Van Matre

SENIOR ACTIVITY & WELLNESS CENTER

Updated 6/10/2021

Updated guidelines are inside newsletter.

Monday—Friday hours 8:00 AM-4:00 PM
Suggested donation for meals is $3.00
Congregate Meal hours: 11:00 AM to 12:00 PM
Clients/staff that are fully vaccinated no longer are required to wear masks.
Clients/staff that are not fully vaccinated must wear a mask.
Clients must sanitize their hands upon entry to building.
Clients please have your membership cards ready to swipe as you enter the building! This will help keep the line moving.

Fundraiser Information Inside Newsletter

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Center Info

1101 Spring Street #30
Mountain Home, AR 72653
(870) 424-3054
(870) 424-3055 Fax
vanmatresc@aaanwar.org
www.aaanwar.org
Facebook: @Vanmatrecenter

Lunch 11:00 AM-12:00 PM

Contacts

Director.....Robyn Snyder
rsnyder@aaanwar.org
Program Assistant.....Anne Johnson
annejohnson@aaanwar.org
Facility Assistant.....Lynne Weaver
lweaver@aaanwar.org
Facility Assistant...Hannah McKelvey
hmckelvey@aaanwar.org

Be the Light for 2021

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

Van Matre Senior Center

Provider of Meals on Wheels Program

Serving: Mountain Home, Gassville, Cotter, Salesville,

Norfork, Midway, Lakeview, and other areas within Baxter County.

Help support us as we are servicing more seniors during this pandemic at home to ensure their safety!!

Donate $21 for 2021

https://securepayment.link/aaanwar/

Help us to reach our goal of $63,000

501(3) c Non-Profit

1101 Spring Street #30

Mountain Home, AR 72653

870-424-3054

"It will only take 3000 people donating $21 to reach our goal! Will you please be one of them."

AS of 7/16/2021

Together we have raised $63.00

The Van Matre Senior Center is open Monday-Friday from 8:00 AM to 4:00 PM. We serve a nutritious congregate meal from 11:00 AM to 12:00 PM. A donation of $3.00 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.

If you need a ride to the doctor's office, grocery store, or local transportation, please call the center. We offer transportation Monday through Friday, 8 AM to 12 PM. A donation of $5.00 in Mountain Home city limits, and outside of Mountain Home is $10.00. Donations for longer trips will be based on mileage.

Social activities at the Senior Center is a donation of a $1.00 per day per person. We offer the following activities: Exercise classes, Gym, Billiards, Table Games, Bingo, and Card Games. This is a daily donation. Meals on wheels home delivered meals are also available to those individuals that qualify. They are served a nutritious meal, each meal is a donation of $3.00.

RIDDLES

1. What do you call a dog with no legs?
2. What has five eyes, but cannot see?
3. What do you call an alligator wearing a vest?
4. There was a plane crash every single person died. Who survived?
5. What do you call a rabbit with fleas?
6. What did the beach say when the tide came in?
7. August was the name of a puppy who was always picking on larger animals. One day he got into an argument with a lion. The next day was the first day of September. Why?
8. A man purchased a $20,000 car but he didn't have to pay a penny. How did he do it?
9. Why are ghost bad at lying?
10. How many months of the year have 28 days?
11. It belongs to you, but your friends use it more. What is it?
12. There's only one word in the dictionary that's spelled wrong. What is it?
13. What 2 things can you never eat for breakfast?

Van Matre Senior Center Activities

MON	TUE	WED
8:00 Fit Women 9:00 Zumba Gold 10:00 Exercise Class 10:00 Scrabble 12:30 Bridge 1:00 Pinochle & Bunco **Last Monday** Bunco	10:00 Line Dancing 12:30 Dominoes, Duplicate Bridge 1:00 Mahjong 1:00 Poker	8:00 Tai Chi 9:00 Zumba Gold 10:00 Exercise Class 12:00 Hand & Foot Canasta 12:30 Mahjong 1:00 Pinochle
THU	**FRI**	**WEEKENDS**
12:30 Bridge and Dominoes 12:45 Bunco **4th Thursday** 1:00 TLWB Bunco	8:00 Fit Women 10:00 Genealogy 10:30 Zumba Gold 12:30 Mahjong 1:00 Pinochle **1st and 3rd Friday** 12:30 Dominoes **1st Friday of the Month** Round Robin	**2nd Saturday of the Month** 12:30 PM Bridge

