

# Jefferson City Housing Authority Senior Newsletter

March 2020 Edition



## Hyder:

Carry in dinner, March 19, 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

## River Region Library Schedule

Herron March 23, 10-10:45 am.  
Hyder March 23, 11-11:45 am.  
Ken Locke March 24, 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.**



## 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 and Hyder



March 10 at 2 p.m. in the Herron Community Room

"Turk 182" will be shown.

March 12 at 6 pm p.m. in the Hyder Community Room "Old Dogs" will be shown

**Snacks and non-alcoholic drinks are welcome.**

**All are Welcome to attend.**

## Herron:

No carry in dinner this month.

## Bingo

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

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



## Mark your Calendars for upcoming activities:

March 6

**Field Trip** –Shopping at Dollar General, and Gerbes West. Leave at 9:30 a.m. Cost \$2. Lunch is on your own at Dudley's Restaurant after Dollar General. Please RSVP by calling Dorothy.

March 13

**Field Trip** – Shopping at Calvary Gifts, and Butterfly Treasure Hospice Resale Shop. Leave at 9.45 a.m. Cost \$2. Lunch is on your own at Pizza Hut. Please RSVP by calling Dorothy.

March 17

**What's going on at Skiles? Get to know Catholic Charities.** Come meet Catholic Charities staff and learn about the plans for Shikles Center renovation. There will be a food pantry, health clinic, and other free services. They want your input! Come join for a snack and stay for a **Chance to win Walmart Gift cards and Door Prizes.** All are Welcome. Meet in the Community Room in Hyder at 10 a.m. Let Dorothy know if you need the Hyder front door opened.



March 26

**Fun Bingo** – United Health Care will be hosting a FUN Bingo at Ken Locke in the community room at 1 p.m. Nothing is needed to participate.

March 27

**Field Trip-Lunch Express** –Lunch only at Colton's. Leave at 11 a.m. Cost \$2, and lunch is on your own. Please RSVP by calling Dorothy.

March 31

**Fun Bingo** – United Health Care will be hosting a FUN Bingo in the Clarke Center at 2 p.m. Nothing is needed to participate.

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



## Volunteers needed to tell State Legislators about the need for Senior Housing

Would you be interested in telling others about the benefits of living in subsidized senior housing? We are looking for a few individuals to share their experiences with State Legislators. Please let Dorothy know if you would like to volunteer. Dates and times are unknown.

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


Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> *Sliced Ham *Baked Sweet Potato *Cinnamon Applesauce Baked Turkey Crunch Meadow Blend Pumpkin Bread Pudding	<b>3</b> *Vegetable Lasagna *California Blend *Mandarin Oranges *Brown Rice Chicken Enchiladas Black Beans Cheesecake	<b>4</b> *Pepper Steak *Broccoli *Fruited Jell-O Ham Mac & Cheese Breaded Tomatoes Pumpkin Spice Blondie	<b>5</b> *Taco Bar *Refried Beans *Peas & Carrots *Warm Pears Fried Chicken/Gravy Pie	<b>6</b> *Salmon/Tuna Patty *Tossed Salad *Carrot Fries *Pineapple Tidbits Baked Ziti Pudding
<b>9</b> *Beef Stew/ Biscuit *Tossed Salad *Peaches Saged Chicken with Onion Gravy Au Gratin Potatoes Chocolate Cake	<b>10</b> *Turkey Mashed Potato/Gravy *Mixed Fruit Goulash Cranberry Orange Beets Green Beans Poke Cake	<b>11</b> *Salisbury Steak *Zucchini /Tomatoes *Mixed Berry Fruit Liver & Onions Mashed Potatoes/Gravy Pound Cake	<b>12</b> *Hot Open-Faced Turkey Sandwich *Broccoli *Fruited Jell-O Lasagna Ginger Glazed Carrots Potato Chip Bars	<b>13</b> *Fish *Mixed Vegetables *Mandarin Oranges Chili Dog/Bun Cole Slaw Cherry Dump Cake
<b>16</b> *Ham *Roasted Sweet Potato *Mixed Fruit Tater Tot Casserole Peas & Onions Oatmeal Cranberry White Chocolate Chip Cookies	<b>17 (St. Patrick's Day)</b> *Corned Beef *Cabbage and Carrots *Irish Pears *Hot Roll Irish Stew Red Skin Potatoes Lime Poke Cake	<b>18</b> *Beef/Cabbage Casserole *Squash *Fruit Cocktail Chicken Tenders Peas Cookies	<b>19</b> *Baked Pork Chop *Broccoli *Applesauce Shepherd's Pie Sweet Potato Streusel Fruit Crumble	<b>20</b> *Fish *Roasted MediterBlend *Peaches Chicken Pot Pie Tossed Salad No Bake Cookies
<b>23</b> *Hamburger/grilled Onion *Green Beans *Peaches Honey Bourbon Pork Chops Sweet Potato Fries Pineapple up/dn Cake	<b>24</b> *Roast Beef *Mashed Potato/Gravy *Fruit Cocktail Breaded Fish Carrots Pudding	<b>25</b> *Easy Roast Chicken *Broccoli *Fruited Jell-O Chopped BBQ Beef/Bun Roasted Red Potatoes Brownies	<b>26</b> *Meatloaf *Roasted Vegetables *Pears Chicken Broccoli Casserole Mashed Potato/Gravy Fruit Crisp	<b>27</b> *Easy Parmesan Crusted Chicken *Brussels Sprouts *Brown Betty Apples Tuna Noodle Casserole Baked Sweet Potato
<b>30 (Breakfast)</b> *Egg Casserole *Potatoes O'Brien *Fruit Crisp *Wheat Toast Biscuits and Gravy Cinnamon Roll Orange Juice	<b>31</b> *Roasted Pork/Gravy *Italian Green Beans *Sliced Cinnamon Pears Brat/ Kraut Bun Baked Potato Fruit Cobbler		<p style="text-align: center;"><i>Parking Permits</i></p>  <p>Hyder now has an area for parking by permit only for residents. Please make sure all guests are not parking in the restricted areas.</p>	

### *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**

### *Statewide Tornado Drill*

*March 3 at 10 am*

Where should you go:

- Seek a small interior room or hallway on the lowest floor possible
- Stay away from doors, windows, and outside walls
- Stay in the center of the room, and avoid corners because they attract debris
- Rooms constructed with reinforced concrete, brick or block with no windows and a heavy concrete floor or roof system overhead

**Where do you plan to Shelter?**

Participation in this drill is recommended.



## 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.

## **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.

## REMINDERS

- Dogs must always be on a leash when not in unit, and you must clean up after your pet.
- Do Not let strangers in through any door.
- There is a limit on how long a guest may stay in your unit. Guest who stay too long are a lease violation and you can lose your housing.
- Be careful what you put down your toilet. **Please do NOT flush** any kinds of wipes (baby, facial, cleaning or flushable), medications, condoms, grease, trash, paper towels, diapers or feminine products.

## Do you need Renter's Insurance?

Renters insurance is a safety net for you and your belongings. Along with loss or damage due to theft, fire, vandalism, some types of water losses like burst pipes, etc., it also covers temporary living expenses and certain medical/legal fees. When signing up for a renter's insurance policy, you'll have to select your coverage amount. That means you'll have to decide up to what dollar amount you'll want your insurance policy to cover. To obtain rental insurance or get a quote contact anyone that sells insurance.

