optional)
- ½ cup chopped pecans (optional)



INSTRUCTIONS

- 1 In a large mixing bowl, **whisk** together pumpkin puree, pudding mix, pumpkin pie spice, and milk until smooth and slightly thickened (about 2 minutes).
- 2 Gently **fold** in the whipped topping until fully combined and fluffy.
- 3 Fold in marshmallows and pecans, if using.
- 4 Cover and **refrigerate** for at least 1 hour before serving to let the flavors blend.
- 5 **Stir** gently before serving. Enjoy!



TIP:

Delicious served chilled with graham crackers, vanilla wafers, or as a side at your favorite fall meal!



MAKES ABOUT 6–8 SERVINGS

Enjoy this sweet taste of fall! ♥

OCTOBER 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Tips in Gravy Baked Lima Beans Buttered Carrots Whole Wheat Dinner Role Pears Skim Milk	2 Grilled Chicken Breast Roasted Sweet Potatoes Steamed Cabbage Whole Wheat Dinner Roll Milk Gingerbread Cookie
5 Baked Pork Chop Wild Rice Blend Peas & Carrots Whole Wheat Dinner Roll Warm Cinnamon Apples Skim Milk	6 Baked Chicken Breast Brussel Sprouts Whole Wheat Dinner Roll Cream Gravy Buttermilk Mashed Potatoes Fruit Skim Milk	7 Chicken Nachos Whole Wheat Dinner Roll Roast Corn & Black Beans Fruit Cup Skim Milk	8 Baked Ham Pinto Beans Mixed Vegetables Whole Wheat Dinner Roll Fruit Cobbler Skim Milk	9 Baked Cod Roasted Red Potatoes Broccoli Florets Whole Wheat Dinner Roll Mandarin Oranges Skim Milk
12 Roast Turkey Sweet Potatoes Green Beans Whole Wheat Dinner Roll Pumpkin Pan Pie Skim Milk	13 Autumn Apple Pork Loin Navy Beans Mixed Greens Cornbread Hot Spiced Peaches Skim Milk	14 Beef Stew Tossed Salad / low Fat Dressing Whole Wheat Dinner Roll Fruit Salad Skim Milk	15 Chicken & Rice Casserole Green Peas Buttered Carrots Whole Wheat Dinner Roll Pears Skim Milk	16 Meatloaf Mashed Potatoes & Gravy Winter Blend Vegetables Whole Wheat Dinner Roll Apricots Skim Milk
19 Chicken & Rice Soup Creamed Spinach Cauliflower Whole Wheat Dinner Roll Fruit Cup Skim Milk	20 Pot Roast Roasted Red Potatoes Seasoned Brussel Sprouts Whole Wheat Dinner Roll Apple Brown Betty Skim Milk	21 Vegetable Lasagna Sauteed Zucchini Garlic Breadstick Cinnamon Baked Pears Skim Milk	22 Braised Pulled Pork Baked Beans Vegetable Blend Whole Wheat Roll Peached Milk	23 Baked Potato Soup Butternut Squash Green Beans Whole Wheat Dinner Roll Cookie Milk
26 Cheesy Beef & Macaroni Cass. Tossed Salad/ Dressing Blended Vegetables Dinner Roll Skim Milk	27 Sweet & Sour Chicken Steamed White Rice Broccoli Whole Wheat Dinner Roll Mandarin Oranges Skim Milk	28 Peppered Pork Loin Mashed Potatoes Spinach Whole Wheat Dinner Roll Cinnamon Peaches Skim Milk	29 Beef Tips in Gravy Baked Lima Beans Buttered Carrots Whole Wheat Dinner Role Pears Skim Milk	30 Halloween Party <u>Menu Pending</u>

HALLOWEEN PARTY

HALLOWEEN PARTY

at the Jacksonville Senior Wellness & Activity Center

**Friday, October 30th
at 9:30 AM**

Spooky
GOOD
FUN!

Costumes
Make Life
More Fun! ♥



COSTUME CONTEST

GAMES

CANDY

TRICK OR TREATING

AND SO MUCH MORE!!

GOOD
FRIENDS
SCARY FUN
GREAT
MEMORIES! ♥

You're
Never Too Old
To Have A
SPOOKTACULAR
Time! ♥

EAT,
LAUGH,
& BE
SPOOKY! ♥

♥ Jacksonville Senior Wellness & Activity Center ♥

Good People ~ Good Times ~ Great Memories!

