

Newton County Senior Activity and Wellness Center JULY 2017

The Fish Fry raised \$695.00. The Shotgun Shell Drop raised \$1310.00. Big Thanks to Casey's General Store for their \$500 sponsorship of the senior center during Elk Festival. Their sponsorship allows us to remain open extended hours as a cooling center and public restroom. How about that Elk Festival this year? I thought it was maybe the best one yet.

Next up is the CAR SHOW!!! Tell your friends! This is *SUPER* exciting and is going to be a great day! I can't wait to see all the neat hot rods and old cars that come out to join us. Three trophies will be awarded: Best of Show, Honorable Mention, and Senior's Choice. There will be raffles, drawings, face painting, music, and FISH FRY. This one is going to be "fish and chips" or as we Americans like to call them French fries. Chicken will also be available for the non-fish lovers. It's 50's themed so don't be afraid to wear your poodle skirts! Espn may come sing for us, but if he isn't able, then we will still have our music going. Let's make this a "must attend" yearly event!

Thanks to the volunteers who helped with our events this month!!! Cynthia French, Helen Reynolds, Brenda Hartwick, Nelda Casey, Mary Ann Hubertz, David Merbs, Veronica Colbert-Merbs, LaRue Nance, Victoria Davidson, Linda Collins. Sonny and Faye Henderson, Brock Henderson, We couldn't do it without you!

You can help by donating 4 hours of your time one day a week to fill the role of receptionist. We are in desperate need of help in this position. Please, please pleeeeee consider doing this for us. We need folks on Tuesday, Wednesday and Thursday. You do not have to be over 60 to be a volunteer. It is a worthwhile commitment to fill a vital role at the senior center. Training will be provided. If you can smile, be nice to people and use a calculator, you qualify for this position.

Thank you!!

Tammy L Casey, Director



CAR SHOW

JULY 15 @ 8-2PM

FISH FRY

JULY 15 @ 11:30

Newton County
Senior Activity and
Wellness Center

Open m-f 800am-4:30pm

PO Box 41
100 E Clark St
Jasper, AR 72641

Tel: 870.446.5531
Fax: 870.446.5535
Email: newtonsc@aanwar.org


WEEKLY VAN SCHEDULE **Please note the changes*** For the summer months we will be going to Harrison weekly on Wednesday afternoon. You must call the day before to get on the list.**

On demand taxi service is for residents living within the city limits ONLY. No taxi service is available on Wednesdays.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----|--------------------------------------|--------------------------------------|---|--------------------------------------|--------------------------------------|
| #1 | Western Grove | Mt Judea-Vendor | Mockingbird Hill –weekly Nail-Deer-Lurton every 2 wks | Shiloh-Parthenon- Murray | Mt Sherman-Compton- Ponca |
| #2 | Jasper city limits @ 12pm by appt | Jasper city limits @ 12pm by appt | Weekly to HARRISON @ noon | Jasper city limits @ 12pm by appt | Jasper city limits @ 12pm by appt |

Activities

JULY 2017

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|---|
| 3 10am PEPPi 12pm Cards 12pm Painting 1pm ZUMBA | 4  CLOSED | 5 9am Painting/Puzzles 10am PEPPi 12pm van to HRSN 12pm Cancer Support | 6 10 am Music 10am Pool 12pm Skip-Bo, Cards | 7 9:30am Tai Chi 9am Puzzles/Painting 10am Pool 12pm Skip-Bo, Cards |
| 10 10am PEPPi 12pm Cards 12pm Painting 1pm ZUMBA | 11 9 am Puzzles/Painting 10am Pool/Bingo 12pm Skip-Bo, Cards 12 pm Prepper Group | 12 9am Puzzles/Painting 10am Pool 10am PEPPi 12pm van to HRSN | 13 9am Puzzles/Painting 10am Pool 12pm Skip-Bo, Cards | 14 9:30am Tai Chi 9am Puzzles/ Painting 12pm Cards GAR SHOW 8am-2pm |
| 17 9am Ambassadors 10am PEPPi 12pm Cards 12pm Painting 1pm ZUMBA WG—BP ✓ w/ Legacy Hospice | 18 BP ✓ w/ Legacy Hospice 9 am Puzzles/Painting <u>11am Legal Aide Estate Planning, living wills, etc.</u> 12 pm Prepper Group 1pm ICE CREAM SOCIAL | 19 9am Puzzles/Painting 10am Pool 10am PEPPi 12pm Cards 12pm van to HRSN | 20 9am BBB HERE— HNTSVL 9am Painting 10am Pool 10 am Music 12pm Skip-Bo, Cards | 21 9am Puzzles/Painting 9:30am Tai Chi 10am Pool 5 pm Pot Luck 6pm Music Night—Social Night— bring your own instrument |
| 24 10am PEPPi 12pm Cards 12pm Painting 1pm ZUMBA WG—BP ✓ w/ Legacy Hospice | 25 9 am Puzzles/Painting 8am City Hall 10am Pool/Bingo 12pm Skip-Bo, Cards 12 pm Prepper Group | 26 9am Puzzles/Painting 10am Pool 10am PEPPi 12pm van to HRSN | 27 BEGIN TAKING NOMINA- TIONS FOR SENIOR FAIR <u>KING & QUEEN</u> 9am Puzzles/Painting 10am Pool 12pm Skip-Bo, Cards | 28 9am Puzzles/Painting 9:30am Tai Chi 10am Pool 5 pm POTLUCK 6 PM BINGO Night |
| 31 10am PEPPi 12pm Cards 12pm Painting 1pm ZUMBA | 1 AUGUST 9 am Puzzles/Painting 10am Pool/Bingo 12pm Skip-Bo, Cards 12 pm Prepper Group | 2 AUGUST 9am Painting/Puzzles 10am PEPPi 12pm van to HRSN 12pm Cancer Support | 3 AUGUST <u>KING & QUEEN VOTING</u> <u>BEGINS</u> 10 am Music 10am Pool 12pm Skip-Bo, Cards | 4 AUGUST 9:30am Tai Chi 9am Puzzles/Painting 10am Pool 12pm Skip-Bo, Cards |

