

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER

AUGUST 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

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Program Assistant
sfarris@aaanwar.org

Happiness Happens Month



AUGUST IS HAPPINESS
HAPPENS MONTH!

Happiness Happens Month is celebrated every year in August. It began in 2000, when the Secret Society of Happy People expanded their "Admit You're Happy Day" (celebrated on August 8th) into a full month-long celebration.

The purpose of Happiness Happens Month is to encourage individuals to recognize and appreciate the moments of joy in their daily lives, as well as to spread that happiness to others. The celebration emphasizes that happiness can be found in simple things and is not necessarily a destination, but a journey.

Ways to celebrate

- Focus on gratitude: Reflect on the things you are thankful for, whether it's family, friends, pets, or simple everyday pleasures like singing in the shower or enjoying nature.
- Share your happiness: Spread joy by complimenting others, offering help, or doing something special for someone you care about.
- Engage in activities that make you happy: Take a walk, try a new recipe, pursue a creative hobby, or spend time with loved ones.
- Learn something new: Challenge yourself by learning a new skill or exploring a topic of interest, which can boost happiness and foster a sense of accomplishment.
- Make happiness visual: Create a "happiness jar" or "happiness wind spinner" to record and visually represent the happy moments in your life.

By dedicating time to appreciating and sharing happiness, individuals can make a conscious effort to improve their overall well-being and contribute to a more positive environment for themselves and those around them.

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

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

We are collecting Best Choice
UPC labels! We get 3 cents per
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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!



Staying Safe in Extreme Heat

Summer is a wonderful time of year for celebrations, vacations, and spending time with family and friends. But summer has its share of dangers, too. The elderly are more susceptible to heat-related illnesses. As we age our natural ability to regulate our body temperature can be hindered. Even certain prescription medications can have a negative effect. Heat exhaustion can lead to heat stroke which is very dangerous and sometimes even fatal.

Signs of Heat Exhaustion

- ♦ Heavy sweating
- ♦ Cold, pale, clammy skin
- ♦ fast or weak pulse
- ♦ Muscle cramps
- ♦ Feeling tired or weak
- ♦ Vomiting

Signs of Heat Stroke

- ♦ High body temperature (103°F or higher)
- ♦ Hot, red, dry or damp skin
- ♦ Confusion
- ♦ Headaches
- ♦ Dizziness and nausea

Preventing Heat-Related Illnesses

- ♦ Stay in air-conditioned buildings when possible.
- ♦ Stay well hydrated. Drink Plenty of water or sports drinks.
- ♦ Avoid alcohol and caffeine.
- ♦ Limit oven/stove cooking on extremely hot days.
- ♦ Wear light colored clothing that is loose and lightweight.
- ♦ Take cool showers or baths.
- ♦ Limit strenuous activities.
- ♦ Get plenty of rest.

Pay attention to your surroundings, checking in on neighbors, friends and relatives during times of high heat. Some elderly people may not even be aware they have become dehydrated or overheated. Stay diligent and enjoy your summer.

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."



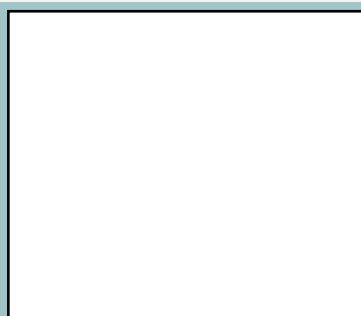
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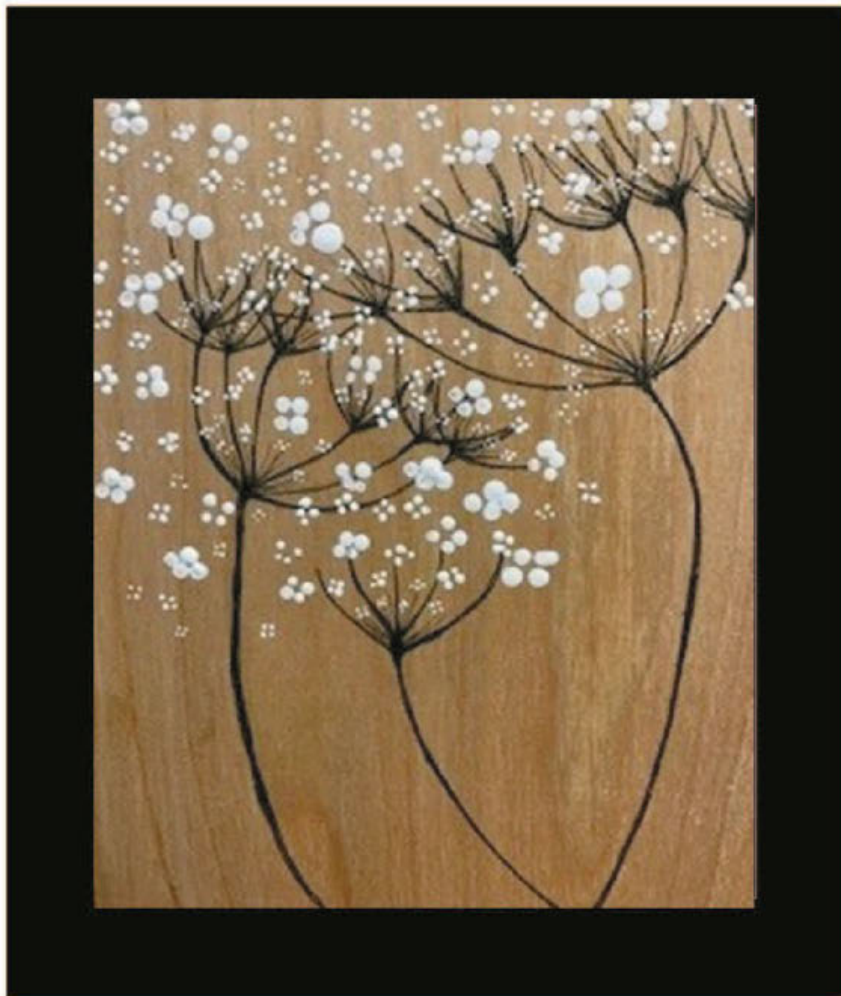
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**Let's do some
Dot Painting
Together.**



