

CENTER CONNECTION

YOUR SOURCE FOR NEWS, INFORMATION AND EVENTS FOR JONESBORO AREA SENIOR ADULTS



*Best Wishes for Joyous
and Blessed Holidays
from the Center Staff*

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Your source for News, Information, and Events for Jonesboro Area Senior Adults

Christmas Is... (by Kim Pegg)

For many people, Christmas is a time of fun, family, and fond memories. It's a time of excitement and celebration for lots of kids as they eagerly await the arrival of Santa Claus, gifts, parties, and snow!! Christians look forward to the retelling of the Christmas story and church programs. Teachers and students eagerly count down the days until winter break. The tastes and scents of the season bring smiles to many folks' faces as they anticipate the arrival of the season. Merchants revel in the hope of record-breaking sales. I could go on and on, positively "glowing" about holiday cheer and such. However, my attention has recently been drawn to the "other" side of Christmas. There are many who dread the coming of the holiday season. It brings a flood of sadness with its arrival. Some have no one with which to celebrate. Some don't have enough money to provide for their families, much less any extra for gift-

giving. Some can think only of their own loss and heart-break at a time when it seems as though everyone else is celebrating with their friends and loved ones. How does your Christmas look this year? Are you celebrating, or are you dreading the season? If you're celebrating, remember to give thanks for all you have and for those you love. Also, take a look around you...is there someone you know that may be sad this year? If so, invite them to take part in your celebratory activities. Share the spirit of Christmas with them and make their holidays happier, all the while making yours richer too. If you are struggling this season with negative feelings or sadness, the Mayo Clinic suggests you try reaching out to others, set aside differences with others, stick to a budget when spending, plan ahead so you aren't overwhelmed by your own expectations, and seek professional help if you need it. To me, Christmas is a time to remember the greatest gift ever given to each and every person on Earth... God's Love placed in a Manger.

Sr. Life Center Christmas Party:

Thursday, December 22 at 10:00am.

Cookies, punch, and games!

Cookbook Update

Thanks for all the recipes that have been submitted for our cookbook. We are working hard to get the books ready as soon as possible. However, we still need more recipes for the following categories: vegetables, soups, salads, diabetic friendly, and breads. If you haven't submitted any recipes, please consider adding to our book, and if you've already contributed, feel free to add more of your favorites! We will be choosing a name for the cookbook very soon. If you have a suggestion for the name, please write it down and put it in the box in the Coffee Bar. The person who suggests the winning title will receive a free copy of the cookbook.

Business Meetings & Member Orientation

Each member of the Sr. Life Center is encouraged to attend monthly business meetings. Each meeting offers a great opportunity for you to participate in program planning and make suggestions or ask questions. Meetings are held the first Tuesday of each month at 10:00am in the Dining Room. Orientation classes are held monthly, as well, and are geared to answer questions about the Center's funding, operating policies, "why" your signature is required, and other frequently asked questions. Please make an effort to attend each of these meetings. Your input is very important to us!

Enjoy Holiday Meals Healthfully

Here are some suggestions to help you avoid becoming the "stuffed turkey" yourself!

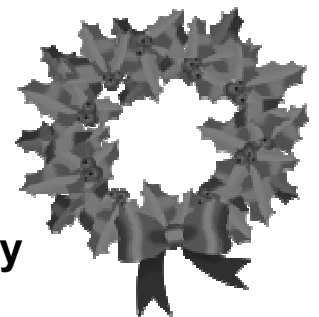
- Keep your exercise routine going.
- Utilize healthy cooking methods: try it baked, grilled, steamed, roasted.
- Use a smaller plate at the buffet; try a "taste" rather than a "serving."
- Eat a small snack before going to a big meal; you won't be as hungry and will eat less.
- Eat slowly and converse during meals.
- Balance meals throughout the day.
- Take your own healthy dish to potluck.
- Don't start a "diet" during the holidays.
- Eat until you're satisfied, not stuffed.
- Use lower-fat and lower-calorie ingredients in meal preparation.
- Beware of high-calorie holiday drinks like punch, wassail, alcohol, and eggnog.
- Focus on the importance of the holiday instead of on the foods.

Inclement Weather Policy

Just a reminder: When Jonesboro Public Schools are closed for snow & ice, the Center will be closed as well. Watch KAIT8 TV for updated school closings.



The Center will be Closed Monday, December 26. Have a very merry Christmas!



**Center Business Meeting
Tuesday, December 6
10:00am**

**Sr. Center Orientation Class
(for all members)
Wednesday,
December 7 @ 10:30am**

**Monthly Birthday Party
December 23
12:30pm**

YOGA Classes:

YOGA classes are starting back on January 5 on Mondays & Thursdays at 3:30pm. Cost of the class is \$25 for 6 weeks. Please sign up at the Information Desk. Instructor is Barbara Bennett.