BOO

OCTOBER 2026 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<u>12:30 PM</u> Edwards Trip	<u>Center</u> <u>CLOSED</u> <u>Field Trip Only</u> <u>10:00 am</u> Buc-ee's
5	6	7	8	9
<u>12:30 PM</u> Bowling <u>7:00 PM</u> 	<u>9:00 am</u> CVB Away @ Benton <u>7:00 PM</u> Dance with Nostalgia	<u>9:30 am</u> Arkansas Department of Health Presentation	<u>9:30 am</u> Medicare 101 P&P Benefits	<u>BINGO by</u> <u>Papa Johns</u> <u>& Archwell</u>
12	13	14	15	16
<u>6:00 PM</u> Jam Sessions	<u>10:00 AM</u> BP/BS Testing by Wright by Your Side <u>7:00 PM</u> Dance with Ritchie & Company	<u>9:30 am</u> Baptist Health Hospital Presentation on the 5 Wishes	<u>12:30 PM</u> Walmart Trip	<u>10:00 AM</u> Hicks Family Farms
19	20	21	22	23
<u>7:00 PM</u> 	<u>9:00 am</u> Flu Shot Clinic <u>12:30 PM</u> Kroger Trip <u>7:00 pm</u> Dance with Nostalgia	<u>9:30 AM</u> Presentation with Kelly	<u>Call for</u> <u>Appointment</u> Enrollment with Part D Medicare & SNAP Assistance <u>11:30 AM</u> Medicare Minutes	<u>Birthday</u> <u>BINGO</u> <u>P&P Benefits</u>
26	27	28	29	30
<u>10:00 AM</u> Bean Bag Baseball Game against Recycle Teenagers <u>6:00 PM</u> Jam Sessions	<u>CVG @ Home</u> <u>(Rockets VS</u> <u>Rockets)</u> <u>10:00 am</u> Book Club <u>7:00 PM</u> Potluck Dance with Ritchie & Company	<u>9:00 AM</u> Tech Class with Nathan	<u>9:30am</u> Counseling Service Of Jacksonville Presentation	<u>9:30 AM</u> 

WEEKLY CLASS SCHEDULE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 am Bean Bag Baseball	9 am Coloring	9 am Bean Bag Baseball	9 am Coloring	9 am Bean Bag Baseball (1st & 3rd week)
9:30 am Bible Study	9:30 am Chair Yoga	9:15 am Sign Language	10:30 am Chair Volleyball	10 am Tai Chi
10 am Ageless Grace	10:30 am Chair Volleyball	10 am Ageless Grace	12 pm Dominoes	10:45 am PEPPI
10:45 am PEPPI	1:00 pm Painting with Fred Bass	10:45 am PEPPI	1:00 pm Line Dancing	* <u>Activities subject</u> <u>to change for</u> <u>BINGO or other</u> <u>events</u>
1:00 pm Diamond Art		1:00 pm Zumba		

DIABETES EMPOWERMENT EDUCATION PROGRAM



DEEP™

Diabetes Empowerment Education Program

Knowledge Today • Healthier Tomorrows

We will be starting a
**DEEP Class in
November!**

Sign ups are on the
Activity Coordinator's Desk

Small
Changes
Make a
Big
Difference!

WHAT IT IS

The Diabetes Empowerment Education Program (DEEP) is a **free, evidence-based program** that helps people with diabetes, pre-diabetes, or their caregivers learn how to manage diabetes.

DEEP™ is a diabetes self-management education (DSME) program that has been shown to be successful in helping participants take control of their diabetes and reduce the risk of complications.

DEEP™ is based on principles of adult education and empowerment, and is designed to help people take responsibility for their care and improve their health outcomes.

Better
Health
Brighter
Days

You're
Not Alone
We're in This
Together!

WHAT'S INCLUDED

A series of classes that cover topics such as:

- Risk factors
- Blood glucose monitoring
- Physical activity
- Meal planning
- Complications
- Medications
- Medical care

Learn
Tools
Gain Confidence
Take Control
Live Healthier
Lives!

HEALTHIER
CHOICES

STRONGER
TOMORROWS

BRIGHTER
LIVES

Small
Steps
Big Results!



Class Day & Time:

**Thursdays
9:00 AM - 11:00 AM**

Education
Support
Empowerment
A Healthier You!

Sign Up Today
at the Activity
Coordinator's Desk!

LEARN ♥ MANAGE ♥ LIVE WELL

BREAST CANCER AWARENESS MONTH

Early
Detection
Saves
Lives!

