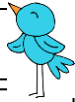


Jefferson City Housing Authority Senior Newsletter



November Newsletter 2021



River Region Library Schedule

Hyder - November 16, 2 pm.
Ken Locke - November 23, 2 pm.
Herron - November 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 November 19, from 10-11:30

Herron November 11, from 12-1:00

Ken Locke is November 9, from 10-11:30

LaSalette is November 9, from 11:30-12:30



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 573-301-0069.

Activities

- Movie -** November 9th. "Speed" will be shown in the Herron community room at 2 pm. You may bring your own snacks and a non-alcoholic beverage. Please RSVP.
- Craft -** November 4th, we will be making teddy bears out of washcloths. Please bring \$2 for supplies. Meet in the Clarke dining room at 1 pm.
- Exercise class-** Every Tuesday in the Clarke Senior Center at 10 am. Learn to stretch and strengthen your core to prevent falls.
- Game Days -** Every Monday and Friday in the Hyder Community Room. Cards and Dominos at 1:30. You are welcome to bring your own games also.
- Field Trips-** November 19, Amish store on Route C in Versailles with Lunch. Lunch is on your own and the cost for the trip is \$5. Leave at 9 am. Space is limited.
November 30, Lunch at Los Primos in Holts Summit then to Fulton for shopping. Lunch is on your own and the cost for the trip is \$4. Leave 11 am. Space is limited

All games/activities are limited to 15 people and you must wear a mask. All field trips are limited to 11 and you must pay when you reserve your spot. No refunds, but you may find someone else to take your spot, if you are unable to attend. You must let Dorothy know.

Temperatures will be taken at pickup.

Call Dorothy 573-301-0069 to reserve your spot.



Bus service will be up and running again.

- Wednesday mornings, leave at 8:45 am for West Wal-Mart, return at 11 am. Afternoon trip at 1 pm to Wal Mart on the west end. Bill will stop at Wal-Mart first and then to Wildwood Crossings for Dollar Tree. The bus will stay there for 1 hour. Bill will tell you what time to get back on the bus. Then the bus will go back to Wal Mart to pick up the others previously dropped off.
- Thursday mornings leave at 8:45 am for East Wal-Mart, return at 11 am. Afternoon trip 1 pm. to Wal Mart first on the east end and then go to Gerbes East or Dollar General for 1 hour. Bill will tell you what time to get back on the bus. Then will go back to Wal Mart to pick up the others previously dropped off.

Rules for the bus: Limit 11 per trip, Must RSVP. One per seat, alternating window seat, aisle seat. **You must wear a mask at all times.** Temperatures will be taken at the time of pickup.

You must carry your own bags on and off the bus. You may put them in the seat beside you. **When getting on and off the bus, everyone must social distance. NO exceptions.**

If everything continues to be good then we may start doing field trips again. **If you have a cold or cough please stay home.**

Must RSVP to Dorothy by calling 573-301-0069.

Thanksgiving dinners will be catered this year, and be provided by JCHA. Place settings will be available, just bring a beverage of your choice. The menu includes turkey, dressing, mashed potatoes, gravy, green beans, and pumpkin pie. We will need volunteers to help serve the food, and clean up. If you are interested in helping, please call Dorothy at 573-301-0069.

LaSalette and Herron will be on November 16th from 5- 5:30 pm. Hyder and Kenneth Locke will be on November 18th from 5-5:30 pm. Limit 15 in the community room, once the room is full you are welcome to take your meal back to your room.

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. This is a state licensed bingo for cash prizes.



NO BINGO on November 24 because of Thanksgiving.

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.

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!  

November 2021

1 Ham AuGratin Potatoes Green Beans Dinner Roll Margarine Fruit Crisp Milk	2 Beef Liver or Salisbury Steak Mashed Potatoes Stewed Tomatoes Bread Margarine Cake Milk	3 Chicken & Noodles or Dumplings Carrots Fruit Pie Milk	4 Lemon Butter Baked Fish Salad Steamed Veggies Rice Pilaf Applesauce Squares Milk	5 Sloppy Joes/Bun Steak Fries Grilled Brussel Sprouts Assorted Dessert Milk
8 Oven Fried Chicken Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Fruit Cobbler Milk	9 Battered Fish Coleslaw Pinto Beans Mac & Cheese Peaches Milk	10 Pork Chop Sweet Potatoes Peas Bread Margarine Baked Apples Milk	11 Chicken Alfredo Broccoli Berries Garlic Breadstick Cheesecake Milk	12 Beef Stew Cabbage Fruit Biscuits Margarine Assorted Dessert Milk
15 Beans with Ham Spinach Fried Potatoes & Onions Cornbread Margarine Fruit Milk	16 (Thanksgiving) Turkey Dressing/Gravy Mashed Potatoes Green Bean Casserole Pumpkin Pie	17 Pot Roast Chunk Potatoes Carrots Dinner Roll Margarine Cake Milk	18 Sweet & Sour Chicken Oriental Vegetables Egg Roll Fried Rice Lemon Bar Milk	19 Meatloaf Gravy Mashed Potatoes California Blend Bread Margarine Assorted Dessert Milk
22 Spaghetti with Meatballs Italian Blend Salad Garlic Breadsticks Pudding Milk	23 Pulled Pork/Bun Hashbrown Casserole Country Blend Applesauce Milk	24 Taco Salad Corn Black Beans Bread Margarine Fruited Jello Milk	25 Closed Happy Thanksgiving	26 Closed
29 Polish Sausage/Bun Kraut Mashed Potatoes Gravy Cake Milk	30 Baked Chicken Creamed Corn Baked Potato Bread Margarine Fruit Milk			