

JSWAC

Jacksonville Senior Wellness & Activity Center

July—September 2013

Jacksonville, AR

(501) 982-7531 Fax (501) 982-4362

www.jacksonvilleseniorcenter.net

A United Way Agency

*Jacksonville Senior Wellness & Activity Center
Health Fair & Open House*

**"A Healthy Dose of Wellness"
Thursday, September 12, 2013**

**9:00am-2:00pm
100 Victory Circle, Jacksonville**

Free Health Screening:

Blood Pressure and Blood Sugar Checks

Foot Screening

Mini Massages

Physical and Occupational therapists

Informational Booths

Home Care Services

Housing Options

Senior Companion Info.

Funeral Planning

Elder Law

Demonstrations:

Zumba Gold

Tai Chi Demo

Line Dancing

Laughter Exercise

*Door Prizes
and Giveaway's*

*Drawings for a free 1
year membership*

*All this and more
Come Join Us!!*



HEALTHY EATING OVER 50

Let's face it, there's a reason why so many of us have trouble eating nutritiously every day. Sometimes it's just quicker or easier to eat unhealthy food. If you're having trouble getting started on a healthy eating plan, maybe this will help:

SAY "NO" TO EATING ALONE

Eating with others can be as important as adding vitamins to your diet. A social atmosphere stimulates your mind and helps you enjoy meals. When you enjoy mealtimes, you're more likely to eat better. If you live alone, eating with company will take some strategizing, but the effort will pay off.

- MAKE A DATE TO SHARE LUNCH OR DINNERS WITH CHILDREN, GRANDCHILDREN, NIECES, NEPHEWS, FRIENDS AND NEIGHBORS ON A ROTATING BASIS.
- JOIN IN BY TAKING A CLASS, VOLUNTEERING OR GOING ON AN OUTING, ALL OF WHICH CAN LEAD TO NEW FRIENDSHIPS AND DINING BUDDIES.
- SENIOR CENTER PROGRAMS PROVIDE BOTH COMPANIONSHIP, NUTRITIOUS MEALS AND ACTIVITIES FOR OLDER ADULTS. YOU MAY BE ISOLATED, LONELY, NEED TO BE MORE ACTIVE OR UNABLE TO PREPARE YOUR OWN MEALS. CHECK US OUT!

SOMETHING TO MAKE YOU LAUGH



There was a man driving a pickup truck down a country road when suddenly he was broad sided by a trailer truck. Some time went by and the case got to court. The defense attorney said to the plaintiff, "how can you be suing my client now when you told a trooper after the accident that you felt fine?" The man replied, "well sir, it was like this. We was drivin' down the road, mindin' our own business when a big trailer truck came out of nowhere and creamed us. When I came to, I was in the ditch and a trooper was pullin' up with his car. He looked at the hogs and they was 'most dead, so he shot 'em. Then he looked at my dog, and he was hurt real bad, so he shot him. Then he came over to me and he said, 'How you feeling?' "I said, I never felt better in my life."



Senior Select

Maddie McDonald was born and raised in Arkansas and moved to Jacksonville 5 years ago, in 2008. She is 16 years old and will be an 11th grader as a homeschooled student. Maddie plans to get a business degree from a college somewhere in Arkansas then go on to Culinary School to get a degree and begin the process of opening a bakery. She hopes to use her bakery as a means of reaching out to her community by providing meals to the homeless and needy. Her plan is to donate portions of profits to better her community and simply provide a place full of warmth and comfort for people to spend their time.

Maddie became interested in working at the Jacksonville Senior Center after her brother, Malachi McDonald, interned here for two years. The position is a means for her to make an impact on her community now.

She is happy to be able to spend her summer with all of you at the Jacksonville Senior Wellness and Activity Center and hopes that you enjoy her as much as she enjoys spending her time with you.

Cardio Exercise to a Latin beat



**JOIN THE
Party**

When: Tuesday & Thursday

Time: 10:00 A.M.

Where: Jacksonville Senior Wellness & Activity Center

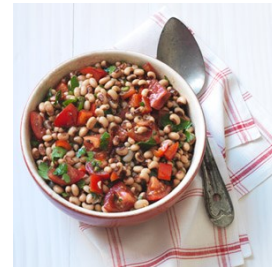
Weekly Schedule

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

Black-eyed Pea Salad with Tomatoes and Peppers

3 Tbsp olive oil
 2 Tbsp balsamic vinegar
 1 clove garlic, finely chopped
 1 tsp granulated sugar
 Kosher salt and pepper
 2 15.5-oz. cans black-eyed peas, rinsed
 2 plum tomatoes, cut into 1-in. pieces
 1 small red bell pepper, cut into 1/2 -in.
 pieces
 1 jalapeño, finely chopped
 1/2 cup flat-leaf parsley, roughly chopped

1. In a large bowl, whisk together the oil, vinegar, garlic, sugar, and 1/4 tsp each salt and pepper
2. Add the peas, tomatoes, bell pepper and jalapeño and toss to coat; fold in the parsley.



