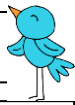


# Jefferson City Housing Authority Senior Newsletter



June Newsletter 2021



## River Region Library Schedule

Hyder June 15, 2 pm.  
Ken Locke June 22, 2 pm.  
Herron - June 17, 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 June 18, from 10-2  
Herron June 10, from 12-1:00  
Ken Locke is June 8, from 10-11:30  
LaSalette is June 8, 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.



We are working to start Regular bingo back up Wednesdays in July at the Clarke Dining room. Unfortunately, we cannot start until we have enough volunteers to run it. We need to have two floor workers selling sheets and verifying bingo's and one person to call the numbers. We ask for volunteers to work once a month. As soon as we have enough volunteers signed up, we can start Bingo again. This is a state licensed bingo that pays cash. If you are interested in being a volunteer, please contact Dorothy Colter at 634-1088

## 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 for June



**Movie** - "Smoky and the Bandit" will be shown in the Herron community room at 2 pm on June 8nd. You may bring your own snacks and a non-alcoholic beverage.

**Fun Bingo** - **June 18th** in Hyder community room at 2:00; **June 11** in the Herron community room at 2:00; and **June 25** in the Ken Locke community room at 2:00. Bring a wrapped gift.

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

No community rooms will be available for private parties through July 1, 2021.



The JCHA bus will not be running in June, but will be ready in July! More details in the July newsletter.




## Clarke Senior Center

Dinning room will be open starting June 7<sup>th</sup>

## We are now requiring everyone to wear masks within the building.

Please let all your visitors and health aids know that when **anyone** is outside your unit, they need to be wearing a mask. This includes halls, elevators and community rooms.



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

June 2021

|   |   |  |   |   |
|---|---|--|---|---|
|                                   | <p>1<br/>Sloppy Joes<br/>Roasted Rosemary<br/>Potatoes<br/>Margarine<br/>Green Beans<br/>Pudding<br/>Milk</p>                 | <p>2<br/>BBQ Chicken Sluggers<br/>Steak Fries<br/>Meadow Blend<br/>Bread/Margarine<br/>Baked Apples<br/>Milk</p>               | <p>3<br/>Turkey<br/>Dressing<br/>Mashed Potatoes<br/>Gravy<br/>Cranberry Salad<br/>Roll/Margarine<br/>Pumpkin Bars<br/>Milk</p> | <p>4 Brunch 2<br/>Sausage, Egg and Cheese<br/>Skillet<br/>Grilled Peppers &amp; Onions<br/>Cubed Potatoes<br/>Biscuits and Gravy<br/>Margarine<br/>Fruit Crisp<br/>Milk</p> |
| <p>7<br/>Meatloaf<br/>Mashed Potatoes<br/>Corn<br/>Bread/Margarine<br/>Fruit<br/>Milk</p>                           | <p>8<br/>Pork Tenderloin<br/>Sandwich<br/>Hashbrown Casserole<br/>Country Blend Veggies<br/>Pudding<br/>Milk</p>              | <p>9<br/>Stir Fry Chicken<br/>Fried Rice<br/>Oriental Vegetables<br/>Egg Roll<br/>Bread/Margarine<br/>Cookie<br/>Milk</p>      | <p>10<br/>Goulash<br/>Salad<br/>Italian Blend<br/>Garlic Bread<br/>Cake<br/>Milk</p>  | <p>11<br/>Fish Sandwich<br/>Lettuce/Pickle<br/>Potato Salad<br/>Margarine<br/>Assorted Dessert<br/>Milk</p>   |
| <p>14 Flag Day<br/>BBQ Chicken<br/>Scalloped Potatoes<br/>Cucumber Salad<br/>Bun/Margarine<br/>Cookies<br/>Milk</p> | <p>15<br/>Oven Fried Pork Chops<br/>Sweet Potatoes<br/>Green Beans<br/>Biscuit/Margarine<br/>Applesauce<br/>Milk</p>          | <p>16<br/>Chicken Fettucini<br/>Alfredo<br/>Salad<br/>Broccoli<br/>Garlic Breadstick<br/>Cheesecake<br/>Milk</p>               | <p>17<br/>Taco Salad<br/>Lettuce/Tomato/Onion<br/>Refried Beans<br/>Tortilla Chips<br/>Bread/Margarine<br/>Cookies<br/>Milk</p> | <p>18<br/>Parmesan Crusted<br/>Fish<br/>AuGratin Potatoes<br/>Grilled Brussel<br/>Sprouts<br/>Bread/Margarine<br/>Assorted Dessert<br/>Milk</p>                             |
| <p>21 Father's Day<br/>BBQ Brisket/Bun<br/>Baked Potato<br/>Margarine/Sour Crm<br/>Corn<br/>Brownies<br/>Milk</p>   | <p>22<br/>Ham &amp; Cheese<br/>Sandwich<br/>Vegetable Soup<br/>Baked Potato<br/>Margarine/Sour Cream<br/>Pudding<br/>Milk</p> | <p>23<br/>Oven Fried Chiken<br/>Gravy<br/>Mashed Potatoes<br/>Corn on the Cob<br/>Roll/Margarine<br/>Baked Apples<br/>Milk</p> | <p>24<br/>Bean with Ham<br/>Spinach<br/>Fried Potatoes &amp;<br/>Onions<br/>Cornbread/Margarine<br/>Cake<br/>Milk</p>           | <p>25<br/>Beer Battered Pollock<br/>Coleslaw<br/>French Fries<br/>Hushpuppies<br/>Bread/Margarine<br/>Assorted Dessert<br/>Milk</p>   |
| <p>28<br/>Fiestada Pizza<br/>Salad<br/>Mixed Vegetables<br/>Bread/Margarine<br/>Fruit<br/>Milk</p>                  | <p>29<br/>Pot Roast<br/>Roasted Potatoes<br/>Potatoes<br/>Carrots<br/>Roll/Margarine<br/>Pie<br/>Milk</p>                     | <p>30<br/>Chicken &amp; Noodles<br/>Mashed Potatoes<br/>Peas &amp; Carrots<br/>Bread/Margarine<br/>Brownies<br/>Milk</p>       |   |    |