

JANUARY 2020



## Our Director nominated for, and awarded the 2019 Service to Mankind Award by Jacksonville Sertoma Club!

Christy McMillion is the Executive Director of the Jacksonville Senior Wellness & Activity Center in Jacksonville, AR., a place where Senior citizens of Jacksonville and surrounding areas can come in daily and get a warm meal and visit with other Seniors and JSWAC team members. The Senior Center also does Meals on Wheels for homebound seniors of the community, health and wellness programs aimed at keeping Seniors strong in body and mind.

Christy was born in Blytheville, AR on July 21, 1972, grew up in Abilene Texas, graduated from Cooper High School and attended Cisco Junior College. In May, 1995 she married Bobby McMillion and they began their military journey. They were blessed with two sons, Brandon, who is now an Airman in the US Air Force and Christopher, now a senior at Cabot High School. Christy has spent her life supporting her husband and traveling with him and the Air Force.

Upon moving to Little Rock Air Force Base in 2004, she was a member of the Jacksonville Youth Baseball Committee, Civitan Club of Jacksonville and Gravel Ridge Lions Club. Transferring Air Force bases every 3-4 years has caused her to change jobs several times but most of her work experience has revolved around the Accounting career field. She started with the Senior Center as the Bookkeeper in 2004. In 2007, she was promoted to Executive Director by the Board of Directors.

In Christy's tenure at the Center she has made some significant changes for growth and ensuring that the best programs are offered for its clients. In 2011, she partnered with Arkansas Division of Aging and Adult Services Federal, Central Arkansas Area Agency on Aging (a.k.a. CareLink), Heart of Arkansas United Way, City of Jacksonville and City of Sherwood to transform the Jacksonville Senior Center into a Certified Senior Wellness Center. Rebranding the senior center into a wellness center provided more funding opportunities and activities for the Seniors to keep young and active.

Christy's vision of the new wellness center included a separate exercise room/classroom. She worked with the City of Jacksonville, FEMA and Heart of Arkansas United Way to obtain the \$450,000 funding needed to add a 2,000 sq. foot Safe Room for the community.

While working at the center, Christy has worked to become a certified instructor of Evidence Based Programs such as A Matter of Balance, Chronic Disease Self-Management, Diabetes Self-Management and Diabetes Education Empowerment Program. Additionally, she is a Zumba Instructor and Drums Alive instructor, which took her way outside of her normal comfort zone of the traditional bookkeeping career field.

Under Christy's leadership the Jacksonville Senior Center has been transformed into the best Senior Center in Arkansas. She was asked by the Mayor of Cabot to help reestablish their center and it started out thriving on day one. JSWAC serves 55,000 meals annually to homebound seniors and those that attend the center daily for fellowship, transportation, exercise and other activities. Over the years, funding cuts have impacted services at the center, especially transportation for seniors to doctor appointments but when a client is in desperate need, Christy finds herself driving them to their appointments, if needed.

In conclusion Christy's impact on our community has improved the livelihood of our seniors, volunteers and team members. We are grateful to her for her dedication and hard work to make everyday a place where we want to be!

Door Prizes!

# TASTE OF NEW ORLEANS

50/50 Raffle

February 20, 2020 - Doors Open at 6 PM

Jacksonville Community Center

1 Municipal Drive

Tickets: \$20.00 each

ON SALE NOW! SEATING IS LIMITED

Great Music!

Great Food!

All Proceeds benefit Jacksonville Senior Wellness & Activity Center



## Happy Birthday!



Elizabeth Lowe	1/1	Carolyn Hawk	1/9	Jim Blankenship	1/17
Thomas Jones	1/1	Virginia Miller	1/9	Velma Nunerley	1/17
Ruthie Stephens	1/2	James Miller	1/10	Dan Kelly	1/18
Charlie Smith	1/3	Edward Wine	1/11	Wayne Taylor	1/21
Darlene Mayer	1/4	Cynthia Hill- Harvey	1/12	Eulalie Frank	1/27
Carol Holt	1/5	Sharon Brooks	1/13	Brenda Tate	1/27
Patricia Pennington	1/7	Charles Martin	1/15	Norma Caswell	1/28
Larry Watson	1/8	Paula Sovereign	1/15	Chester Hunt	1/28
Leola Hood	1/8	John Stofan	1/15	Mattie Perry	1/28
Sonja Whitaker	1/8			Gean Tucker	1/29



