

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER

FEBRUARY 2025



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

GINA GATEWOOD
Program Assistant/MOW
870-424-3054
ggatewood@aanwar.org

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.
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!**



Center reminders carry-out and to go meals are now \$8.00 (tax included). Winter time is almost 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 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.

AARP tax aide at First Presbyterian Church
1106 Spring Street Mountain Home, AR 72653

If you need to contact us 870-404-0253
Starting February 4th Tuesdays, Wednesdays, & Thursday from 9 AM to 3 PM

There will be a few Tuesdays & Thursdays we will close at 12 PM. No appointment is necessary and there is no charge for this service. **NEED:** Driver's license, Social Security card, or Social Security statement, Social Security card for any dependents, bring all 2024 tax documents, and bring 2023 tax return.

2 INFORMATION

AARP DRIVER SAFETY COURSE February 26, 2024 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.

LOST & FOUND

We have a Lost & Found here at the center. If you have lost something please check in with the front desk regarding the item. After one month items in the Lost & Found will be donated.

Upcoming Dates:

Center is closed on
February 17, 2025

President's Day

May 26, 2025

Memorial Day

July 4, 2025

Independence Day

National Wear Red Day® and American Heart Month National Wear Red Day is Friday, February 7, 2025.

The Nation Goes Red in February

Cardiovascular disease is the No. 1 killer of women. Wear red to be seen, to be counted, to be heard, to make an impact. Together, we are stronger than heart disease and stroke.

Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. It's a third of our mothers, sisters, friends, neighbors, coworkers and more. It's a third of the women we can't bear to live without.

Cardiovascular disease impacts some women at higher rates than others, but the simple truth is that most cardiovascular diseases can still be prevented with education and healthy lifestyle changes. Heart disease and stroke can affect a woman at any age, making it vital for all women to understand their personal risk factors and family history. Women can also experience unique life events that can impact their risk, including pregnancy and menopause. Furthermore, research shows that stress may impact health, making it important for women to understand the mind-body connection and how to focus on improving both their physical health and mental well-being.

Cardiovascular disease kills more women than all forms of cancer combined and yet only 44% of women recognize that cardiovascular disease is their greatest health threat. Among females 20 years and older, nearly 45% are living with some form of cardiovascular disease and less than 50% of women entering pregnancy in the United States have good heart health.

Cardiovascular disease is the No. 1 killer of new moms and accounts for over one-third of maternal deaths. Black women have some of the highest maternal mortality rates. Overall, 10% to 20% of women will have a health issue during pregnancy, and high blood pressure, preeclampsia and gestational diabetes during pregnancy greatly increase a women's risk for developing cardiovascular disease later in life. Going through menopause does not cause cardiovascular disease, but the approach of menopause marks a point in midlife when women's cardiovascular risk factors can accelerate, making increased focus on health during this pivotal life stage crucial. Most cardiac and stroke events can be prevented through education and lifestyle changes, such as moving more, eating smart and managing blood pressure.

Approximately 51.9% of high blood pressure deaths, otherwise known as hypertension or the "silent killer," are in women, and out of all women, 57.6% of Black females have hypertension — more than any other race or ethnicity. While there are an estimated 4.1 million female stroke survivors living today, approximately 57.5% of total stroke deaths are in women. Women are often less likely to receive bystander CPR because rescuers often fear accusations of inappropriate touching, sexual assault or injuring the victim. Women continue to be underrepresented in Science, Technology, Engineering and Math (STEM) fields, as well as in research. In fact, women occupy nearly half of all U.S. jobs (48%), but only 27% of jobs in STEM fields. Furthermore, only 38% of participants in clinical cardiovascular trials are women. *Facts | Go Red for Women*



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 \$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."



