

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER



SEPTEMBER 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.

Subscribe to mycommunityonline.com to get a link to our newsletter delivered straight to your in box. Visit mycommunityonline.com and search for our center to get started today. It's fast, easy and free! **Click on the subscribe button!**

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

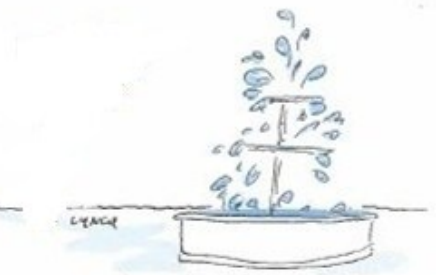
Program Assistant
sfarris@aaanwar.org



The Van Matre Senior Center wants to thank everyone who helped in donating towards our new Meals on Wheels truck. We thank you for supporting Van Matre Senior Center & the Meals on Wheels program. We are currently accepting donations for another Meals on Wheels truck to continue the growing needs of our seniors in our community.



Fountain of Youth



Fountain of Intelligence

2 INFORMATION

AARP DRIVER SAFETY COURSE October 29, 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
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!



Skin Care and Aging

Your skin changes as you get older. You may notice that it becomes thinner and no longer looks as plump and smooth as it once did. On this page, you will learn about how skin changes as you age, how to protect your skin, and signs of skin diseases to look out for.

How does skin change as you age?

With aging, the outer layer of the skin gets thinner, paler, and less stretchy (elastic). Because blood vessels get more fragile with age, older adults tend to bruise more easily. Also, older adults may produce less sweat and oil from the glands in their skin.

Many factors influence how aging affects your skin. Age-related changes such as a loss of elastic fibers (elastin) and collagen cause the skin to look older, develop wrinkles, and be more fragile. Hormonal changes, such as those that occur with menopause, can cause the skin to become thinner and drier. Certain chronic health conditions that are more common in older adults, such as diabetes, kidney disease, heart disease, and atherosclerosis, can also have symptoms that affect the skin.

The sun is another major contributor to skin aging. The sun emits ultraviolet (UV) light, which can damage skin cells. In the short term, the damage can cause sunburn. Over time, however, UV damage adds up, leading to changes in skin texture, premature skin aging, wrinkles, and sometimes skin cancer.

Dry skin and itching

Many older people develop dry spots on their skin, often on their lower legs, elbows, and lower arms. Dry skin patches may itch and feel rough and scaly. There are many reasons for dry skin. In addition to the changes that come with aging, drinking too little water, spending too much time in the sun, living in a dry environment, and smoking can all cause the skin to feel dry and rough.

Taking hot baths and showers, or using too much soap, antiperspirant, or perfume, can make dry skin worse. Talk to your doctor if your skin is very dry and itchy.

Here are some ways to manage dry, itchy skin at home:

- Use moisturizers such as lotions, creams, or ointments every day.
- Use mild soap and warm (not hot) water when bathing or showering. Do not add bath oil to your water — it can make the tub slippery and increase the risk of falling.
- Try using a humidifier, an appliance that adds moisture to a room.

Bruises

Older people may bruise more easily than younger people, and it can take longer for these bruises to heal. Some medicines or illnesses may cause bruises. Talk to your doctor if you see bruises and do not know how you got them, especially on parts of your body usually covered by clothing.

While accidental bruises are common in older adults, they can also be a sign of elder abuse. If you suspect someone is being abused, seek help. Learn more about elder abuse.

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."

Ads will be placed here. No content may go here.
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The Month of September

September's name comes from the Latin word septem, meaning "seven." This month had originally been the seventh month of the early Roman calendar.

September is National Happy Cat Month

Folklore for the Season

- Heavy September rains bring drought.
- September dries up ditches or breaks down bridges.
- Married in September's golden glow, smooth and serene your life will go.
- If the storms of September clear off warm, the storms of the following winter will be warm.
- Fair on September 1st, fair for the month.



