

Van Matre

SENIOR ACTIVITY & WELLNESS CENTER

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APRIL 2018



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CENTER INFO

1101 Spring Street
Mountain Home, AR 72653
(870) 424-3054
(870) 424-3055 Fax
www.aaanwar.org
Facebook: @Vanmatrecenter

HOURS

Monday 8:00am-4:30pm
Tuesday 8:00am-4:30pm
Wednesday..... 8:00am-4:30pm
Thursday 8:00am-4:30pm
Friday 8:00am-4:30pm
Lunch 11:00am-12:30pm

CONTACTS

Director..... Robyn Snyder
rsnyder@aaanwar.org
Program Assistant.... Anne Johnson
annejohnson@aaanwar.org
Facility Assistant..... Lynne Weaver
General Questions
vanmatresc@aaanwar.org



Just Desserts

This was a great success we had an awesome turn out! Thank you everyone who came out to the center to help support us. Thank you to all the vendors who also came to help support the center. Vendors: Good Samaritan, Hiram Shaddox, Gassville Therapy, Starbucks, and Van Matre



Van Matre Senior Center presents a benefit performance of Arsenic and Old Lace. Presents by The Twin Lakes Play House.

Buy your tickets at Van Matre Senior center for \$15.00 all proceeds go to our center. We can use help with volunteers to help sell tickets. If we sell all of these tickets the center could see \$1350.00 Please help support our center.

Thank you for your generous donations to our Senior Center

All Creatures Veterinary Hospital
Crawford Electric
DeAtley Dental Care
Erik Mathis, DDS
North Arkansas Electric Cooperative, Inc.
North Central Arkansas Medical Associates
Ozark Surgical Group
Strother Law Firm
West Plains Bank

April is volunteer appreciation month. Please say thank you to our incredible volunteers here at the center. Our volunteers dedication and hard work at our senior center is what makes our center a great success and we continue to grow day by day. Thank you so much for your commitment to our center, and together we are an awesome team!

7 Common Senior Nutrition Myths

Myth #1: You need fewer nutrients once you reach your 60s

Fact: It is true that older adults typically need fewer calories than young adults. However, older adults actually need more of certain nutrients, including vitamin D and B12. This is because the body's ability to produce vitamin D from sunlight decreases significantly over time. In addition, the body's ability to absorb B12 also declines.

Myth #2: Excess weight isn't a problem for older adults

Fact: Excess weight and obesity is a serious health concern for all Americans--including older folks. Being overweight not only makes you less likely to enjoy an active and energetic quality of life, it also raises your likelihood of developing a range of chronic illnesses including heart disease and type 2 diabetes.

Myth #3: It's OK to skip meals

Fact: Even though many senior citizens experience a loss of appetite, it's not a good idea to skip meals. Skipping meals causes problems, including causing blood sugar levels to fall too low due to a lack of nutrients or shoot to dangerously high levels when you do eat. So the best thing to do is to eat something nutritious--even just a little something--at every meal.

Myth #4: You only need to drink water when you're thirsty

Fact: People need to drink water before they feel thirsty to avoid dehydration, which can be extremely dangerous for seniors. Dehydration can be caused by medications, a lack of thirst and decreased kidney function. If it happens to you, you could suffer from confusion, difficulty walking, a rapid heart rate, low blood pressure and other health problems.

Myth #6: Supplements are sufficient

Fact: People should not live off of vitamins and supplements alone. People who rely entirely on supplements often experience side effects including constipation, diarrhea and even malnutrition.

Myth #7: Eating alone is fine

Fact: Many older adults who eat alone every day experience increased instances of loneliness, stress and anxiety. Older adults who eat alone are also less likely to eat healthy, balanced meals, a UK study found.

April

4th BRMC Balance & Dizziness Class @10:00
with John in Dining RM

7th Flea Market

17th American Red Cross Disaster Relief How
to build a disaster kit

18th Arsenic & Old Lace Benefit night @
Twin Lakes Playhouse.

