

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 to our "Ghost Roast" Donors

Arkansas Federal Credit Union	Insurance Mart
Arkansas Funeral Care	Jacksonville Rotary
Arvest Bank	Mary Twitty
Ashland Chemical	North Metro Medical Center Auxilliary
Bart Gray Realty	Pathfinder, Inc.
Bond Consulting	Peacock Realty
Centennial Bank	Rice & Adams
CenturyLink	S & J Construction
Craftons Furniture	Sertoma Club
Dolores Johnson	Subway
Edward Jones Financial	Ted M. Pinney, DDS
First Arkansas Bank & Trust	Whit Davis Lumber

(List will be updated quarterly.)

JSWAC

Jacksonville Senior Wellness & Activity Center

October—December 2013

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

A United Way Agency

Will be In Concert At:



Jacksonville Senior Wellness
 & Activity Center, Inc.
 Thursday, November 21, 2014
 6:00p.m.
 100 Victory Cr., Jacksonville, AR

Tickets: \$7.00 each

All proceeds benefit the center.

Tickets may be purchased in
 advance at the center.

Director's Word



From cooler weather to pumpkin-flavored everything, you know when fall is finally here. This is a great time of year. It's full of apple picking, pumpkin carving, leaf raking, and more. Fall is here, and with it comes cool, crisp days with spectacular outdoor scenes of leaves changing from green to multi shades of oranges, reds, yellows and golds. Leaf peeping is the order of the day!

As you enjoy these last days of warmer weather, make your seasonal mood-boosting plan now, before the shortest, darkest days of the year are upon you. Your plan should include multiple mood boosters, including exposure to sunlight, exercise, social contact, and constructive attitude adjustment.

Come check out the events we have planned to help keep you healthy and happy during these next few months.

- October 16th - Beans & Cornbread Lunch Fundraiser
- October 17th - Greer's Ferry Fall Foliage Lake Cruise & Dinner at String Beanz
- October 21st - Medicare Part D Open Enrollment-CareLink
- October 25th - Flu Shots
- November 7th - Dinner at Golden Corral
- November 21st - Chili Supper w/ The Gospel Tones in Concert
- November 22nd - Thanksgiving Luncheon
- December 3rd - Sonny Burgess & The legendary Pacers
- December 5th - Christmas Luncheon
- December 12th - Christmas Brunch
- December 19th - Dinner at The Hook and Christmas Light Tour

Check our calendar for times or call us for more details.

Brain Fitness

People all over the country want to know if there is anything they can do to stay mentally sharp as they age. The answer to the question is YES! Did you know that seventy (70) percent of how well we age is under our control through the choices we make. Only thirty (30) percent is governed by our genes. We are going to list 10 ways that you can take control of the way you age.



- 1) **STAY ACTIVE** - regular exercise is the keystone to physical health, but did you know that it is also necessary for brain fitness because the condition of your brain is closely tied to the fitness of our body.
- 2) **CHALLENGE YOUR MIND** - learn something new, go someplace new, open your mind and try to think about your opinions from a new point of view, meet new people.
- 3) **THINK ABOUT WHAT GOES INTO YOUR MOUTH** - take your medications properly, many of you may know someone whose personality changes or becomes forgetful because they are not taking medications as prescribed. Make good food choices, it is best when vegetables and fruit cover most of your plate.
- 4) **DEVELOP A POSITIVE ATTITUDE** - did you know that our attitudes can directly affect our memory? HMMMM, think about that for a minute.
- 5) **NURTURE YOUR SPIRITUAL LIFE** - that can mean participating in organized religion, uplifting your spirit with inspirational music or readings, private prayer or meditation, or communing with nature. Do something that inspires you.
- 6) **GET ORGANIZED** - read this and think about it: "All too often when people come to me with memory concern, the underlying problem is not a neurological disorder but rather a shortcoming in their ability to be organized."
- 7) **AVOID TOXIC CHEMICALS** - here is a list to avoid: lead in some tap water or in old lead based paint, pesticides & herbicides used in your garden or in growing food, art supplies such as paint and ink, some chemicals used in metalwork and woodwork and carbon monoxide from your car and home heating systems.
- 8) **SLEEP WELL** - if you do not sleep well, please talk to your doctor. It is not normal and there are ways for you to begin to get good sleep and it is important for brain wellness.
- 9) **MINIMIZE STRESS** - chronic, prolonged stress kills brain cells. All kinds of diseases are linked to stress.
- 10) **MAINTAIN SOCIAL CONNECTIONS** - social interaction, even with strangers, is stimulating, helps reduce stress, and makes people happier.

