

# Jefferson City Housing Authority Senior Newsletter

January 2020 Edition



## **Hyder:**

Carry in dinner, January 16, 2020 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 2<sup>nd</sup> and 4<sup>th</sup> Saturdays at 11:30 am.

## Movie days in Herron

**Movies are Back. All are Welcome to attend.**

Join us January 14 at 2 p.m.  
in the Herron Community Room  
"Home Alone 2" will be shown.



Snacks and non-alcoholic drinks are welcome.

## **Bingo**

Every Wednesday. Paper sales start at 1 pm. Bingo starts at 2 pm in the Clarke Dining Room.

## **Herron:**

No Carry in Dinner for January.



## **River Region Library Schedule**

Herron January 27, 10-10:45 am.

Hyder January 27, 11-11:45 am.

Ken Locke January 28 2:30-3:15 pm.



The library sets up items for check out in each of these community rooms. 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. **The library will be discontinuing services in buildings that do not have enough participation.**



## **Mark your Calendars for upcoming activities:**



**January 10**

**Field Trip** – Breakfast at Nicks then shopping in Jefferson City. Leave at 8:30 a.m. Cost \$2, and breakfast is on your own. Please RSVP by calling Dorothy.

**January 17**

**Field Trip** – Shopping at Wildwood Crossing. Lunch at Lutz, Chili's or Longhorn. Leave at 9 a.m. Cost \$2, and lunch is on your own. Please RSVP by calling Dorothy.

**January 24**

**Field Trip** – Lunch at Dragon Kitchen and shopping at Capital Mall. Leave at 9 a.m. Cost \$2, and lunch on your own. Please RSVP by calling Dorothy.

**January 21**

**Hyder-** Safety for Seniors Presentation by the Jefferson City Police Department at 2 p.m. No RSVP needed.

**January 28**

**Herron -** Safety for Seniors Presentation by the Jefferson City Police Department at 2 p.m. No RSVP needed.



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



## **Rules of owning a Pet**

Please be a good neighbor. Not everyone is a pet person. Some people have allergies or are fearful of animals.

Please do your best to make your neighbors feel comfortable, they live here too. Remember you must:

**\*\*Keep your pet on a leash \*\*Always clean up after your pet \*\*Not let your pet use the bathroom near**




**smoking areas, park benches, or any other area where others sit \*\*Keep your pet quiet for your neighbor's sake**

**\*\*Also, pets cannot be tied/chained inside or outside at any time.**

## **Game Days**

**Mondays and Fridays in Clarke Dining Room 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.

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>2</b> *Hot Open-Faced Turkey Sandwich *Broccoli *Fruited Jell-O Lasagna Ginger Glazed Carrots Potato Chip Bars	<b>3</b> *Fish *Mixed Vegetables *Mandarin Oranges Chili Dog / Bun Cole Slaw Cherry Dump Cake
<b>6</b> *Ham *Roasted Sweet Potato *Mixed Fruit Tater Tot Casserole Peas & Onions Oatmeal Cran. cookie	<b>7</b> *Marinated Chicken *Garlic Herb Potatoes *Orange Wedge Ham & Beans Cornbread Carrots Cake	<b>8</b> *Beef/Cabbage Casserole *Squash *Fruit Cocktail Chicken Tenders Peas Cookies	<b>9</b> *Baked Pork Chop *Broccoli *Applesauce Shepherd's Pie Sweet Potato Streusel Fruit Crumble	<b>10</b> *Fish *Roasted Mediterranean Blend *Peaches Chicken Pot Pie Tossed Salad No-Bake Cookies
<b>13</b> *Hamburger/grilled onion *Green Beans *Peaches Honey Bourbon Porkchop Sweet Potato Fries Pineapple up/dn Cake	<b>14</b> *Roast Beef *Mashed Potato/Gravy *Fruit Cocktail Breaded Fish Carrots Pudding	<b>15</b> *Easy Roast Chicken *Broccoli *Fruited Jell-O Chopped BBQ Beef/Bun Roasted Red Potatoes Brownies	<b>16</b> *Meatloaf *Roasted Vegetables *Pears Chicken Broccoli Casserole Mashed Potato/Gravy Fruit Crisp	<b>17</b> *Easy Parmesan Crusted Chicken Brussels sprouts *Brown Betty Apples Tuna Noodle Casserole Baked Sweet Potato and Cookie
<b>20 (Breakfast)</b> Egg Casserole Potatoes O'Brien Fruit Crisp Wheat Toast Biscuits and Gravy Cinnamon Roll	<b>21</b> *Roasted Pork/Gravy *Italian Green Beans *Sliced Cinnamon Pears Brat / Kraut Bun Baked Potato Fruit Cobbler	<b>22</b> *Ham & Beans/Cornbread *Spinach *Baked Apple Opened Face Roast Beef Sandwich Zucchini & Tomatoes & cookie	<b>23</b> *BBQ Chicken Thighs *Peas *Fruited Jell-O Hot Ham/cheese sandwich Au Gratin Potatoes Pumpkin Fast & Fancy	<b>24</b> *Fish *Mixed Vegetable *Mashed Potato/Gravy *Baked Pineapple Chicken Fried Steak Cole Slaw & spice cake
<b>27</b> *Sliced Ham *Baked Sweet Potato *Cinnamon Applesauce Baked Turkey Crunch Meadow Blend Pumpkin Bread Pudding	<b>28</b> *Vegetable Lasagna *California Blend *Mandarin Oranges *WG Brown Rice Chicken Enchiladas Black Beans Cheesecake	<b>29</b> *Pepper Steak *Broccoli *Fruited Jell-O Ham Mac & Cheese Breaded Tomatoes Pumpkin Spice Blondie	<b>30</b> *Taco Bar *Refried Beans *Peas & Carrots *Warm Pears Fried Chicken / Gravy Pie	<b>31</b> *Salmon/Tuna Patty *Tossed Salad *Carrot Fries *Pineapple Tidbits Baked Ziti Pudding

### 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.

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



### Shuttle

No Shuttle January 1<sup>st</sup> & 2<sup>nd</sup> because of the Holiday. Shuttle will run Monday, December 30 and Tuesday December 31<sup>st</sup> instead. Normal schedule will resume January 9<sup>th</sup>.



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