# FUNDRAISERS

## 4<sup>th</sup> Quarter Fundraiser

Donated and made by Mario Antunes

**Raffle Tickets on sale!**



**Credenza Style  
TV Cabinet**

**\$5.00 Each  
Or  
\$20.00/5**



**Counter Height Cart**

**\$2.00 Each  
Or  
\$5.00/3**

Proceeds benefit Jacksonville Senior Wellness & Activity Center



**\$1,000  
Progressive  
Jackpot**

1st & 3rd Monday nights

Doors open at 6:00pm

Quick Fires @ 6:30pm - Main Packs @ 7:00pm

Held at:

Jacksonville Senior Wellness & Activity Center, Inc.

100 Victory Cr., Jacksonville, AR 72076

**Open to the Public! Must be 18 yrs or older**

All proceeds benefit

Jacksonville Senior Wellness & Activity Center

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# JANUARY 2020 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>The suggested donation for meals is \$3.00 per meal. Guests under 60 yrs. old pay \$6.00.</b></p>		<p>1</p> <p><b>Closed for New Year's Day</b></p>	<p>2</p> <p>Roast Turkey Cornbread Dressing Spinach Mandarin Oranges &amp; Pineapple Wheat Roll Skim Milk</p>	<p>3</p> <p>Hearty Beef Stew Tossed Salad &amp; Dressing Peaches w/whipped Topping Wheat Roll Skim Milk</p>
		<p>6</p> <p>Swiss Steak Garden Blend Rice Steamed Cabbage w/ Parsley Tomato Wedges Fresh Fruit Cup Whole Wheat Bread Skim Milk</p>	<p>7</p> <p>Breaded Baked Pork Chop Roasted New Potatoes Zucchini Mandarin Oranges &amp; Bananas Whole Wheat Bread Skim Milk</p>	<p>8</p> <p>Grilled Liver &amp; Onions Lightly Seasoned Pasta Green Peas Mixed Fruit Cup Whole Wheat Bread Skim Milk</p>
<p>13</p> <p>Breaded Chicken Tenders Pasta Salad Squash Casserole Mandarin Oranges &amp; Pineapple Whole Wheat Bread Skim Milk</p>	<p>14</p> <p>Beef Patty with Cooked Onions Lightly Seasoned Pasta Sautéed Zucchini &amp; Squash Fruited Gelatin Whole Wheat Bread Skim Milk</p>	<p>15</p> <p>Vegetable Soup Whole Wheat Crackers Chef's Salad Summer Fruit Cup Fruit Muffin Skim Milk</p>	<p>16</p> <p>Baked Pork Chop Broccoli Rice Casserole Carrots Sherbet Wheat Roll Skim Milk</p>	<p>17</p> <p>Homemade Meatballs w/ Mushroom Gravy Homemade Mashed Potatoes Buttered Zucchini Cookie Whole Wheat Bread Skim Milk</p>
<p>20</p> <p>Polish Sausage w/ Peppers &amp; Onions Pinto Beans Fruit Cup Wheat Bread Skim Milk</p>	<p>21</p> <p>Fresh Ham Steak Baked Potato Sour Cream Peas &amp; Carrots Angel Peach Dessert Wheat Roll Skim Milk</p>	<p>22</p> <p>Baked Pork Chop Steamed Rice Gravy Marinated Tomato Salad Fruit Whole Wheat Bread Skim Milk</p>	<p>23</p> <p>Beef Tips in Gravy Buttered Noodles Steamed Veggies Strawberries &amp; Whipped Topping Whole Wheat Bread Skim Milk</p>	<p>24</p> <p>Scrambled Eggs Turkey Sausage Seasoned Diced Potatoes Whole Grain Biscuit Cream Gravy Mandarin Oranges Skim Milk</p>
<p>27</p> <p>Smothered Pork Chop Buttered Rice w/Parsley Baked Lima Beans Strawberries &amp; Bananas Whole Wheat Bread Skim Milk</p>	<p>28</p> <p>Chicken &amp; Dumplings Carrots Apple Cabbage Salad Fruit Cup Whole Wheat Bread Skim Milk</p>	<p>29</p> <p>Spaghetti w/ Meat Sauce Peas &amp; Carrots Tossed Salad w/ Low Fat Dressing Seasonal Fresh Fruit Wheat Roll Skim Milk</p>	<p>30</p> <p>Roast Turkey Cornbread Dressing Spinach Mandarin Oranges &amp; Pineapple Wheat Roll Skim Milk</p>	<p>31</p> <p>Hearty Beef Stew Tossed Salad &amp; Dressing Peaches w/whipped Topping Wheat Roll Skim Milk</p>