If you would like to learn more about these ten steps to Brain Fitness, call us at Jacksonville Senior Wellness and Activity Center. We have classes and activities that cover them all. Let us tell you about them. Our contact information is on the front page of this publication.

Birthdays

Galbraith, Susan	1-Oct	Flores, Sheila	2-Nov	Pay, James	3-Dec
Griggs, Gladys	2-Oct	Cantrell, Barbara	3-Nov	Garrett, Bill	4-Dec
Johnson, Jannie	5-Oct	Grasby, Anita	3-Nov	Hernandez, Jacinta	4-Dec
Copeland, Juanita	5-Oct	Merck, Jo	7-Nov	McCoy, Charles	5-Dec
Fairchild, Katherine	6-Oct	Crump, Ceola	9-Nov	Maronay, Jane	7-Dec
Hammous, Annie	8-Oct	Priddy, Dorothy	15-Nov	Ferguson, Dean	8-Dec
Cotton, Hattie	8-Oct	Ptak, Pat	17-Nov	Moore, Janell	10-Dec
Barber, Verda	9-Oct	Culpepper, Betty	19-Nov	Hoeltzel, Susanne	11-Dec
Ledfors-Kolke, Keiko	14-Oct	Seagle, Barbara	21-Nov	Sias, Hermongene	14-Dec
Johnson, Dolores	14-Oct	Osborne, Frank	25-Nov	Golden, Betty	15-Dec
Smith, Wilma	15-Oct	Lawson, Earl	25-Nov	Haralson, Herman	16-Dec
Munnerlyn, Shirley	16-Oct	O'Brien, Rose	28-Nov	Tackenberg, Christa	17-Dec
Merck, Ed	19-Oct	Kelly, Betty	29-Nov	Morrison, Billie	18-Dec
Eve, Venita	19-Oct			Taylor, Rose	23-Dec
Gastineau, Doris	19-Oct			Porter, June	26-Dec
Carter, Mildred	23-Oct			Verser, Mary	27-Dec
Porter, Norris	23-Oct			Hewitt, Honor	29-Dec
Shavers, Johnnie	24-Oct				
Franklin, Joan	29-Oct				
Seales, Betty	29-Oct				
Evans, Connie	29-Oct				
Roeder, John	30-Oct				
Di Luciano, Edward	30-Oct				



Join us for Birthday Cake Each Month

Friday, October 18, 2013

Friday, November 15, 2013

Friday, December 20, 2013

Senior Safety Behind the Wheel

Many of us remember the thrill of getting the keys to our first car and the new sense of independence that came with it. On the same token, seniors forced to surrender their keys often feel a significant loss of independence. So how do you know when the time is right for you, or a loved one, to stop driving? And, how do you delicately approach your loved ones about giving up their keys? These are rarely easy topics of discussion and many seniors and families wrestle with these decisions every day.



First, be wary of the obvious warning signs that you, or your loved one, may no longer be able to drive safely. Common clues are frequent “close calls”, increased traffic tickets, dents and scratches on the vehicle, or repeatedly getting lost. Other factors to consider are decreased vision and hearing, slowed reaction time, and physical impairments that could hamper driving ability, such as joint stiffness in the hands, slowed reaction time, or the inability to check blind spots.

For family of seniors—If you recognize these signs from a loved one, having the conversation about your concerns can be challenging, especially if the senior is reluctant to change. To lessen the tension, be compassionate and understanding of your loved one’s feelings. Driving may feel like their last piece of independence. Consider bolstering your case by gathering the support of friends and family or trusted professionals, such as your loved one’s doctor. Be sure to also provide specific reasons for your concerns. Finally, to ease the transition, you may help facilitate other means of transportation for your loved ones. Make sure your loved one knows that he or she can maintain the same lifestyle despite not having direct access to a vehicle.