JULY Highlights

NEW PROGRAM YEAR! NEW BUDGET! NEW FUND-RAISING GOALS!

JUL 15 CAR SHOW & FISH FRY

JUL 18 ICE CREAM SOCIAL

JUL 28 POTLUCK AND BINGO NIGHT

Coming Events

NEWTON COUNTY FAIR & RODEO

AUG 18 Senior Fair Day 10 am

SEPT 7-9 Bluegrass Festival

SEPT 21-Senior Health Fair in Clarksville

“Bodyworks”

FITNESS CENTER



24 HOUR ACCESS FOR MEMBERS

Membership options

| MONTHLY | <60 | 60+ | 6 MONTHS | <60 | 60+ |
|---|----------|---------|---|----------|----------|
| Individual Card | \$25.00 | \$18.75 | Individual Card | \$112.50 | \$84.00 |
| Couple -1 card | \$35.00 | \$26.25 | Couple -1 card | \$157.50 | \$118.00 |
| Family of 3 - 1 card | \$45.00 | | Family of 3—1 card | \$202.50 | |
| (add additional members for \$5 each per month) | | | (add additional members for \$5 each per month) | | |
| 3 MONTHS | <60 | 60+ | ONE YEAR | <60 | 60+ |
| Individual Card | \$70.00 | \$56.25 | Individual Card | \$195.00 | \$146.00 |
| Couple -1 card | \$95.00 | \$78.75 | Couple -1 card | \$273.00 | \$204.50 |
| Family of 3 - 1 card | \$120.00 | | Family of 3 -1 card | \$351.00 | |
| (add additional members for \$5 each per month) | | | Replacement cost for lost cards | | \$10 |

We Cater!

The Newton County Senior Center can provide catering and/or building rental for your special event. Bridal showers or receptions, reunions, group meetings, rallies, etc. Catering starting at \$6 per person for full meals in increments of 40 meals or Building Rental starting at \$20 for 4 hours.

Call 446-5531 for availability

BE A MEALS ON WHEELS

VOLUNTEER

You can help with our Meals on Wheels Program. Could you take one hour a day or a week to deliver a hot meal to a home-bound senior?

On a budget? You can still eat healthy! SNAP helps seniors pay for nutritious food. Learn more by contacting your local Area Agency on Aging at (870) 446-2337. Ask for Brent Taylor, Care Coordinator.



JOIN US

to get the

SCOOP

\$1 a dip *(suggested donation)*

All the toppings you want

Tuesday July 18 @ 1 pm

Come for lunch, stay for ice cream!

BINGO

NIGHT

FRIDAY JULY 28

POTLUCK AT 5 PM (FINGER FOODS)

BINGO STARTS AT 5:30 PM

\$10 COVER CHARGE AT THE DOOR LET'S YOU PLAY ALL NIGHT.

3 card maximum per person per game.

COOL PRIZES!

