

Jacksonville Senior Wellness & Activity Center
100 Victory Circle
Jacksonville, AR 72076
Tel: 501.982.7531
Fax: 501.982.4362
Email: christymcmillion@jaxseniorcenter.net

Jacksonville Senior Wellness & Activity Center is a non-profit 501(c)3 corporation and funded in part by title III of Older Americans Act, Title XX of the Social Security Act, SSBG, NSIP and SSCC through CareLink and the Older Worker Program. Other major contributors are Heart of Arkansas United Way, the cities of Jacksonville and Sherwood, organizations, local businesses and individuals. All services are offered on a non-discriminatory basis and in compliance with all applicable Federal, State and Local regulations. JSWAC is an Equal Opportunity Employer.

A Special Thank You to our "Ghost Roast" Donors

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(List will be updated quarterly.)

JSWAC

Jacksonville Senior Wellness & Activity Center

January—March 2014

Jacksonville, AR
(501) 982-7531 Fax (501) 982-4362
www.jacksonvillesseniorcenter.net

A United Way Agency

Nashville Show Trip

5 Days, 4 Nights

June 16-20, 2014

\$499 per person

Double occupancy



Visit the Grand Ole Opry and Nashville Nightlife Theatre and enjoy guided tours of Nashville and Belle Meade Plantation. Admission to the Country Music Hall of Fame, the Grand Ole Opry Backstage Tour, a ride on the Delta Flatboats inside the Opryland Hotel and much more is included. Please contact Christy McMillion @ 501-982-7531 for more details.

Looking for ways to keep your brain sharp as you age?



Join us for
Super Noggin Class!
Classes begin
March 19, 2014

The following topics will be covered throughout the program.

- 1) STAYING ACTIVE
- 2) CHALLENGE YOUR MIND
- 3) THINK ABOUT WHAT GOES INTO YOUR MOUTH
- 4) DEVELOP A POSITIVE ATTITUDE
- 5) NURTURE YOUR SPIRITUAL LIFE
- 6) GET ORGANIZED
- 7) AVOID TOXIC CHEMICALS
- 8) SLEEP WELL
- 9) MINIMIZE STRESS
- 10) MAINTAIN SOCIAL CONNECTIONS

Call
Connie or Betty
At 982-7531
For more details.

Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Pedal-cise	9:00 Tai-Chi	9:00 Pinochle Club	9:00 Tai-Chi	9:30 Bridge Club
10:00 Bean Bag Baseball Practice	9:30 Bridge Club (1st & 3rd Only)	9:30 Pedal-cise	9:30 Bridge Club (1st Thursday Only)	9:30 Pedal-cise
10:45 PEPPi	10:00 Zumba Gold & Conductorcise	10:45 PEPPi	10:00 Zumba Gold & Conductorcise	10:00 PEPPi
7:00 Jam Session	7:00 Dance	12:30 Grocery Shopping	1:00 Card Club	11:00 Use It or Lose It
			1:30 Line Dance Class	

Home Fire Prevention

Unfortunately, home fires are one of the most common causes of winter fatalities among seniors. Improper use of space heaters and other heating devices can result in fires that can consume your home. Here are some fire safety tips when heating your home:

- Keep clothing, curtains and blankets away from space heaters
- Never smoke in bed or when you're drowsy.
- Never use kerosene heaters or stoves to eat your home.
- Make sure all smoke alarms and carbon monoxide detectors are in working order throughout your home.

JSWAC Weekly Dance

Come Dance the Night Away

Live Band and Dancing

Every Tuesday Night

7:00p.m. to 9:30p.m.

All ages welcome. Admission \$5.00

Concessions every week.

Pot Luck on last Tuesday of each month.

Smoke free and alcohol free atmosphere.

Birthdays		
Paul Ferguson	3-Jan	
Curtis Hammons	4-Jan	Billy Rogers
Ruth Turnipseed	4-Jan	Lala Antunes
Marianne Young	7-Jan	Frances Burnett
Sylvia Baldwin	8-Jan	Amy Matthews
Virginia Meckes	8-Jan	Ernestine Davis
Kenneth Mark	9-Jan	Noma Crolley
Dorothy Austin	10-Jan	Janice Ingram
Eunice Davis	14-Jan	Olan Wages
Daniel Kelly	18-Jan	Rachel Hanlin
Rose Mays	18-Jan	Eloise Durham
Lola Walls	18-Jan	Katherine Fick
Edward Dorham	21-Jan	Kiyoko Welch
Joan Collier	22-Jan	Lonnie Maxwell
Leon Moore	22-Jan	Ruth Flick
Rebekah Brewer-Lewis	28-Jan	Loretta Moore
Norma Caswell	28-Jan	Marion Edmonds
Ethel Villemaire	28-Jan	William Longo
Betty Reasor	30-Jan	Dorothy Moore
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		31-Mar



Join us for Birthday Cake Each Month

Friday January 17, 2014

Friday, February 21, 2014

Friday, March 14, 2014

Please Note: Schedules are subject to change. Please check announcement board in the center for changes.

