

Jacksonville Senior Wellness & Activity Center

SEPTEMBER 2025

CONTACT

100 Victory Circle Jacksonville

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www.jacksonvilleseniorcenter.com



September



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IMPORTANT MESSAGES:

**BACK TO REGULAR HOURS
WEEK OF SEPT. 8**

**CENTER HOURS:
MON– FRI 8am-3pm**

**WE WILL BE CLOSED 1
SEPT. FOR LABOR DAY**

BOOK CLUB

Central Arkansas Library System
presents

BOOK CLUB

First Meeting 7/29
4th Tuesday every
month after @10am

07/29/25 | The Cellist of Sarajevo
08/26/25 | I Know Why the Caged Bird Sings
09/23/25 | The Crying Tree
10/28/25 | Water for Elephants
11/25/25 | Book Lovers
12/23/25 | TBD
01/27/25 | Aviator's Wife

You will receive the first book at the first meeting
and will discuss at the following meeting

ADD EXTRA PROTEIN TO EVERY MEAL WITH GREEK YOGURT

BREAKFAST– Fruit Parfait

- Vanilla or Strawberry Greek yogurt
- Fresh or frozen berries
- Your favorite granola

Layer ingredients in a cup or container. You can prep the night before , for a quick healthy breakfast

LUNCH– Tuna Wrap

- Lettuce or Lavash Wraps
- Tuna (can or pouch)
- Plain Greek yogurt

- Chopped celery and onion
- Salt and pepper

Mix Tuna, yogurt, veggie, salt and pepper and wrap in lettuce or lavash wrap.

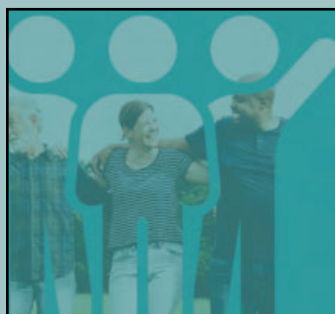
DINNER– Yogurt marinated chicken

- 2 Chicken breasts
- 3/4 c. plain Greek yogurt
- 1/4 c. Parmesan Cheese
- 2 cloves of garlic

- Splash of lemon juice
- Salt and pepper (or your favorite seasoning)

Combine all ingredients and marinade chicken for 30min

and then bake or grill till temp reads 165 degrees. Using Greek yogurt to marinate helps tenderize chicken and infuses more flavor



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SEPTEMBER 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED IN OBSERVANCE OF LABOR DAY	2 Chicken Broccoli Bake Tossed Salad Whole Wheat Roll Fruit Cobbler Skim Milk	3 Cheese Omelet Turkey Sausage Tomato Slices French Toast Syrup Fruit Fluff Skim Milk	4 Ground Beef Stew Mixed Green Salad w/dressing Cornbread Fresh Fruit Cookie Skim Milk	5 CLOSED
8 Chili Con Carne Corn Saltine Crackers Chilled Pineapple Cookie Skim Milk	9 Chicken and Dumplings Broccoli Cornbread Fresh Fruit Frosted Cake Skim Milk	10 Shepherd's Pie Seasoned Carrots Mixed Green Salad Whole Wheat Roll Fresh Orange Skim Milk	11 Smothered Chicken Rice Roasted Zucchini Wheat Roll Angel Food Cake Strawberries w/ Whipped Topping Skim Milk	12 Submarine Sandwich Pasta Salad Chilled Peaches Skim Milk
15 Sloppy Joe's on a Bun Chips Vegetable Blend of Choice Fresh Orange Skim Milk	16 Taco Salad Salsa Tossed Salad w/ Dressing Corn Tortilla Sherbet Skim Milk	17 Chicken Spaghetti Tossed Salad Garlic Bread Fresh Fruit Skim Milk	18 Roast Turkey Candied Sweet Potatoes Mixed Greens Cornbread Fruit Cobbler Ice Cream Skim Milk	19 Beef & Bean Burrito Spanish Rice Roasted Corn Fresh Fruit Cup Cookie Skim Milk
22 Scrambled Eggs Tomato Slices Biscuits Sausage Gravy Muffin of Choice Seasonal Fresh Fruit Skim Milk	23 Chicken Parm Penne Pasta Mixed Vegetables Tossed Salad Wheat Roll Pineapple Upside Down Cake Skim Milk	24 Asian Sesame Chicken Rice Oriental Veggies Wheat Roll/Bread Cinnamon Apples Skim Milk	25 Baked Ham Mac & Cheese Seasoned Cabbage Wheat Roll Fruit Skim Milk	26 Hot Turkey Croissant Pasta Salad Lettuce & Tomato Sliced Strawberries Angel Food Cake Skim Milk
29 Tuna Noodle Casserole Mixed Vegetables Wheat Roll/Bread Fresh Orange Skim Milk	30 Chicken Broccoli Bake Tossed Salad Whole Wheat Roll Fruit Cobbler Skim Milk			

THANK YOU!

We have some exciting news to share! Thanks to the incredible generosity of our donors and support from Jacksonville's Community Development Block Grant, we are delighted to announce that our freezer has been fully funded!

This accomplishment is a testament to the power of community coming together for a great cause. The freezer will make a significant impact by allowing us to store more food safely and support our programs more effectively.