CAR SHOW

Newton County Senior Center

100 E Clark St. Jasper, AR

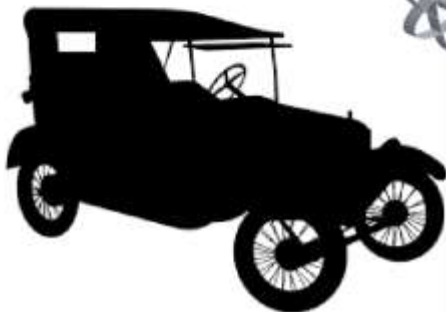
Free Admission



 **Fish fry**
Chicken Available Too

 **Raffles**

 **Face Painting**



WELCOME TO YOUR SENIOR CENTER

D. AMBASSADOR COMMITTEE

Each senior center is required to seat a new Ambassador Committee each program year. The purpose of this committee is to provide representation of the body of consumers of each center. The committee assists the center director/site manager in center operations, primarily the fundraising activities of each center. The committee shall suggest ideas for the betterment of the center and assist in conducting fundraisers. The committee is an advisory body only and has no decision making powers.

Bylaws for these committees follow.

BYLAWS FOR SENIOR CENTER AMBASSADOR COMMITTEE Revised July 1, 2009

The purpose of the senior center Ambassador Committee is to assist the Senior Center Director in such things as planning activities, helping to conduct activities, promoting/growing senior center attendance, assisting with fundraising events, assisting in the counting/tabulation/ deposit of **each day's program income receipts, and other needs as established by the center director.** The Senior Center Director shall determine the areas he/she needs assistance and will determine the involvement needed by the Ambassador Committee.

Section 1 - Membership

A. Size of Ambassador Committee

The membership of Ambassador Committee shall be a minimum of five (5) program participants. A participant, in this case, is defined as an individual who received at least one (1) Congregate meal per week and is age 60 or over or the spouse of a participant age 60 or over (spouse must attend regularly).

B. Selection

All Ambassador Committee members shall be appointed by the Senior Center Director depending on the needs of the center. Program consumers may nominate members to the center director/site manager. A nominee must be actively participating in their respective Senior Activity Center Program and must be age 60 or over. Definition of active participant for Ambassador Committee purposes is minimum average attendance by nominee of once per week.

C. Term of Membership

1. Members shall be appointed annually.
2. The term of office July 1st thru June 30th.

Section 2 - Officers

A. Officers

At the discretion of each senior center director, the officers of the Ambassador Committee may be its President, Vice-

President, Secretary, Treasurer and Reporter as elected by the established members of the Ambassador Committee. However, officers are not necessary and will only be established at the discretion of the Senior Center Director. Should the Center Director choose to establish specific officers, the members of the Ambassador Committee will be given the opportunity by the center director/site manager to serve in the officer positions, as decided at the first meeting of the new Ambassador Committee. The center director will set the regular Ambassador Committee meeting dates and will present the agenda at each meeting. The center director will determine who will record the minutes of each meeting.

B. Duties

1. President

The President is responsible for insuring that all guests are properly greeted. The Center director is to be made aware of the presence of guests. In addition, the President shall be responsible for assisting Center director in making announcements before lunch, if necessary, and making arrangements for a volunteer to say grace before the meal. Also, the President will assist the Center director/site manager in making arrangements for special activities or events. The President will assist the Center director in finding appropriate volunteers to count/tabulate/record/ deposit each **day's program income receipts.**

2. Vice-President

The Vice-President will chair the Activities Committee which will work with the Senior Center director in planning entertainment and special events. The Vice President will assist the Center director in planning and making arrangements for volunteers to decorate the center for holidays and special events. The Vice President will also assist the Senior Center Director and President in finding appropriate volunteers to **count/tabulate/record/deposit each day's program income receipts.**

3. Secretary

At the invitation of the Senior Center director, the Secretary shall keep or supervise the keeping of minutes of all meetings of the Ambassador Committee. Minutes of the Ambassador Committee meeting will be maintained on file at the senior center. In addition, the Secretary may be responsible in assisting the Center director with the publishing of the monthly newsletter. The Secretary shall also assist in serving as a receptionist/greeter when necessary by sitting at the desk, answering the telephone, assisting people to sign in, and greeting visitors.

