

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER



JULY 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

VISIT US ON THE WEB:

www.aaanwar.org
Visit us on Facebook:
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

SANDRA FARRIS

Program Assistant
sfarris@aaanwar.org



Van Matre is thankful to everyone for helping us reach our goal for our new freezer! From your generosity our center was able to purchase another freezer to store frozen meals for our meals on wheels clients. We appreciate everyone's kind donation.



Courtney Wallace, full-time Program Assistant, left our employment on June 20th. Courtney helped in all departments at the center, but her main position was with the Meals on Wheels program where she met and helped seniors in our community. We will miss Courtney very much, and we wish her the best of success to her new future.



Sandra Farris, our part-time Facility Assistant, has accepted the full-time Program Assistant position. Sandra will be helping in all departments and with the Meals on Wheels program. Please congratulate Sandra on her new position.

2 INFORMATION

AARP DRIVER SAFETY COURSE

August 27, 2025

12:00 pm-4:00 pm

Refresh your driving skills
and maybe even help save
on your auto insurance.

Mruk Family Center on Aging

618 Broadmoor Drive
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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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label. Leave your labels here.
Thank you for your support to
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!



Hydration for Older Adults

Research shows 75% of Americans are chronically dehydrated. If you're struggling to drink eight 8 ounce glasses of water a day, here are 10 great reasons to stay hydrated:

1. **Improved brain performance.** Even mild dehydration can affect memory, mood, concentration, and reaction time.
2. **Digestive harmony.** Water aids in breaking down soluble fiber from your diet to keep your digestion process on track.
3. **More energy.** Dehydration can slow down circulation and affect the flow of oxygen to your brain. A lack of fluids also causes your heart to work harder to pump oxygen throughout your body. All that expended energy can make you feel tired, sluggish, and less focused.
4. **Weight loss and management.** Since it provides a sense of fullness, water can help you feel satisfied in between meals. It can also help boost your metabolism.
5. **Decreased joint pain.** Staying hydrated helps your joints stay well lubricated, which helps reduce friction by creating more of a "cushion" between the bones.
6. **Better temperature regulation.** Hydrating with plenty of water helps your body produce sweat when you're overheated during activity, which in turns cools your body down.
7. **Kidney stone prevention.** Staying hydrated with plenty of water can help dilute the concentration of minerals in your urinary tract and make stones less likely.
8. **Healthier heart.** When you don't drink enough water, your blood becomes concentrated, which can causes an imbalance of electrolytes. These minerals are key to proper functioning of your heart.
9. **Improved detoxification.** Sufficient water intake supports your body's natural detoxification systems, which remove wastes and harmful substances through urination, breathing, perspiration, and bowel movements.
10. **Fewer headaches.** Even a mild fluid loss can cause the brain to contract away from the skull, leading to headaches and migraines in some people.

<https://www.ncoa.org/article/10-reasons-why-hydration-is-important/>

SERVICES

3

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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Poetry Contest Winners

A WINTER'S TALE

Composed by Karen Darr

Winter-whipped winds dart through the old oak trees.
Soft, white snow pillows heaped high on ancient limbs.

Chattering squirrels, huddled deep in secret hollows,
are quiet at last.

White-tailed deer, their hooves tapping the pond's surface,
test the gentle ripples stung rock hard by bitter cold.

Leaving the forest, the clouds spill their delicate white flakes
on the tidy homes clustered below.

The drifting flakes are caught on the warm, moist tongues
of laughing children running across the lawns,

The smoky plumes of their warm breath seep out
through miles of mufflers,

As they skip joyfully through the diamond dust crust
of fresh, newly-fallen snow.

1st place:

Karen Darr

2nd place:

Linda Brown

Gloria Schulze



Summertime

School is out, summer's begun!
Let's go & have a little fun!

Campin', boatin', swimming', too-
Think we'll have a barbeque.

Bikin', hikin', fish a-fryin'
Fun times at the park.

S'mores round the fire's light
While singin' in the dark.

A little stargazing'
Ain't life amazin'?!

What an end to a perfect night!

Composed by Linda Brown



THANKFUL

There's a roof over my head,

Shoes on my feet,

Food on the table,

And a place to sleep,

A family to love,

And new people to meet,

A God Who forgave me of sins in the past,

New life in Him to last and last.

Someday I will meet Him in heaven above,

And see all the people that I love.

Composed by:

Gloria Schulze



Shredded Turkey Sandwiches

Ingredients:

- 2 boneless skinless turkey breasts (2-3 pounds each)
- 1 16oz bottle Dr Pepper
- 1/2 Cup Butter-Cubed
- 1 envelope onion soup mix
- 24 French rolls-split

Instructions:

1. Place turkey breasts in 5 qt. slow cooker
2. Combine Dr Pepper, butter, and onion soup

mix and pour over meat.