Raffle

Thank you, Holy Cross Lutheran
Church W.E.L.C.A. for your donation
of this beautiful quilt (79x 95) to our
center.

Quilt raffle tickets are \$5.00 each draw-
ing is 4-30-2018 valued at \$120.00.
Please support our center and purchase a
ticket.



Have a Heart Campaign

\$3.00 can provide a homebound senior a warm meal
From the Van Matre Senior Center

One senior for one week x 5 meals = \$15.00

One senior for one week x 7 meals = \$21.00

One senior for one month x 30 meals - \$90.00

*Make a donation today in Memory or
Honor of your favorite senior!
We will hang a heart at the Van Matre
Senior Center to honor these special people.*

In Memory / Honor of

Make your donation to
The Van Matre Senior Center
P.O. Box 392
Mountain Home, Arkansas 72653

We currently serve 250+ homebound seniors that benefit from these
home delivered meals.

Van Matre Senior Center 870-424-3054

Balance & Dizziness Class

John Hilvert

Baxter Regional Medical Center

April 4, 2018

10:00 AM in the dining room at
Van Matre Senior Activity &
Wellness Center

Thursday Night Music at Van Matre Senior Center

\$3.00 per person entry fee 6:00 PM to 9:00 PM

PUZZLE

LOTS OF LAUGHS WORD SEARCH

V	H	C	E	L	K	C	U	H	C	K	C	I	T	H	S	E	I	O	B
I	H	W	A	F	F	E	B	I	T	B	N	S	H	O	W	C	A	S	E
G	I	G	D	O	S	E	G	U	E	O	O	B	U	W	H	R	A	U	M
L	I	I	L	I	S	P	N	G	A	C	B	M	D	K	P	E	T	Y	N
V	A	G	I	U	U	T	P	I	N	T	G	E	B	H	S	G	M	C	M
K	S	R	B	B	D	B	O	E	L	I	A	A	A	U	S	U	R	O	Y
I	G	W	O	B	A	N	P	R	K	H	P	K	G	T	F	L	M	M	G
T	M	N	F	M	O	U	C	D	Y	I	C	P	E	I	M	A	F	E	N
K	M	P	I	E	U	D	D	R	G	T	M	N	O	D	U	R	E	D	I
H	E	E	R	F	G	H	Y	I	E	D	E	N	U	L	F	S	M	Y	S
A	N	B	W	O	F	F	P	L	E	N	G	L	E	P	F	T	I	U	O
P	J	R	A	M	V	I	E	V	A	N	I	P	L	P	H	I	C	K	L
P	B	L	C	H	C	I	R	I	I	N	C	L	L	I	O	U	R	S	C
I	U	L	T	C	H	O	S	O	L	M	G	E	D	R	N	Y	O	P	A
N	L	I	O	R	H	T	M	A	L	E	M	U	O	A	C	G	P	D	F
E	C	K	R	C	A	G	H	I	T	G	K	U	A	V	E	O	H	J	U
S	S	J	T	G	I	G	U	G	C	I	T	O	U	G	C	H	O	H	N
S	U	E	E	F	U	H	Y	C	I	I	O	F	J	F	E	I	N	W	N
W	K	J	H	A	U	N	P	S	N	D	S	N	L	C	G	K	E	V	Y
S	F	S	L	E	K	J	K	E	U	D	L	E	J	B	H	F	M	K	M

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

WORDS

ACTOR
 AD-LIB
 AUDIENCE
 BEAT
 BIT
 BODY LANGUAGE
 BOMB
 CHUCKLE
 CLOSING
 CLUB
 COMEDY
 COMIC
 FLOPPING
 FUNNY
 GAG
 GIG
 HAPPINESS
 HEADLINER
 HUMOR
 IMPROVISATION
 JOKE
 KILL
 LAUGH
 MICROPHONE
 OPEN MIKE
 PUNCHLINE
 REGULARS
 RIFFING
 ROUTINE
 SEGUE
 SHOWCASE
 SHTICK
 SKETCH
 STAGE
 STORYTELLING
 TAKE

