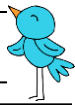


Jefferson City Housing Authority Senior Newsletter



August Newsletter 2021



River Region Library Schedule

Hyder August 17, 2 pm.
Ken Locke August 24, 2 pm.
Herron - August 18, 2 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.

Please honor all social distancing measures when checking out books.



Senior Food Box Program sponsored by Catholic Charities.

This month's delivery schedule is:

Hyder August 20, from 10-2
Herron August 12, from 12-1:00
Ken Locke is August 10, from 10-11:30
LaSalette is August 10, from 12-1

Meet Catholic Charities at the main door of your building during their scheduled time. Wear a mask when you come to pick up your box. *If you are unable to pick up the day and time of delivery, you can have someone pick it up for you.*

You must make arrangements with Dorothy before delivery!


If you would like to sign up, please contact Dorothy at 573-634-1088.

BINGO is back in the Clarke Dining Room on Wednesdays. Paper sales will start at 1 pm and game play starts at 2 pm. You must wear a mask, but it can be removed once you are seated at your table. We are still encouraging everyone to social distance.

Missouri 24 Hour Hotline: 877-435-8411

The Missouri Department of Health and Senior Services (DHSS) activated a statewide public hotline for citizens or providers needing guidance regarding COVID-19. The hotline is being operated by medical professionals and is available 24 hours a day, 7 days a week.

Activities


- Movie -** August 10th. "Roxanne" will be shown in the Herron community room at 2 pm. You may bring your own snacks and a non-alcoholic beverage. 
- Craft -** August 5. For anyone that missed it, learn how to make flowers out of construction paper in Clarke dining room at 1 pm.
August 12. Make a cross with wooden clothes pins. You can pick up a bag of clothes pins at Walmart or Dollar General for \$2, or if you have some and would like to donate them. We will decorate them with ribbon and flowers in the Clarke dining room at 1 pm.
- Exercise class-** Every **Tuesdays** in the Hyder community room. Learn to stretch and strengthen your core to prevent falls. Classes given by Ben Fury at 2 pm. (Except on the 17th, class will be at 3 pm).
- Game Days -** Every **Monday and Friday** in the Hyder Community Room. Cards and Dominos 1:30-4:00.
- Tablet Time-** August 19 in your building's community room. Learn to use a tablet or look up friends on the computer. Aging Best will bring 10 tablets and someone will be available to help you look up information. See flyers in elevators for more information. Herron 9:30-10:30, Hyder 11-12, Ken Locke 1-2.

All games/activities limit of 15 people all must wear a mask. Call Dorothy 634-1088 to reserve your spot.

The community rooms are open, but we are monitoring current COVID cases and we will adjust as needed. 

Bus News... We are pleased to announce that after applying for 4 grants over the last 2.5 years we have finally been approved funds for purchase a "new to us" bus. The United Way has agreed to donate \$23,000 towards this purchase, plus the money JCHA has been saving all these years anticipating the purchase. Now we start the search for finding the best used bus in our price range. We will keep you posted as information becomes available. Current bus will hopefully, be up and running later this month. Watch for signs!



Thank you for your compliance in working to keep our buildings safe for you and your neighbors. Thank you for continuing to do your part by wearing masks, washing your hands, social distancing and getting the vaccine. This limits possible exposure to others. By reporting if you become sick, we are able to order extra cleaning in areas of the building you may have been in the last few days. *We are still asking residents to wear a mask in common areas even if you have had both shots.* Thank you for doing your part! 



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 in your unit.



We are aware people are still choosing to smoke within their units. This is a lease violation and you will lose your housing. You are welcome to smoke in designated smoking areas only. By choosing to break these rules you increase the risk of fire/smoke damaging your unit or the whole building.

Monthly Menu

August 2021				
2 Chicken Alfredo Caesar Salad Broccoli Lemon Bars Milk	3 Beans & Ham Fried Potatoes/Onions Spinach Cornbread Margarine Jello Milk	4 Tuna Salad Sandwich Peaches Marinated Cucumbers and Tomatoes Pie Milk	5 Sweet & Sour Chicken Rice Oriental Vegetables Baked Pineapple Cake Milk	6 Beef or Chicken Liver Mashed Potatoes/Gravy Zucchini & Tomatoes Bread Margarine Assorted Dessert Milk
9 Baked Chicken Zucchini Stewed Tomatoes Bread Margarine Pudding Milk	10 Battered Fish Coleslaw Green Beans Mac & Cheese Cookies Milk	11 Polish Sausage Kraut Potatoes/Gravy Buns Chocolate Cake Milk	12 Meatloaf Potatoes/Gravy Carrots Roll Margarine Jello Milk	13 Chicken or Turkey Tetrazini California Blend Ambrosia Salad Assorted Dessert Milk
16 Chicken Sandwich Lettuce/Tomato/Mayo Broccoli Carrots Ice Cream Sundae Milk	17 Chili Dog Tater Tots Fruit Cocktail Pudding Milk	18 BBQ Chicken Scalloped Potatoes Baked Beans Bread/Margarine Cobbler Milk	19 Roasted Pork Potatoes/Gravy Green Beans Roll Margarine Baked Apples Milk	20 Spaghetti with Meat Sauce Salad Fruit Assorted Dessert Milk
23 Fish Sandwich Steak Fries Lettuce/Tomato Pickle/Mayo Orange Milk	24 Tacos Refried Beans Mexican Corn Cinnamon Pears Bread Margarine Milk	25 Pulled Pork Sandwich Potato Salad Applesauce Cookie Milk	26 Hamburger Steak Grilled Mushrooms and Onions Roasted Red Potatoes Bread Margarine Fruit Cobbler Milk	27 Baked Fried Chicken Potatoes/Gravy Peas Roll Margarine Assorted Dessert Milk
30 Cheeseburger French Fries Lettuce, Pickles Tomato/Onion Fruit Milk	31 Chicken & Noodles Peas & Carrots Berries Angel Food Cake Milk			