

Jacksonville Senior Wellness & Activity Center  
 100 Victory Circle  
 Jacksonville, AR 72076  
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 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

July—September 2014

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

A United Way Agency

### Upcoming Events

July 3—Independence Day  
 Cookout & Game Day  
 July 29—Breakfast @ IHOP  
 Aug 4—Southland Casino  
 Aug 7—Western Sizzlin'  
 Aug 15—Game Day & Cookout  
 Sep 8—Southland Casino  
 Sep 10—Senior Olympics  
 Sept 18—Dinner @  
 Cracker Barrel  
 Sep 20—Bunko & Silent  
 Auction  
 Sep 26—Game Day & Cookout  
 Sep 27—Festiville Bean Bag  
 Game

### Director's Word



I am a big nature lover. I always admire the changing character of nature every year. It gives a message to mankind that nothing is permanent in this world; change is the only permanent thing in life. Generally I like all the seasons that nature brings with this but still my favorite season is summer because of many reasons. Backyard barbeques, warm summer rains and vacations with the family bring many happy memories. I also like summer because it's a season of beautiful flowers & we get the opportunity to taste the healthy fruits directly from the gardens. In the spirit of summer, we are having monthly barbeques and a game day. Please join us for summer fun at the center and let's make it a summer to remember.

# Preventing Falls Among Older Adults

## The Reality

Each year, one in every three adults ages 65 or older falls and 2 million are treated in emergency departments for fall-related injuries. And the risk of falling increases with each decade of life. The long-term consequences of fall injuries, such as hip fractures and traumatic brain injuries (TBI), can impact the health and independence of older adults. Thankfully, falls are not an inevitable part of aging. In fact, many falls can be prevented. Everyone can take actions to protect the older adults they care about.



## Fall Prevention Tips

You can play a role in preventing falls. Encourage the older adults in your life to:

- **Get some exercise.** Lack of exercise can lead to weak legs and this increases the chances of falling. Exercise programs such as Tai Chi can increase strength and improve balance, making falls much less likely.
- **Be mindful of medications.** Some medicines—or combinations of medicines—can have side effects such as dizziness or drowsiness. This can make falling more likely. Having a doctor or pharmacist review all medications can help reduce the chance of risky side effects and drug interactions.
- **Keep their vision sharp.** Poor vision can make it harder to get around safely. Older adults should have their eyes checked every year and wear glasses or contact lenses with the right prescription strength to ensure they are seeing clearly.
- **Eliminate hazards at home.** About half of all falls happen at home. A home safety check can help identify potential fall hazards that need to be removed or changed, such as tripping hazards, clutter, and poor lighting.

## Steps for Home Safety

The following checklist can help older adults reduce their risk of falling at home:

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Install handrails and lights on all staircases.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Put grab bars inside and next to the tub or shower and next to your toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang lightweight curtains or shades to reduce glare.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

## ***Beans & Cornbread***

### ***Lunch***

Food, Fun  
& Entertainment

You're going to eat!

Why not Enjoy it?

Wednesday, October 22, 2014

11:00 am to 1:00 pm

Jacksonville Senior Wellness and Activity Center

100 Victory Circle

Tickets: \$ 6.00

Tickets may be purchased in advance



JACKSONVILLE SENIOR WELLNESS & ACTIVITY CENTER

Fall HEALTH FAIR

Into Wellness

OCTOBER 16

9:00 AM-2:00PM

100 VICTORY CIRCLE, JACKSONVILLE, AR

FREE HEALTH SCREENING:

BLOOD PRESSURE AND BLOOD SUGAR CHECKS

FOOT SCREENING

MINI MESSAGES

PHYSICAL AND OCCUPATIONAL THERAPISTS

DOOR PRIZES AND GIVEAWAYS

INFORMATION BOOTHS:

HOME CARE SERVICES

HOUSING OPTIONS

SENIOR COMPANION INFO

FUNERAL PLANNING

ELDER LAW

drawing for a free 1 year membership

DEMONSTRATIONS:

ZUMBA GOLD

TAI CHI DEMO

LINE DANCING

ALL OF THIS AND MORE

COME JOIN US!!