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Holiday Safety Tips:

With the holiday season comes added crime opportunities. Keep yourself safe this season by observing these safety tips:

- Before sending monetary donations, make sure you know the organization to be reputable. Check out all suspicious requests for money.
- Make gas station stops during daylight hours.
- If you must be out shopping at night, park as close to the store as possible and in well-lit areas. Hold tightly to purses, and do not talk on cell phones while walking through the parking area. Always be aware of your surroundings.
- Travel in groups when possible.
- Look around your vehicle and blow the horn before you exit the car. Keep car doors locked.
- Inform trusted neighbors when you will be away from home; ask someone to keep a lookout around your house during your absence.
- Keep your house doors locked, and garage doors closed, even when you are home.
- Leave a light on inside and outside the house when you are not home; leave a radio or TV turned on to deter potential break-ins.
- Turn off Christmas lights when you go to bed or are away from home.
- Limit your consumption of alcohol.
- Call the local police with any concerns.

Complimentary Gift Wrapping

Members of the Center may bring gifts to be wrapped, free of charge, on Wednesday, December 21. Please make sure all gifts are marked clearly with the name of the person the gift is "TO" and "FROM".

Thank YOU

Thanks to all the volunteers who helped with Lit'l Bita Christmas...from cutting trees for Yule Logs, to creating beautiful arrangements, wreaths, and decorations, to helping with setting up and tearing down the booth, transporting items to/from the Convocation Center, "fluffing," buying, suggesting, and cleaning up.... So many hands were needed to keep this huge undertaking going. We have the BEST volunteers ...there are too many to name, but if you had any part in helping to make our fundraising effort the huge success it was, THANK YOU!!! A big "Thanks" to Ridout Lumber for loaning us Lattice boards for the display. The "project" has been great to this point, and the rest of the items that did not sell have been sent to our other Centers in a "traveling Christmas Bazaar." Items are still being sold, so if you need something to decorate your place for Christmas, let us know. There is still a good variety of choices available.

Coming in January.....
COACHES "Healthy Lifestyles"
 For a Better Life
 (If interested, talk with Kim)

Evening Out: Friday, December 9th we will be going out to eat (Dutch Treat) and then to see the Singing Christmas Tree at Walnut Street Baptist Church. The van will leave the Center at 4:15. If you'd like to go, please sign up at the Info Desk. Seats are limited to 12.

MONDAY

TUESDAY

WEDNESDAY

December 2011

5 10:00 Hand & Foot Tournament
 10:00 Dominoes Tournament (one-on-one)
 10:00 Sing a long (PACE)
 6:00pm Oil Painting Class
 6:00pm "Mystery Night"

6 10:00 Sr. Center Business Meeting
 1:00 Computer Class
 2:00 BUNCO
 5:00 Red Hat Christmas Party (leave Center @ 4:30)

7 10:30 Member Orientation
 12:30 Christmas Ornament Workshop (\$3)
 1:00 COACHES Memory Class

12 10:00 Pool tournament (Singles)
 6:00pm Oil Painting Class (end)
 6:00pm Jigsaw Puzzle & Game Night

13 10:00 Puzzle Challenge
 1:00 Computer Class
 2:00 BUNCO

14 9:15 Karaoke Sing a Long
 11:00 Bettye's Book Club

Nashville Christmas Trip

19
 1:00 Poker Tournament
 1:00 Pool Tournament
 6:00pm Game Night

20 10:00 Holiday Cooking Demo "Cranberry Ambrosia"
 1:00 Computer Class
 2:00 BUNCO

21 10:00 Special Music: Gina Winchester
 10:00—2:00 Free Gift Wrapping
 1:00 COACHES Memory Class

26
Closed For Christmas Holiday

27 10:00 Puzzle Challenge
 12:30 Diabetes Support Group
 2:00 BUNCO

28 9:15 Karaoke Sing a Long
 1:00 COACHES Memory Class

THURSDAY**FRIDAY**

1 10:30 Program: Update Your Medicare” (Cynthia Able)

12:00 Red Hat Planning Mtg.
2:00 Brain Builders

5:30 PotLuck Dinner
6:00 Special Music: Kingdom Tones

2 10:00 Trivia Challenge

10:30-11:30 Blood Pressure Check
(Amanda McMillon, RN)

1:00 Basic Painting with Tempera

8 10:00 Seasonal Trivia

1:00 Computer Class

1:00 Wreath Making Workshop
(\$1 for bow; bring your own wreath & ornaments)