CLIMATE WORD SEARCH

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

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

WORDS

ANOMALY
ARID
AUTUMN
CLIMATE
CONVECTION
DIURNAL
DROUGHT
FLOODING
FORECAST
FRONT
GREENHOUSE
HUMIDITY
HURRICANE
LATITUDE
LONGITUDE
LOW
MAP
METEOROLOGY
MONSOON
NORMAL
OZONE
PATTERN
PERCENTAGE
PRECIPITATION
PREDICTION
PRESSURE
SEASONS
SPRING
SUMMER
TEMPERATURE
TIDE
TORNADO
WEATHER
WET
WINDY
WINTER

Riddles Answers

1. It doesn't matter what you call him, he's not going to come.
2. The Mississippi River.
3. An investigator
4. Married couples.
5. Bugs bunny
6. Long time no sea
7. Because that was the last of August.
8. He didn't have to pay a penny, he had to pay $20,000
9. Cause you can see right though them.
10. All of them
11. Your name
12. The word "wrong." It's the only word that's spelled W-R-O-N-G.
13. Lunch and dinner.

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Hospice House - 774 Long Street - (870) 508-1200
www.hospiceoftheozarks.org

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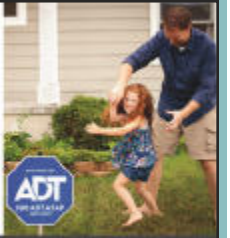


ADT Authorized Provider | SafeStreets | 1-855-225-4251

Van Matre Senior Center

August 2021 Menu

Senior 60 and older
$3.00 or more donation
Mon-Fri 11:00 AM-12:00 PM

Congregate Meal is served Monday-Friday 11:00 AM-12:00 PM

Under 60 meals
$7.00(includes tax)
All Carry-Out Meals
$7.00(includes tax)

MON	TUE	WED	THU	FRI
2 Beef & Noodles Cabbage & Carrots Wheat Roll Strawberries	3 Turkey Tetrazzini Tuscan Blend Vegetables Wheat Bread Fruit Medley	4 Pepper Steak Fluffy White Rice Oriental Vegetables Whole Wheat Roll Mandarin Orange Fluff	5 Baked Cubed Steak Mashed Potatoes W/gravy California Vegetables Whole Wheat Roll Spiced Peaches	6 Fried Fish on Bun Pinto Beans Creamy Coleslaw Sugar Cookie
9 Taco salad Roasted corn & Jalapeno blend Cinnamon roll Fresh cantaloupe	10 Pork Tips & gravy Hearty Grains & wild mushrooms California vegetables Whole wheat roll Fruit Medley	11 Mandarin Chicken Salad Plate w/ macaroni salad & Tomato Wedges White diner roll Chocolate cake	12 Ham & Beans Fried Potatoes w/Onions Creamy Coleslaw Cornbread Fruit Parfait	13 Marinara sauce Cheese Manicotti Italian Vegetables Spinach Salad Wheat Bread Banana
16 Lasagna Italian vegetables Tossed salad Bread stick Banana	17 BBQ Chicken Seasoned Potato Seasoned Potato Wedges Mixed Vegetables Whole Wheat Roll Watermelon	18 Stuffed Green Pepper Flame Roasted Sweet Corn Tossed Salad White Dinner Roll Strawberries	19 Salisbury Steak w/ Mushroom Gravy Baked Potato Peas & Carrots Whole Wheat Roll Snickerdoodle Cookie	20 Fish Macaroni & Cheese Sonoma Blend Vegetables Wheat Bread Gelatin Cake
23 BBQ Pork on Wheat Bun Chuckwagon Corn Spinach Salad Fresh Melon Cup	24 Season Baked Chicken Rice Pilaf Broccoli & Cauliflower Whole Wheat Roll Banana Pudding	25 Meatloaf Roasted Vegetables Seasoned Green Beans Whole Wheat Roll Orange Pineapple Medley	26 Chicken Salad Sandwich Garden pea salad Fruit salad Chocolate chip cookie	27 Turkey & Ham Chef's Salad w/ dressing Bread Stick Bananas in strawberry Glaze
30 Breaded pork chop w/ cream gravy Flame Roasted Corm & Peppers Whole Wheat Roll Fresh Melon Cup	31 Chicken Tenders Macaroni & Cheese Broccoli Florets Whole Wheat Roll Cinnamon Applesauce	1 Beef & Broccoli Fluffy White Rice Egg Roll Fruited Gelatin	2 Chopped Steak w/gravy Red Mashed Potatoes Seasoned Greens Wheat Bread Angle Food Cake	3 Chicken Soft Tacos Mexican Rice Sauteed Zucchini Ice Cream