August 28th @ 1:00 pm
\$10.00 per person paid at sign up,
includes all supplies.
Sign up now. 10 spaces available.

5 Senior Mental Health Awareness




Hospice of the Ozarks
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Administration Office: 811 Burnett Dr
Hospice House: 774 Long Street
Mountain Home, AR 72653
(870) 508-1771
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)

August 2025

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

60 years or older

Suggested donation \$4.00

MON	TUES	WED	THURS	FRI
				8/1
				Lasagna with Meat sauce Italian vegetable blend Breadstick Ice cream
4	5	6	7	8
Cheese Enchiladas Fiesta rice Salad Fruit	Mushroom Swiss Hamburger Lettuce & tomato Tater tots Ice cream	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
11	12	13	14	15
Stuffed Peppers Green beans Roll Brownie	Chicken & dumplings Mashed potatoes Green beans Roll Fruit	Turkey Dressing with gravy Succotash Roll Peaches	French beef sandwich Fries Sauteed peppers & onions Fruit	Pork cutlet Parslied potatoes Peas & mushrooms Roll Angel food cake
18	19	20	21	22
Breaded shrimp Macaroni & Cheese Broccoli Florets Wheat dinner 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	Chicken Cornbread dressing Spinach Roll Fruit
25	26	27	28	29
Lasagna with Meat sauce Italian vegetable blend Breadstick Ice cream	Salisbury steak with Peppers Potatoes Herbed zucchini Wheat dinner roll Rosy apple slices	French dip sandwich Cheesy potatoes Green peas Wheat dinner roll Fruit	Sliced ham Macaroni & cheese Greens Biscuit Brownie	Pineapple chicken Fried rice Stir fry vegetable blend 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 arns.org/advocacy



Bacon Wrapped Jalapeño Poppers



BACON WRAPPED JALAPENO PEPPERS

INGREDIENTS:

- 25 fresh jalapeno peppers
- 16 oz. softened cream cheese
- 2 cups shredded cheddar cheese
- 2 pounds bacon, each slice cut in half

DIRECTIONS:

Cut stems off peppers and cut pepper all in half lengthwise.

Remove seeds from peppers.

Fill each pepper with cream cheese and sprinkle with cheddar cheese on top.

Wrap 1/2 slice of bacon around each pepper.

Place peppers on baking sheets and bake in oven at 450 degree for 10-15 minutes or until bacon is fully cooked.

Serve and Enjoy!

Folklore for the Season

- As August, so February.
- Observe on what day in August the first heavy fog occurs, and expect a hard frost on the same day in October.
- If the first week of August is unusually warm, The winter will be white and long.
- So many August fogs, so many winter mists.
- When it rains in August, It raises honey and wine.

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.



©LPI

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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#1 - SITCOM STARS



Which 1950s sitcom star became a television icon for her role as Lucy Ricardo in "I Love Lucy"?



ANN SOUTHERN

DESI ARNAZ

JEAN HAGEN

AUDREY MEADOWS

ETHEL WATERS

LUCILLE BALL

BARBARA BILLINGSLEY

EVE ARDEN

MARJORIE LORD

BEA BENADERET

GALE GORDON

ROBERT YOUNG

BOB CUMMINGS

HUGH BEAUMONT

VIVIAN VANCE

DANNY THOMAS

JACKIE GLEASON

WILLIAM FRAWLEY

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.