September

There are flowers enough in the summertime,
More flowers than I can remember—
But none with the purple, gold, and red
That dye the flowers of September!
—Mary Howitt (1799-1888)

Stretching for Longevity

As we age our bodies transform into something we no longer recognize. Instead of jumping out of bed, ready to face the day each morning, we groan a little, take a deep breath and slowly roll to standing, muscles creaking and complaining the whole way. It's all part of aging but there is a way to manage and stave off these annoying progressions. Simply start each day with a series of stretches. Stretching offers numerous benefits. These benefits can enhance physical performance as well as make daily activities easier.

Here's a look at the benefits of stretching:

1. Increased Flexibility and Range of Motion:

Stretching helps muscles lengthen and become more flexible, which allows for a greater range of motion in joints. This improved flexibility can make everyday movements easier and more fluid.

2. Reduced Risk of Injury:

By increasing flexibility and range of motion, stretching can help prevent muscle strains, sprains, and other injuries, especially during physical activity.

3. Improved Posture:

Stretching can counteract the effects of prolonged sitting or poor posture by lengthening tight muscles and improving alignment.

4. Stress Relief:

Stretching can help release physical tension and promote relaxation, contributing to stress reduction and improved mood.

5. Better Blood Flow:

Stretching increases blood flow to muscles, delivering oxygen and nutrients that support muscle function and recovery.

There are many stretching programs available on line and so many books have been written on the subject. Below are links to more articles on the subject.

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/stretching/art-20047931>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3503322/>



OREO DUMP CAKE

28 OREO COOKIES

14 OZ CAN SWEETENED CONDENSED MILK

8 OZ SLIGHTLY THAWED COOL WHIP

1 BOX CHOCOLATE CAKE MIX

1 1/2 STICKS BUTTER CUT INTO 12-15 PATS

DIRECTIONS:

PREHEAT OVEN TO 350 DEGREES AND LIGHTLY GREASE AN 8 X 8 INCH PAN.
IN PAN PLACE 2 LAYERS OF 10 OREO COOKIES ACROSS.
POUR THE SWEETENED CONDENSED MILK OVER THE COOKIES EVENLY.
USE A SPATULA TO SPREAD THE COOL WHIP ON TOP OF THE MILK.
SPRINKLE THE CHOCOLATE CAKE MIX ON TOP OF COOL WHIP .
USE A FORK TO RAKE OUT ANY LUMPS.
ADD THE 12-15 PATS OF BUTTER ACROSS THE TOP.
BAKE AT 350 DEGREES FOR 40-45 MINUTES.
REMOVE FROM OVEN AND COOL SLIGHTLY .
PLACE THE LAST 8 COOKIES ON TOP AND SERVE!!

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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)

September 2025

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

60 years or older

Suggested donation \$4.00

MON	TUES	WED	THURS	FRI
1	2	3	4	5
Closed for Labor Day	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
8	9	10	11	12
Pork cutlet Parslied potatoes Peas & mushrooms Roll Angel food cake	French beef sandwich Fries Sautéed peppers & onions Fruit	Turkey Dressing with gravy Succotash Roll Peaches	Stuffed Peppers Green beans Roll Brownie	Chicken & dumplings Mashed potatoes Green beans Roll Fruit
15	16	17	18	19
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
22	23	24	25	26
Lasagna with Meat sauce Italian vegetable blend Breadstick Ice cream	Turkey Dressing Brussels Sprouts Roll Cookie	Sliced ham Macaroni & cheese Greens Biscuit Brownie	Pork Sweet Carrots Cauliflower Roll Fruit	Pineapple chicken Fried rice Stir fry vegetable blend Fruit
29	30			
Swedish meatballs Noodles Broccoli florets Wheat dinner roll Blushing pears	Breaded fish filet Tartar sauce French fries Vegetable salad 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 313 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 arna.org/advocacy