*All menu items are subject to change daily according to seasonality and availability *
Plus check our Facebook account for daily undated lunch changes

August Puzzle 2021

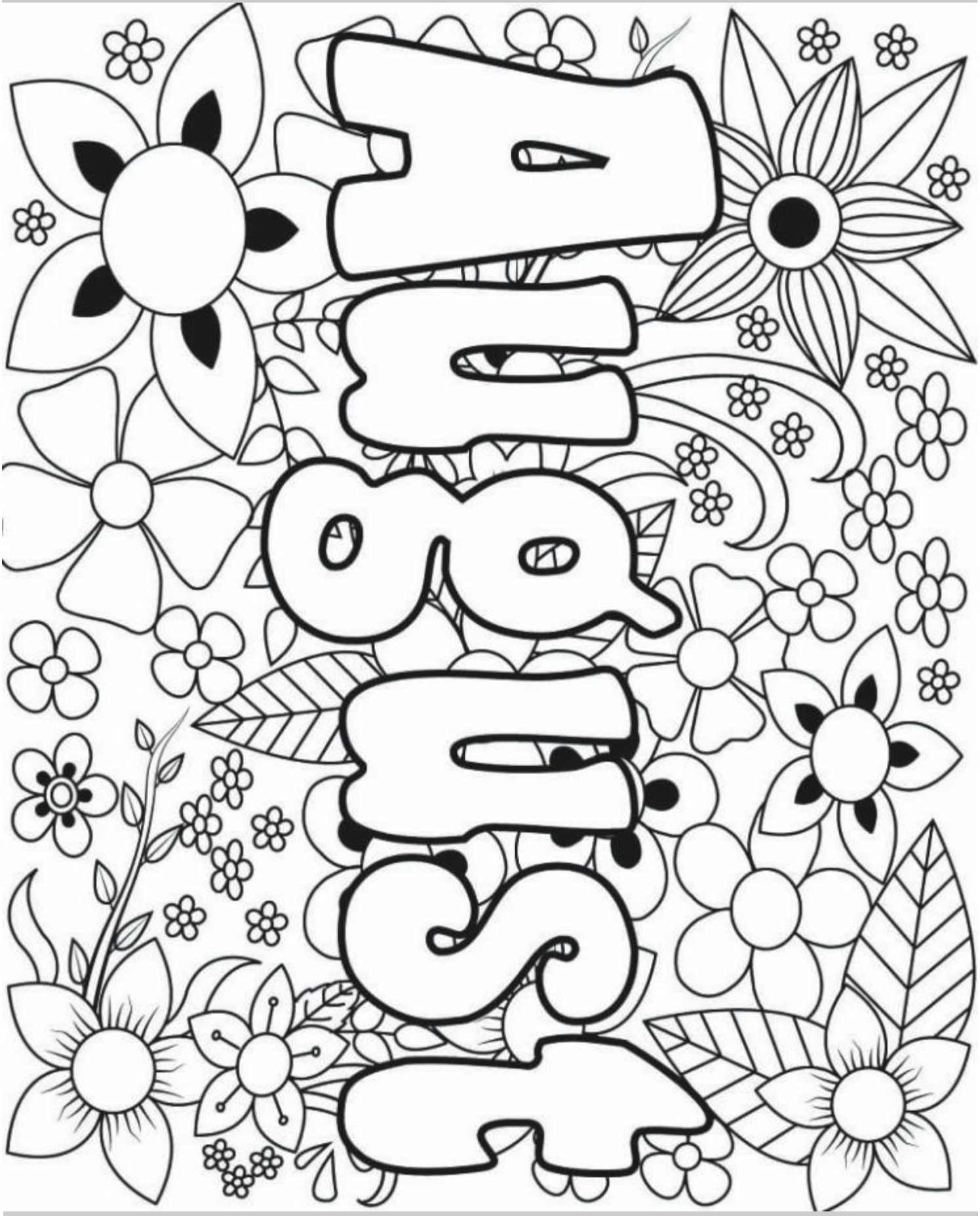
SUMMER WORD SEARCH

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

AUGUST
BARBECUE
BEACH
FAMILY
FLIPFLOPS
FUN
HOT
ICE CREAM
ICE POP
JULY
JUNE
OCEAN
PICNIC
POOL
RELAX
SEASIDE
SHORTS
SPRINKLER
SUMMER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMMING
VACATION