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

July Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 "Bring a Friend Month" 10:00 Restoring Old T-Shirts	2 9:30 Blood Pressure/Sugar Checks	3 10:00 4th of July Celebration	4 Closed for the 4th of July	5
8	9	10 9:30 Super Noggin	11 8:00 Breakfast @ Emily's	12 10:00 Quiz Bow; @ JFUMC
15 10:00 Bean Bag Baseball Game @ Hay's Center	16	17 9:30 Super Noggin	18	19 10:45 Gift Card Bingo 7:00 Dance—Presenting "Diamond Back"
22	23	24 9:30 Super Noggin	25 Spotlighting State's Hollywood connections	26 10:00 Bean Bag Baseball Game @ Mid-Delta
29	30	31 10:45 Bingo		

Weekly Shopping Schedule

Every Wednesday Afternoon



1st Wednesday—Wal-Mart

2nd Wednesday—Knight's, Fred's & Dollar General

3rd Wednesday—Kroger, Big Lots, Dollar Tree

4th Wednesday—Wal-Mart

5th Wednesday—Knight's, Fred's & Dollar General

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August Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 10:00 Bean Bag Baseball Game @ Des-Arc
5 7:00 Bingo Fundraiser	6 9:30 Blood Pressure/ Sugar Checks 7:00 Sonny Burgess & The Pacers	7	8 10:30 Restaurant of the Month- Western Sizzling	9 10:45 Bingo
12 Movie Day in Safe Room	13	14	15	16 Reminisce Group
19 10:00 Bean Bag Baseball Game @ Heritage House 7:00 Bingo Fundraiser	20	21 10:00 Bingo	22 10:45 Senior Advisory Meeting	23 Reminisce Group
26	27	28 Super Noggin Celebration	29 Guest Singer	30 10:00 Bean Bag Baseball Game @ Conway





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

Open to the Public

Win Cash Prizes

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September Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed for Labor Day	3 9:30 Blood Pressure/Sugar Checks	4 9:30 Matter of Balance Class	5 Grandparents Day Celebration	6 10:00 Bean Bag Baseball w/ West Central
9 10:00 Bean Bag Baseball @ Willow House	10	11 9:30 Matter of Balance Class	12 9:00 Health Fair	13 Superstition Share Day
16 2:00 Bean Bag Baseball Celebration in Conway 7:00 Bingo Fundraiser	17 Apple Dumpling Day	18 9:30 Matter of Balance Class 10:00 Nutrition Education with Baptist Health	19 Butterscotch Pudding Day	20
23 Checkers Day Tournament	24	25 9:30 Matter of Balance Class	26 10:45 Bingo	27 10:00 Bean Bag Baseball @ Bess Chisum

A THOUGHT TO REMEMBER

“You are never too old to set another goal or to dream a new dream.” -Aristotle

Staff Members

Christy McMillion, Executive Director
 Connie Evans, Assistant Director
 Betty Seales, Activities Instructor
 Lala Antunes, Bookkeeper
 Darlie Graham, Service Coordinator
 Ruth Turnipseed, Admin Assistant
 Maddie McDonald, Intern

Keyth Gaynor, Head Cook
 Da'Mon Beard, Assistant Cook
 Melvin Harrison, Lead Driver
 Dicky Lowry, Driver
 Tommy Woods, Driver
 Sandra Estes, Admin Assistant

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YOU ARE INVITED TO JOIN US FOR

A MATTER OF BALANCE

An 8 week class that addresses fall related issues, how to prevent falls and exercises to strengthen our entire body as we think about prevention. A very interactive and fun class that gives participants the opportunity to share and learn from others and their experiences.

SPONSORED BY

JACKSONVILLE SENIOR CENTER

100 VICTORY CIRCLE

JACKSONVILLE AR

WEDNESDAY SEPTEMBER 4

TO

WEDNESDAY OCTOBER 23

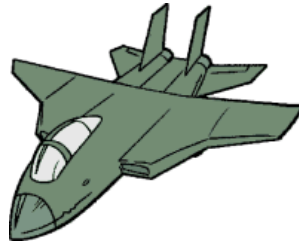
9:30-11:30

FREE OF CHARGE

RSVP TO BETTY @ 501.982.7531

J-Ville Jets Beanbag Baseball Games

July- October 2013 League



Jets @ Home
September 6 @ 10:00 am

Jets @ Willow House
September 9 @ 10:00 am

Jets @ Home
July 15 @ 10:00 am

Jets @ Bess Chisums
September 27 @ 10:00 am

Jets @ Mid-Delta
July 26 @ 10:00 am

Jets @ Bowker
October 9 @ 10:00 am

Jets @ Des-Arc
August 2 @ 10:00 am

Jets @ Sherwood
October 14 @ 10:00 am

Jets @ Heritage House
August 19 @ 10:00 am

Jets @ Benton
October 24 @ 10:00 am

Jets @ Conway
August 30 @ 10:00 am

Bean Bag Baseball Celebration

in Conway

September 16 @ 2:00 pm

Macaroni Salad



2 cups elbow macaroni
4 large eggs
1/4 cup reduced fat sour cream
2 Tbsp mayonnaise