THE “AARP BULLETIN” REPORTS SIX COMMON CONS SENIORS SHOULD AVOID

Ever wonder how scammers operate? Take a look at this article and see how it’s done. These are 6 common cons that you should watch out for:

ROMANCE: Romance scammers cruise online dating websites, posting hundreds of messages a day. After weeks of cyber sweet talk tailored to potential victims’ responses, schemers inevitably request money – typically via wire transfer – saying they need it to buy a plane ticket to come visit or to deal with some personal emergency. These cons cost American women 50 and older at least \$34 million in 2012 – two-thirds of all the money lost in romance scams. Men 50 and older reported losing \$5 million. The average financial loss from them schemes is more than \$10,000 per person.

CHARITY: When help is needed, older people are often among the first to open their hearts and wallets. This helps make them the group most vulnerable to scams feigning aid for veterans, needy or sick children, or victims of a recent disaster, says Bennett Weiner of the BBB Wise Giving Alliance. Most over the transom e-mail solicitations for donations are fraudulent. Never give credit care information to telephone or front-door solicitors. Stick with reputable charities whose names you’ve known for years.

GRANDPARENTS: After gathering names and other details about family members from obituaries, social media and ancestry websites, scammers call, often in the wee hours. They claim to be beloved grandchildren who’ve been arrested or hospitalized – often while traveling – and need immediate money. Don’t believe it. Or at least call the grandchild or parents before heading to Western Union. Grandparents of college-aged young people are the most frequent targets reporting losses exceeding \$110 million a year.

HOME REPAIR: Unscrupulous contractor arrives unexpected at your front door, claiming to have noticed necessary repairs while driving by. Some demand upfront payment for materials and then run off with the money. Others do shoddy work like applying used motor oil to recoat driveways. Some make legitimate repairs for outrageous prices. Perhaps the worst are “woodchucks”. They might initially trim trees or clean gutters, but they continue to recommend more repairs until you’re bled dry by them or their “specialist” buddies.

HEALTH CARE: The come-on may be an offer of free medical supplies, a threat of losing Medicare coverage or a promise of better sex with low-cost Viagra. The result can be old-fashioned financial fraud of a specialized variant, medical identity theft, in which impostors get health care services under your name, leaving you with the tab. People 65 and older are prized targets because of Medicare benefits. In view of continuing public misconceptions about how the Affordable Care Act works, experts predict health care scams will become epidemic in 2014.

INVESTMENTS: These come in many forms: some are free lunch seminars hawking questionable financial products or legitimate ones with long “hold” periods that are unsuitable for older investors; others are pitches from cold-calling telemarketers for “no risk” investments in precious metals or peggy stocks. Losses can be particularly high. Older investors who fell for the bait were out an average of \$140,500 each, a study found.

January Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Closed for New Year's	2	3
6 6:30 Bingo Fundraiser	7 9:30 Blood Pressure & Blood Sugar Checks	8 12:30 Grocery Shopping @ Knight's, Fred's & Dollar General	9	10
13 10:00 Oaklawn Casino Trip	14 12:30 Grocery Shoppin @ Kroger, Big Lots & Dollar Tree	15 9:30 Feel Good Bingo	16	17
20 Closed <i>Happy Martin Luther King Day!</i>	21 10:30 Bingo	22 12:30 Grocery Shopping @ Walmart	23 8:00 Breakfast @ Emily's	24
27	28	29 12:30 Grocery Shopping @ Knight's, Fred's, & Dollar General	30	31

DID YOU KNOW THAT LAUGHING IS GOOD FOR YOU?

SEE IF THIS WILL MAKE YOU FEEL BETTER

Hospital rules state that patients checking out must have a wheelchair. One day a newly graduated nurse assistant came into the room to find an 80 year old man fully dressed, sitting on the bedside chair with a piece of packed luggage at his side, all ready to go. When he was shown the wheelchair, he was adamant that he was fully capable of walking himself to the parking lot. But the assistant told him rules were rules. He relented and let her wheel him out. In the elevator, the assistant asked the man if his wife was coming to meet him. “I don’t think so,” he replied. “it takes her awhile to change her clothes so she’s probably still upstairs in the bathroom taking off her hospital gown and getting dressed.”



Please Note: Schedules are subject to change. Please check announcement board in the center for changes.

February Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 6:30 Bingo Fundraiser	4 9:30 Blood Pressure & Blood Sugar Checks	5 9:30 Diabetes Self Mgmt Class 12:30 Grocery Shopping @ Knight's, Fred's & Dollar General	6	7 10:00 Oaklawn Horse Races
10	11 10:45 Bingo 12:30 Grocery Shopping @ Kroger, Big Lots, Dollar Tree	12 9:30 Diabetes Self Mgmt Class	13 9:30 Happy Foot Care Education	14 Valentine's Day Party
17 6:30 Bingo Fundraiser	18	19 9:30 Diabetes Self Mgmt Class 12:30 Grocery Shopping @ Walmart	20 10:45 Western Sizzlin'	21
24	25 10:45 Bingo	26 9:30 Diabetes Self Mgmt Class 12:30 Grocery Shopping @ Knight's, Fred's, & Dollar General	27	28



100 Victory Cr, Jacksonville, AR

501-982-7531

1st & 3rd Monday Nights Each Month

Doors Open at 6:00 p.m.

Quick Fires begin at 6:30 p.m.

\$500 Jackpot Prize

Open to the Public

QUICK MUFFINS



1/2 cup Milk

1/4 cup Mayonnaise

1 cup Self-rising Flour, unsifted

Stir together all ingredients. Pour into well greased muffin tins, filling cups about 2/3 full. Bake at 450 degrees for 20 minutes or until golden.

ONE SKILLET SUPPER

1/2 medium onion (chopped)

1 clove garlic (finely chopped)

2 tbsp. butter or margarine

1 can of cream style corn

1/4 cup grated cheddar cheese

Saute the onion and garlic in the 2 tbsp. butter until soft. Add can of corn and bring to a slow boil, add cheese. Stir until cheese is melted. Season to your taste. To make a more substantial meal, add pieces of rotisserie chicken. This is a quick, easy meal for you corn lovers.

Cardio Exercise to a Latin beat



When: Tuesday & Thursday

Time: 10:00 A.M.

Where: Jacksonville Senior Wellness & Activity Center

JOIN us
JSWAC Offers

Tai Chi For Well-Being

Tai Chi Promotes:

-Stress Reduction

-Deep Breathing

-Joint Flexibility

-Good posture



When: Every Tuesday & Thursday at 9:00 am

Where: Jacksonville Senior Wellness & Activity Center

J'Ville Jets

BeanBag Baseball Schedule

March-June 2014



March 10	10:00 a.m. Jets vs. Sherwood	Home
March 25	10:00 a.m. Jets vs. Bess Chisums	Home
March 28	10:00 a.m. Jets vs. Conway	Home
April 8	10:30 a.m. Jets vs. Heritage House	Home
April 18	10:00 a.m. Jets vs. West Central	Away
April 28	10:00 a.m. Jets vs. Camp Aldersgate	Away
May 1	10:30 a.m. Jets vs. Des-Arc	Home
May 12	10:00 a. m. Jets vs. Willow House	Home
May 16	10:00 a.m. Jets vs. Bowker House	Home
June 4	10:00 a.m. Jets vs. Greenbriar	Away
June 13	10:00 a.m Jets vs. Mid-Delta	Home
June 24	10:00 a.m. Jets vs. Hays Center	Away
June 27	10:00 a.m. Jets vs. Benton	Home



March Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 6:30 Bingo Fundraiser	4 8:00 Emily's Breakfast 9:30 Blood Pressure/Sugar Checks	5 9:30 Diabetes Self Mgmt Class 12:30 Grocery Shopping @ Knight's, Fred's & Dollar General	6 10:00 Oaklawn Horse Racing & Casino	7
10	11 12:30 Grocery Shopping @ Kroger, Big Lots, Dollar Tree	12 9:30 Diabetes Self Mgmt Class	13 10:45 Bingo 5:00 Dinner @ Brown's	14
17 10:30 St. Patty's Day Celebration 6:30 Bingo Fundraiser	18 10:45 Bingo	19 9:30 Super Noggin Class	20	21 10:00 CareLink Annual Senior Idol Contest
24	25	26 9:30 Super Noggin Class		27
30	31			

Taking Turns

While working the lunch shift at a local restaurant, I watched as an elderly couple ate. It seemed as if the man was the only one eating. First his appetizer, then his main, and then finally his dessert. All the while with his wife just looking on, not even touching her food. Confused, I approached the woman and asked if there was anything I could get for her. "No thank you," came her answer, "it's his turn for the teeth."

"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending." Carl Bard

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Senior Select

The Mercks -- Ed and Jo By Jo

Ed, originally from Northern Minnesota, joined the Air Force as an officer and a navigator and, at his request was sent to Evreux Air Base in France.

