

# VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER



## MAY 2025

Center Hours: Monday-Friday 8:00 AM-4:00 PM

Suggested donation for congregate & home delivered meals is \$4.00. Lunch time: 11:00 AM-12:00 PM To go meals and under 60 is \$8.00. There are no restrictions or requirements based on income.

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### Contact Us @

#### VAN MATRE SENIOR CENTER

PO Box 392  
1101 Spring Street #30  
Mountain Home, AR 72653  
870-424-3054  
1-888 -605-5570 Fax  
Email:  
[vanmatresc@aaanwar.org](mailto:vanmatresc@aaanwar.org)

#### VISIT US ON THE WEB:

[www.aaanwar.org](http://www.aaanwar.org)  
Visit us on Facebook:  
[www.facebook.com/vanmatrecenter](http://www.facebook.com/vanmatrecenter)  
Monday - Friday  
8:00 AM to 4:00 PM

#### ROBYN SNYDER

Director  
870-424-3054  
1-888-605-5570 Fax  
[rsnyder@aaanwar.org](mailto:rsnyder@aaanwar.org)

#### COURTNEY WALLACE

Program Assistant/MOW  
870-424-3054  
[cwallace@aaanwar.org](mailto:cwallace@aaanwar.org)

## Van Matre Senior Center

### Provider of Meals on Wheels Program

Our center is in need an upright freezer to help store freezer meals for our Meals on Wheels Clients. Our center serves sections of Mountain Home, Gassville, Cotter, Saleville, Norfolk, Midway, Lakeview, and other areas of Baxter County.



## Help us reach our goal of \$4,000

## 2 INFORMATION

### AARP DRIVER SAFETY COURSE

May 28, 2025

12:00 pm-4:00 pm

Refresh your driving skills  
and maybe even help save  
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**Mruk Family Center on Aging**

618 Broadmoor Drive  
Mtn. Home, AR

**PRE-REGISTRATION  
IS REQUIRED.**

Please call 870-508-3880  
to register.

AARP members \$20  
(bring your AARP card)

Non-members \$25.

Payable by cash or  
check at time of class.

## BEST CHOICE LABELS

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the senior center.



The Senior Center is in need of

**LARGE PRINT fiction books**

for our library.

If you have any to donate, please  
bring them to the Senior Center.

We appreciate your help!



## The Month of May 2025: Holidays, Fun Facts, Folklore

"May" is likely named after the Roman goddess Maia, who oversaw the growth of plants. Alternatively, the name might have come from the Latin *maiores*, "elders".

### May Calendar:

May 1: Mayday

May 5: Cinco de Mayo

May 11: Mother's Day

May 17: Armed Forces Day

May 22: National Maritime Day

May 26: Memorial Day



### "Just for Fun Days"

May 1: School Principals' Day

May 2: World Tuna Day

May 8: No Socks Day

May 14: Root Canal Appreciation Day

May 14: Dance Like a Chicken Day

May 28: Slugs Return from Capistrano Day

### May Full Moon:

May's full moon, called the Flower Moon, appears on Monday, May 12, reaching peak illumination at 12:56 pm.

### May Folklore and Fun:

A dry May and a leaking June  
Make the farmer whistle a merry tune.

A snowstorm in May  
Is worth a wagonload of hay.

Among the changing months, May stands confessed  
The sweetest, and in fairest colors dressed!  
~James Thomson, Scottish poet (1700-1748)



Article taken from *almanac.com*



# SERVICES

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The Van Matre Senior Center is open Monday - Friday 8:00 AM to 4:00 PM. We serve a nutritious congregate meal from 11:00 am- 12:00 pm. A suggested donation of \$4.00 for anyone 60 years or older. A take-out meal is available for \$8.00. Guests under 60 are welcome to enjoy a meal for only \$8.00. Transportation is Monday—Friday 8:15 AM – 11:45 AM. If you need a ride to the doctor's office, grocery store, and in the Mountain Home area, please call the center. A suggested donation of \$5.00 in Mountain Home city limits and transportation is limited to our local area. Meals on wheels home delivered meals are also available to those individuals that qualify. They are served a nutritious meal; each meal is a suggested donation of \$4.00.

**Social activities at the Senior Center are a suggested donation of a \$1.00 per day per person. We offer the following activities: Exercise classes, Gym, Billiards, scrabble and Card Games. This is a daily donation.**

"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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## Van Matre Senior Center Book Drive

Please donate your gently used books for our  
Summer Book Sale (June 18,19,20)

We are accepting books through June 6

We are accepting Fiction, Nonfiction,  
Children's books, & Audiobooks.

