

VAN MATRE SENIOR ACTIVITY AND WELLNESS CENTER



APRIL 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.

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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

Courtney Wallace

Program Assistant/MOW
870-424-3054
cwallace@aanwar.org



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. Thank you for your support to the senior center.



Upcoming Dates Center is closed:

May 26, 2025

Memorial Day

July 4, 2025

Independence Day

September 1, 2025

Labor Day

November 27-28, 2025

Thanksgiving Holiday

December 24-25, 2025

Christmas Holiday

9 Health Benefits of Walking for Seniors

#1: Improve Cardiac Health

Studies have repeatedly shown walking can help improve circulation and blood pressure. Walking is one of the best exercises for heart health. The CDC recommends walking at least 150 minutes weekly for adults 65 and older.

#2: Lower Blood Sugar

Taking a walk after meals — even just a 15-minute walk — has been shown to reduce the spike in blood sugar that some seniors can experience after eating.

#3: Stronger Bones, Joints, and Muscles

Walking offers benefits to your bones, joints, and muscles...all at once. Walking helps keep your joints lubricated, which is crucial for seniors. This can help you stay more independent and prevent injuries like a hip fracture.

#4: Slow Cognitive Decline

Studies show walking can help protect the aging brain from dementia and Alzheimer's disease. It was found that age-related memory decline was lower in those who walked more.

#5: Better Mood

Walking releases endorphins that create a sense of well-being, reduce anxiety, and help boost your mood.

#6: Reduce Aches and Pains

The same endorphins that help improve your mood can decrease the perception of pain because they bind to the same neurotransmitters that common pain medications bind to.

#7: Improved Sleep

Researchers have discovered that those who walk each morning are less likely to experience insomnia than those who don't go for walks.

#8: More Social Interaction

Walking offers an easy way for seniors to meet up with others. Social interaction is another key to good health for older adults.

#9: Improve Immune System Health

It has been found that regular walkers get sick less frequently and for shorter periods than people who don't exercise.

Always consult your doctor before starting a new exercise program

<https://seniorservicesofamerica.com/blog/health-benefits-of-walking-for-seniors/>

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.”

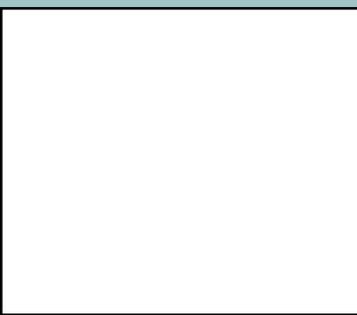


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Fundraiser

Van Matre Senior Center Book Drive

Please donate your gently used books for our
Summer Book Sale (June 18,19,20)

We are accepting books through June 6

We are accepting Fiction, Nonfiction,
Children's books, & Audiobooks.

*We are not accepting dictionaries,
cookbooks, magazines or encyclopedias*

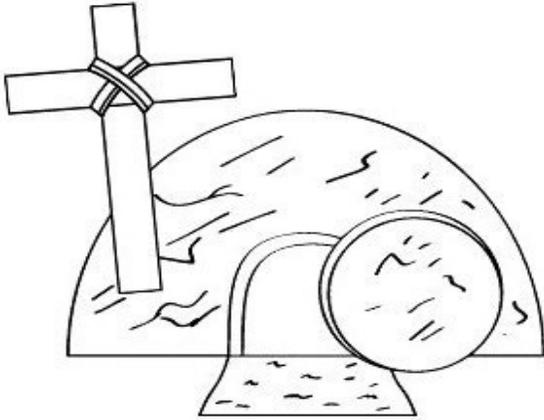
Van Matre Senior Center (at Cooper Park)
1101 Spring Street Suite 30 ~ Mtn. Home, AR
Mon-Fri 8 am - 4 pm 870-424-3054

Van Matre Senior Center is a 501(c)(3) Nonprofit



EASTER

WORD SEARCH



- | | |
|-------------|--------------|
| CELEBRATION | PURPLE |
| CROSS | REJOICE |
| EASTER | RESURRECTION |
| GOOD FRIDAY | RISEN |
| JESUS | SACRIFICE |
| LENT | SAVIOR |
| MIRACLE | SUNDAY |
| PASSOVER | TOMB |

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

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 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)

