

OCTOBER 2019

Clinton Center Trip

On September 12th a group of our members went on a trip to the Clinton Presidential Center.

There, they had the opportunity to learn about President Clinton's time in office and see replicas of the West Wing and the Oval Office! The Clinton Presidential Center offers people the opportunity to learn about Bill Clinton's early life, before his Presidency, as well as how he impacted our country during his time in office. There were letters to the President and his wife on display as well as many hand made gifts that were given to them from people all over the world!

Along with getting to tour the Presidential Center, they saw a traveling exhibit called "Washed Ashore." "Washed Ashore" is a project of the Artula Institute for Art and Environmental Education U.S. 501(c) grassroots non-profit environmental organization that works to bring awareness to the world's growing plastic pollution problem through art. "Washed Ashore" is a large touring exhibit composed of massive sculptures made up of marine debris collected by volunteers primarily along the southern coast of Oregon. The mission statement is "To bring awareness to the ocean's plastic pollution problem and influence consumer habits by creating community built aesthetically powerful art."

"Washed Ashore" was founded in 2010 by Angela Haseltine Pozzi, an artist and educator for over 30 years. The unique non-profit organization has built over 66 giant sculptures from over 17 tons of ocean garbage, and the exhibit, including educational signage, has appeared at numerous venues including SeaWorld Parks throughout the US, the Virginia Aquarium, San Francisco Zoo, the Marine Mammal Center in Sausalito, California, Newport Visual Arts Center in Oregon, the Chula Vista Nature Center in California, Portland Community College, America's Cup Healthy Oceans Project in San Francisco and the Oregon Coast Aquarium.

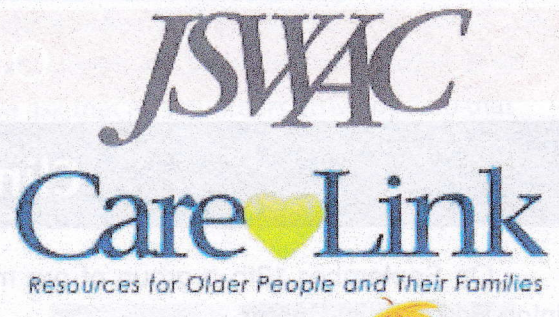


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A Healthy Dose of Wellness
Health Fair
&
Beans & Cornbread Lunch
Fundraiser

Hosted By:



Free Admission
Lunch is \$7.00

Where: Jacksonville Community Center
5 Municipal Drive, Jacksonville, AR
72076

When: October 22, 2019

Time: 9:00 am- 2:00 pm

Lunch will be begin @ 11:00am



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Fundraiser will benefit JSWAC

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John Forehand
jforehand1@humana.com