**\*We are not accepting dictionaries,  
cookbooks, magazines or encyclopedias\***

Van Matre Senior Center (at Cooper Park)  
1101 Spring Street Suite 30 ~ Mtn. Home, AR  
Mon-Fri 8 am - 4 pm 870-424-3054

Van Matre Senior Center is a 501(c)(3) Nonprofit



**We are happy to announce Tracey Chaney has been selected as our new full-time kitchen Manager. Tracey has been working in the kitchen at Van Matre since February of 2023. Please congratulate Tracey on her new position.**



## Poppy Seed Chicken and Grape Pasta Salad

### Ingredients:

10 oz. bow tie pasta (about 4 cups)  
Red grapes, halved (about 2 cups)  
3/4 cup sliced almonds  
1/3 cup dried cranberries (optional)

2 cups cooked and cooled diced chicken breasts  
1 cup diced celery  
1/2 cup sliced green onions (green portion)

### Dressing:

1/2 cup fat free plain Greek yogurt  
3 Tbsp honey  
1 1/2 Tbsp poppy seeds  
3 Tbsp white wine vinegar or apple cider vinegar

1/2 cup full fat mayonnaise  
2 Tbsp granulated sugar  
1/2 tsp salt (then more to taste)

### Instructions:

Cook pasta to al dente in salted boiling water according to directions on package. Drain, then rinse with cold water and let dry completely. Set aside and let cool. In a mixing bowl, whisk together the dressing ingredients.

Add drained pasta to a salad bowl along with chicken, grapes, celery, almonds, green onions, and cranberries. Pour dressing over the top and toss to evenly coat. Season with more salt to taste and toss. Chill at least 30 minutes (and up to 1 day) before serving. This allows some time for the pasta to absorb the dressing and time for the flavors to meld. Serve chilled.

Recipe from: <https://www.cookingclassy.com/poppy-seed-chicken-and-grape-pasta-salad/>



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[www.hospiceoftheozarks.org](http://www.hospiceoftheozarks.org)

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# VAN MATRE SENIOR CENTER LUNCH MENU

\* All Menu items are subject to change according to seasonality and availability \*  
Check our Facebook account weekly for updated lunch changes

Under 60 & Carry-out  
meals \$8.00 (tax included)

## May 2025

Monday - Friday  
11:00 AM - 12:00 PM  
60 years or older  
Suggested donation \$4.00

MON	TUES	WED	THURS	FRI
			1	2
			Baked chicken Cornbread dressing Spinach Wheat dinner roll Berry cup	Ham steak Cream cheese corn Brussels sprouts medley Wheat dinner roll Chocolate pudding
5	6	7	8	9
Salisbury steak with Peppers Potatoes Herbed zucchini Wheat dinner roll Rosy apple slices	Pineapple chicken Fried rice Stir fry vegetable blend Fruit	Pork carnitas Refried beans Tomato corn cilantro Salad Flour tortilla Churro	Turkey Dressing Brussels Sprouts Wheat dinner roll Fruit	Lasagna with Meat sauce Italian vegetable blend Breadstick Ice cream
12	13	14	15	16
Chopped steak Mushroom gravy Mashed potato casserole Cauliflower Wheat dinner roll Fruit	Swedish meatballs Noodles Broccoli florets Wheat dinner roll Blushing pears	Baked turkey breast Noodles Brussels sprouts Wheat dinner roll Pears & apricots	Breaded fish filet Tartar sauce French fries Vegetable salad Wheat dinner roll Lemon pound cake	Mushroom Swiss Hamburger Lettuce & tomato Tater tots Ice cream
19	20	21	22	23
Marinated chicken Parmesan basil orzo Baby carrots Wheat dinner roll Pear crisp	Chicken & dumplings Mashed potatoes Green beans Wheat dinner roll Fruit	Roasted turkey Dressing with gravy Succotash Wheat dinner roll Fruit	Beef with Roasted vegetables Rissolle potatoes Wheat dinner roll Cookie	Pork cutlet supreme Parslied potatoes Peas & mushrooms Wheat dinner roll Angel food cake
26	27	28	29	30
Center is closed for Memorial Day	Pot roast Potatoes Carrots & celery Wheat dinner roll Fruit	Meatloaf Roasted potatoes Broccoli Wheat dinner roll Mandarin oranges	Crispy chicken salad Marinated cucumber Salad Wheat dinner roll Cookie	Breaded shrimp Macaroni & Cheese Broccoli Florets Wheat dinner roll Fruit

PLEASE BE AWARE THAT OUR FOOD MAY CONTAIN OR COME INTO CONTACT WITH COMMON ALLERGENS, SUCH AS: DAIRY, EGGS, WHEAT, SOYBEAN, NUTS, FISH, OR SHELLFISH.

