

Jefferson City Housing Authority Senior Newsletter

August 2019 Edition

Hyder:

Carry in dinner, August 15, 2019 at 5:30 pm.
Everyone brings a covered dish and place setting.

Bible Study every Tuesday at 6:30 pm.

Exercise class every Monday, Wednesday and Friday at 10 a.m. on the first-floor community room.

Rosary is the last Thursday every month at 7:00 pm

Kenneth Locke:

Vespers every Wednesday at 3:30 pm.

Meals provided by First Presbyterian Church on the 2nd and 4th Saturdays at 11:30 am.

Movie days in Herron

Movies are Back. All are Welcome to attend.

Join us August 13 at 2p.m.
in the Herron Community Room
"Operation Petticoat" will be shown.

Snacks and drinks are welcome.

Clarke Dining Room

Bingo every Wednesday. Paper sales start at 1 pm. Bingo starts at 2 pm.

Herron:

No carry in dinner this month.

River Region Library Schedule

Herron	August 26, 10-10:45 am.
Hyder	August 26, 11-11:45 am.
Ken Locke	August 27 2:30-3:15 pm.
LaSalette	August 27 3:45-4:15pm.

The library will be coming into the community rooms in each of these buildings. They will bring an assortment of items. If you do not have a card, no problem, just bring proof of address and you will be able to check out items that day.

Mark your Calendars for upcoming activities:

- August 2** *Field Trip* - Shop JC and lunch at Arris Bristo. Leave at 9 a.m. Cost \$2, and lunch is on your own. Please RSVP by calling Dorothy.
- August 15** St. Mary's Hospital is hosting a "Aging Successfully Forum" at Capital Plaza Hotel. Seminar includes topics on Integrative Medicine and Natural Healing Alternatives, Non-Surgical options for Pain Management, Caregiver Fatigue, Alone - Lonely or Isolated, Arthritis in hands & wrists. Latest Advancement in Degenerative Disc Disease. Plus, health assessments and screenings for BMI, Blood Pressure, Blood Sugar, Dementia, nutrition, fall risk, sleep disorders, strength and balance. Cost is \$2 for transportation and \$5 for lunch. Hours of the seminar will be 8:00 am – 2:30 p.m. Leave your home at 7:30 a.m. JCHA staff will pick you up around 2:30 p.m. If interested, please contact Dorothy ASAP, space is limited. She will help you register and collect the fee to hold your space. Door Prizes will be drawn at 2:20 p.m. You must be present to win.
- August 16** *Field Trip* - Tour Jefferson City's local newspaper company, The News Tribune. Lunch at Oscar's Diner and shop Dollar General. Leave at 9:30 a.m. Cost \$2, and lunch is on your own. Please RSVP by calling Dorothy.
- August 20** Fun Bingo in the Clarke Dining Room at 2 p.m. Everyone welcome. Please bring a gift for prizes.
- August 30** *Field Trip – Lunch Express:* Lunch this month will be at Freddie's. Leave at 11 a.m. Cost is \$2, and lunch is on your own. Please RSVP to Dorothy.

Call Dorothy to reserve your spot today 573-634-1088.

Game Days in Clarke Dining Room

Mondays and Fridays at 1 p.m.: If you are interested in playing or learning to play Pinochle, Mexican Train Domino's, or Rummikub, please join in for some fun. We are looking for players, teachers and anyone who wants to learn. All are welcome.

If you are interested in playing games at Herron on Thursday afternoons at 1 p.m. please contact Dorothy Colter. All are welcome.