1 Tbsp Dijon Mustard

3 Tbsp fresh lemon juice

Kosher salt and pepper

1 stalk celery, halved lengthwise and thinly sliced

1 small green bell pepper, cut into 1/4 in. pieces

1 jarred pimiento or roasted red pepper, finely diced

2 scallions, thinly sliced

1. Cook the pasta according the package directions. Drain.
2. While the pasta is cooking, place the eggs in a small saucepan. Cover with water and bring to a boil. Remove from heat, cover and let stand for 12 minutes. Run under cold water to cool.
3. In a large bowl, whisk together the sour cream, mayonnaise, mustard, lemon juice, and 1/4 tsp each salt and pepper. Add the pasta and toss to coat.
4. Peel the eggs, Using large holes on a box grater, grate one egg and 3 egg whites. Fold the eggs into the past mixture along with the celery, bell pepper, pimiento and scallions.

JOIN us
JSWAG 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

It's extra-important for seniors to keep cool



The older we get, the more careful we need to be on the hottest days of summer.

Even when kids and younger adults seem unfazed by a sweltering August afternoon, the heat can knock older folks right off their feet. Common health problems among seniors, including poor circulation, inefficient sweat glands, heart, lung or kidney disease, and high blood pressure, can affect how an older person's body deals with heat.

In addition, people on multiple medicines, or who take diuretics or sedatives, may not be able to sweat. And some seniors don't feel hot on days when everyone else is sweating, so they may wear too many clothes without realizing the danger.

Seniors can follow a few summertime strategies for keeping cool:

- If you don't have air conditioning, ask a family member or friend to drop you off for a day at the shopping mall, a library or nearby senior center, where it's air conditioned. We may be able to provide you transportation.
- Ask your doctor if any of your medications interfere with your ability to cool your body when it's hot.
- Dress in light, cotton clothes instead of synthetics when the temperature climbs.
- Drink plenty of cool water during the day, even if you don't feel thirsty. Avoid alcohol and caffeine; they cause dehydration.
- Listen to the weather reports. Stay indoors or go to someplace cool when the forecast calls for heat, humidity or high air pollution.
- Ask a relative or a neighbor to check in with you every day during the summer, just in case you need some help if the weather gets the better of you.

Taken from Arkansas Living Magazine July 2013

Birthdays

John Williams	3-Jul	Gordon Thorn	5-Aug	Patricia Rhoads	3-Sep
Winnie Duke	3-Jul	Cheri Furrow	7-Aug	Richard Stemple	5-Sep
Sandra Carvell	4-Jul	Chiang Burson	7-Aug	Dorothy Mayo	5-Sep
Carmen Shultz	5-Jul	Maria Stewart	7-Aug	Jean Crow	6-Sep
Kyung Bates	5-Jul	Irma Rector	8-Aug	Betty Grant	6-Sep
Winnie Bennett	9-Jul	Wanda Bamburg	10-Aug	Velma Fowler	6-Sep
Gloria Parke	12-Jul	Gloria Bohannon	16-Aug	Rose Graham	7-Sep
A. J. Munnerlyn	13-Jul	Ruthie Ford	16-Aug	Marie Bland	11-Sep
Bonnie Huber	13-Jul	Mark DeJesus	18-Aug	Sue Patty	11-Sep
Emilie Carter	16-Jul	Betty Gipson	19-Aug	Carlee Garrett	13-Sep
Ida Casson	21-Jul	Marion Knight	19-Aug	Macedonia Cruz	13-Sep
Pauline Wehe	21-Jul	Joy Stemple	22-Aug	Becky Johnson	15-Sep
Paula Peirsing	23-Jul	Judy Lucero	23-Aug	Helen Holland	16-Sep
Suzette Keyser	23-Jul	Sue Young	25-Aug	Deborah Cribbs	17-Sep
Vera Gray	24-Jul	Geneva Johnson	25-Aug	Lena Redmon	17-Sep
Dicky Lowry	25-Jul	Edward Montgomery	25-Aug	John Bryant	18-Sep
Rodney Hill	27-Jul	Betty Champ	27-Aug	Bessie Polston	19-Sep
Wendilina Cortel	27-Jul	Catherine Clements	27-Aug	Violet Moore	20-Sep
Gail Uhrich	28-Jul	John Cooper	27-Aug	Freddie Booker	22-Sep
Shirley Jackson	30-Jul	Mary Carlisle	29-Aug	Melvin Harris	23-Sep
Charles Waddington	3-Aug	William Jones	2-Sep	Verna Boggan	23-Sep
Thomas Craig	3-Aug	Sandra Estes	2-Sep	Cleo Waller	27-Sep
Blanche Morden	4-Aug	Edna Odom	3-Sep	Claire Leheny	28-Sep



© Lakeshore

Join us for **Birthday Cake Each Month**

Friday, July 26

Friday, August 30

Friday, September 27

Jacksonville Senior Wellness & Activity Center
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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 to our “Ghost Roast” Donors

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(List will be updated quarterly.)