## WELCOME!

### OUR MISSION:

The Van Matre Senior Center is proud to serve the seniors of Baxter County. The center provides many services for our seniors in our community. The goal is to encourage seniors to stay healthy and remain active. We offer Meals on Wheels, health & wellness programs, transportation, hot meals, socialization and exercise programs. On the average, each year we serve seniors in our community 80,000 plus meals to clients, we also provided on average 2,000 units of local transportation, and 20,000 units of socialization to seniors.

### WHO WE ARE:

The Van Matre Senior Activity and Wellness Center is part of the Area Agency on Aging of Northwest Arkansas. We are a non-profit organization serving people 60 years and older in Baxter County in Northwest Arkansas.

## FUNDRAISING EVENTS

Our Senior Center is a non-profit organization serving people 60 years or older and memberships are free. Our funding comes from Federal and State programs, private donations, and fundraising events. To help offset expenses we have various fundraising events open to the public.

**We Respect You.**

**Please Respect Our Staff.**



**Attacking a healthcare worker is a FELONY**

\*Arkansas Code Annotated § 5-13-202

Act 323 requires posting of a written notice that attacking a healthcare professional is a felony.  
Posters available from Arkansas Department of Health and Arkansas Department of Human Services, and  
Arkansas Nurses Association at [anna.org/advocacy](http://anna.org/advocacy)



### Contest rules:

- . Open to seniors 60+ years
- . Submit an original, unpublished poem of any type
  - . Maximum 20 lines
- . May be typed or handwritten (legibly)

Submit your entry by Friday, June 6

by one of the following methods:

- . Turn in to the office or mail to  
1101 Spring St ~ Mtn. Home ~ 72653

- . Email to [cwallace@aanwar.org](mailto:cwallace@aanwar.org)

Meals on Wheels clients may email,  
mail or give to their driver.

1st & 2nd place winners of the contest will receive a gift card,  
& their poems will be featured in our July newsletter. Please  
include your phone number so we can contact you if you win.



# 8 VAN MATRE PROGRAMS CLASSES & ACTIVITIES

## FIT WOMEN

### MONDAY & FRIDAY

**8:00 AM-9:00 AM**

This class is an intense workout for women. It requires a commitment and tends to fill up. If you are interested, please fill out an application at the front desk, and the instructor will contact you. Suggested donation of \$1.00 per day, per person.

## ZUMBA

### MONDAY, & WEDNESDAY

**9:00 AM-10:00 AM**

**FRIDAY 10:00-11:00 AM**

Class full of fun dances and led by video. Can be tailored to your own pace and experience.

- Improves muscular strength
- Improves cardiovascular system
- Improves range of motion

This class is open to anyone  
Suggested donation of \$1.00 per day, per person.

## EXERCISE CLASS

### MONDAY & WEDNESDAY

**10:00 AM-11:00 AM**

Peer-led class designed for people of all abilities, including adults with disabilities.

- Strength training
- Improves flexibility & balance
- Improves strength and endurance

This class is open to anyone.  
Suggested donation of \$1.00 per day, per person.

## FIT MEN

### FRIDAY

**9:15 AM-10:00 AM**

Peer-led class designed for men of all abilities. Including men with disabilities.

Strength training  
Improves flexibility & balance  
Improves strength & endurance.  
This class is open to anyone.  
Suggested donation of \$1.00 per day, per person.

## YOGA

### TUESDAY & THURSDAY

**8:00 AM-9:00 AM**

A progressive beginning and intermediate poses designed to improve flexibility, strength and balance. This is a laid back welcoming class. Suggested donation of \$1.00 per day, per person.

## TAI CHI

### TUESDAY & THURSDAY

**9:00 AM-10:00 AM**

Adapted by the Arthritis Foundation of America.

- Slow, focused movements
- Low impact
- Minimal stress on joints
- Improves balance & mobility

This class is open to anyone.  
Suggested donation of \$1.00 per day, per person.

## LINE DANCING

### THURSDAY

**10:00 AM- 11:00 AM**

Clients need to be familiar with simple dancing steps.

- Improves balance & coordination
- Improves cardiovascular health
- Fun

This class is open to anyone.  
Suggested donation of \$1.00 per day, per person.

## GYM

### Monday- Friday

**8:00 AM- 4:00 PM**

We have a very-well equipped exercise room with several machines ready for use including: treadmills, step machines, Bowflex home gym, and weights. Suggested donation of \$1.00 per day, per person.

## VIDEO EXERCISE CLASS

### TUESDAY

**10:00 AM -11:00 AM**

Video-led class designed for people of all abilities, including adults with disabilities.