OCTOBER IS Breast Cancer AWARENESS MONTH

Stronger
Together

MORE
AWARENESS
MORE
RESEARCH
MORE
SURVIVORS

Together We Fight ♥ Together We Inspire
Together We Make a Difference ♥

SUPPORT

EDUCATE

EMPOWER

Signs of Breast Cancer ♥

Be aware of changes in your breasts. Signs can include:

- ♥ A new lump or thickening in the breast or underarm
- ♥ Change in the size or shape of the breast
- ♥ Dimpling or puckering of the skin
- ♥ Redness, scaliness, or thickened skin
- ♥ Nipple discharge (other than breast milk)
- ♥ A nipple that turns inward (inverted)
- ♥ Pain in the breast or nipple
- ♥ Swelling in part of the breast or underarm
- ♥ Any other unusual changes

♥ Some people with breast cancer do not have any symptoms. That's why regular screenings are so important! ♥

Screening Saves Lives ♥

- ♥ Talk to your healthcare provider about when to start mammograms.
- ♥ Most women should begin regular mammograms at age 40.
- ♥ Early detection can find breast cancer before symptoms appear, when it is most treatable.

Take time for YOU... ♥
Schedule your screening today!

A HEALTHIER TOMORROW
IS WORTH TODAY!

No One Fights Alone ♥

Helpful Resources ♥

- ♥ **American Cancer Society**
Information, support programs, and services
1-800-227-2345 | www.cancer.org
- ♥ **Susan G. Komen**
Patient support, financial assistance, and local resources
1-877-465-6636 | www.komen.org
- ♥ **National Cancer Institute**
Trusted information about cancer
1-800-422-6237 | www.cancer.gov
- ♥ **BreastCare (Arkansas)**
Free or low-cost mammograms for eligible individuals
1-866-662-6891 | www.arkansas.gov/breastcare
- ♥ **CancerCare**
Counseling, support groups, and financial assistance
1-800-813-4673 | www.cancercare.org

You
Are Not
Alone!

Check
Yourself
Know the Signs
Be Aware
Make a Difference



Jacksonville Senior Wellness & Activity Center

Support ♥ Encourage ♥ Honor ♥ Wear Pink!



Together
We Can Make
A Difference!

MURRAY'S DINNER THEATRE

Murry's Dinner Theatre

Join Us for a Special Trip to See

SCROOGE!

THE MUSICAL

*A
Christmas
Classic
Comes
to Life!*

A
CHRISTMAS
CAROL
by
Charles Dickens

This heartwarming and festive adaptation of Charles Dickens' classic novella "A Christmas Carol," featuring music, for which composer Bricusse received an Academy Award nomination for Best Original Score for the film adaptation. "Scrooge!" The Musical blends humor, drama, and uplifting messages in a celebration of redemption and the true meaning of Christmas.

*Rediscover
the Joy of
Christmas!*

WEDNESDAY, DECEMBER 9TH
SHOWTIME IS AT 11:00 AM
BUS WILL LEAVE AROUND 10:00 AM

COST OF THE TRIP IS

\$45.00 PER PERSON

This includes, Gas, Tickets and Meal!

*Good Food
Great
Entertainment
A Christmas
Classic!*

We Hope You Can Join Us!

Jacksonville Senior Wellness & Activity Center

WWW.JACKSONVILLESENIORCENTER.COM

ADOPT A SENIOR ANGEL TREE



Seniors don't always have family to celebrate with so, we are just trying to make the holiday time *more cheerful.*



Come to the
Jacksonville Senior Wellness & Activity Center

100 Victory Circle
Jacksonville, AR 72076



**ADOPT A SENIOR
STARTS ON
OCTOBER 1ST**

**AND ENDS ON
DECEMBER 10TH**

This provides adequate time
for delivery of gifts.



You can
WRAP THE GIFTS or bring
UNWRAPPED,



and we can
TAKE CARE OF THAT
for you!



For additional information,
please email Holly at
activities@jaxseniorcenter.net



Thank you for helping make the holidays brighter!



WWW.JACKSONVILLESENIORCENTER.COM

SUDOKU

2	5			3				7
		1	2		6	3	5	
	6		1				8	2
	8			1	5		2	3
	1				2	7		
		2	6		3			1
9	3				1	2		6
	7	6	3			1		
1	2				7		3	

If you have questions or want to participate in any upcoming events please call Holly at 501-982-7531. Activities subject to change based on the weather and needs of business.