

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER

NOVEMBER 2024



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
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
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
888-605-5570 Fax
rsnyder@aanwar.org

Program Assistant
870-424-3054
[@aanwar.org](https://www.instagram.com/aanwar.org)

MEGAN CAIN

Facility Assistant
870-424-3054
mcaain@aanwar.org



Join us for

Thanksgiving Lunch

Thursday November 7th

11:00 AM—12:00 PM

Turkey

Mashed potatoes with gravy

Stuffing

Green beans

Cranberry sauce

Roll & Pie

2 INFORMATION

AARP DRIVER SAFETY COURSE

Nov. 20th

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.

Christmas Lunch

**December 12th
11:00 AM—12:00 PM**

**Ham
Sweet potatoes
Green beans
Roll
Pie**

Upcoming Dates:

November 11

Closed for **Veteran's Day**

November 28 & 29

Closed for **Thanksgiving**

December 24 & 25

Closed for **Christmas**

January 1, 2025

Closed for **New Year's Day**

Historical November Events

- Nov 1, 1848** The first medical school for women opened in Boston.
- Nov 3, 1956** The *Wizard of Oz* was televised for the first time.
- Nov 4, 1841** The first wagon train arrived in California.
- Nov 5, 1935** Parker Brothers marketed the board game Monopoly.
- Nov 6, 1928** Colonel Jacob Schick patented the first electric razor.
- Nov 8, 1895** X-rays were discovered by Wilhelm Roentgen at the University of Wuerzburg in Germany.
- Nov 11, 1865** Mary Edward Walker became the first female surgeon awarded the Medal of Honor.
- Nov 18, 1902** Brooklyn toymaker Morris Michtom named the Teddy Bear after Teddy Roosevelt.
- Nov 19, 1965** Kellogg's Pop-Tarts hit the supermarket shelves.
- Nov 23, 1897** J.L. Love received a patent for the pencil sharpener.
- Nov 24, 1874** American inventor Joseph Glidden patented barbed wire.
- Nov 25, 1783** The British evacuated New York during the Revolutionary War.
- Nov 26, 1956** The television game show "The Price is Right" premiered on NBC.
- Nov 28, 1925** The "Grande Ole Opry" debuted on the radio.
- Nov 28, 1932** Groucho Marx performed on the radio for the first time
- Nov 29, 1877** Thomas A. Edison displayed his hand-cranked phonograph.
- Nov 30, 1858** John Landis Mason patented the mason canning jar, revolutionizing food safety and storage.

From historyplace.com and holidayinsights.com

SERVICES

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 \$7.00. Guests under 60 are welcome to enjoy a meal for only \$7.00. 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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IT'S CRAFTING TIME! CHRISTMAS PAINTING

November 21st @ 1:00 PM

\$15 Per Person, 12 Spots Available!

***Must Register/ Prepay prior
to class start date***

\$15 fee is non-refundable.

Sign Up By November 14th

Van Matre Senior Center
1101 Spring St. Mountain Home, AR
(870) 424-3054



Cabbage Roll Soup

Ingredients:

2 tsp. vegetable oil
salt and pepper
2 cloves garlic minced
2 medium carrots, sliced
3 8 oz. cans tomato sauce
1 bay leaf
2 tbsp. fresh chopped parsley

1 lb. lean ground beef
1 medium yellow onion diced finely
4 cups chopped green cabbage
4 cups low-sodium beef broth
1/2 cup white rice uncooked
3 tbsp. light brown sugar



Instructions:

1. In a large soup pot, heat oil over medium-high heat and add ground beef.
2. Season ground beef with salt and pepper as desired and cook until browned.
3. Add diced onion and minced garlic and cook for another 2-3 minutes, until onions are tender.
4. Add in chopped cabbage, carrots, tomato sauce, beef broth, white rice, bay leaf, and brown sugar and stir to combine.
5. Bring soup to a simmer and let cook for about 25 minutes, until rice is tender.
6. Take out the bay leaf and sprinkle with chopped parsley

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Anthony Praskavich

apraskavich@4LPi.com

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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 \$7.00 (tax included)