OCTOBER 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The suggested donation for meals is \$3.00 per meal. Guests under 60 yrs. old pay \$6.00.	1 Chicken Fried Steak w/ Country Gravy Mashed Potatoes Broccoli Whole Wheat Bread Fresh Orange Skim Milk	2 Country Baked Chicken Oven Brownd Potatoes Spinach Whole Wheat Roll Apple Crisp Skim Milk	3 Pulled Pork BBQ Sandwich Tater Tots Mixed Vegetables Chilled Peaches Cookie Skim Milk	4 Roast Turkey Candied Sweet Potatoes Green Beans Whole Wheat Roll Margarine Chilled Pears Cookie Skim Milk
	7 Chicken & Dumpling Green Peas Wheat Bread Margarine Strawberries w/ Whipped Cream Cookies Skim Milk	8 Glazed Meatloaf Seasoned Mashed Potatoes Squash Whole Wheat Roll Bread Pudding w/ Lemon Sauce Skim Milk	9 Ground Beef Stew Cornbread Baked Apples Cookies Skim Milk	10 Fish Sandwich w/ Cheese Cole Slaw Fresh Orange Skim Milk
	14 Baked Ham Scalloped Potatoes Mixed Vegetables Whole Wheat Roll Margarine Angel Food Cake w/ Cherry Topping Skim Milk	15 Hamburger Steak w/ Onions Garlic Mashed Potatoes Mixed Vegetables Whole Wheat Roll Chilled Pineapple Skim Milk	16 Lasagna Tossed Salad w/ dressing Whole Wheat Roll Margarine Pineapple & Oranges Skim Milk	17 Chicken Tetrzzini Italian vegetables Dinner Roll Margarine Sliced Strawberries Skim Milk
	21 Spaghetti w/ Meat Sauce Salad W/ Dressing Whole Wheat Roll Margarine Chilled Pineapple Skim Milk	22 Beans & Cornbread Fundraiser at the Community Center SENIOR CENTER CLOSED FOR THE HEALTH FAIR AT THE COMMUNITY CENTER	23 Goulash Spinach Whole Wheat Roll Margarine Fresh Orange Skim Milk	24 Oven Fried Chicken Mashed Potatoes Blackeyed Peas Wheat Roll Fruit Cup Skim Milk
	28 Polish Sausage w/ Peppers & Onions Pinto Beans Cornbread Fruit Cup Skim Milk	29 Chicken Fried Steak w/ Country Gravy Mashed Potatoes Broccoli Whole Wheat Bread Fresh Orange Skim Milk	30 Country Baked Chicken Oven Brownd Potatoes Spinach Whole Wheat Roll Apple Crisp Skim Milk	31 Pulled Pork BBQ Sandwich Tater Tots Mixed Vegetables Chilled Peaches Cookie Skim Milk
				

Spotlights

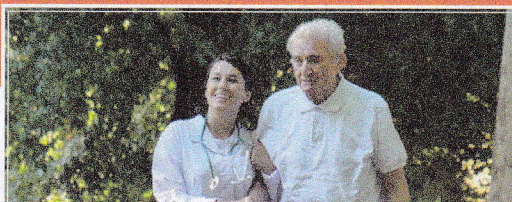


Larry Cooley—Bus Driver

Larry grew up in Little Rock before moving to Jacksonville in his junior year of high school. It is there where he met his wife of 40 years. They have raised 4 children together, and have 7 grand children. In his free time, Larry enjoys travelling, exercising, and doing crossword puzzles. He also enjoys spending time with his family. Before coming to JSWAC 5 years ago, Larry worked for American Airlines. He retired from there after 36 years. When asked what he likes best about working here, his response was, "The money (LOL.) No, seriously the people I get to meet and hearing about their life experiences, working with my best friend Wayne who has been a part of my family for over 45 years, and my brother in Christ Tommy. We attend the same Church; he's been a friend for over 30 years. Christy who's an exceptional person and great boss, and the staff are fun to work with." One of the most memorable things that has happened to Larry since coming to JSWAC was when he and Tommy accidentally started a fire on one of the buses.



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

OCTOBER — EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	12:30 pm Grocery Shopping—Kroger 7:00 pm Dance—Sugar Creek Band No Zumba	9:00 Greeting Card Making 1:00pm A Matter of Balance—Week 7	8:30 am—Volleyball at West Central Lunch \$5.00 No Zumba	
7	8	9	10	11
6:30 pm Bingo (open to the Public)	9:00 am Wright by Your Side—BP & BS Checks 7:00 pm Dance—The End of the Line Band	10:00 Bean Bag Baseball game—Bowker House—Home 12:30 pm Grocery Shopping—Walmart 1:00pm A Matter of Balance—Week 8		9:15 Bingo 10:15 UAMS Nutrition Presentation & Refreshments
14	15	16	17	18
6:00 pm Jam Session 7:00 pm—Alzheimer's Support Group	7:00 pm Dance—Sugar Creek Band 9:30 am Oaklawn Casino Trip	9:00 Greeting Card Making 12:30 pm Grocery Shopping—Walmart		9 AM Chair Volleyball Tournament
21	22	23	24	25
6:30 pm Bingo (open to the Public)	7:00pm Dance—End of the Line Band Health Fair & Beans and Cornbread Lunch J'ville Com. Center Senior Center Closed	12:30 pm Grocery Shopping—Edwards	9:00 am Woodland Hills BP & BS Checks	9:15 Bingo 10:15 UAMS Suicide Risk in Seniors Presentation & Refreshments
28	29	30	31	
6:00 pm Jam Session	8:30 am Volleyball @ West Central 7:00pm— Sugar Creek Band (Potluck @6:30)		Happy Halloween! 10:00 Halloween Party, Table Decorating and Costume Contest	

WEEKLY CLASS SCHEDULE

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



Happy Birthday!