To everyone who contributed or believes in our mission, thank you for making this possible. Together, we're creating a stronger foundation for the work we do.

If you'd like to learn more about this project or continue supporting our efforts, don't hesitate to reach out.



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Jacksonville Senior and Wellness Center, Jacksonville, AR

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SEPTEMBER 2025 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
CLOSED IN OBSERVANCE OF LABOR DAY	9:30am– Presentation: AmeriCorps RSVP 7pm– Dance with Nostalgia	9:15am– Signing with Brenda T. 9:30am– Cooking w/ Karen 10:30am– Spanish	9:30am-Bingo with ArchWell	CLOSED
8	9	10	11	12
9:30am– Community Center 6pm– Jam Sessions	9am-CVB-@ Hays 10am– Wright by your Side BS/BP checks 7pm– Dance with Ritchie & Company	9:15am– Signing with Brenda T. 10am- Salsa Dancing	9:30am- Presentation & BINGO w/ A First Name Basis 9am– A Matter of Balance	BINGO sponsored by Devoted
15	16	17	18	19
9:30am- Community Center 7pm-BINGO	7pm– Dance with Nostalgia	9:15am– Signing with Brenda 10am-CVB– Prairie County @ Jax 10:30am– Spanish	9am– A Matter of Balance 9:30am-BBB @ Sherwood	
22	23	24	25	26
9:30am- Community Center 10am-BBB w/ Greenbriar @Jax 6pm– Jam Sessions	10am– Book Club 7pm– Dance with Ritchie and Company	9:15am– Signing with Brenda	9am– A Matter of Balance 9am– Jewelry Making Class w/ Archwell	Birthday BINGO
29	30			
9:30am- Community Center	9:30am– Presentation by New Horizon 7pm– Potluck dance with Nostalgia			

WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9am Bean Bag Baseball Practice 9:30am Bible Study 10am Ageless Grace in Cong. Room 10am Tai-Chi 10:45am PEPPI	9am Coloring 9:30am Chair Yoga 10:30am Chair Volleyball Practice 1pm Painting with Fred Bass	9am Bean Bag Baseball Practice 10am Ageless Grace 10:45am PEPPI 11am Table Talk	10:30am Chair Volleyball 11am Table Talk 12pm Dominoes 1pm Line Dancing	9am Bean Bag Baseball Practice 10:45am PEPPI

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wclough@lpicommunities.com

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A MATTER OF BALANCE: FALL PREVENTION

Dates TBD

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.



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Jacksonville Senior and Wellness Center, Jacksonville, AR

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A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This class is free to individuals aged 60 and older. Registration is required prior to class start date. Workbooks will be provided. Seating is limited.

Please call Tanya at
501-982-7531 to reserve your spot.
100 Victory Circle Jacksonville



**SUPPORT THE
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Community!

"Fall in Love with Wellness" *Community Health Fair!*

Tuesday, October 7th, 2025

9:00 AM- 12:00PM

Hosted By:

Jacksonville
Senior Wellness
& Activity Center

Held at Jacksonville

Community Center

*5 Municipal Drive,
Jacksonville*

*More than 20 health
based companies and vendors*

Care♥Link
Resources for Older People and Their Families

Vision Screening

Hearing Test

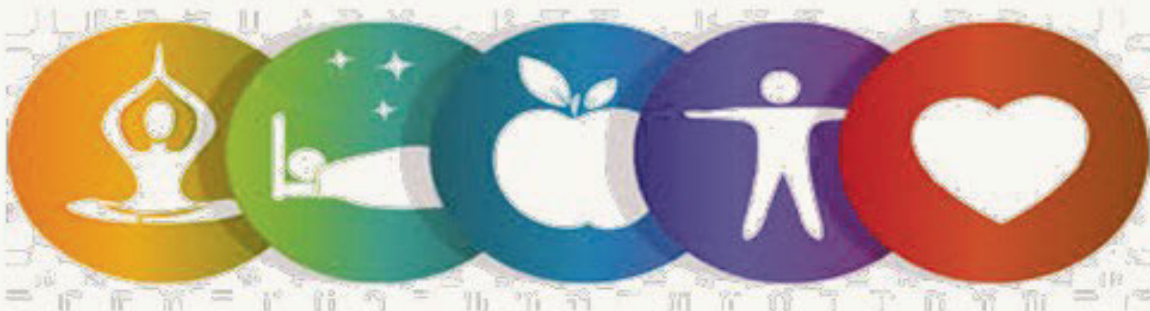
Flu Vaccines

Door Prizes

Plus so much more!!

This FREE event is open to all ages!

For questions, please call 501-982-7531



BEAN AND CORNBREAD FUNDRAISER



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



Tuesday, October 21, 2025

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.

GAMES

		4	9			3	1	2
9	8		3		1	6		
3			6	5				8
	6	3				4	2	
	1		5		3	7		
7		8	4	1		5	3	6
8	7	9	1		5			
	4	6	8	7	9			3
1	3	5		4		8		7

		7	1	3	2		5	4
	5					3	2	
	2	1	4	6		9	8	
	3			2			7	9
8	7	9	5		3			6
2		6		8	7		3	5
4					6	7	9	
7		8	2	4		5	6	
		3		7	9	4		2

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