

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER



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

Program Assistant/MOW
870-424-3054

MARCH 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!**



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 proving 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

May 28, 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.



Upcoming Dates Center is closed:

February 17, 2025

President's Day

May 26, 2025

Memorial Day

July 4, 2025

Independence Day

Every March, registered dietitian nutritionists celebrate National Nutrition Month! During National Nutrition Month, health and nutrition professionals share their knowledge and tips with patients, clients, family, friends, and the community to increase awareness about the importance of good nutrition. Nutrition.gov has resources that can help people of all ages make healthier food choices and live an active lifestyle.

Nutrition.gov's Life Cycle section serves as a gateway to age-specific nutrition information from infants to older adults. It provides tips for healthy eating during pregnancy and for women who are breastfeeding. Need tips for young, fussy eaters? The Toddlers page has resources for parents, teachers, and caregivers on building healthy mealtime habits, snack tips and ways to get young kids involved in the kitchen. The Children's section includes interactive websites and games that kids can play to learn about nutrition, physical activity, and food safety. Also, find kid-friendly recipes to try at home!

If you are a parent of teenagers, or teach them in the classroom, check out For Parents, Caregivers, and Teachers, located in the Teens section of the website. Here you will find free educational materials that can be used at home or in the classroom. Teens can also go to the Teens section to learn more about making positive food and lifestyle choices.

Nutrition.gov also provides resources for men, women, and older adults, including tips for making better food choices, healthy eating as we age, interactive tools, recipes, and physical activity tips. For more resources, and to stay up to date on what is new, follow Nutrition.gov on Twitter. Happy National Nutrition Month.



<https://www.usda.gov/about-usda/news/blog/resources-help-celebrate-national-nutrition-month>

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

IF YOU LIVE ALONE

MDMedAlert!™

STARTING AT
\$19⁹⁵ /mo.

At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the HOME YOU LOVE!" ✓ GPS & Fall Alert



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 lpicommunities.com

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Scan to contact us!

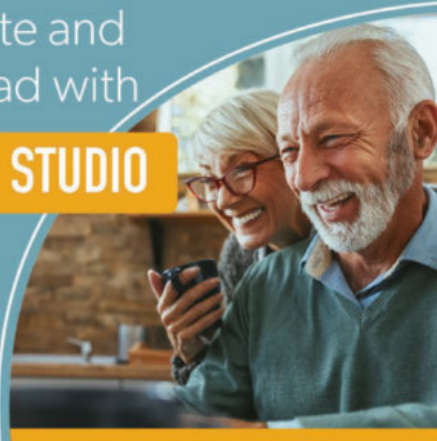
Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



It's Crafting Time Again.



- . March 14th, 1:00 PM**
- . Only 10 Seats Available.**
- . Prepay to Reserve your Spot Before March 3rd deadline.**
- \$10.00 fee is non-refundable**

Sweet & Sour Chicken With Broccoli

Ingredients:

- 3 ounces of dry ramen noodles
- 1 tablespoon canola or avocado oil
- 3 tablespoons rice vinegar
- 1 1/2 tablespoons cornstarch
- 1 tablespoon finely chopped garlic
- 1/2 teaspoon kosher salt
- 1 pound boneless, skinless chicken breast, trimmed and cut into 1 inch pieces
- 1/2 cup orange juice
- 6 cups small broccoli florets
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons honey
- 3/4 teaspoon crushed red pepper



Instructions: Preheat oven to 375 degrees F.

Crush noodles and spread on a rimmed baking sheet. Bake, stirring once, until lightly browned, 7 to 9 minutes. Meanwhile, heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until browned and cooked through, 6 to 8 minutes. Transfer the chicken to a plate. Add orange juice to the pan and cook, scraping up any browned bits, for 15 seconds. Add broccoli; cover and cook until tender, about 3 minutes. Meanwhile, whisk vinegar, soy sauce and cornstarch in a small bowl.

Add the vinegar mixture, honey, garlic, crushed red pepper and salt to the pan; bring to a boil. Cook, stirring, until the sauce is thickened, about 1 minute. Add the chicken and cook for 1 minute more. Top with the ramen noodles.

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



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)

March 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
Beef stroganoff w/ noodles Buttered carrots Wheat roll Applesauce	Ham & au gratin potatoes Spinach Wheat roll Banana	Boneless breaded pork chop w/cream gravy Hash brown potatoes Buttered corn Wheat roll Mandarin orange gelatin	Steak fingers w/cream gravy Baked potato Peas & carrots Wheat bread Chilled peaches	Open face hot turkey sandwich Mashed potatoes Green beans White roll Yellow cake w/ chocolate icing
10	11	12	13	14
Chicken pot pie Calif medley vegetables Wheat roll Fresh fruit	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	Pinto beans w/ham Fried potatoes & onions Seasoned greens Wheat bread Fruit medley
17	18	19	20	21
Soft beef taco Texas pinto beans Mixed green salad Fruited gelatin	Chicken & noodles Mashed potatoes Green beans Wheat roll Hot baked peaches	Meatloaf Seasoned roasted potatoes Broccoli & cauliflower Wheat roll Fruit parfait	Beef chopped steak w/Mushroom gravy Roasted potatoes Brussels sprouts Wheat roll Fruit Medley	Tangy ranch chicken Au gratin potatoes Seasoned carrots Wheat roll Cinnamon apples
24	25	26	27	28
Baked cubed steak & gravy New red potatoes Baby lima beans Wheat roll Fruited gelatin	Mushroom chicken Wild rice blend Broccoli florets Wheat roll Mixed berry crisp	Pot roast Parslied potatoes Carrots & celery Wheat roll Cherry angel cake	Fried chicken Mashed potatoes w/ gravy Buttered corn Wheat bread Chilled pudding	French dip sandwich Baked potato chips Mixed vegetables Mandarin oranges
31				
Chicken tenders Macaroni & cheese Baby lima beans Wheat roll Chilled peaches				
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 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