November 2024

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

60 years or older

Suggested donation \$4.00

| MON | TUES | WED | THURS | FRI |
|--|---|---|---|--|
| | | | | 1 Cranberry turkey Baked sweet potato Broccoli florets Wheat roll Gelatin parfait |
| 4 Chicken & Dumplings Mixed vegetables Garden salad Wheat bread Pineapple pudding | 5 Fried fish fillet Corn casserole Creamy coleslaw Wheat bread Citrus fruit cup | 6 Breaded shrimp Homestyle fries Creamy coleslaw Fruited gelatin | 7 Thanksgiving Lunch Turkey w/mashed potatoes & gravy Stuffing Green beans Cranberry sauce Roll Pie | 8 Cheeseburger Baked French fries Spinach Fruit Medley |
| 11 Closed for Veterans Day | 12 Hearty chili Baked potato Mexican corn Crackers Fruited gelatin | 13 Breaded pork chop w/ cream gravy Baked potato Baby lima beans Peach crisp | 14 Beef stroganoff Parslied noodles Yellow squash Wheat roll Pineapple tidbits | 15 Oven Fried Chicken Rice pilaf Broccoli & cauliflower Dinner roll Banana |
| 18 Breaded chicken filet w/ poultry gravy Baked potato Succotash Wheat roll Harvest fruit cup | 19 Lasagna Broccoli florets Tossed salad Dinner roll Gelatin | 20 Homestyle ham & beans Fried potatoes w/onions Seasoned greens Cornbread Cinnamon applesauce | 21 Pork cutlet Hash brown potatoes Green beans Wheat roll Chilled pineapples | 22 Spaghetti & meatballs Broccoli florets Garden salad Wheat roll Angel food cake |
| 25 Meatball sub Baked French fries Peas & carrots Sliced pears | 26 Scrambled eggs Tater tots Seasoned spinach Blueberry muffin Fresh orange slices | 27 Meatloaf Mashed potatoes Mixed vegetables Wheat roll Fresh fruit | 28 Closed for Thanksgiving | 29 Closed for Thanksgiving |
| 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.



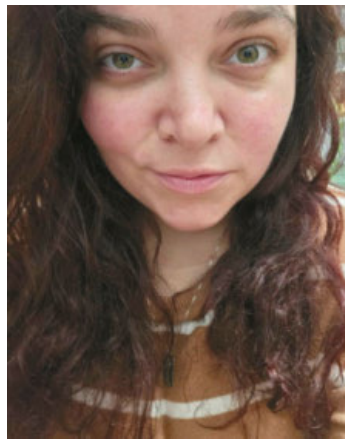
CENTER INFORMATION



Please welcome Kimberly Conrad to the Senior Center. Kimberly is our new part-time Facility Assistant and will be helping in all departments.



Courtney Wallace, full-time Program Assistant, left our employment on October 18th. Courtney had been employed with us since February 2022 and was an exceptional worker during her employment at Van Matre Senior Center. 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.



Megan Neumann, full-time Facility Assistant, will be leaving Van Matre Senior Center. Megan's last day will be December 20th. Megan has been with us since January 2023. She is a remarkable employee. Megan's job duties are to help in all departments at Van Matre Senior Center; one of her main jobs at the Senior Center is the monthly arts and crafts for the seniors. Megan is very gifted and talented with her arts and crafts. You may have seen her adorable window paintings around the center. We will miss Megan very much and wish her and her family the best.



Pictured above is State Representative Stetson Painter, Lance Whitney from Arkansas Hunger relief Alliance, and Robyn Snyder Director of Van Matre Senior Center. State Representative Painter nominated Van Matre Senior Center for a mini grant of \$1000. This check will go to feeding the seniors on the Meals on Wheels program.

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, Bowflex home gym, and weights. Suggested donation of \$1.00 per day, per person.

BEST CHOICE LABEL

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.

| 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 |



SENIOR BUS SCHEDULE

VAN MATRE SENIOR CENTER VAN

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. 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!





Van Matre Senior Center



Thursday, December 12th

9:00 am - 2:00 pm



Calling All Bakers!

Bring your donated baked goods to
the Van Matre Senior Center
on Wednesday, December 11th
between 8:00 am and 2:00 pm



All bakers who donate baked goods will
be entered into a drawing as a thank you
for donating!



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

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 need to raise \$75,000 for a new Meals on Wheels truck
- 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 \$75,000 Together We Can!



Total raised \$ 13,175 10/2/2024

Donations can be made online at www.aanwar.org for Van Matre Senior Center or in person @

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804 Burnett Dr Mountain Home, AR 72653
870-424-5030



“We provide Respite, Rehab to Home and Long Term Care.”



12 CENTER INFORMATION



Be the Light for 2024

Van Matre Senior Center

Provider of Meals on Wheels Program

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

Total raised of 10/2/2024 \$402.00

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

Donate \$24 for 2024

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

Help us to reach our goal of \$213,408.00

“It takes 8,892 people donating \$24 to reach our goal! Be one of them.”

Baxter County population in 2021 was 42,144 people that's 21.1% 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, Norfolk, 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.