At this time the Van Matre Senior Center is not having any after hour

Color Page



Meet our staff

Director: Robyn Snyder
Program Assistant: Anne Johnson
Facility Assistant: Lynne Weaver
Facility Assistant: Hannah McKelvey
Facility Assistant:
Transport Driver: Ronald Thompson
HDM Driver: Richard Rawle
HDM Driver: Orlando Sequeira
HDM Driver: Noel McCoy
Food Service Manager: Jodie Secor
Kitchen Assistant: Janie Davis
Kitchen Assistant: Perry Gage
Kitchen Assistant:
Custodian: Terry Bell

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103 S. Main St., Mountain Home , AR 72653 • 870.421.9977 • www.mymedicareresource.net

Van Matre Senior Center

1101 Spring Street Mountain Home, AR 72653 870-424-3054

Updated 6/10/2021

The following are recommendations by Area Agency on Aging of Northwest Arkansas to resume congregate meals and socialization within senior centers in our service area via the COVID-19 directives provided by Governor Asa Hutchinson and Arkansas Department of Health and Human Services and CDC.

On July 12th Van Matre Senior Center hours of operation will be 8:00 AM to 4:00 PM Monday thru Friday. Friday July 9th will be the last day to serve the **curbside meal.** We will discontinue this service beginning Monday July 12th. **To go meals** will go back to regular pricing $7.00. Starting Monday July 12th our congregate meal will be served from 11:00 AM until 12:00 PM Monday thru Friday. All health & wellness program, card games, and exercise programs will resume if the center has an instructor for the class. Please check with the director about times and days. Currently, the Van Matre Senior Center is not having any after hour events for rentals. Area Agency will re-evaluate this decision in 3 months.

Congregate Meals

- The last day for curbside meal service will be July 9, 2021. The current plan for curbside meal service will discontinue on July 12, 2021. This is subject to change depending on COVID19 case numbers and will be evaluated closer to this date.
- Masks are no longer required for any client or employee if they are fully vaccinated. This is on the honor system and AAANWA expects participants and employees to be truthful.
- Any client/staff that is not fully vaccinated must wear a mask.
- Any staff handling food must wear gloves and follow proper frequent hand washing.
- Signage should be placed at the entry way to the center that directs clients to not enter the building if they are sick or have symptoms such as: fever, cough, sore throat, or shortness of breath.
- Each client will sanitize their hands upon entry to building via alcohol-based sanitizing station.
- Clients that are not fully vaccinated are required to wear face mask and/or face shield while in the building and must maintain social distance as much as possible while in the senior center.
- Restrooms must have appropriate signage directing the importance of proper hand washing and sanitization.
- Communal coffee pots, drink dispensers, and salt and pepper shakers may now be used. Sanitizers must be used by clients/employees before serving themselves drinks, etc. Senior center staff will need to regularly wipe down communal coffee pot and drink dispensers several times per day. Salt and pepper shakers must be sanitized daily.

Socialization and Wellness Programs

- All socialization activities are available to be held in centers.
- Social distancing needs to be followed by those clients that are not fully vaccinated.
- All equipment for socialization activities must be sanitized daily. Activities/materials that cannot be sanitized must have several days between playing sessions (example: separate set of cards for each day of week; or 3 days in between play) Clients are responsible to sanitized equipment.

- Clients must be spaced 6 feet apart during exercise or fitness classes. No masks are required while exercising but 6-foot social distancing must be maintained. Clients are responsible to sanitized equipment.

Transportation

- Because AAANWA receives grant funds from ARDOT for transportation vehicles, we are required to follow the current guidelines from the Federal Transit Administration. We must follow the federal mask requirement for transit https://www.transit.dot.gov/TransitMaskUp
- All drivers and passengers of senior center transportation vehicles must wear a face mask or face shield for the full duration of the trip.
- There is no longer limited seating on senior center vehicles.
- Drivers should practice regular hand hygiene, avoid touching their nose, mouth, and eyes.
- At a minimum, transportation vehicles should be fully sanitized at the end of each shift.