6:00 Bingo Blitz

9 10:00 Holiday Cooking Demo
“ Sugar-free Eggnog ”

1:00 Basic Painting with Tempera

4:30 Dinner and Show
(Singing Christmas Tree)
Sign-up Required

15 10:00 BINGO

1:00 Computer Class
2:00 Brain Builders

6:00 Talent Night
(sign up at Info Desk)

16 10:00 Special Music by
Earnie Stallings

12:00 Thrift Shopping

22 10:00 Christmas Party

1:00 Computer Class (end)

1:00 Poker Tournament
2:00 Brain Builders

5:00 Christmas Light Tour
7:00 Christmas Karaoke

23

12:30 Monthly Birthday Party

1:00 Basic Painting with Tempera

29 10:00 New Year’s Resolutions

2:00 Brain Builders

6:00 End of Year Bingo Blitz

30 11:00 Ladies’ Day Out
(Lunch & Movie)

1:00 Basic Painting with Tempera

Regularly Scheduled Daily Activities:

MONDAY

8:00 Walk Fit
9:00 Game Groups
9:30 FIT (1)
10:30 Chair Exercise
11:30 Wii Games
12:30 Bridge Group
1:00 FIT (2)

TUESDAY

8:00 Walk Fit
9:00 Game Groups
9:30 FIT (3)
10:30 Chair Exercise
12:00 Beanbag Baseball
1:00 Ladies’ Pool

WEDNESDAY

8:00 Walk Fit
9:00 Game Groups
9:30 FIT (1)
10:30 Chair Exercise
11:30 Wii Games
1:00 Ladies’ Pool

THURSDAY

8:00 Walk Fit
9:00 Game Groups
9:30 FIT (3)
10:30 Chair Exercise
12:00 Beanbag Baseball
1:00 Ladies’ Pool

FRIDAY

8:00 Walk Fit
9:00 Game Groups
9:30 FIT (1)
10:30 Chair Exercise
11:30 Wii Games
1:00 FIT (2)

December Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lunch is served from 11:00am until 12:30pm Monday through Friday						1	Ham Rice Calif. Veg Wheat Bread Mixed Fruit	2	Beans & Ham Beets Sliced Onion Coleslaw Cornbread Tropical Fruit
5	BBQ Chicken Potatoes Peas & Carrots Pineapple Roll	6	Beef Stew Winter Blend Veg. Cornbread Mandarin Oranges	7	Meatballs & Gravy Mashed Potatoes Oriental Veg. Wheat Bread Tropical Fruit	8	Taco Salad Mexican Corn Chips Mixed Fruit	9	Polish Sausage Bun Sauerkraut Mustard Greens Potato Salad Peaches
12	Meatloaf & Gravy Mashed Potatoes Spinach Roll Apple	13	Pepper Steak & Gravy Rice Green Beans Wheat Bread Pineapple	14	Chicken Ala King Biscuit Stir Fry Veg. Carrot Raisin Salad Banana	15	Country Steak & Gravy Lyonnaise Potatoes Mixed Veg. Wheat Bread Fruit Cup	16	Cheeseburger on Bun Buttered Corn Lett/Tom/Onion Mandarin Oranges
19	Chicken & Gravy Roasted Potatoes Carrots Wheat Bread Ambrosia	20	Chili w/ Beans Capri Veg. Saltines Orange Cookie	21	Pasta Beef Casse- role Mixed Veg. Wheat Bread Peaches	22	Chicken Stuffing Winter Bl. Veg. Roll Apple Cobbler Cranberry gelatin	23	BBQ Pork on Bun Baked Beans Coleslaw Fruit Cocktail
26	Closed for Christmas	27	Pork Chop Purple Hull peas Mixed Greens Cornbread Applesauce	28	Beef Tips & gravy Parsley Potatoes Cabbage/Carrots Roll Pudding	29	Ham Rice Calif. Veg Wheat Bread Mixed Fruit	30	Beans & Ham Beets Sliced Onion Coleslaw Cornbread Tropical Fruit

Christmas Craft Workshops:

December 7 @ 12:30:

Christmas Ornaments:
spoon ornament & "Baubles" \$3.00

December 8 @ 1:00:

Wreath-Making Class; bring your own
wreath and flowers or whatever you'd
like to decorate with. Bring \$1 for ribbon

Talent Night

December 15

6:00pm

Sign up at Info Desk

The Meaning of Christmas (cont. from pg. 7) "Expense," Don Thrush.... "Trying to help Santa, and help others," Gloria Grisham... "Beauty of everything," Bonnie Kimbrell.... "Gifts,"..... Don Roberts..... "I am a Scrooge," James Doyle... "Salvation," Tolice Heimsoth & DeWitt Aebly.... "Trouble," Carl Colburn

Christmas Quotes...