Menu

APRIL 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Lemon Pepper Chicken Baby Bakers Buttered Carrots Biscuit Applesauce</p>	<p>3</p> <p>Meatloaf Mashed Potatoes Seasoned Green Beans Wheat Roll Fruited Gelatin</p>	<p>4</p> <p>Seasoned Tilapia Sweet Potatoes Steamed Broccoli Garlic Bread Devils Food Cake</p>	<p>5</p> <p>Homestyle Ham & Beans Brussels Sprouts Wheat bread Hot Spiced Peaches</p>	<p>6</p> <p>Chicken & Dumplings Green Peas Crackers Mixed Berry Cobbler</p>
<p>9</p> <p>Vegetable Soup Chefs Salad Crackers Chilled Pudding</p>	<p>10</p> <p>Homemade Beef Stew Wilted Cabbage Mashed Potatoes Whole Wheat Roll Apple Crisp</p>	<p>11</p> <p>BBQ Pulled Pork Sandwich Brown Beans Seasoned Green Beans Mandarin Oranges</p>	<p>12</p> <p>Beef Pot Roast Boiled Potatoes with Carrots & Celery White dinner roll Brownie</p>	<p>13</p> <p>Sweet & Sour Pork Chop Rice Pilaf Mixed Vegetables Whole Wheat Roll Spiced Apples</p>
<p>16</p> <p>Spaghetti & Meat sauce Broccoli Florets Breadstick Chilled Pineapple</p>	<p>17</p> <p>Herb Roasted Turkey & Gravy Dressing Glazed Carrots White Dinner Roll Spiced Pears</p>	<p>18</p> <p>Pork Tenderloin & Gravy Mash Potatoes Seasoned Green Beans Whole Wheat Roll Peach Crisp</p>	<p>19</p> <p>Meatloaf Buttered Corn Mashed Potatoes Whole Wheat Roll Sherbet</p>	<p>20</p> <p>Chicken Salad Sandwich Three Bean Salad Pea Salad Banana Pudding</p>
<p>23</p> <p>Salisbury Steak with Brown Gravy Au Gratin Potatoes Buttered Carrots Wheat Bread Fruit Salad</p>	<p>24</p> <p>Chicken Tenders Tater Tots Green Beans Wheat Dinner Roll Pineapple Upside Down Cake</p>	<p>25</p> <p>Broccoli Rice Soup Chefs Salad Crackers Ambrosia</p>	<p>26</p> <p>Breaded Catfish Pasta Salad Coleslaw Wheat Bread Cherry Cobbler</p>	<p>27</p> <p>Lasagna Tossed Salad with Dressing Wheat Roll Fruited Gelatin</p>
<p>30</p> <p>Homestyle Ham & Beans Brussels Sprouts Wheat bread Hot Spiced Peaches</p>				

APRIL 2018

Events

Monday	Tuesday	Wednesday
8:00 Fit Women 9:00 Zumba Gold 9:30 Bingo 10:00 Line Dancing 11:00 Scrabble 12:30 Bridge 1:00 Pinochle & Bunco 4th Monday's Bunco 2nd Monday's of the Month 5:30 PM Sassy Stitches	8:00 Yoga 10:00 PEPPI 12:30 Dominoes, Duplicate Bridge 1:00 Mahjong 1:30 Poker 9:00 Healthy Rhythms 2nd Week of the Month 5:00 PM Classic Chevy Club 7:00 PM Ozark Earth Science Club 3rd Week of the Month 7:00 PM North Arkansas Fly Fisher- man Meeting	8:00 Tai Chi 9:15 Fit Women 10:30 Zumba Gold 12:30 Mahjong 1:00 Pinochle 1:00 Bridge Lessons 6:00 PM Square Dance
Thursday	Friday	Weekends
8:00 Yoga 10:00 PEPPI 12:30 Bridge and Dominoes 12:45 Bunco 6:00 PM Thursday Night Music Last Thursday of Month 1:00 Cribbage 4th Thursday 1:00 TLWB Bunco	8:00 Fit Women 9:15 Fit Women 10:00 Genealogy 10:30 Zumba Gold 12:00 Bridge 12:30 Mahjong 2nd & 4th Friday of the Month Blood Pressure 1st and 3rd Friday's 12:30 Dominoes 1st Friday of the Month Round Robin 4th Friday of the Month 1:00 Poetry	Sundays 6:00 PM Square Dancing 1st Sunday of the Month Twin Lakes Singles 1:00 2nd Saturday of the Month 9:00 AARP Safe Driving 12:30 PM Bridge 2nd Sunday of the Month 1:00 German Club 3rd Saturday of the Month 9:00 Learn 2 Paint 3rd Sunday of the Month 12:30 WWS Meeting 5th Sunday of the Month 12:30 WWS Meeting