I was then Josephine Connell and from Smackover in Southern Arkansas, I had always wanted to see and live the European experience so I applied when I discovered the American military needed teachers for families stationed overseas. I asked for first grade and France. I was accepted and sent to Evreux.

We teachers were allowed to eat at the Officers Club and one Friday evening in October I met Ed at the O' Club – the Northern Minnesotan and the Southern Arkansan!

I had laryngitis and had not taught for two days because I had no voice. Ed asked me for three dates that night. Several days later I overheard him talking to someone and he was saying he thought he had found the perfect woman, one who couldn't talk!

We became very close and parted only when I went to Turkey the following school year to teach first graders in a converted tobacco warehouse at a NATO Headquarters. It gave me many unusual and interesting experiences.

I returned to the States the following summer and Ed was sent to California a few months later. Ed stopped at Smackover where my family approved of him and we drove to Northern Minnesota where his family approved of me.

Later, after I joined Ed in California to plan our wedding, he was sent to Squadron Officers School in Alabama so I had to drive down on his only three day weekend to be married on a Friday. The priest there, also from Minnesota, had been at Evreux AFB when we were there. Ed asked him to perform the ceremony and when he knew the day and time, he said he had an exam that morning and we must be waiting and ready in the room behind the chapel. We would have to hurry because another wedding had been scheduled right after ours.

Ed and his brother and I and my friend from New York whom I had met in graduate school in Manhattan were there as asked. The priest rushed in at the last minute, telling us to stand here or there and he would tell us the rest inside the chapel. We were laughing when we entered and grinning the whole time of the service. Ed's mother later said she had never seen a happier wedding in her life.

We met on a Friday. Our wedding was on a Friday, of course, June 15, 1962. Thereafter to this day, we lift a glass on every Friday evening and say "Happy Anniversary"! Then our 50th wedding anniversary came in 2012 and guess what – it was Friday, June 15. Friday is our day.

Our only daughter is deceased but she left us a fine grandson, Eddie, who works for the city as a groundskeeper regularly overseeing the tending of the grounds at the Senior Center. He has provided us with a wonderful great granddaughter, Mary Jo, graduating this year from a special high school for the talented.



Also a great grandson, Hunter, in junior high. He visits us often and we're so glad he does.

From California we were sent to Japan for a three year tour. While there, we acquired a young miniature brown and tan dachshund dog and called her Tina. She qualified so we registered her in Japan. One Sunday morning she escaped through the bamboo fence. Ed went to find her and was still looking by noon. With information from a lady he saw he went to a minister's home. He had our dog Tina. He said they always left the doors open during services on Sunday morning. When they sang the invitational song, our dog came in and walked all the way up the aisle, so she is now a Baptist.

At the end of this tour the Air Force sent Ed to the University of Colorado for his graduate work in management. This was where he became so interested in the computer. Afterward, we were sent right back to the same base in Japan for another three year tour. Tina made the trip both ways with us.

From there we went to Virginia where Ed flew little and had a management job. Soon a General in the Philippines requested Ed come for a short unaccompanied tour. Ed was not allowed to refuse so he went without me and I went over once for a short visit.

While Ed was here, he put his pleasure in tennis to good use. His commanding officer agreed with Ed to invite tennis players from Philippine military and community tennis clubs to come to the Air Base to play friendly tennis. Soon the Philippine military and community tennis clubs were inviting players from the Air Base and good will was promoted all around. It was enjoyed by all.

On his return from the Philippines to the Air Base in Virginia, Ed discovered his good job there had been reassigned. He had to take his second choice and that was Little Rock AFB in Jacksonville in 1975.

In Jacksonville we chose a house in the Foxwood housing area one-half block from recently completed and membership owned Foxwood Country Club. We became members and Ed served on the committee to build tennis courts and I helped for one year by running the club swimming pool since I had the proper Red Cross papers to do so. I learned to play golf here and became active in the Ladies Golf Association at Foxwood, serving as secretary-treasurer for about fifteen years and continuing as secretary until about three years ago when I deteriorated physically and sadly could not play golf anymore.

After learning to use the computer, Ed put the results of his genealogical research on the internet for all to see. He receives emails from all over from people to see if they are related or to give him information to add to his huge data listing. Then he began to give his services to others. He provides websites for six non-profit organizations including the Senior Center who presented him with a Certificate of Appreciation as 2011 Volunteer of the Year. In 2013 he was nominated by RSVP and named finalist for the 2014 Arkansas Community Service Award. A crew came to our house with camera and microphone to interview Ed for a showing on the 10 pm NBC TV news broadcast in June.

I am thankful to the Senior Wellness and Activity Center for providing a good place for the Bridge Clubs I play with especially since I can't play golf anymore. I play bridge there every Friday and two Tuesdays a month.