# New Year, New Beginnings



Each New Year is a gift. It's another opportunity to take stock of our lives and decide what we'd like to change. We can make changes large and small. Here are a few goals or resolutions for the New Year that can help better each one of us!

- **Try Something New-** Read a new book, make a new friend, join an art or exercise class. Adventure doesn't have to involve physical risk or danger. Every day can be an adventure if you simply resolve to try something new.
- **Challenge Yourself-** Mental and physical challenges motivate us to change behaviors and do more. Mental challenges like Sudoku, quizzes, crossword or jigsaw puzzles will improve mental strength, which can improve memory. Physical challenges enable you to gradually improve things like balance, endurance, strength, flexibility and overall health. Talk to your doctor about physical activity that's right for you, set a goal and then work with her or him to devise a plan to gradually and safely increase it.
- **De-Clutter-** We can amass a lot of stuff over a lifetime. Holding on to some of it makes sense because it increases your quality of life and reminds you of happy times and great experiences. But there's likely a lot of stuff that you don't need, and that your children may not want. Commit to begin divesting yourself of items that don't have special meaning, and to organizing what you do keep. That will make it easier for you day-to-day, and for your children later.
- **Keep laughing!** Many seniors find themselves in different places, surrounded by different people, carrying out a different daily routine. Don't let that disconnect you from the things that have made you laugh. Find the friends, movies, comedians, books, and other things that have made you laugh throughout your life. Go back and reestablish those connections. If something made you laugh before, chances are it'll make you laugh now. And we all know laughter is the best medicine.



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Jacksonville Senior and Wellness Center, Jacksonville, AR B 4C 01-2079



# JANUARY 2020—EVENTS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<b>Happy New Year!</b> <b>Center Closed Today!</b>		
6	7	8	9	10
BBB Practice— 9:00 6:30 pm Bingo (Open to the Public)	7:00 pm Dance— Sugar Creek Band	BBB Practice— 9:00 am 12:30 pm Grocery Shopping—Walmart		Volleyball @ West Central— 9:00am
13	14	15	16	17
BBB Practice— 9:00 6:00 pm— Jam Session	7:00 pm Dance—The End of the Line Band	Nutrition Class w’ Karen 9:30 am BBB Practice— 9:00 12:30 pm Grocery Shopping—Walmart	Restaurant of the Month— Roma’s Italian Restaurant— 10:45 am	<b>9:30 Bingo</b>
20	21	22	23	24
<b>NO BINGO</b> <b>Center Closed for Martin Luther King Jr. Day</b>	7:00 pm Dance— Sugar Creek Band	BBB Practice— 9:00 am 12:30 pm Grocery Shopping—Edwards		Volleyball @ West Central— 9:00am
27	28	29	30	31
BBB Practice— 9:00 6:00 pm— Jam Session	7:00 pm Dance— The End of the Line Band (Potluck @ 6:30 pm)	BBB Practice— 9:00am Nutrition Class w/ Karen – 9:30 am		<b>9:30 Bingo</b>