Bunko BASH

SATURDAY SEPTEMBER 20, 2014

WE WILL OPEN DOORS AND SERVE DINNER AT 4:30 P.M.  
BUNKO STARTS AT 5:00 P.M.

LOCATED AT THE LANDMARK BAPTIST CHURCH'S NEW LOCATION, AT 2200 MARSHALL RD, JACKSONVILLE

DON'T MISS

GREAT PRIZES, A SILENT AUCTION AND HAVING FUN WITH FRIENDS WHILE SUPPORTING A WONDERFUL CAUSE!

Don't know how to play? We'll teach you!

ALL PROCEEDS BENEFIT

JACKSONVILLE SENIOR WELLNESS & ACTIVITY CENTER

FOR MORE INFORMATION, CONTACT LALA ANTUES AT 501-982-7531.

MAKE CHECKS PAYABLE TO:

JACKSONVILLE SENIOR WELLNESS & ACTIVITY CENTER

MAIL REGISTRATION TO:

JACKSONVILLE SENIOR WELLNESS ACTIVITY CENTER  
100 VICTORY CIRCLE, JACKSONVILLE, AR  
72076

Bunko Bash Registration Form

Admission is \$25 in advance or \$30 at the door.

Name

Cash

Check Number

Address

Email Address

Phone

No refunds. Space is limited. Call or mail registration.



## Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Pedal-cise	9:00 Tai-Chi	9:30 Pedal-cise	9:00 Tai-Chi	9:30 Bridge Club
10:00 Bean Bag Baseball Practice	9:30 Bridge Club (1st & 3rd Only)	9:00 Pinochle Club	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
6:30 Bingo (1st & 3rd Mondays)	7:00 Dance	12:30 Grocery Shopping	1:00 Card Club	11:00 Use It or Lose It
7:00 Jam Session (2nd & 4th Mondays)			12:30 Line Dance Class	

### BLT Pasta Salad

2 cups uncooked elbow macaroni  
 5 green onions, finely chopped  
 1 large tomato, diced  
 1-1/4 cups diced celery  
 1-1/4 cups mayonnaise  
 5 teaspoons white vinegar  
 1/4 teaspoon salt  
 1/8 to 1/4 teaspoon pepper  
 1 pound sliced bacon, cooked and crumbled

**Directions**  
 Cook macaroni according to package directions; drain and rinse in cold water. In a large bowl, combine the macaroni, green onions, tomato and celery. In a small bowl, whisk the mayonnaise, vinegar, salt and pepper. Pour over macaroni mixture and toss to coat. Cover and refrigerate for at least 2 hours. Just before serving, add bacon. **Yield:** 12 servings.

### JSWAC Weekly Dance

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.

## Birthdays

Duke, Winnie P	3-Jul	
Carvell, Sandra G	4-Jul	Winters, Leroy
Bates, Kay	5-Jul	2-Aug
Shultz, Carmen C	5-Jul	3-Aug
Elliot, Mary Nell M	6-Jul	5-Aug
Hughes, Glenda R	6-Jul	7-Aug
McColpin, Robert D	6-Jul	7-Aug
McKee, Lee E	7-Jul	7-Aug
Bennett, Winnie	8-Jul	10-Aug
Bickell, Paul A	9-Jul	10-Aug
Osborne, Linda A	10-Jul	10-Aug
Parke, Gloria J	11-Jul	10-Aug
Bogle, Ruth L	12-Jul	12-Aug
Huber, Bonnie J	13-Jul	16-Aug
Munnerlyn, A. J.	13-Jul	16-Aug
Booker, Emma L	13-Jul	18-Aug
Parks, John W	15-Jul	19-Aug
Rhodes, Marjorie D	15-Jul	19-Aug
Stiles, Suzanne J	15-Jul	22-Aug
Casson, Ida B	18-Jul	22-Aug
Keyser, Suzette J	19-Jul	23-Aug
Lovercheck, Irene	21-Jul	26-Aug
Piersing, Paula G	23-Jul	27-Aug
Gray, Vera T	23-Jul	27-Aug
Massey, Claria M	23-Jul	27-Aug
Lowry, Dicky	24-Jul	27-Aug
Cortel, Wendilina	24-Jul	30-Aug
Uhrich, Gail	25-Jul	
Smith, Diane D	27-Jul	
Jackson, Shirley	28-Jul	
Peiffer, Erma R	29-Jul	
	30-Jul	
	30-Jul	