**Summer Festival
at Van Matre**



**Summer Costume Fun Walk
Saturday June 23, 2018**

Pre-Registration - \$20.00, Day of race - \$25.00

Meet at the Walk Tent at 7:30 a.m. Walk starts at 8:00 a.m.

For additional information contact: Lynne Weaver: 870- 424-3054

E-mail: vanmatresc@aanwar.org

.....
Prizes for Best Costume
.....

Name: _____ Date of Birth: _____

Age on 6/23/18: ____ Gender: _____

Address: _____ City, State, Zip _____

Email Address: _____ Phone: _____

Shirt Size: (please circle) Adult S, M, L, XL, 2X, 3X or Youth S, M, L

Release: I know that participating in walk either as a walker is a potentially dangerous activity. I should not enter this walk unless I am medically able and properly trained. I agree to abide by any decision of a walk official relative to my ability to safely compete in the fun walk. I assume all risks associated with participating in this walk including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the condition of the track and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself, and anyone entitled to act on my behalf, waive and release Van Matre Senior Activity & Wellness Center and all sponsors, their representatives and successors from all claim or liabilities of any kind arising out of my participation in the race even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: _____

Parent Signature (if under 18 years): _____

Sign and return all applications by May 21st, 2018

To: Summer Festival at Van Matre Senior Center

P.O. Box 392

1101 Spring Street

Mountain Home, Arkansas 72654

Make checks payable to: Van Matre Senior Center

BAXTER HOUSE ADULT DAY CENTER

BAXTER HOUSE ADULT DAY CENTER

Open: 7 a.m.—5 p.m.

Monday—Friday

The perfect place to leave your Adult loved one while you accomplish your daily activities.

We provide a comfortable and secured Home like setting, social interaction thru: games, music, therapy dogs, trivia, walks in the park, field trips, as well as a hot meal and snacks.

We serve adults twenty-one and older who are medically unable to stay at home alone.

Come by to visit us at: 1101-3 Spring Street Mountain Home, AR

Or

Give us a call at 870-425-7585

CLASS DETAILS

PEPPI

PEPPI is a peer led class designed for people of all abilities. It is a physical activity program specifically designed for people who are at least 60 years of age, including adults with disabilities. The goal of the program is to maintain or improve a person's level of fitness and independence. PEPPI includes strength training, using resistance bands and walking. PEPPI will teach older adults how to exercise correctly in a safe environment and increase their level of physical activity. Components include flexibility, balance, strength and endurance. The class can be adjusted to fit almost any mobility level. This class is open to anyone. Please come join our class.

Exercise Room

We have a very-well equipped exercise room with several machines ready for use including treadmills, step machines, Bowflex home gym, and weights. Our exercise room is open to all seniors from 8:00 AM to 4:30 PM Monday through Friday.

Game Groups

Are free for anyone 60 or over.

Bridge
Bingo
Bunco
Dominoes
Duplicate Bridge
Mahjongg
Pinochle
Poker
Scrabble
Pool
Line Dancing
Square Dancing

Fit Women

This class is an intense workout for dedicated women. The class does require a commitment and tends to fill up. Benefits to exercise: It helps to reduce your dementia risk, decreases your osteoporosis risk, prevents muscle loss, improves digestion. Helps to reduce stress, depression and anxiety. Exercise helps to enhance mental performance and work productivity and reduce cancer risk, reduce stroke severity, and improve self-confidence. If you are interested, please fill out an application and one of the instructors will contact you. This class starts quarterly.