Lori Black	10/10	Delores Johnson	10/14	Judith Williams	10/25
Linda Brown	10/20	Mike Mason	10/18	Maureen Bledsoe	10/9
Donna Camplain	10/19	Shirley Munnerlyn	10/16	Laurie Briley	10/21
Delbert Caswell	10/23	Norris Porter	10/23	Charles Carson	10/27
Maureen Eddlemon	10/31	Luvenia Price	10/9	Helen Dixon	10/27
Bonnie Engster	10/13	John Roeder	10/30	Fred Hester	10/2
Venita Eve	10/19	Betty Seales	10/29	Mary Smith	10/9
Janice Graham	10/17	Carol Staggs	10/29	John Sturdy	10/5
Hilde Gregory	10/26	Sylvia Wallace	10/6	Deloris Trantham	10/1
Annie Hammons	10/13	Christine Watson	10/8	Lucille Turner	10/26
Emma Henderson	10/9	Penny Wells	10/15	Jerome Yetmar	10/21

Please join us the last Friday of the month for cake to celebrate all the Sept. birthdays!



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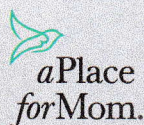
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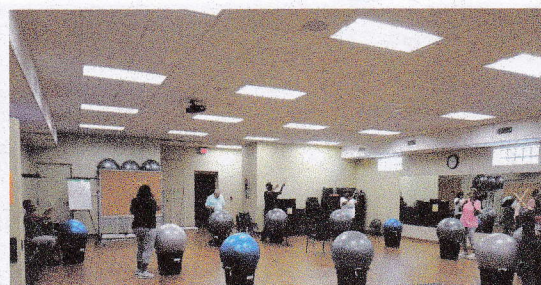


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Jacksonville Senior and Wellness Center, Jacksonville, AR C 4C 01-2079

Drums Alive!

Tuesday & Thursday
9:30 AM



Drums Alive joins the dynamic movements of aerobic dance with the pulsating rhythm of the drum. It is a unique sensorimotor program that is designed to give the mind and body instant feedback through continuous movement and rhythmical flow. It is a program that utilizes “whole brain-whole body” thinking by developing sensorimotor reflexes and kinesthetic awareness. The physiological and psychological benefits are numerous and include those found in traditional forms of aerobic fitness. In addition, research on drumming shows that it improves and increases the neurological connection between both brain hemispheres. This synchronization of the right and left hemispheres through drumming shows a stimulation of alpha brain wave activity, which can lead to higher levels of concentration, sensory and motor improvement and an overall sense of wellbeing. Drums Alive allows the instructor to help participants feel the deeper rhythms of life. By using rhythm and movement as the source of inspiration, you can discover a new group fitness experience and challenge participants over and over again! The ability to drum is in all of us. The language is universal, speaking to all people equally!

© Drums Alive * 2016 - All rights reserved.

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 as share with others to cope with issues you may be dealing with.

For more information please contact Darlie Graham, Intake Administrator, at 501-982-7531 or 501-351-7276





TRIPS AND TOURS

OAKLAWN CASINO TRIP OCT. 15, 2019

We will be leaving the center at 9:30 am. We will have a picnic lunch when we arrive at Oaklawn and our stay will last 4 hours. We will return to the center at 4:30pm. The cost for this trip is \$20.00 and is limited to 10 people. Hurry and sign up before the trip is filled!

