

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER



NOVEMBER 2025

Center Hours: Monday-Friday 8:00 AM-4:00 PM
Suggested donation for congregate & home delivered meals \$5.00. Lunch time: 11:00 AM-12:00 PM. To go meals \$11.00 and under 60 is \$10.00. 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

Please come join us for

Thanksgiving lunch

11-6-2025

11:00 AM to 12:30 PM

Turkey served with mashed potatoes and gravy.

**Sides: stuffing, green bean casserole,
cranberry sauce, roll and pie.**

Christmas lunch

12-11-2025

11:00 AM to 12:00 PM

**Ham served with pineapple and
sweet potatoes.**

Sides: green beans, roll and pie.

2 INFORMATION

AARP DRIVER SAFETY COURSE

March 25, 2026

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.



Upcoming Dates Center is closed:

November 11, 2025

Veteran's Day

November 27-28, 2025

Thanksgiving Holiday

December 24-25, 2025

Christmas Holiday

January 1, 2026

New Years Day

As the Seasons Change, So Do Our Nutritional Needs

Elizabeth DeRobertis, Registered Dietitian

During the winter months, our nutritional needs may change due to colder temperatures, less sunlight, and seasonal availability of certain foods. In addition, people find themselves inside more during the winter months, which may lead to more eating. This does not necessarily reflect nutritional needs changing, but habits may change based on the change in season. Simultaneously, boosting our immunity during the winter is important for staying healthy.

Here are some tips on how to keep on top of both your nutritional needs and your immune system during the winter:

Wintry weather and more time indoors in close quarters with others, often increases the risk of catching a cold or the flu. To support our immune system, it is important to consume foods rich in vitamins (especially vitamin C), minerals, and antioxidants. Vitamin C is known to enhance immune function. Include foods like citrus fruits (oranges, grapefruits), berries, kiwi, bell peppers, and leafy greens in your diet.

Incorporating garlic, ginger, and nuts into your diet can also be beneficial.

With shorter daylight hours and limited sun exposure, our bodies may produce less vitamin D. You can try to include foods naturally rich in vitamin D, such as fatty fish (salmon, mackerel), eggs, and fortified dairy products. Alternatively, consider talking to your healthcare provider about the possibility of taking a vitamin D supplement. Having your vitamin D level checked is easy and can be a part of annual blood work. If you usually have your physical during the summer, you can ask your doctor to check your Vitamin D level in the winter to see if there is any change.

In colder weather, we may not feel as thirsty as we do in warmer months, but it is still important to stay hydrated. Drinking enough water and consuming hydrating foods like soups, herbal teas, and juicy fruits can help maintain optimal hydration levels. Drinking enough calorie free drinks is also helpful for weight management during the winter months.

Incorporate zinc-rich foods like seafood (oysters, crab), lean meats, poultry, legumes, seeds and nuts into your diet.

There is a wealth of ongoing research on probiotics, gut health, and immunity. Probiotics are beneficial bacteria that support gut health and immune function. Probiotics can be found in foods like yogurt, kefir, sauerkraut, kimchi, and other fermented foods. Alternatively, you can consider taking a probiotic supplement; some are geared towards constipation or IBS, and some strains are thought specifically to help boost immunity.

Sleep always plays a crucial role in maintaining a strong immune system. Aim for 7-9 hours of quality sleep each night.

Keep moving – even during the cold months. Engaging in regular physical activity can help boost your immune system. Find some indoor activities that you enjoy or take advantage of the many free videos online that offer everything from yoga to Zumba. Aim for at least 150 minutes of moderate-intensity exercise per week.

Chronic stress can weaken the immune system. Practice stress management techniques like meditation, deep breathing exercises.

<https://healthmatters.wphospital.org/blogs/as-the-seasons-change-so-do-our-nutritional-needs/>

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 \$5.00 for anyone 60 years or older. A take-out meal is available for \$11.00. Guests under 60 are welcome to enjoy a meal for only \$10.00. 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 \$5.00.

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
Thursday, December 11
9:00 am - 2:00 pm

Calling All Bakers!

Bring your donated packaged
baked goods to the Senior Center
on **Wednesday, December 10**
between 8:00 am and 2:00 pm

All proceeds benefit the Van Matre Senior Center/Meals on Wheels

RIDDLES

1. What can you catch, but not throw?
2. What word in the dictionary is spelled incorrectly?
3. What has a bottom at the top?
4. Spelled forwards I'm what you do every day, spelled backwards I'm something you hate. What am I?
5. The person who makes it has no need of it; the person who buys it has no use for it. The person who uses it can neither see nor feel it. What is it?
6. Until I am measured, I am not known. Yet how you miss me, when I have flown. What am I?
7. What occurs once in a minute, twice in a moment, and never in 1,000 years?
8. What is at the end of a rainbow?
9. What starts with T, ends with T, and has T in it?
10. What has many teeth but cannot bite?
11. What has three feet but cannot walk?
12. What has hands but cannot clap?