BOOK DRIVE

Benefitting:

Van Matre Senior Center/Meals on Wheels

Donate your gently used books for our Fall book sale

(Date To Be Determined)

We are accepting Fiction, Nonfiction,

Children's books, & Audiobooks

(please, no encyclopedias, Dictionaries,

Cookbooks or Magazines)

Please bring books to the Van Matre Senior Center

1101 Spring Street, Mtn. Home, AR (Cooper Park)

Monday - Friday 8:00 am - 4:00 pm

870-424-3054



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.

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.



©LPi

SENIOR BUS SCHEDULE

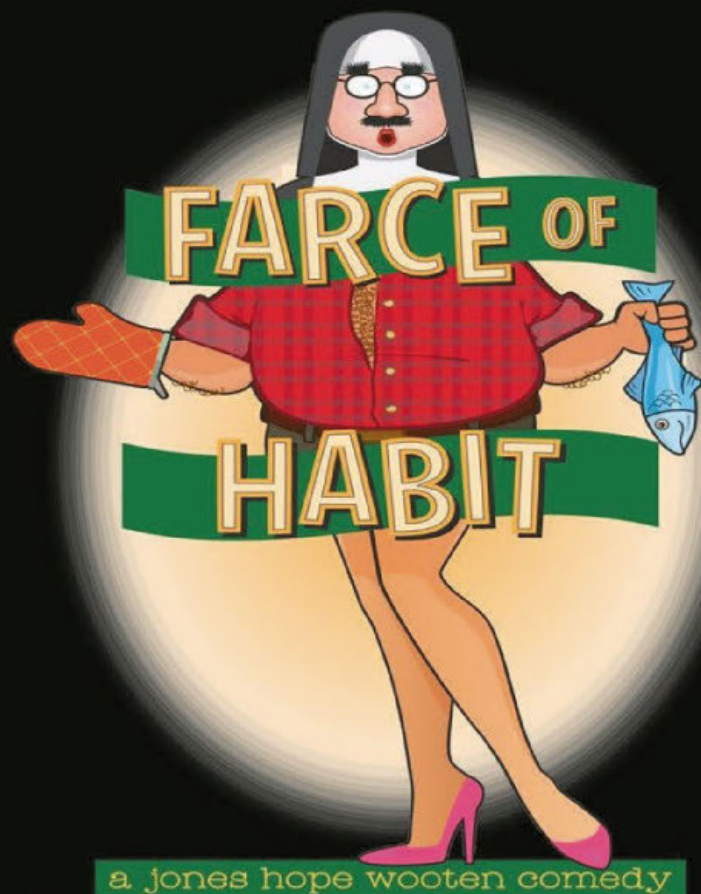
VAN MATRE SENIOR CENTER VAN

**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!



WHEN

March 27, 2025 @ 7:00 PM

WHERE

**Twin Lakes Playhouse
600 West 6th Street Mountain Home, AR 72653
870-424-0444**

ABOUT THE PLAY* DIRECTED BY ANNE JOHNSON

COMIC FIREWORKS EXPLODE IN THIS PLAY, AN ABSURDLY FUNNY SOUTHERN-FIRED ROMP THAT TAKES US BACK TO THE REEL 'EM INN, THE FINEST LITTLE FISHING LODGE IN THE OZAKS. GENE WILBURN IS LOOKING FORWARD TO A PEACEFUL WEEKEND ON THE LAKE. BUT THERE ARE ONLY TWO CHANCES OF THAT HAPPENING DUE TO A HOST OF CRAZY CHARACTERS AND AN AXE MURDERER ON THE LOOSE!

WWW.FACEBOOK.COM/VANMATRECENTER

ALL AGES EVENT

TICKETS Sales

\$16 Each

**Can be purchased at
Van Matre Senior Activity &
Wellness Center
1101 Spring Street #30
Mountain Home, AR 72653
870-424-3054**

**Monday—Friday
8:00 AM—3:00 PM**

BENEFITING

**Van Matre Senior Activity &
Wellness Center
Meals on Wheels Program**

ALL PROCEEDS

**Will go to the Van Matre
Senior Activity & Wellness
Center and towards the
Meals on Wheels Program.**

Van Matre Senior Activity & Wellness Center

11

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!



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



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



ADT
Authorized
Provider

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."



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Van Matre Senior Activity and Wellness Center

D 4C 01-1494

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."

Total raised as of 2/7/2025 \$6,201

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.