In the event of absence on the part of the Secretary, the Sen-

Continued on back cover

Newton County Senior Center JULY 2017 menu

Seniors 60 and older FREE
(suggested donation of \$3)

Mon-Fri 11:30 am—12:30 pm

870-446-5531

All meals include 8oz of 2% milk

**No Age Limit, Carry-Out
or Eat In ONLY \$6** plus tax
Best Value in Town

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|---|
| 3 BBQ Pork Ribs Potato Salad Broccoli Salad Roll Red, White & Blue Cheesecake | 4 CLOSED FOR INDEPENDENCE DAY  | 5 Baked Chicken With Sweet and Sour Sauce Rice, Peas Roll, Hot Rosy Ap- plesauce | 6 Meatloaf With Sauce New Potatoes Asparagus Biscuit Fruit | 7 Chicken Parmesan Noodles Marinara Sauce Mixed Veggies Breadstick Fruit Crisp |
| 10 Pork Loin Gravy Mashed Potatoes Carrots Roll Chilled Pudding | 11 Breaded Fish New Potatoes Coleslaw Cornbread Cookie | 12 Spaghetti and Meat sauce Broccoli Breadstick Apple | 13 Hamburger on Bun Relish Plate Sweet Potato Fries Mixed Fruit Salad | 14 Pork Chop w/ Pep- per Gravy New Potatoes Mixed Veggie Roll Fruit Crisp |
| 17 Turkey Taco Salad Corn Chips Corn Fruited Gelatin | 18 Chicken Tetrzzini Green Bean Breadstick Cookie | 19 Vegetable Soup Crackers Pimento Cheese Sandwich Relish Plate Fruit Medley | 20 Chicken Pot Pie Green Peas Biscuit Hot Spiced Apples | 21 Beef Enchilada Casserole Mixed Veggies Refried Beans Strawberries w/ An- gel Food Cake |
| 24 Steak Fajitas w/ On- ions and Peppers Buttered Rice Corn Sherbet | 25 Chicken Tenders Mashed potatoes Meadow Blend Veg- gies Roll Fruited Gelatin | 26 Roast Beef Sand- wich Green Beans Baked Fries Lemon Bars | 27 Baked Teriyaki Chicken Parslied Noodles Spinach Breadsticks Hot spiced Pears | 28 Hamburger on Bun Relish Plate Sweet Potato Fries Mixed Fruit |
| 31 Chicken Fried Steak Baked Potato Coleslaw Cornbread Ambrosia | 1 AUGUST Pork Chop w/ Gravy Carrots Mashed Potatoes Roll Angel Food Cake with Blueberries | 2 AUGUST BBQ Beef Okra Seasoned Beans Roll Ice Cream | 3 AUGUST Tuna Noodle Cas- serole Green Beans Roll Hot Rosy Ap- plesauce | 4 AUGUST Tilapia New Potatoes Side Salad Breadstick Fresh Fruit Medley |

ior Center director shall be responsible for the keeping of the minutes. The Center director will post each month's minutes in the senior center for public access.

4. Treasurer

At the discretion of the Senior Center director, the Treasurer shall be responsible for overseeing that there are sufficient volunteers each day to count and properly record monies received and shall be responsible for seeing that the daily deposit is made. The Treasurer shall report to the Ambassador Committee the status of donations and fundraising events.

5. Reporter

The Reporter shall be responsible for gathering news for the monthly newsletter as well as assisting in the publishing of the newsletter. At the discretion of the Senior Center director, the Reporter will be responsible for providing such information as menus to the local newspaper for publishing. The Reporter will be responsible for assisting the Center director in conducting outreach activities (such as maintaining birthday card list and seeing that birthday cards are signed by all participants and staff and then distributed; doing the same for sympathy cards; and assisting Center director in making telephone calls or sending cards to participants who have not attended in awhile to encourage their return).

Continued next month....Section 3 - Meetings



2017-2018

Senior Center Ambassadors

Officers will be selected at the July 17 meeting

- | | |
|-----------------|-----------------|
| Nelda Casey | Helen Reynolds |
| Susan McSweeney | Brenda Hartwick |
| Thomas Reece | Jan Larson |
| Nikki Riffle | LaRue Nance |

Thank you so much for your dedication to our organization!

The mission of Area Agency on Aging is to create an atmosphere of caring and compassion for our senior generation and enhance their quality of life by generating financial support for programs and services provided to individuals 60 years and older.

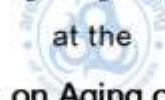
The Newton County Senior Activity and Wellness Center is an equal opportunity provider and employer. EEO Employer/AA/M/F/Vet/Disabled

The Aging Experts
1-800-432-9721



If you don't know where to go or who to ask...

The Aging Experts



Area Agency on Aging of NW Arkansas does. We have been providing services for seniors for over 35 years. Give us a call today.

The AAANWA is committed to the non-discriminatory delivery of services and is an equal opportunity provider and employer.

Don't forget we collect Best Choice Labels!!!



Donations can be made through the Area Agency on Aging Foundation. Specify donations to be made to the Newton County Senior Center.

We accept memorial donations and bequests.