

# Jacksonville Senior Wellness & Activity Center

OCTOBER 2021

## CONTACT

100 Victory Circle Jacksonville

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[Www.jacksonvilleseniorcenter.com](http://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	<b>President</b>
Laurie Johnson	<b>Vice President</b>
Ron McDaniel	<b>Secretary</b>

## 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:

- a.) to secure and maintain maximum independence and dignity in a home environment for older persons capable of self-care with appropriate supportive services and;
- b.) 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.

A PLACE TO STAY YOUNG

# SENIOR OLYMPICS

Dan Kelly, long time JSWAC member, participated in the Senior Olympics 5k race on Friday, September 17th and the 10k race on Saturday, bringing home the silver medal for the 5k and the gold medal for the 10k!

September 18th. Mr. Kelly won a gold and a silver medal. This is not the first time Dan has participated in Senior Olympics. He has participated for the past few years, winning medals in both 2018 and 2019. In 2018, Dan brought home two silver medals. The 2019 games were a big year for Dan. He won gold for the 20k road race and silver for the 10k time trial. This landed Mr. Kelly a spot to represent the state of Arkansas in the National Senior Olympics bike races in Albuquerque, New Mexico.

Please join us in congratulating Mr. Kelly, and all of the other Senior Olympians on their great accomplishments!

**WAY TO GO, DAN! WE ARE SO PROUD OF YOU!**



# FUNDRAISERS

## BINGO

**Held the first and third Monday nights of every month at  
the Senior Center building**

**Doors open at 6:00 pm**

**Early Bird games start at 6:30 pm**

**Regular Games start at 7:00 pm**



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# OCTOBER 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>CENTER CLOSED FOR ACTIVITIES</b>
4 Chicken & Dumplings California Veggies Wheat Roll Tropical Fruit Banana Muffin Skim Milk	5 Turkey Sausage Sauteed Onions & Peppers Pinto Beans Cornbread Chilled Pears Skim Milk	6 Beef Tips with Gravy Steamed Rice Candied Carrots Wheat Roll Chilled Peaches Skim Milk	7 Taco Salad Spanish Rice Fiesta Corn Chilled Pineapple Churros Skim Milk	8 <b>CENTER CLOSED FOR ACTIVITIES</b>
11 Chili con Carne Corn Crackers Margarine Chilled Pineapple Cookie Skim Milk	12 Chicken Tetrazzini California Veggies Wheat Roll Chilled Peaches Frosted Cake Skim Milk	13 BBQ Pork Rib Patty Sandwich Potato Salad Baked Beans Baked Apples Skim Milk	14 Chicken Fried Steak Mashed Potatoes Green Beans Wheat Roll Chilled Pears Skim Milk	15 <b>CENTER CLOSED FOR ACTIVITIES</b>
18 Spaghetti w/Meat Sauce Seasoned Zucchini Wheat Roll Margarine Chilled Pineapple Cookie Skim Milk	19 <b>Beans and Cornbread Fundraiser. See back page for ticket information</b>	20 Beef Stew Tossed Salad Cornbread Chilled Pineapple Skim Milk	21 Chicken Stir Fry Steamed Rice Asian Veggies Dinner Roll Fresh Orange Flan Skim Milk	22 <b>CENTER CLOSED FOR ACTIVITIES</b>
25 Chicken Breast Tenders Roasted Potato Wedges Corn Wheat Roll Apple Spice Muffin Skim Milk	26 Sloppy Joe on a Bun Tater Tots Green Beans Fresh Orange Cookie Skim Milk	27 Glazed Meatloaf Mashed Potatoes Mixed Veggies Wheat Roll Strawberry Jello w/ Whipped Topping Skim Milk	28 Oven Fried Chicken Macaroni & Cheese Broccoli Wheat Roll Peaches Skim Milk	29 <b>CENTER CLOSED FOR ACTIVITIES</b>

# A MATTER OF BALANCE



MANAGING CONCERNS ABOUT FALLS

Registration WILL BE HELD on Oct 25

Classes are TUESDAY & Thursdays,

starting Tuesday November 2nd. Classes will be from 1pm-3pm

This is an 8 week class 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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# SUPPORT OUR ADVERTISERS!



## CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				<b>CENTER CLOSED FOR ACTIVITIES</b>
4	5	6	7	9
<b>9:30-10:30</b> Bible Study <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> PEPPI Bingo– 6:00 pm	<b>9:00– 11:00</b> BBB Practice <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> Drums Alive	<b>9:30-10:30</b> PEPPI <b>11:15-12:15</b> Lunch <b>12:30-1:45</b> BBB Practice	<b>9:30-10:30</b> PEPPI <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> Drums Alive	<b>CENTER CLOSED FOR ACTIVITIES</b>
11	12	13	14	15
<b>9:30-10:30</b> Bible Study <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> PEPPI	<b>9:00– 11:00</b> BBB Practice <b>11:15-12:15</b> Lunch & Medicare Minute <b>1:00-1:45</b> Drums Alive	<b>9:30-10:30</b> PEPPI <b>11:15-12:15</b> Lunch <b>12:30-1:45</b> BBB Practice	<b>9:30-10:30</b> PEPPI <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> Drums Alive	<b>CENTER CLOSED FOR ACTIVITIES</b>
18	19	20	21	22
<b>9:30-10:30</b> Bible Study <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> PEPPI Bingo– 6:00 pm	<b>Beans and Cornbread Fundraiser No Classes!</b>	<b>9:30-10:30</b> PEPPI <b>11:15-12:15</b> Lunch <b>12:30-1:45</b> BBB Practice	<b>9:30-10:30</b> PEPPI <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> Drums Alive	<b>CENTER CLOSED FOR ACTIVITIES</b>
25	26	27	28	29
<b>9:30-10:30</b> Bible Study <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> PEPPI	<b>9:00– 11:00</b> BBB Practice <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> Drums Alive	<b>9:30-10:30</b> PEPPI <b>11:15-12:15</b> Lunch <b>12:30-1:45</b> BBB Practice	<b>9:30-10:30</b> PEPPI <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> Drums Alive	<b>HALLOWEEN PARTY!</b>

We ask that you come about 10 to 15 minutes before the start of your class time. At this time we will ask that when your class is finished, or lunch is over, that you leave the building to allow our staff to sanitize thoroughly before the next activity starts. We know that everyone is ready to get back into the full swing of things, but please be patient with us as we figure out the best and safest way to continue activities at the center. A successful slow opening means we will be able to offer more classes in the upcoming months!

# HALLOWEEN PARTY!

**HALLOWEEN PARTY!**

**FRIDAY, OCT. 29**

**DRIVE THRU LUNCH AT 11:30**

**PARKING LOT BINGO TO BEGIN AT 12:15**

**COME DRESSED IN YOUR HALLOWEEN BEST  
FOR OUR COSTUME CONTEST!**

**WINNERS OF THE CONTEST WILL WIN A  
SPECIAL PRIZE!**

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emailed to you at  
[www.mycommunityonline.com](http://www.mycommunityonline.com)





*Jacksonville Senior Wellness &  
Activity Center's*

# *Annual Beans & Cornbread Fundraiser!*



*This year it will be  
drive thru  
service!*

*Tuesday, October 19, 2021*

*10:30 AM- 1:00 PM*

*Ticket Prices:*

*1 to-go meal for \$10*

*2 to-go meals for \$15*

*Call ahead to purchase tickets! 501-982-7531*

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