

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER

FEBRUARY 2026



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@aanwar.org

VISIT US ON THE WEB:

www.aanwar.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@aanwar.org

SANDRA FARRIS

Program Assistant
sfarris@aanwar.org

Center Hours: Monday-Friday 8:00 AM-4:00 PM.
Lunch time: 11:00 AM-12:00 PM. Suggested donation for congregate & home delivered meals \$5.00. 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!**



Wintertime is here! The senior center's goal during inclement weather is to continue providing as many services as possible while ensuring the safety of consumers and staff. During each period of harsh or inclement weather, the senior center director will contact KTLO radio

station to announce the status for the senior center and services available. Please check KTLO

cancelations page for updates. Consumers can also check Van Matre Senior Center Facebook page for updates and announcements on inclement weather daily. Thank you for your support in keeping everyone safe this winter.



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:

February 16, 2026
Presidents' Day

May 25, 2026
Memorial Day

July 3, 2026
Independence Day

September 7, 2026
Labor Day

Winter Weather

Winter Storm Warning

Issued when hazardous winter weather in heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

Winter Storm Watch

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually released 12 to 48 hours before the beginning of a Winter Storm.

Winter Weather Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle and sleet which will cause significant inconveniences and if caution is not exercised, could lead to life-threatening situations.

Know Your Risk for Winter Storms

Pay attention to weather reports and warnings of freezing weather and winter storms. Listen to emergency information and alerts. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Preparing for Winter Weather

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and assess smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are unable to afford your heating costs, weatherization or energy-related home repairs, contact the Low-Income Home Energy Assistance Program (LIHEAP) for help.

In Case of Emergency

Be prepared for winter weather at home, at work and in your car. Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas.

Frostbite causes loss of feeling and color around the face, fingers, and toes.

Signs: Numbness, white or grayish-yellow skin, firm, or waxy skin.

Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness.

Actions: Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck. <https://www.ready.gov/winter-weather>

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. 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.”



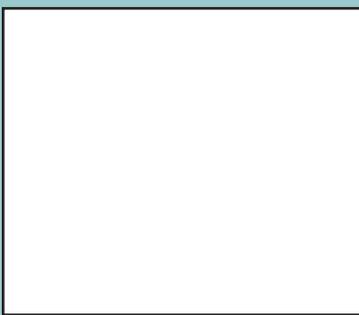
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Valentine's Day

**Is Coming. Let's Get
Creative.**



**Use your own
Beautiful imagination and our
supplies. Join me on FEBRUARY
5th @ 1:00 pm.
10.00 paid in advance covers
Everything.**

RIDDLES

1. I have a heart but no beat. I come in red or pink and look sweet.
2. What heart can't love or feel?
3. What do you call two birds in love in February?
4. What's red, sweet, and loved by everyone?
5. What happens when you fall in love in February?
6. What did the envelope say to the stamp?
7. Why did the Valentine card blush?
8. What's love's favorite game?
9. Why was the calendar jealous?
10. What do you give a pig on Valentine's day?
11. What's a love letter's favorite subject?
12. What did one snowflake say to another in February?
13. Why did February break up with January?
14. What's shorter than February?
15. Why did the groundhog wear sunglasses?
16. What happens when February meets March?
17. What kind of music does February love?
18. Why do we love February mornings?
19. What kind of jokes does February tell?
20. What melts but never cries?
21. What do February snowmen eat for breakfast?

Answers on page 7



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

February 2026

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

MON	TUES	WED	THURS	FRI
2	3	4	5	6
BBQ Pork Corn casserole Brussels Sprouts Medley Roll Fruit	Chicken with gravy Dressing Mixed vegetables Roll Blushing pears	Pork chops Parslied potatoes Beets Roll Cake	Chicken Battered corn nuggets Green beans Roll Dessert	Cheese Pasta Italian vegetable blend Roll Fruit
9	10	11	12	13
BBQ Pork sandwich Potato wedges Coleslaw Dessert	Chicken Salad sandwich Crispy waffle fries Carrots Fruit	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
16	17	18	19	20
Closed for President's Day	Lasagna Salad Roll Cake	Pork loin Potatoes Cabbage Roll Fruit	Baked chicken Mashed potatoes Green peas Roll Fruit	Spaghetti with meatballs Vegetables Breadsticks Ice cream
23	24	25	26	27
Salisbury steak Au gratin potatoes Prince Edward vegetables blend Roll Pudding	Beef chili w/beans Baked potato Tossed salad Roll Fruit	Teriyaki Beef Fried rice Peas Egg roll Fruit	Chicken Mushroom rice Broccoli florets Roll Cake	Bratwurst links Romanoff noodles Sauteed peppers & onions 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. 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

FREE DENTAL SCREENINGS



10:00 AM - 1:00 PM

Van Matre Senior Center

March 4, 2026

The Arkansas Department of Health is offering oral screenings by a licensed dentist or dental hygienist.

Information from these screenings will be used to monitor and report oral health trends in our state, and all personal information is kept confidential.



Every participant will receive a free oral health kit!

Learn more online at healthy.arkansas.gov

Answers to riddles

1. A valentine's Card
2. An Artichoke
3. Tweet hearts
4. Candy hearts
5. You get a crush course
6. Stick with me and we'll go places
7. Because it saw the envelope seal
8. Hide and seeked
9. Because February had all the dates
10. Lot of hogs and kisses
11. Romance grammar
12. You melt my heart
13. Too cold of a relationship
14. A sneeze
15. He saw his shadow
16. Spring sparks fly
17. Chill tunes
18. Because they're snow beautiful
19. Cool ones
20. Snow
21. Frost flakes

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.

BLOOD PRESSURE

EVERY THIRD TUESDAY 10:30-11:15

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
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that Support our
Community!

FUNDRAISER

Van Mater Senior Center Book Sale

1101 Spring St. Mtn. Home

(behind city pool @ Cooper Park)

Wednesday, March 25 8:30 AM - 3:30 PM

Thursday, March 26 8:30 AM - 3:30 PM

Friday, March 27 8:30 AM - 1:30 PM

(Remaining books will be discounted on Friday)

Books are \$3 or less

(unless a set is priced otherwise)

All proceeds will benefit the Meals on Wheels program.

Van Matre is a 501(c)(3) nonprofit organization.



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

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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, Norfolk, 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, Norfolk, 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.