DIAMOND STATE
CREMATION & MORTUARY SERVICE

"Simple cremation, simple graveside"
Best Services At Best Prices

Simple Cremation - \$999
Simple Graveside - \$3,999

We are available anytime day or night by phone...
870-422-5000
14980 Industrial Park Rd
Lead Hill, AR 72644
www.diamondstatecremation.com

BROOKS MEDICAL SUPPLY

"We go the extra mile so you don't have to"

- Home Oxygen
- Home Hospital Beds
- Wheelchairs
- Walkers with Seats
- Canes
- CPAP Machines and Supplies
- Diabetic Supplies

(870) 424-9808
BrooksMedicalSupply.com

We accept most insurance: ARKids, Medicaid, Medicare, Medicare Advantage Plan, Blue Cross Blue Shield

IF YOU LIVE ALONE

MDMedAlert!™ STARTING AT
\$19⁹⁵ /mo.

At HOME and AWAY!

- ✓ Ambulance
- ✓ Police
- ✓ Family
- ✓ GPS & Fall Alert

"STAY SAFE in the HOME YOU LOVE!"

800.809.3570 md-medalert.com



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicomunities.com



OUR COMMUNITY NEWSLETTER
OCTOBER EDITION

Scan to contact us!

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO

lpicomunities.com/adcreator



**Baby it's
cold outside!
How about
Brownies & Cocoa?**



**Join us on February 14th
during the lunch hour
11:00 am to 12:00 pm
\$2.00**

**All donations benefit Van Matre Senior Center
& the Meals on Wheels Program**

Pomegranate Pear Salsa



Ingredients:

- | | |
|------------------------------------|------------------------|
| 2 pomegranates, seeded | 1 cup chopped cilantro |
| 4 pears, unpeeled, cored and diced | ¼ cup diced red onion |
| 1 lime, juiced | |

Prep time 15 min Cook time 0 min Yields/Serves: 20 servings
(2 tablespoons each)

Combine all ingredients in a large bowl and toss gently. Serve with tortilla chips!

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Anthony Praskavich

apraskavich@4LPi.com

(800) 477-4574 x6656

ADVERTISE HERE

to reach your community



Call 800-950-9952



Hospice of the Ozarks
Since 1979

The only not-for-profit hospice organization serving Baxter & Marion counties.

Individualized Plan of Care	Nurse On Call 24/7	Family Assistance	Hospice House In-Patient Unit
-----------------------------	--------------------	-------------------	-------------------------------

Administration Office: 811 Burnett Dr
Hospice House: 774 Long Street
Mountain Home, AR 72653
(870) 508-1771
www.hospiceoftheozarks.org

Affiliated with BAXTER HEALTH Follow us on



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952



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)

February 2025

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

60 years or older

Suggested donation \$4.00

MON	TUES	WED	THURS	FRI
3	4	5	6	7
Cream of potato soup Turkey & Swiss sandwich Baked potato chips Fruit crisp	Country fried steak & peppered cream gravy Mashed potatoes Green beans Wheat roll Fruit medley	Pork roast Pinto beans Seasoned cabbage Cornbread Sunshine cake	Cheese ravioli with pesto Buttered corn Tossed salad Gelatin Parfait	Asian ginger chicken Fluffy white rice Oriental Vegetables Wheat roll Mandarin oranges
10	11	12	13	14
Chicken & noodles Mashed potatoes Green beans Wheat roll Hot baked peaches	Beef chopped steak w/Mushroom gravy Roasted potatoes Brussels sprouts Wheat roll Fruit Medley	Meatloaf Seasoned roasted potatoes Broccoli & cauliflower Wheat roll Fruit parfait	Tangy ranch chicken Au gratin potatoes Seasoned carrots Wheat roll Cinnamon apples	Pinto beans w/ham Fried potatoes & onions Seasoned greens Wheat bread Fruit medley
17	18	19	20	21
Closed For President's Day	Cream of broccoli soup Crackers Tuna salad sandwich Sweet potato fries Chocolate pudding	Pot roast Parslied potatoes Carrots & celery Wheat roll Cherry angel cake	Fried chicken Mashed potatoes w/ gravy Buttered corn Wheat bread Fruit	French dip sandwich Baked potato chips Mixed vegetables Mandarin oranges
24	25	26	27	28
Fried fish fillet Buttered corn Collard greens Wheat bread Lemon cream pie	Chicken tenders Macaroni & cheese Baby lima beans Wheat roll Chilled peaches	Hearty chili w/crackers Romaine lettuce salad Fruit medley Soft sugar cookie	Oven chicken fajita w/ peppers & onions Buttered rice Black beans Fresh fruit	Hot roast beef sandwich Mashed potatoes w/gravy Green beans Tropical 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 333 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 ama.org/advocacy