Monday	Tuesday	Wednesday	Thursday	Friday
		Soup and Wheat Bread Served Daily 	1 (Baseball Meal) *BBQ Chicken Slugger *Steak Fries *Peaches Hot Dog Spinach Strawberry Salad Cherry Pie Bar	2 *Battered Cod *Catalina Blend *Baked Pineapple Chicken Milanese Cole Slaw No-Bake Cookies
5 *Baked Ham/Pineapple *Meadows Blend *Apple Salad Baked Spaghetti Pie Au Gratin Potatoes Brownies	6 *Ham & Beans *Spinach *Louisiana Fruit Salad *Cornbread Chicken Salad Sand/Bun Marinated Cucumber Tomato & Onion Fruit Crisp	7 Chicken Tenders/ *Baked Chicken *Broccoli *Mixed Fruit *WG Waffle Meatball Sub Pickled Beets Harvest Fruit Pizza	8 *Salisbury Steak *Mashed Potatoes *Fruited Jell-O Polish Sausage/peppers Mixed Vegetables Cheesecake	9 *Lemon Pepper Fish *Carrot/Raisin Salad *Fresh Melon Salad *Rice Pilaf Hamburger Roasted Brussel Sprouts Pudding
12 *BBQ Chicken *Corn on Cob *Peaches Hot Dog Roasted Potatoes w/ onions/peppers Chocolate Cake	13 *Hamburger Steak w/grilled onions *Mashed Potatoes *Fruited Jell-O Salmon Croquette Carrots Orange Squares	14 *Vegetable Lasagna *Broccoli *Strawberries/Bananas *Garlic Bread Stick Tuna Salad on Pita Bread Sliced Tomatoes Poke Cake	15 *Beef & Broccoli *Oriental Blend *Pineapple Tidbits *Steamed Rice Liver & Onions Mashed Potatoes Lemon Pie	16 *Catfish *Green Beans *Watermelon Salad *BLT Macaroni Salad Ham Salad Sandwich Roasted Sweet Potato Strawberry Fluff
19 *Chicken Parm/Spaghetti *Corn *Fruit Cocktail Sloppy Joes Three Bean Salad Cookies	20 *Blue Ribbon Pork Chop *Catalina Blend *Fruited Jell-O Chicken Tortellini Salad Au Gratin Potatoes Pudding	21 *Hamburger/Bun *Mac and Cheese *Cole Slaw *Fruit Salad Chicken Tenders Brownie Ala Mode	22 *Roast Beef Sand/Bun *Peas *Baked Apple *Homemade Macaroni Salad Lip Smackin BBQ Chicken Bake Tossed Salad & cookie	23 *Cheddar Baked Chicken *Mashed Potatoes *Mandarin Oranges *Biscuit BBQ Pork Riblette Wilted Lettuce Cake
26 *Hamburger Sliders *Spinach Strawberry Salad *Applesauce Tuna Salad/Lettuce Leaf Sweet Potato Waffle Fries Pineapple up/dn Cake	27 *Roast Beef *Buttered Carrots *Blushing Pears Cat Fish Mashed Potatoes Pudding	28 *Easy Roast Chicken *Green Beans *Fruit Cocktail French Dip/Au jus Potato Salad Brownie	29 *Meatloaf *California Blend *Fruited Jell-O Crispy Herb Baked Chicken Lima Beans Mashed Potatoes Peach Crisp	30 *Ham Salad *Garden Salad *Mandarin Oranges Chicken Fried Steak Mashed Potatoes Cookie

Please remember your buildings are Smoke free. This includes **NO** E-cigarettes, and Juuling in your units or in the building. Please only smoke in designated smoking areas outside. Thank you for your continued cooperation.



Medical Marijuana

Just a reminder. Your lease states that you can lose your housing for engaging in drug related criminal activity. Medical marijuana is illegal under federal drug laws. Having a state issued patient card does not make possession of or the use of marijuana legal under federal law.

Bus Schedule

Shopping Shuttle Wednesday and Thursday at 8:30!

Wednesday: 8:30 am, Pick up at home
11:00 am, return pick up at Walmart east end

Thursday: 8:30 am, Pick up at home
Drop off shops along Missouri Blvd. with pick up trips arranged with Bill, the Driver
1:00 pm, Pick up at home to MO Blvd. Walmart only
2:30 and 3:30 Return pick up at MO Blvd. Walmart

One Walmart trip per week per person, due to limited space * All return trips are approximate times

Main Office 635-6163 Maintenance 635-3232, after 4 p.m. & weekends 1-877-599-3627 pager #1318
Herron 636-0194 Kenneth Locke 636-4555 Hyder 634-3058
Clarke dining room 634-8020 Hyder Beauty Salon 635-8223 Handi Wheels 634-6477