**“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.” - Buddha**

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



## Connie's Corner: "In the Spotlight"

The JSWAC team is happy to announce the addition of a new full time team member, Luke Petty. Please join me in welcoming Luke to the JSWAC family. Luke just recently moved from Scottsburg, Indiana and has only been in Arkansas since April. I am confident he will be an asset to our team. Please be patient as he gets used to all of the many new faces, names, routes, activities and other JSWAC offerings.

Meanwhile, continue to take part in all of our upcoming activities and feel free to make use of our suggestion box located on the desk in the corridor next to the lunch service window. The weather is getting warmer, so stay hydrated, but most importantly, keep moving, keep your brain active and stay safe.



Luke Petty, Driver

## July Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 10:30 Hawaiian Shirt Contest	3 8:30 - Noon 4th of July Picnic & Festivities	4 Closed for Independence Day
7 9:00 Southland Casino Trip	8	9 9:30 Matter of Balance #3	10 10:45 Bingo	11 9:00 CareLink Annual Quiz Bowl @ FUMC
14	15	16 9:30 Matter of Balance #4	17 10:45 Crossroads Cafe	18 10:45 Bingo
21	22 12:15 Bingo	23 9:30 Matter of Balance #5	24 10:30 Bean Bag Baseball Game vs. West Central (Home)	25 Birthday Lunch
28 10:00 Bean Bag Baseball Game @ Des Arc	29 8:00 IHOP Breakfast (bus will leave earlier—check with your driver)	30 9:30 Matter of Balance #6	31	



1st & 3rd Monday Nights Each Month

Doors Open at 6:00 p.m.

Quick Fires begin at 6:30 p.m.

100 Victory Cr, Jacksonville, AR

501-982-7531

**\$500 Jackpot Prize**

**Open to the Public**

All proceeds benefit Jacksonville Senior Wellness & Activity Center.

### Laughter is good for the soul!

An old woman was arrested for shoplifting at a grocery store. When she appeared before the judge, the judge asked what she had taken. The lady replied, "A can of peaches." The judge then asked why she had done it. She replied, "I was hungry and forgot to bring any cash to the store." The judge asked how many peaches were in the can. She replied, "Nine." The judge said, "Well then, I'm going to give you nine days in jail--one day for each peach." As the judge was about to drop his gavel, the lady's husband raised his hand and asked if he might speak. The judge said, "Yes, what do you have to add?" The husband said, "Your honor, she also stole a can of peas."

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



## August Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 9:00 am Southland Casino 9:30—11:00 Nails Polished by "Connie"	5 9:00 am Blood Pressure/Blood Sugar Checks 10:00 am BB Game @ Willow House	6 9:30 am Matter of Balance—Week 7	7 10:45 am Western Sizzlin'	8
11 10:00 am BB Game @ Sherwood	12 10:45 am Bingo	13 9:30 am Matter of Balance—Week 8	14	15 9:30 am Game Day & Cook out
18 9:30—11:00 Nails Polished by "Connie"	19	20 10:00 Bean Bag Baseball vs. 19th LRS Team	21	22
25	26 12:30 Super Noggin Celebration	27 10:00 am BB Game @ Bowker House	28	29 10:45 Bingo Birthday Celebration

Please call Connie or Christy for any questions regarding the calendar of events at 982-7531.

