

# Jacksonville Senior Wellness & Activity Center

WE WILL BE CLOSED SEPTEMBER 6

## CONTACT

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## 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.

## 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

## SPECIAL RECOGNITIONS

Tanya Kopp, our Executive Director, will be celebrating her 2nd anniversary as JSWAC employee on August 13th, 2021. She spent one year as Activities Director and September 23, 2021 she will celebrated her one –year anniversary as Executive Director. She and her husband, James are raising a daughter here in Jacksonville. Tanya has made great progress in both positions as a hard-working, devoted leader.

The past year and a half have proven to be challenging in many ways, but we are confident that we are making a difference in our community and growing as a team. Good work is being provided and we would like to shout a big THANK YOU to all of our staff for working hard everyday to keep our program running smoothly. From cooking and packing meals, to making contact with clients on a daily basis, none of our programs would be possible without our wonderful staff.

While Tanya is our leader and we work as a team to serve our community. Our donors and Board of Directors deserve just as much appreciation. Their support and reinforcement for our mission never goes unnoticed or unappreciated. The donations received from our community and donors ensure that we can continue to provide meals to our home bound seniors. Along with our home delivered meals, donations and community funding have helped improve our exercise and art programs, by purchasing supplies and training for our activity leaders.

Our volunteers are a VITAL part in our success. One organization that carries a large load are the Knights of Columbus Chapter 11604. They are so dependable, compassionate, helpful and always willing to step in where they are needed. Another great volunteer group we partner with is Sylvan Hills Methodist church in Sherwood. This group has supported our Meals on Wheels program for many years to our Sherwood home bound seniors every week. The many individuals who devote time and effort make a great difference to our Meals on Wheels program in our communities.

Although we are not able to offer all of our programs at this time, our senior center still has great programs to offer to our members. Right now, we are offering our Peppi class led by Sandra Estes, drums alive led by Da'mon Beard, Bible study taught by Rev. Johnny Hill with Christ-Center Fellowship Baptist Church in Jacksonville, Beanbag Baseball practice and scrimmage led by Mark DeJesus, Open Gym time, a full library and many games. We encourage everyone to stop by and see if we have a program you would be interested in! Please see our activities schedule on page 6 for a list of our available classes and start times.

Additional activities like domino's, playing card, bingo, Chair volley ball, arts and crafts, water color, greeting card making, dance, jam sessions, day trips and eventually bus trips will be available when we can determine that our members will be safe while participating.

The Jacksonville Senior Wellness & Activity Center appreciates all of the support that we receive from our community. Our members are the reason we are here and our drive to serve every day.

# FUNDRAISERS

## BINGO

**There will be no bingo on Sept. 6th in observance of the Labor Day holiday.**

**Our next Bingo will be held on  
Sept. 20**

**Bingo is held on the first and third  
Monday  
of every month**

**Doors open at 6:00 pm**

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

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

## 7th Annual Bunco Bash

**Due to the rise in COVID-19 cases in our area, the decision has been made to postpone our Bunco tournament to a later date.**

**Please watch our newsletter and Facebook page for updates**

All Proceeds benefit

Jacksonville Senior Wellness & Activity Center

Visa & Mastercard Accepted

\$25 in advance, \$30 at the door

Call 501-982-7531 for more info.