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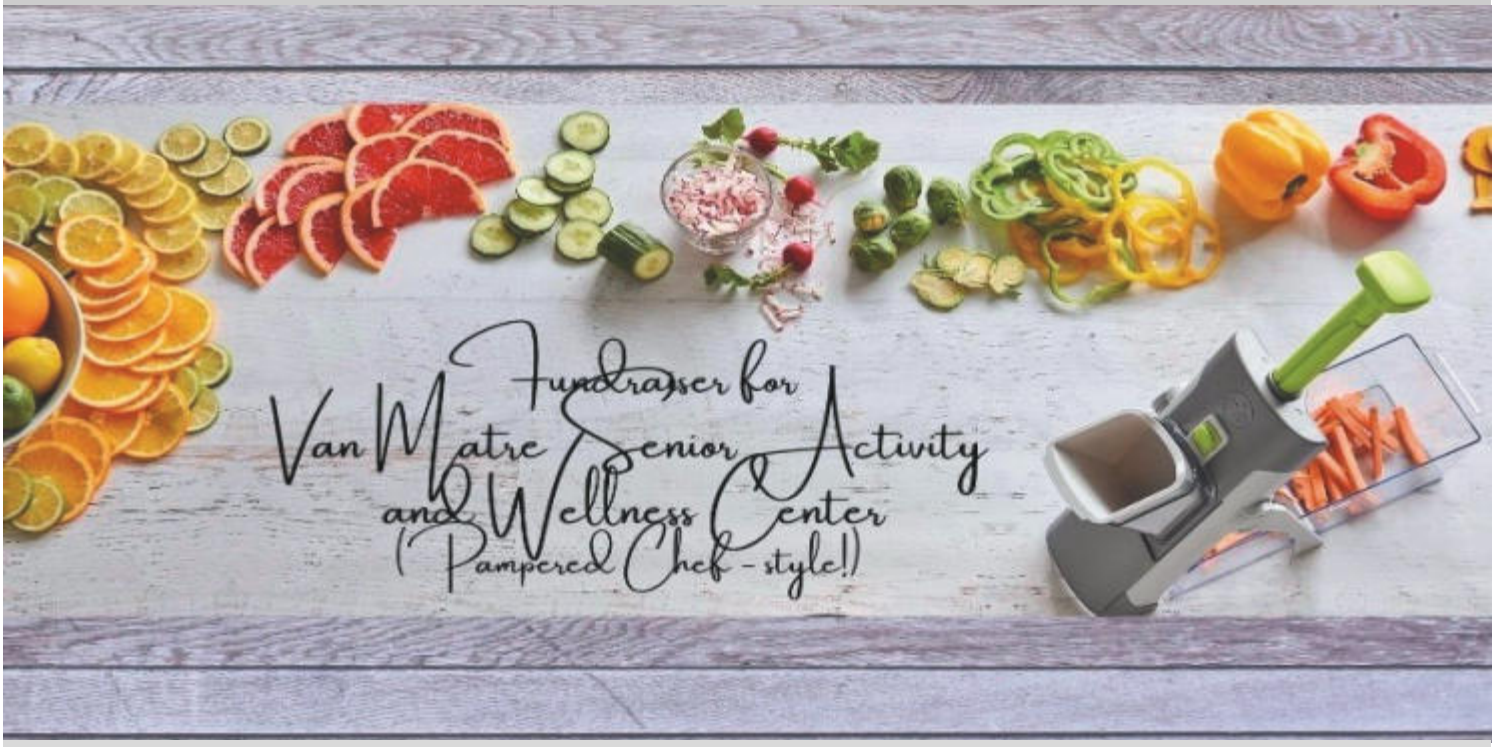
VAN MATRE SENIOR CENTER FUNDRAISER



Please join us for a Pampered Chef fundraiser!

Order online @

https://www.pamperedchef.com/party/vanmatre0801

All online orders place will help towards a donation to

Van Matre Senior Center and the

Meals on Wheels Program.

Please place your order by August 8th.

You can also call Leslie Williams
Independent Director of
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