## WEEKLY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30 am</b> Bible Study (Conference Room) <b>9:30 am</b> Drums Alive (Safe Room) <b>10:00 am</b> Bean Bag Baseball Practice (Congregate Room) <b>10:45 am</b> PEPPI (Safe Room)	<b>9:00 am</b> Coloring with Lori Rawlings (Conference Room) <b>9:00 am</b> Tai-Chi (Safe Room) <b>9:45 am</b> Zumba (Safe Room) <b>10:30 am</b> Chair Volleyball Practice (Congregate Room) <b>10:45 am</b> Chair Yoga (Safe Room) <b>1:00 pm</b> Art Class (Conference Room) <b>7:00 pm</b> Dance	<b>9:30 am</b> Drums Alive (Safe Room) <b>10:45 am</b> PEPPI (Safe Room)	<b>9:00 am</b> Painting with Noma (Conference Room) <b>9:00 am</b> Tai-Chi (Safe Room) <b>9:45 am</b> Zumba (Safe Room) <b>10:45 am</b> Chair Yoga (Safe Room) <b>1:00 pm</b> Games (Lobby) <b>1:00 pm</b> Line Dancing (Safe Room)	<b>9:00 am</b> Coloring with Lori Rawlings (Conference Room) <b>10:30 am</b> Chair Volleyball Practice (Congregate Room) <b>10:45 am</b> PEPPI (Safe Room)

# ARTS & CRAFTS CLASSES

**WATERCOLOR** with FRED BASS - Tuesdays at 1:00pm

Learn the fundamentals of playing and exploring with watercolors! Beginners and experienced painters alike will enjoy this class where students will learn brushstrokes and techniques and complete their own works of art.



**PAINTING** with NOMA - Thursdays at 9:00am

Join Noma Crolley for this craft class to make fun and simple projects at very low cost. We upcycle flower pots, light bulbs, fan blades, clothing, fence pickets, you name it. The upcoming project on the agenda is a Dragon Fly made from old ceiling fan blades.

**COLORING** with LORI - Tuesdays & Fridays at 9:00 am

You have probably heard about some of the ways that coloring can help relieve stress, improve mental clarity, and promote relaxation.

**CREATIVE CARD MAKING** with JOAN & JANE - 1st & 3rd Wednesdays at 9:00am

Learn to create unique, fun and personalized greeting cards. All materials and supplies are provided.



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Jacksonville Senior and Wellness Center, Jacksonville, AR C 4C 01-2079



## DRUMS ALIVE

Mondays & Wednesdays

9:30am

Using rhythm as the source of inspiration to discover a new group fitness experience, **Drums Alive®** combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. **Drums Alive®** is a program that fosters a healthy balance, physically, mentally, emotionally and socially!

## TAI CHI

Tuesdays & Thursdays

9:00am

A gentle slow moving exercise that promotes health and mental relaxation. It has many backward and forward movements in order to improve mobility, also movements which help breathing. The Soon form that is taught here has a higher stance making it easier for senior adults who are seeking the health benefits of Tai-Chi.

## PEPPI

Mondays, Wednesdays & Fridays

10:45am

Physical activity program designed for older adults which includes flexibility, balance, strength and endurance exercises.

## ZUMBA GOLD

Tuesdays & Thursdays

9:45am

Zumba Gold targets the largest growing segment of the population: Baby Boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of active older participants, as well as those just starting their journey to fit a healthy lifestyle.

## CHAIR YOGA

Tuesdays & Thursdays

10:45am

**Chair yoga** is a great way for **older adults** to get the wonderful health benefits of **yoga**. Staying seated means that even frail **seniors** or those who aren't flexible can safely do the exercises. **Yoga** is an excellent way for **older adults** to loosen and stretch painful muscles, reduce stress, and improve circulation.

## Dance & Live Band—All ages Welcome!



### DANCE THE NIGHT AWAY!

Join us every Tuesday night at 7-9 pm for some great live music by the End of the Line Band or the Sugar Creek Band. Cost is \$6 per person. All ages welcome! We have a great time doing the Two-Step, line dancing or just rockin' and rollin'. The last Tuesday of each month is our potluck dinner at 6:30 pm.

We have a great time and would love for you to join us!

## Alzheimer's Support Group

Our Alzheimer's Support Group meets the second Monday of every month at the Jacksonville Senior Wellness & Activity Center in the front of the building.

Resources and information are available as well opportunities to share with others to cope with issues you may be dealing with.

For more information please contact Darlie Graham, Intake Coordinator.







# TRIPS AND TOURS

## RESTAURANT OF THE MONTH: THURSDAY, JANUARY 16, 2020

This month we will be going to Roma's Italian restaurant in Jacksonville! We have access to a menu if you would like to see what Roma's has to eat! The lunch specials are between \$8 and \$13 **before tax**. The center will charge a \$3.00 fee for the bus and tip at the restaurant, and you will pay for your meal and drink at the restaurant. We will leave the Senior Center at 10:45, and will have to leave the restaurant by 12 pm to be back to get everyone home on time. If you have any questions, please see Tanya.