For seniors

If you’ve noticed that driving in general has become much more difficult, you should consider the benefits of giving up driving. Relying on other modes of transportation is often cheaper, environmentally friendly and can be more relaxing.

Aside from relying on friends and family for occasional transportation, alternatives include public transportation, senior shuttles, and carpooling services.

If you wish to keep driving, here are a few tips to keep you safe:

- Get annual vision and hearing checks
- Take senior driving courses and seminars (ex: AARP’s Driver Safety Program)
- Have emergency supplies in the vehicle at all times
- Map out your directions, avoid heavy traffic areas and driving in inclement weather
- Use defensive driving techniques
- Like all drivers, avoid distractions such as GPS devices, music players, cell phones, etc.

Friends and relatives may also want to talk to you about your driving. You may not like what they have to say, but remain open to their opinions and consider their motives. They simply care for your safety and well-being.

Senior Select



Our Senior Select this quarter is Charles Biddle. Charles was born June 2, 1939 in Fulton, AR and grew up in Hope, AR and Texarkana, TX. He is the father of 4 and has 3 grandchildren. Charlie drove a tanker truck for Ashland Oil until his career was cut short due to an accident on the job. He went to Alaska to be near family after his accident and found a special niche. While living in Fairbanks for 19 years, Charles began to volunteer in the school system with 4th, 5th and 6th graders. He assisted them with fundraisers and tutored those who needed special support from a caring person.

Charlie moved to the Jacksonville area in 2010 and became a member of the Jacksonville Senior Center. Since he has been a member of the center he has become passionate about the Bean Bag Baseball team and is always eager to practice and participate in the competition. Creativity is also a part of this “big bear” of a man. He has shown a great deal of talent in the ceramic room and has the awards and ribbons to prove it.

Competitive, creative and caring best describes our friend Charles. When asked what his life theme is, without hesitation he said, “to help others as long as I am here.” It is seniors like Charles that make the Jacksonville Senior Wellness and Activity Center a great place to be.

Cardio Exercise to a Latin beat

JOIN THE
Party



ZUMBA
GOLD

When: Tuesday & Thursday

Time: 10:00 A.M.

Where: Jacksonville Senior Wellness & Activity Center

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	

Medicare Part D Open Enrollment

Medicare Part D plans provide eligible individuals with prescription drug coverage. Original Medicare benefits do not cover most medications. Since each plan can vary in cost and the list of drugs covered, it's important to choose the right one for your needs.

This year, the open enrollment period runs from October 15th—December 7th. This is your opportunity to make any changes necessary to your coverage. A CareLink representative will be at the center on October 21st to answer questions and/or assist in making changes to your coverage. Call Connie at 982-7531 for an appointment.

Beans & Cornbread Lunch

Food, Fun
& Entertainment

Wednesday, October 16, 2013

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.

White Chicken Chili

1 Tbs vegetable oil

1 large onion, chopped

2 cloves garlic, finely chopped

1 lb boneless skinless chicken breasts cut into bite sized pieces

3 cans (14 oz each) chicken broth

2 cans (15 oz each) white beans, drained

2 cans (4.5 oz each) chopped green chiles, drained

1 tsp. dried oregano leaves

1/2 tsp ground cumin

dash ground red pepper (cayenne), if desired

1 1/2 cups shredded Monterey Jack cheese (6 oz)


chopped fresh cilantro, if desired

In 4 qt saucepan or Dutch oven, heat oil over medium-high heat until hot. Add onion, garlic and chicken;

cook and stir until chicken is no longer pink. Stir in remaining ingredients except cheese and cilantro.

Heat to boiling, reduce heat to low, simmer 30 to 45 minutes to blend flavors, stirring occasionally.

Top each serving with cheese and cilantro if desired. You may want to add a tablespoon of flour to thicken.



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



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

CROCKPOT POTATO SOUP



Enough peeled and sliced potatoes to fill half of your crockpot

1/2 cup finely chopped onion

6 slices of cooked bacon, crumbled

1/2 lb. chopped ham

Enough water to cover potatoes

Salt to taste

Cook on high 2 to 3 hours or as long as it takes for potatoes to be well done

Mash potatoes so that mixture is lumpy

Add 1 can cream of chicken soup and

1 can cream of celery soup

Add 2 to 3 cups of half and half

Mix together and replace lid and cook until steaming hot.