PINNACLE MOUNTAIN STATE PARK WALKING TRAILS AND PICNIC OCT. 30, 2019

Departure time for this trip will be 9:30 am. Join us as we enjoy the fall scenery at the Kingfisher Trail. This hard-surfaced loop trail winds through the floodplain of the Little Maumelle River. Unique plants, wildflowers, animals and birds can be seen here. Along the river, large cypress trees filter sunlight into this special bottomland forest. We will also enjoy a picnic in the park before returning to the Senior Center.



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

Discover the "City that Never Sleeps" on a group bus trip to New York City! Two guided tours of New York to see such great sights as Central Park, the iconic Rockefeller Center, the glittering Broadway lights of Time Square, the hustle and bustle of Wall Street, and the National 9/11 Museum. We will view the dazzling city skyline as we set sail for Liberty Island to visit the majestic Statue of Liberty and then go on the famous Ellis Island as part of this New York vacation package. A night of entertainment completes this New York bus tour. The "Big Apple" experience will stay with you for a lifetime after this trip! The cost is \$999.00 per person, double occupancy. Call Christy McMillion at 501-982-7531. Flyers are available in the center.



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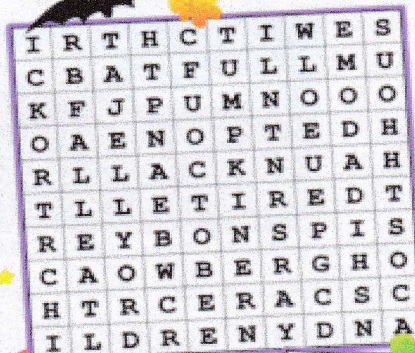
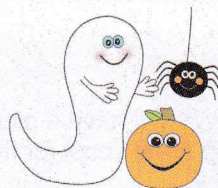
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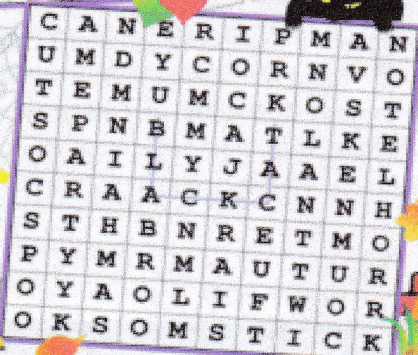
Jacksonville Senior and Wellness Center, Jacksonville, AR D 4C 01-2079

HAPPY HALLOWEEN!



AUTUMN
BAT
BLACK CAT
BROOMSTICK
CANDY
CANDY CORN
CHILDREN
COSTUME PARTY
FALL
FULL MOON
GHOST
HAUNTED HOUSE
HORROR FILM

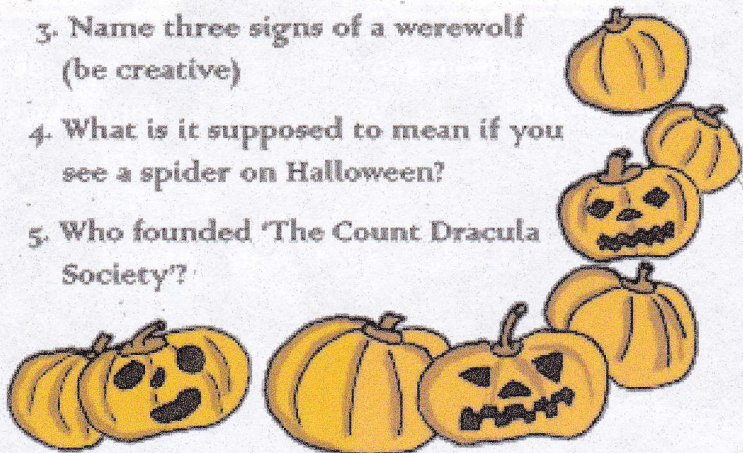
JACK-O-LANTERN
JELLY BEAN
MUMMY
OCTOBER
PUMPKIN
SAMHAIN
SCARE CROW
SKELETON
SPIDER
SPOOKY
TRICK OR TREAT
VAMPIRE
WITCH



Trivia



1. Why are the Halloween colours orange and black?
2. Where did Jack o' Lanterns (carved pumpkins) first originate from?
3. Name three signs of a werewolf (be creative)
4. What is it supposed to mean if you see a spider on Halloween?
5. Who founded 'The Count Dracula Society'?