Age spots and skin tags

Age spots, once called "liver spots," are flat, brown spots on the skin often caused by years of exposure to the sun. Age spots are bigger than freckles and commonly show up on the face, hands, arms, back, and feet. Wearing a hat in the sun and using a broad-spectrum sunscreen that protects against two types of the sun's rays — UVA and UVB — can help prevent more age spots from forming. Skin tags are small, usually flesh-colored growths of skin that have a raised surface. They become more common as people age, especially in women. They are most often found on the eyelids, neck, and body folds such as the armpits, chest, and groin. Age spots and skin tags are harmless, although skin tags can become irritated from friction. If your age spots or skin tags bother you, talk to a doctor about treatment options.

Skin cancer

Skin cancer is common in the United States. Anyone, of any skin color, can get skin cancer. Older adults and people with fair skin that freckles easily are at greatest risk. Exposure to UV light from the sun is one of the major risk factors for skin cancer. UV light from sunlamps and tanning booths can also contribute to skin cancer risk. There are several types of skin cancer. Two of the most common types, basal cell carcinoma and squamous cell carcinoma, grow slowly and are usually found on parts of the skin most often exposed to the sun, including the head, face, neck, hands, and arms. Basal cell carcinoma usually does not spread to other parts of the body, but squamous cell carcinoma can. Both types of skin cancer can usually be cured if detected early, but treatment may have side effects and can cause scars. The rarest and most dangerous type of skin cancer is melanoma. Of all types of skin cancer, melanoma causes the most deaths because of its tendency to spread to other parts of the body, including vital organs like the brain and liver. Check your skin each month for changes that may be signs of cancer. Skin cancer is rarely painful. Look for changes such as new growth, a sore that does not heal, or a bleeding mole. If you notice anything unusual, talk to your doctor or visit a dermatologist. Regular skin checks by a doctor are also important for people who have already had skin cancer.

How can I protect my skin?

These tips can help keep your skin healthy:

Limit time in the sun. Try to avoid being in the sun during times when the sun's rays are strongest. For example, during the summer, try to stay out of the sun between 10 a.m. and 4 p.m. It is important to be careful, even when the skies are cloudy. The sun's UV rays can go through clouds.

Use sunscreen. Look for sunscreen with an SPF (sun protection factor) of 15 or higher. It is best to choose sunscreens with "broad spectrum" on the label. Put the sunscreen on 15 to 30 minutes before you go outside. Sunscreen should be reapplied at least every two hours. You need to put sunscreen on more often if you are swimming, sweating, or rubbing your skin with a towel.

Wear protective clothing and sunglasses. A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99% to 100% of the sun's rays. If you are planning to be in the sun, wear loose, lightweight, long-sleeved shirts and long pants or long skirts.

Avoid tanning. Do not use sun lamps or tanning beds. Use caution and talk to your doctor before using tanning lotions or creams. Sunless tanning sprays and lotions often contain a chemical called dihydroxyacetone (DHA), which may be dangerous if it gets into your mouth, nose, or eyes. Tanning pills are not approved by the FDA and might not be safe.

www.nia.nih.gov

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.

**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. When making your reservation, please include your destination. Should your destination change, please call the office 24 hours prior to your ride. Changing at the last minute could affect other clients appointments. Additional stops must be requested at the time of the reservation, and a suggested \$3 for each additional stop. 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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Weather and Nature Events of the 1950s

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

Eruption
 Tidal Wave
 Earthquake
 Blizzard
 Hurricane King
 Hurricane Jig
 Hurricane Able

Tropical Storm
 Dry Spell
 Blue Moon
 Wildfires
 Hurricane Camille
 Hurricane Baker
 Tsunami

Heat Waves
 River Floods
 Bushfires
 Climate Change
 India Dust Storm
 Hurricane Edna

Did you know the first mention of climate change came in 1951?

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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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.