Cold Weather Safety

Extremely chilly air comes every winter into at least part of the country and affects millions of people across the United States. The arctic air can be dangerous. Combined with brisk winds, dangerously chilly wind chill values can result. People exposed to extreme wintry weather are susceptible to frostbite and can succumb to hypothermia in a matter of minutes. Areas most prone to frostbite are uncovered skin and the extremities, such as hands and feet. Hypothermia occurs when the body loses heat faster than it can produce it. A freeze occurs when the temperature drops below 32°F. You may also want to check out our winter safety site for snow and more cold season hazards information.

Ice Storms

Heavy accumulations of ice can bring down trees and topple utility poles and communication towers. Ice can disrupt communications and power for days while utility companies repair extensive damage. Even small accumulations of ice can be extremely dangerous to motorists and pedestrians. Bridges and overpasses are particularly dangerous because they freeze before other surfaces. **Black Ice:** Black ice is a deadly driving hazard defined as patchy ice on roadways or other transportation surfaces that cannot easily be seen. It is often clear (not white) with the black road surface visible underneath. It is most prevalent during the early morning hours, especially after snow melts on the roadways, and has a chance to re-freeze over night when the temperature drops below freezing. Black ice can also form when roadways are slick from rain and temperatures drop below freezing overnight. **Ice Jams:** Long cold spells can cause rivers and lakes to freeze. A rise in the water level or a thaw breaks the ice into large chunks which become jammed at man-made and natural obstructions. Ice jams can function as a dam, resulting in severe flooding. **Ice Recreation:** Ice on lakes and streams can be deadly. If you see any of the following conditions, do NOT go out on the ice: Cracks, holes, or breaks in the ice. Flowing water around the edges, just below the surface, or over the top of the ice. Ice that appears to have thawed and refrozen. If you decide to venture out on the ice, remember the following guidelines: Stay off the ice if it is less than 2 inches thick! **Frost:** Frost describes the formation of thin ice crystals on the ground or other surfaces in the form of scales, needles, feathers, or fans. Frost develops under conditions like dew, except the temperatures of the Earth's surface and earthbound objects fall below 32°F. As with the term "freeze," this condition is primarily significant during the growing season. If a frost period is sufficiently severe to end the growing season or delay its beginning, as a "killing frost." Because frost is primarily an event that occurs as the result of radiational cooling, it frequently occurs with a thermometer level temperature in the mid-30s. www.weather.gov



Cell Phone Charger



First Aid Kit



Jumper Cables



Spare Tire



Flares

BUILDING AN EMERGENCY SUPPLY KIT

FOR YOUR CAR



Water, Snacks



WHY?

Because you never know when you will encounter winter weather or an emergency road closure

AMERICA'S PrepareAthon!
BE READY FOR THE FUTURE



Full Tank of Gas



Sand or Kitty Litter



Mittens, Hat, Boots Warm Clothes



Flashlight

Snow Shovel and Brush



Blankets



Tow Rope

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 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.



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.



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.



**SUPPORT THE
ADVERTISERS**
that Support our
Community!

10 Brain Work



Valentine Word Search



Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

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

©Crafted Living

heartthrob sweetheart infatuation sentimental enamored date endearment
devotion fondness romance amorous affection chocolate valentine white
Cupid admirer cherish candy smitten beloved passion flowers bouquet
card woo pink gift heart suitor beau red kiss adore love



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 1/9/2025 \$14,305.00

Donations can be made online at www.aanwar.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



Antiques Galore and More

870-706-0937

I buy Indian and costume jewelry

Gary Bean | Mtn. Home, AR 72653

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

“Come see why Care is the first word in our name and how it’s reflected in everything we do.”



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 2025

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.

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.”

Total raised as of 1/9/2025 \$4,581.00

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,



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.