- Strength training
- Improves flexibility & balance
- Improves strength and endurance

This class is open to anyone.  
Suggested donation of \$1.00 per day, per person.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:45 Scrabble	12:45 Crazy Canasta	12:45 Hand/Foot Canasta	1:00 Mahjong	12:45 Mahjong
	12:45 Pinochle	Last Wed 1:00 VIP		2nd & 4th Fri: 12:45 Dominoes





## TRANSPORTATION HOURS

**MONDAY-FRIDAY  
8:15 AM TO 11:45 AM**

Call to Schedule  
Please call the center at  
870-424-3054.  
As the service is in great  
demand, it's best to call at  
least one week ahead to  
secure your ride.



## SENIOR BUS SCHEDULE

### VAN MATRE SENIOR CENTER VAN

**AS THE SERVICE IS IN GREAT DEMAND, IT IS  
BEST TO CALL AT LEAST ONE WEEK AHEAD TO  
SECURE YOUR RIDE. LEAVING A MESSAGE  
AFTER BUSINESS HOURS IS NOT A NOTICE.**

We provide local transportation for medical appointments, errands such as trips to the grocery store and transportation to and from the Van Matre Senior Center. The cost for transportation is a suggested donation of \$5.00 in the Mountain Home city limits. Transportation is Monday through Friday 8:15 AM until 11:45 AM., and transportation is limited to our local area. Medicaid clients that need medical transportation are to call and use Medicaid transportation. For Medicaid transportation call 1-888-987-1200. We will provide non-medical transportation to Medicaid clients.



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that Support our  
Community!

## CRAFT TIME

Join us on MAY 8th

At 1:00 PM

We're making bookmarks.

It's a fun little craft and would make a nice gift for the book lover in your life.

\$8.00 gets you all the materials you'll need.

Limit 10 People

Deadline to RSVP by April 30, 2025





# Van Matre Senior Activity & Wellness Center

**We need help from our community!**

- Our Center's goal is to provide services to seniors in Baxter County.
- We are a provider of the Meals on Wheels Program.
- Serving sections of: Mountain Home, Gassville, Cotter, Salesville, Midway, Lakeview, and other areas within Baxter County.
- Our center greatly depends on this vehicle to help secure future meals for seniors in our community.
- We are now asking for donations to help us reach our goal to continue providing these necessary services to seniors in our community.



**Help us to reach  
our goal of  
\$85,000  
Together We Can!**



Donations can be made online at [www.aaanwar.org](http://www.aaanwar.org) for Van Matre Senior Center or in person @

1101 Spring Street #30 Mountain Home, AR 72653 \* 870-424-3054 \* 501 (c) 3 Non-Profit



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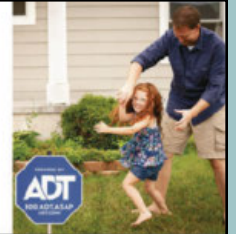
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Van Matre Senior Activity and Wellness Center

D 4C 01-1494

## 12 CENTER INFORMATION



# Be the Light for 2025

## Van Matre Senior Center

### Provider of Meals on Wheels Program

Serving: Sections of Mountain Home, Gassville, Cotter,

Salesville, Norfork, Midway, Lakeview, and other areas within Baxter County.

## Help us to reach our goal of \$330,000.00

*Join our vision challenge working to ensure no senior goes hungry!*

### Donate \$25 for 2025

<https://securepayment.link/aaanwar/>

**"It takes 13,200 people donating \$25 to reach our goal!"**

**Be one of them."**

## Total raised as of 4/7/2025 \$6,362.00

Baxter County population in 2023 was 42,875 people that's 31% of the population to make a donation to feed our seniors in our community.

1101 Spring Street #30 \*Mountain Home, AR 72653\* 870-424-3054 \*501 (c) 3 Non-Profit

## MEALS ON WHEELS PROGRAM

### WHAT WE DO:

The Meals on Wheels program is to provide a hot nutritional meal to homebound seniors who are unable to get out to shop or cook for themselves.

### CLIENTS RECEIVE:

A wellness check. Our meal provides 1/3 of the recommended daily nutritional content. Frozen meals are available for the weekend, and for the week. We also offer frozen meal pickup from the center. Hot meals are prepared daily by our wonderful kitchen staff.

### WHO QUALIFIES?

You must meet the following qualifications for meals: Part of the AR Choice program with the State, OR be 60 years or older, homebound, no one in the home is able to assist you, and meet all other guidelines.

### WHERE WE SERVE:

Baxter County

Our routes cover portions of: Mountain Home, Lakeview, Midway, Salesville, Norfork, Gassville, and Cotter.



The suggested donation is \$4.00 per meal. There are no restrictions or requirements based on income. It costs the senior center over \$9.00 to make each meal.