April 2025

Monday - Friday
11:00 AM - 12:00 PM
60 years or older
Suggested donation \$4.00

MON	TUES	WED	THURS	FRI
	1	2	3	4
	Hamburger on bun French fries Creamy coleslaw Chilled pudding	Cornbread pork cutlet With peppered gravy Mashed potatoes Buttered carrots Wheat roll Mandarin orange	Hearty chili with Crackers Romaine lettuce Fruit medley Soft sugar cookie	Fried fish fillet Buttered corn Collard greens Wheat bread Fruit
7	8	9	10	11
Lasagna with Meat sauce Italian vegetable blend Breadstick Ice cream	Salisbury steak with Peppers Potatoes Herbed zucchini Wheat dinner roll Rosy apple slices	Braised beef Parslied mashed potatoes Seasoned green beans Wheat dinner roll Berry cup	Pineapple chicken Fried Rice Stir fry vegetable blend Vegetable egg roll Fruit	Sliced baked ham Macaroni & cheese Greens Biscuit Brownie
14	15	16	17	18
Swedish meatballs Noodles Broccoli florets Wheat dinner roll Blushing pears	Chopped steak Mushroom gravy Mashed potato casserole Cauliflower Wheat dinner roll Fruit	Baked turkey breast Noodles Brussels sprouts Wheat dinner roll Pears & apricots	Honey glazed turkey Baked sweet potatoes Savory spinach Wheat dinner roll Peanut butter cookie	Breaded fish fillet Tarter sauce French fries Vegetable salad Wheat dinner roll Lemon pound cake
21	22	23	24	25
Chicken & dumplings Mashed potatoes Green beans Wheat dinner roll Grapes	Marinated chicken Parmesan basil orzo Baby carrots Wheat dinner roll Pear crisp	Beef with Roasted vegetables Rissolle potatoes Wheat dinner roll Apricot parfait	Pork cutlet supreme Parslied potatoes Peas & mushrooms Wheat dinner roll Daffodil Angel food cake	Stuffed peppers Green beans Dinner roll Chocolate chip cookie
28	29	30	5/1	5/2
Breaded pork chop Confetti rice Butter beans Wheat dinner roll Peaches & cream	Pork carnitas Refried beans Tomato corn cilantro Salad Flour tortilla Cinnamon roll Churro	Meatloaf Roasted potatoes Broccoli Wheat dinner roll Mandarin oranges	Baked chicken Cornbread dressing Spinach Wheat dinner roll Berry cup	Ham steak Cream cheese corn Brussels sprouts medley Wheat dinner roll Chocolate pudding

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.

HEAT EXHAUSTION		OR	HEAT STROKE	
Faint or dizzy			Throbbing headache, confusion	
Excessive sweating			No sweating	
Cool, pale, clammy skin			Body temperature above 103° Red, hot, dry skin	
Nausea or vomiting			Nausea or vomiting	
Rapid, weak pulse			Rapid, strong pulse	
Muscle cramps			May lose consciousness	
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 			<p>CALL 9-1-1</p> <ul style="list-style-type: none"> • Move person to cooler place • Cool using cool cloths or bath • Do not give anything to drink 	

Source: National Weather Service

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.



Jodie Secor, full-time Kitchen Manager, left our employment on March 13, 2025. Jodie has been with Van Matre Senior Center for 15 years. Jodie wants everyone to know that she will miss her co-workers and clients. She has enjoyed her time here at the Van Matre Senior Center. We will wish her the best of success.

**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 anna.org/advocacy



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



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.



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Community!

10 Recipe



Turkey and Vegetable Barley Soup

Ingredients:

- 1 tablespoon canola oil
- 5 medium carrots, chopped
- 1 medium onion, chopped
- 2/3 cup quick-cooking barley
- 6 cups reduced-sodium chicken broth
- 2 cups cubed cooked turkey breast

2 cups fresh baby spinach

1/2 teaspoon pepper

Instructions:

1. In a large saucepan, heat oil over medium-high heat. Add carrots and onion; cook and stir until carrots are crisp-tender, 4-5 minutes.
2. Stir in barley and broth; bring to a boil. Reduce heat; simmer, covered, until carrots and barley are tender, 10-15 minutes. Stir in turkey, spinach and pepper; heat through.

Nutrition Facts

1-1/3 cups: 208 calories, 4g fat (1g saturated fat), 37mg cholesterol, 662mg sodium, 23g carbohydrate (4g sugars, 6g fiber), 21g protein. Diabetic Exchanges: 2 lean meat, 1 starch, 1 vegetable, 1/2 fat.



Please welcome back Courtney Wallace, full-time Program Assistant, to Van Matre Senior Center. Courtney will help in all departments at the center, but her main

position again will be with the Meals on Wheels program where she helps seniors in our community.



Please welcome MacKenzie Sharp, part-time Facility Assistant, to Van Matre Senior Center. MacKenzie is helping in all departments. We are happy to have

her join our team.

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!



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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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 3/12/2025 \$6,201.00

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, 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.