Several of our Center members were recently asked, "What does Christmas mean to you?"

Their answers follow....

"Family Day" Harold Hoots, & Harvey Brinkley
 "I thank the Lord to see Christmas and another year," Lee Ann Hill; "Friends, Family, Fellowship, and Food" Richard Tome; "The day that I celebrate the birth of my Lord and Savior Jesus Christ," Charlie Granberry;
 "Giving," Howard Studdard & Carl Moore; "The part I enjoy most of Christmas is when I get together with my family members," Bonnie Coleman; "Family get together," Glenn Patterson; "Fond memories of times past; first time many learn of Jesus," Deanna Mayes
 "Fellowship," Vernon Wood; "That Christ was born to save souls and that we may have a second chance at eternal life," Earline Smith; "To remind us to pray," Jim Laird; "Christ's Birthday," Gerald Marlar, Neva Brickell, Harold Clark, Jim Suiter, Joy Colburn, Carl Moore, Bonnie Kimbrell, Mary Thielemier, & Don Coleman; "Playing Santa Claus," Johnny Pankey; "The special music and service at church," Jerry Kimbrell; "Please don't leave Christ out of Christmas," Mary Mahan; "Family, fun, singing, a lot of good food, and just some good times," Ken Yancey; "Christmas to me is for the children," Ornderia Peterson; "Birth of Christ," Scott Daniel, Elmo Mayhan, Frances Aebly, Mark Conley, Jr., Dennis Smith, Virginia Randle & Bernice Jones..... "Worship the Lord and give thanks for all my blessings, especially my family and friends," Nancy Miller; "God sending Christ to teach us about mercy, love, grace, and forgiveness. He came to walk the earth as one of us to be a personal representative of God's Love," Kaye Webster; "Time for family," Larry McKee; "The first coming of our Savior," Vivian Doyle; "The love of Jesus Christ," Johnny Rogers, "That God gave the greatest gift; when He gave His only Son," Brenda Crocker; "A time to spend money," Lawrence Dacus; "Celebrating the birth of Christ," Bonnie Crain. (cont. on pg. 6)

Monday Nights

December 5:

6:00pm Mystery Night

Find out what the "mystery" is when you get there!

December 12:

6:00pm Jigsaw Puzzle & Game Night

December 19:

6:00pm Game Night



December 26:

Center Closed for Christmas

Thursday Nights

December 1:

5:30pm Potluck Dinner

**6:00pm Special Christmas Music
"Kingdom Tones"**

December 8:

6:00pm Bingo Blitz

(bring a prize in a bag)

December 15:

6:00pm Talent Show

December 22:

**5:00pm Christmas Light Tour
(Sign up at Info Desk)**

7:00pm Christmas Karaoke

December 22:

**6:00pm End of Year Bingo BLITZ
(bring a prize in a bag)**

St. Bernards Hospital, Inc.
St. Bernards Senior Life Center

225 E. Jackson Ave., Mail Slot 87

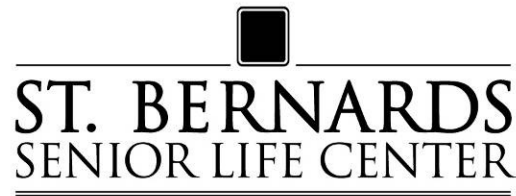
Jonesboro, AR 72401

Located at 700 E. Washington Ave.

Christmas

Find These Words

- Stocking**
- Santa Claus**
- Snowman**
- Gift**
- Cake**
- Gingerbread**
- Reindeer**
- Tree**
- Decorations**



Hours of Operation

Mon: 8am-8pm Tues: 8am-4:30pm Wed: 8am-4:30pm Thurs: 8am-8pm Fri: 8am-4pm

The Senior Life Center is located at 700 E. Washington Ave., just east of St. Bernards Medical Center.

St. Bernards Senior Life Center is a wellness and activity center for older adults. Our purpose is to enhance the quality of life for persons age 60-plus through community-based services.

We provide congregate dining, home delivered meals, and socialization opportunities, as well as classes, health-related seminars, transportation, and special

events. Additional services include LifeLine emergency alert systems and local transportation to medical appointments, grocery store, and other destinations.

Anyone interested in more information about the Senior Life Center, please contact us at (870) 336-4831.

St. Bernards Senior Life Centers are located in Jonesboro, Lake City, Monette, Caraway, Lepanto, Marked Tree, Trumann, and Harrisburg.