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# SEPTEMBER 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Glazed Meatloaf Mashed Potatoes Mixed Veggies Wheat Roll Strawberry Jello w/ Whipped Topping Skim Milk	2 Oven Fried Chicken Macaroni & Cheese Broccoli Wheat Roll Peaches Skim Milk	3 <b>CENTER CLOSED FOR ACTIVITIES</b>
6 <b>Center Closed for Labor Day. No Lunch or Activities</b>	7 Turkey Sausage Sauteed Onions & Peppers Pinto Beans Cornbread Chilled Pears Skim Milk	8 Beef Tips with Gravy Steamed Rice Candied Carrots Wheat Roll Chilled Peaches Skim Milk	9 Taco Salad Spanish Rice Fiesta Corn Chilled Pineapple Churros Skim Milk	10 <b>CENTER CLOSED FOR ACTIVITIES</b>
13 Chili con Carne Corn Crackers Margarine Chilled Pineapple Cookie Skim Milk	14 Chicken Tetrazzini California Veggies Wheat Roll Chilled Peaches Frosted Cake Skim Milk	15 BBQ Pork Rib Patty Sandwich Potato Salad Baked Beans Baked Apples Skim Milk	16 Chicken Fried Steak Mashed Potatoes Green Beans Wheat Roll Chilled Pears Skim Milk	17 <b>CENTER CLOSED FOR ACTIVITIES</b>
20 Spaghetti w/Meat Sauce Seasoned Zucchini Wheat Roll Margarine Chilled Pineapple Cookie Skim Milk	21 Baked Ham Macaroni & Cheese Broccoli Wheat Roll Tropical Fruit Skim Milk	22 Beef Stew Tossed Salad Cornbread Chilled Pineapple Skim Milk	23 Chicken Stir Fry Steamed Rice Asian Veggies Dinner Roll Fresh Orange Flan Skim Milk	24 <b>CENTER CLOSED FOR ACTIVITIES</b>
27 Chicken Breast Tenders Roasted Potato Wedges Corn Wheat Roll Apple Spice Muffin Skim Milk	28 Sloppy Joe on a Bun Tater Tots Green Beans Fresh Orange Cookie Skim Milk	29 Glazed Meatloaf Mashed Potatoes Mixed Veggies Wheat Roll Strawberry Jello w/ Whipped Topping Skim Milk	30 Oven Fried Chicken Macaroni & Cheese Broccoli Wheat Roll Peaches Skim Milk	October 1st. <b>CENTER CLOSED FOR ACTIVITIES</b>

# COMING UP IN SEPTEMBER

## Labor Day History

On March 25th, 1872, workers in the printing industry went on strike due to low wages and poor working conditions. In the US it was first celebrated with a parade of around 10,000 workers, mostly members of the Central Labor Union in New York City on September 5th, 1882. The first Monday in September was declared "working-men's holiday". President Grover Cleveland signed it into law in 1894, making the first Monday of September to be "Labor Day".

## A MATTER OF BALANCE BE WELL- LIVE WELL

REGISTRATION WILL BE HELD ON AUG. 30  
CLASSES ARE MONDAYS & THURSDAYS  
STARTING THURSDAY, SEPT. 2ND

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.



Author: LOU JEAN TURNER

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# CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<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> Open Gym <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> Drums Alive	<b>CENTER CLOSED FOR ACTIVITIES</b>
6	7	8	9	10
<b>Center Closed for Labor Day No Activities</b>	<b>9:00– 11:00</b> Open Art <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> Open Gym <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> Drums Alive	<b>CENTER CLOSED FOR ACTIVITIES</b>
13	14	15	16	17
<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> Open Art <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> Open Gym <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> Drums Alive	<b>CENTER CLOSED FOR ACTIVITIES</b>
20	21	22	23	24
<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> Open Art <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> Open Gym <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> Drums Alive	<b>CENTER CLOSED FOR ACTIVITIES</b>
27	28	29	30	
<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> Open Art <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> Open Gym <b>11:15-12:15</b> Lunch <b>1:00-1:45</b> Drums Alive	

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!

# VOLUNTEER OPPORTUNITIES

## 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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[www.mycommunityonline.com](http://www.mycommunityonline.com)



# FUN & GAMES



## Word Picture Puzzles

- |    |  |    |  |    |  |
|----|--|----|--|----|--|
| 1  |  | 2  |  | 3  |  |
| 4  |  | 5  |  | 6  |  |
| 7  |  | 8  |  | 9  |  |
| 10 |  | 11 |  | 12 |  |
| 13 |  | 14 |  | 15 |  |
| 16 |  | 17 |  | 18 |  |