Inclement Weather Policy

Jacksonville Senior Wellness & Activity Center may be closed when Pulaski County Special School District (PCSSD) is closed due to inclement weather. Employees, volunteers and seniors should check weather conditions and school closings as broadcast by any of the local television and/or radio stations. The Executive Director is authorized to make the final decision on whether



Attention Meals on Wheels Recipients!!

Emergency Meals for inclement weather days will be delivered during the week of October 21st—25th. Please make room in your freezer for 5 frozen meals that you can eat on days that the center is closed due to weather.

October Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Blood Pressure/Sugar Checks	2 9:30 Matter of Balance Class	3	4 8:00 Emily's Diner—Breakfast
7 6:30 Bingo Fundraiser	8 10:45 Bingo	9 9:30 Matter of Balance Class	10 10:45 Western Sizzlin'	11 10:00 BBB Game—Willow House (Here)
14 10:00 Bean Bag Baseball Game @ Sherwood Center	15	16 9:30 Matter of Balance Class 11:30 Beans & Cornbread Luncheon	17 2:00 Greer's Ferry Cruise & Dinner @ StringBeanz	18 10:00 BBB Game—Greenbriar (Here)
21 Open Enrollment—Medicare Part D—CareLink 6:30 Bingo Fundraiser	22 10:45 Bingo	23 9:30 Matter of Balance	24 10:00 BBB Game @ Benton	25 9:30 Flu Shots (bring Medicare card)
28	29	30 10:00 Super Noggin Celebration	31 10:30 Halloween Party	



Nashville Show Trip

5 Days, 4 Nights

Mon—Fri, June 16-20, 2014

\$499 per person, double occupancy

\$75 deposit due upon signing

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.

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



Something to Make You Laugh

Sam goes to the doctor for his yearly checkup. "Everything is fine", said the doctor, "You're doing OK for your age." "For my age?" questioned Sam, "I'm only 75, do you think I'll make it to 80?" "Well" said the doctor, "do you drink or smoke?" "No" Sam replied. "Do you eat fatty meat or sweets?" "No" said Sam "I am very careful about what I eat." "How about your activities? Do you engage in thrilling behaviors like speeding or skiing?" "No" said Sam taken aback, "I would never engage in dangerous activities." "Well," said the doctor, "then why in the world would you want to live to be 80?"

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

November Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 7:00 Bingo Fundraiser	5 9:30 Blood Pressure/Sugar Checks	6	7 6:00 pm Dinner @ Golden Corral	8 10:45 Bingo
11	12 Branson Trip	13 Branson Trip	14 Branson Trip	15
18 7:00 Bingo Fundraiser	19 8:00 Emily's Café – Breakfast	20 10:00 Super Noggin Celebration	21 10:45 Turkey Bingo 6:00 Chili Supper w/The Gospel Tones	22 11:30 Thanksgiving Luncheon
25	26 10:45 Western Sizzlin'	27	28 Closed for Thanksgiving	29 Closed for Thanksgiving

December Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 6:30 Bingo Fundraiser	3 9:30 Blood Pressure/Sugar Checks 7:00 Sonny Burgess & The Legendary Pacers	4	5 Christmas Celebration	6 Kmart Shopping & Lunch at N & N Restaurant
9	10 10:45 Christmas Bingo	11	12 Christmas Brunch	13
16 6:30 Bingo Fundraiser	17	18 10:00 Super Noggin Celebration	19 6:00 pm Dinner @ The Hook and Christmas Light Tour @ Burns Park	20
23	24 Closed for Christmas	25 Closed for Christmas	26 Closed for Christmas	27
30	31			



BINGO

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

Win Cash Prizes

Open to the Public

Staying healthy

through humor, laughter, and play....

Laughter is strong medicine for both the body and the mind. It helps you stay balanced, energetic, joyful, and healthy at any age. A sense of humor helps you get through tough times, look outside yourself, laugh at the absurdities of life, and transcend difficulties.

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

— Maya Angelou

HAPPY HOLIDAYS!

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

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