Brain Games

#1 Easy

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

<http://printablesudoku.blogspot.com>

#2 Medium

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

Trivia Answers:

1. Orange represents the harvest, and black represents darkness and death.
2. Jack o' Lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away ghosts and spirits on the Samhain holiday.
3. A unibrow, hairy palms of their hands, long middle finger, claw-like finger nails.
4. It is supposed to mean that a spirit of a loved one is watching over you.
5. It was founded by Dr. Donald A. Reed in 1962.



FALL RECIPES



Ingredients

1/2 (14.1-ounce) package refrigerated pie crusts
 2 (4-ounce) bars bittersweet chocolate, chopped
 1/4 cup heavy whipping cream
 3/4 cup light corn syrup
 1/2 cup granulated sugar
 1/2 cup firmly packed brown sugar
 4 large eggs
 2 tablespoons butter, melted
 1/4 teaspoon salt
 2 cups chopped pecans

Chocolate Pecan Pie

Preheat oven to 350°. On a lightly floured surface, roll out dough into a 12-inch circle. Fit into a 9-inch deep-dish pie plate, crimping edges if desired. Line crust with parchment paper; cover bottom of crust with pie weights. Bake for 8 minutes. Remove parchment and pie weights.

In a small saucepan, combine chocolate and cream. Cook over medium-low heat, stirring frequently, until chocolate melts and mixture is smooth. Pour chocolate mixture into prepared crust (cooked using Basic Pastry recipe). Chill for 30 minutes.

In a medium bowl, combine corn syrup and next 5 ingredients, whisking until smooth. Stir in pecans. Spoon batter over chocolate mixture.

Bake for 1 hour or until center is set, covering pie with aluminum foil halfway through baking time to prevent excess browning, if necessary. Cool completely before serving. Serve with whipped cream or ice cream.

Basic Pastry for a 9-inch Pie (Easy)

1 1/4 cups all-purpose flour
 1/2 teaspoon salt
 1/3 cup plus 1 tablespoon chilled shortening
 3 to 4 tablespoons ice water

Instructions

Combine flour and salt; cut in shortening with a pastry blender until mixture is crumbly. Sprinkle ice water, 1 tablespoon at a time, evenly over surface; stir with a fork until dry ingredients are moistened. Shape into a ball; cover and chill for at least 30 minutes until ready to use.

Roll pastry to 1/8-inch thickness on a lightly floured surface. Place in pie plate; trim off excess pastry along edges. Fold edges under, and crimp. When ready to bake pie crust, prick bottom and sides of pastry shell with a fork. Bake at 450 degrees for 8-9 minutes or until ever so slightly golden.

Original recipe is 10-12 minutes, but we used 8-9 minutes so crust didn't brown. Pie crust will cook further with pecan filling.

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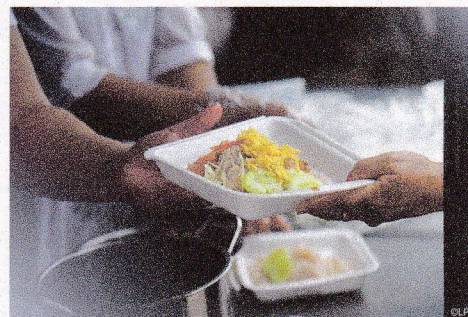


Chair Volleyball Tournament Referees

We are looking for Volunteers to help referee the Chair Volleyball Team that the Jacksonville Senior Wellness & Activity Center will be hosting on October 22nd. The games will start at 9 AM and we ask that all volunteers arrive by 8:30 that morning. If you are interested in volunteering for this great event, please let us know!

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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