## NEW YORK CITY & STATUE OF LIBERTY DIAMOND TOUR TRIP: SEPT. 23-OCT 1, 2020

Trip is full. Wait list only!

## NASHVILLE SHOW DIAMOND TOURS BUS TRIP: JUNE 8-12, 2020

Legendary entertainment at the Grand Ole Opry, icons of country music's past and present, and much more highlight your group's Nashville bus trip with Diamond Tours. On this 5 day, 4 night vacation, you will enjoy a behind the scenes tour at the Grand Ole Opry, and a show at Nashville Nightlife Dinner Theater. Guided tours of Nashville and Belle Meade Plantation will be included. We will also include admission to the Country Music Hall of Fame, a ride on the Delta Flatboats inside the Opryland Hotel, and admission to Johnny Cash and Patsy Cline Museums. Please contact Christy McMillion for reservations or questions. Price is \$659/person, based on double occupancy. A \$75 deposit required at the time the reservation is made.

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# FUN STUFF



## Winter Wonderland

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M G A C N L R A D F T A O C O C Z Q

### Word List:

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BOOTS  
COCOA  
FIREPLACE  
FROZEN  
HIBERNATE  
JACKFROST  
SHIVER  
SLED  
SNOWSTORM

BLANKET  
CABINFEVER  
COLD  
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GLOVES  
ICICLE  
MITTENS  
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SNOWSUIT

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CHILLY  
EARMUFFS  
FROSTY  
HAT  
ICY  
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SNOW  
WINDY

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COATS  
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FROSTY  
HEATER  
JANUARY  
SCARF  
SKIING  
SNOWMAN  
WINTER



## Trivia



1. Where did headlight dimmer switches used to be located?
2. The bottle top of a Royal Crown Cola bottle has holes in it. For what was it used?
3. Why was having milk delivered a problem in northern winters?
4. What was the popular chewing gum named for a game of chance?
5. What method did women adapt to look as if they were wearing stockings when none was available due to rationing during W.W.II?
6. What postwar car turned automotive design on its ear when you couldn't tell whether it was coming or going?

## #5 - Medium

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

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## #1 - Hard

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

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1. On the floor 2. To sprinkle clothes before ironing. 3. Cold weather caused the milk to freeze and expand, popping the bottle top. 4. Blackjack Gum 5. Special makeup was applied followed by drawing a seam down the back of the leg with eyebrow pencil. 6. 1946 Studabaker



# WINTER RECIPES



## Chicken Pot Pie Crescent Cups

### Ingredients:

- 1 cup frozen mixed vegetables
- 1 cup chopped chicken
- 1 can (10.5 oz) cream of chicken soup
- 1 can Pillsbury refrigerated crescent sheet roll



### Instructions:

Heat oven to 375°F. Spray 8 regular-size muffin cups with cooking spray. In medium bowl, mix vegetables, chicken and soup.

On large cutting board, unroll dough sheet; cut into 8 squares with sharp knife or pizza cutter. Line each muffin cup by pressing 1 dough square in bottom and up side of cup. Divide vegetable and chicken mixture evenly among dough-lined cups (about 1/4 cup each). Bake 14 to 18 minutes or until dough is deep golden brown and mixture is heated through. Cool 5 minutes in pan; remove from pan with metal spatula.

Recipe found on Pillsbury.com/recipes

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# VOLUNTEER OPPORTUNITIES

## Help Deliver Meals to Seniors

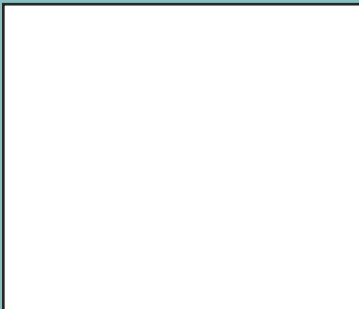
Volunteering for Meals on Wheels is a great way to make a huge impact in a short amount of time. By delivering meals you bring nutritious food and a friendly visit to seniors and people with disabilities in your community. Anyone can deliver meals, and it's a great volunteer opportunity for families 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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