3. Cover and cook on low for 7-9 hours until meat is tender
4. Shred meat and return to cooker and heat through. Serve on warmed rolls

Nutrition Facts

1 sandwich: 294 calories, 7 g. fat (3 g saturated fat), 57 mg cholesterol, 476 mg sodium, 31 g carbohydrate (2 g sugars, 1 g fiber), 24 g protein

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www.hospiceoftheozarks.org

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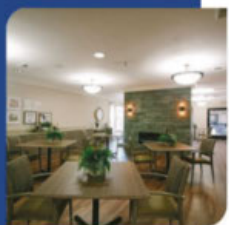
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VAN MATRE SENIOR CENTER LUNCH MENU

* 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)**

July 2025

**Monday - Friday
11:00 AM - 12:00 PM**

60 years or older

Suggested donation \$4.00

MON	TUES	WED	THURS	FRI
6/30	1	2	3	4
Lasagna with Meat sauce Italian vegetable blend Breadstick Ice cream	French dip sandwich Cheesy potatoes Green peas Wheat dinner roll Fruit	Salisbury steak with Peppers Potatoes Herbed zucchini Wheat dinner roll Rosy apple slices	Pineapple chicken Fried rice Stir fry vegetable blend Egg roll Fruit	Closed for 4th of July
7	8	9	10	11
Cheese Enchiladas Fiesta rice Salad Fruit	Swedish meatballs Noodles Broccoli florets Wheat dinner roll Blushing pears	Sweet & sour pork Steamed rice Asian vegetable blend Roll Gelatin	Breaded fish filet Tartar sauce French fries Vegetable salad Wheat dinner roll Fruit	Mushroom Swiss Hamburger Lettuce & tomato Tater tots Ice cream
14	15	16	17	18
Chicken Sandwich Onion rings Steamed vegetables Chocolate Chip Cookie	Pork cutlet Parslied potatoes Peas & mushrooms Roll Angel food cake	Turkey Dressing with gravy Succotash Roll Peaches	Chicken & dumplings Mashed potatoes Green beans Roll Fruit	French beef sandwich Fries Sauteed peppers & onions Fruit
21	22	23	24	25
Chicken Cornbread dressing Spinach Roll Fruit	Ham steak Cream cheese corn Brussels sprouts medley Wheat dinner roll Chocolate pudding	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
28	29	30	31	8/1
French dip sandwich Cheesy potatoes Green peas Wheat dinner roll Fruit	Pineapple chicken Fried rice Stir fry vegetable blend Egg roll Fruit	Sliced ham Macaroni & cheese Greens Biscuit Brownie	Salisbury steak with Peppers Potatoes Herbed zucchini Wheat dinner roll Rosy apple slices	Lasagna with Meat sauce Italian vegetable blend Breadstick Ice cream

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

WE WILL BE CLOSED FOR THE 4TH OF JULY

July Trivia

1. Who ruled England when the Colonies established independence?
2. How many people were estimated to be living in the Colonies when they gained independence?
3. Which city hosted the first official Independence Day celebration on July 4, 1777?
4. When was the first 4th of July celebration held at the White House?
5. How many times does the Liberty Bell ring on each Independence Day?
6. What is the location of the nation's oldest 4th of July parade?
7. What was the first state to declare the 4th of July a state holiday?
8. What year was the 4th of July declared a national holiday?
9. Which three U.S. presidents died on the 4th of July?
10. Which president was born on the 4th of July?
11. Roughly how many hot dogs are eaten on the 4th of July?
12. What is the largest 4th of July fireworks display in the U.S.?

Trivia Answers

1. King George III
2. 2.5 Million
3. Philadelphia
4. July 4, 1801 Thomas Jefferson
5. 13 times
6. Briston, Rhode Island
7. Massachusetts
8. 1870
9. John Adams, Thomas Jefferson, and James Monroe
10. Calvin Coolidge
11. 150 Million hot dogs
12. Macy's 4th of July Fireworks celebration in New York City

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, Bow flex 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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Word Search

Daisies

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

AFRICAN
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 CHOCOLATE
 CHRYSANTHEMUM

CONEFLOWER
 DAHLBERG
 DAMIANITA
 ENGLISH
 EURYOPS
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GERBERA
 GLORIOSA
 MARGUERITE
 PAINTED
 OXEYE
 SHASTA



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 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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Van Matre Senior Activity and Wellness Center

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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."

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.