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



**Annual  
4th of July  
Celebration  
Game Day**



### Monthly Game Day and Cookout

Join Us at 9:30 am for

**Washer Toss**

**Chair Volleyball**

**Checkers**

**Ladder Ball**

**Special Entertainment**

**Baggo**

**Burgers and all the Fixin's**

**Friday, August 15, 2014 & Friday, September 26, 2014**

# J'Ville Jets

## BeanBag Baseball Schedule



### July—October 2014

14-Jul	10:00 a.m.	Hays Hot Shots	Home
24-Jul	10:30 a.m.	West Central Badgers	Home
28-Jul	10:00 a.m.	Des Arc Bobcats	Home
5-Aug	10:00 a.m.	Willow House Bombers	Away
11-Aug	10:00 a.m.	Sherwood All Stars	Away
27-Aug	10:00 a.m.	Bowker House Golden Eagles	Away
12-Sep	10:00 a.m.	Bess Chisum Blue Blazers	Away
16-Sep	10:00 a.m.	Green Briar Recycled Teenagers	Home
22-Sep	10:00 a.m.	Conway Shakers	Away
Pending	10:00 a.m.	Mid-Delta All Stars	Pending

## September Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Center Closed for Labor Day	2	3 9:30 am Diabetes Self Mgmt Class Week 1	4	5
8 9:00 am Southland Casino 9:30—11:00 Nails Polished by "Connie"	9 9:00 am Blood Pressure/Blood Sugar Checks	10 9:30 am Diabetes Self Mgmt Class Week 2 8:00 am Senior Olympics @ Hot Springs	11	12 10:00 am BB Game @ Bess Chisum
15	16 10:00 am BB Game w/Green briar (home)	17 9:30 am Diabetes Self Mgmt Class Week 3	18 6:00 pm Dinner at Cracker Barrel (check for pickup times)	19 10:45 am Bingo
22 10:00 am BB Game @ Conway	23	24 9:30 am Diabetes Self Mgmt Class Week 4	25	26 9:30 am Game Day & Cook out Birthday Celebration
29 9:30—11:00 Nails Polished by "Connie"	30			

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

**"Our prime purpose in life is to help others and if you can't help them, at least don't hurt them." Dalai Lama**

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





Nashville 2014 Road Trip!

Next Stop—Tunica & Memphis

## TUNICA & MEMPHIS CASINO BUS TOUR



**3 Days, 2 Nights in Tunica**

**November 3-5, 2014 - \$209 per person, double occupancy**

**Spectacular gaming at the Tunica area Casinos**

**Admission to the Memphis Rock 'n' Soul Museum**

**Admission to Graceland**

**Free Time on Beale Street**

**Call 982-7531 for details!**

## New Classes Coming Soon!



Move With Balance® began in 2005 as a regional project on the island of Maui, Hawaii, a project focused on preventing falls and fall-related injuries, and enhancing brain function and cognitive skills in our growing population of frail elders. Move With Balance® is founded on two unique and innovative elements.

The first is a sequence of activities and movements that not only help elders regain muscular confidence but also sharpen elders' mental acuity by integrating the vestibular, visual, and proprioceptive systems and by balancing brain hemispheres to improve cognition. These activities, culled from many sources (with permissions as needed) and developed from abundant experience, are based on the latest neurological science. They reach all skill levels, and they are fun.



### Benefits to You

The Walk With Ease Program will help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great

In studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina, Walk With Ease was shown to reduce pain, increase balance and strength, and improve overall health.

- A program of the Arthritis Foundation

**Walk With Ease**<sup>SM</sup>  
a program for better living<sup>®</sup>

*Experience the Walk With Ease Program.*

*Arthritis Foundation Certified.*

*Doctor Recommended.*