Zumba Gold

Each class is full of fun dances designed with seniors in mind. This class can be tailored to your own pace and no dance experience is required. Benefits of Zumba are improved muscular strength and endurance. Zumba also improves cardiovascular system, range of motion, and posture, reduces depression, stress and anxiety. Coming to class is a great opportunity to meet new people and enhance your quality of life. Currently, the class is led by video. This class is open to anyone.

Yoga

This is a progressive class focusing on core strength and calmness. The poses require practice and the class does progress in difficulty. Yoga benefits improve your flexibility, build muscle strength, perfects your posture, prevent cartilage and joint breakdown. It also protects your spine, improves your bone health, increases your blood flow. This class starts quarterly. Sign up at the front desk.

Tai Chi

Tai Chi originates from ancient China, and it is adapted by the Arthritis Foundation of America. Tai Chi is a graceful form of exercise that involves slow, focused movements and controlled breathing. It is a low-impact exercise that puts minimal stress on muscles and joints, making it suitable for many older adults. Tai Chi has been proven to help prevent falls by improving balance and mobility, increasing flexibility and muscle strength, improving posture, and reducing the fear of falling. Added benefits include relief from pain and stiffness, improved concentration, stress relief, improved heart and lung function, and integration of body and mind. This class is open to anyone.

AROUND THE CENTER

Christmas for the homebound

We are asking for help to gather gifts for our homebound seniors. We have over 200 seniors that receive meals on wheels. We would like to give them all something nice for Christmas. Please help us out by making lap throws 36 x 30. We need these for both men and women. You can turn them in any time before December 1st. Thank you to all of you who have been hard at work. Anything you can donate is appreciated.



The Aging Experts 1-800-432-9721



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

The Aging Experts

at the

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.

"This is a paid advertisement. This is not an endorsement from the Van Matre Senior Activity and Wellness Center or the Area Agency on Aging of Northwest Arkansas."

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Lunch 11:00am-12:30pm
Transportation..... 8:00am-12pm

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Director Robyn Snyder
rsnyder@aaanwar.org
Program Assistant...Anne Johnson
annejohnson@aaanwar.org
Facility Assistant.....Lynne Weaver
General Questions
vanmatresc@aaanwar.org



Meet our staff:

Director: Robyn Snyder

Program Assistant: Anne Johnson

Facility Assistant: Lynne Weaver

Transport Driver: Ronald Thompson

Transport Driver: Janie Davis

HDM Driver: Orlando Sequeira

HDM Driver: Perry Gage

HDM Driver: Barbara Schnaufer

Food Service Manager: Jodie Secor

Kitchen Assistant: Maria Howard

Kitchen Assistant: Noel McCoy

Kitchen Assistant: Cindy Barnes

Custodian: Elaine Simon

Backup Driver: Loretta Zortman

Backup Kitchen Assistant: Gayla Casebolt

Happy Easter!



The center is open Monday-Friday from 8:00 AM to 4:30 PM. We serve a nutritious lunch from 11:00 AM to 12:30 PM. A suggested donation of \$3.00 for anyone 60 years or older. Guests under 60 are welcome to enjoy a meal for only \$6.50. A take out meal is available for \$6.50.

If you need a ride to the doctor's office, grocery store, or local transportation, please call the center. We offer transportation Monday through Friday, 8 AM to 12 PM. A suggested donation of \$3.00 in Mountain Home city limits, and outside city limits \$5.00.

The goal of the Area Agency on Aging of Northwest Arkansas Foundation is to secure the future of aging services. When you donate to the Van Matre Senior Activity and Wellness Center, the money stays at our center. We receive all money donated in our name. We appreciate any and all donations.

The Van Matre Senior Activity and Wellness Center is a non-profit organization.

"An equal opportunity provider and employer."

We serve the elderly of Baxter County and the surrounding area.