Answers: 1.) A cold 2.) Incorrectly 3.) Your legs 4.) Live 5.) A coffin 6.) Time 7.) The letter "M" 8.) The letter "W" 9.) A teapot 10.) A comb 11.) A yardstick 12.) A clock



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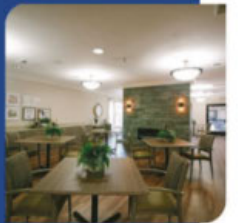
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VAN MATRE SENIOR CENTER LUNCH MENU

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

Under 60 meal price \$10.00
Carry-out meals \$11.00
(tax included)

November 2025

Mon- Fri 11:00 AM - 12:00 PM
60 years or older
Donation \$5.00

MON	TUES	WED	THURS	FRI
3	4	5	6	7
Pork loin Mashed potatoes Winter vegetable blend Roll Sliced apples	Teriyaki Beef Fried rice Peas Egg roll Jello	Beef chili w/beans Baked potato Tossed salad Roll Fruit	Thanksgiving lunch Turkey Mashed potatoes w/ Gravy Stuffing Green bean casserole Cranberry sauce Roll and pie	Bratwurst links Romanoff noodles Sauteed peppers & onions Roll Fruit
10	11	12	13	14
Cheese Pasta Italian vegetable blend Roll Fruit	Closed for Veterans Day	BBQ Pork Corn casserole Brussels Sprouts Medley Roll Fruit	Tuna noodle casserole Green peas Roll Cookie	Chicken w/gravy Dressing Mixed vegetables Roll Blushing pears
17	18	19	20	21
Fried chicken strips Mashed potatoes casserole Spinach Cornbread Cobbler	Tuna Salad sandwich Crispy waffle fries Carrots Spiced apricots	Meatloaf Roasted red potatoes Capri vegetable blend Roll Cake	Beef stroganoff Egg noodles Peas & mushrooms Roll Diced apples	Sliced ham Mac & cheese Cabbage Roll Fruit
24	25	26	27	28
Turkey Mashed cauliflower Green beans Roll Fruit	Vegetable lasagna Salad Roll Cake	Baked chicken Mashed potatoes Green peas Roll Fruit	Closed for Thanksgiving Day	Closed for Thanksgiving holiday

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. 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

VAN MATRE SENIOR CENTER BOOK DRIVE



SPRING OF 2026



BENEFITTING:

MEALS ON WHEELS

**PLEASE DONATE YOUR GENTLY USED BOOKS FOR OUR
SPRING BOOK SALE OF 2026 (DTBA)**

WE ARE ACCEPTING BOOKS THROUGH MARCH 13

PLEASE NO DICTIONARIES,

ENCYCLOPEDIAS, OR COOKBOOKS

VAN MATRE SENIOR CENTER (COOPER PARK)

1101 SPRING STREET #30

MTN HOME, AR

MON- FRI 8 AM-4PM 870-424-3054

VAN MATRE SENIOR CENTER IS A 501 (C) (3) NONPROFIT

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 Pinochle	12:45 Hand/Foot Canasta	1:00 Mahjong	12:45 Mahjong 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.



SUPPORT THE ADVERTISERS that Support our Community!

December Fundraiser Craft

Santa Gnome
Christmas Ornament
Let's Make It Together!
December 4th @ 1:00 PM
10.00 paid in advance
All Supplies Provided



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.
- We are now asking for donations to help us reach our goal to continue providing these necessary services to seniors in our community.
- Our center greatly depends on this vehicle to help secure future meals for 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

D 4C 01-1494

12 CENTER INFORMATION



Be the Light for 2026

Van Matre Senior Center

Provider of Meals on Wheels Program

Serving: Sections of Mountain Home, Gassville, Cotter, Salesville, Norfork, Midway, Lakeview, and areas within Baxter County.

Help us to reach our goal of **\$320,996.00**

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

Donate \$26 or more for 2026

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

Donation Designation Van Matre Senior Activity and Wellness Center

Or you can donate @

1101 Spring Street #30 *Mountain Home, AR 72653*

870-424-3054 *501 (c) 3 Non-Profit

“It takes 12,346 people in Baxter County donating \$26 to reach our goal! Be one of them.”

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 \$5.00 per meal. There are no restrictions or requirements based on income. It costs the senior center over \$9.00 to make each meal.