

Jefferson City Housing Authority Senior Newsletter



October Newsletter 2021



River Region Library Schedule

Hyder - October 19, 2 pm.

Ken Locke - October 26, 2 pm.

Herron - October 21, 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 October 15, from 10-11:30

Herron October 7, from 12-1:00

Ken Locke is October 5, from 10-11:30

LaSalette is October 5, 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 573-634-1088.

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. This is a state licensed bingo for cash prizes.

Activities

- Movie -** October 12th. "Beetle Juice" 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 -** October 5th, we will be making a pumpkin turkey. Really cute! Please bring \$3 for supplies. Meet in the Clarke dining room at 1 pm.
- Exercise class-** Every Tuesdays in the Clarke Senior Center at 10 am. Learn to stretch and strengthen your core to prevent falls. **No Class on October 5th.**
- Game Days -** Every Monday and Friday in the Hyder Community Room. Cards and Dominos at 1:30. Everyone is welcome. If you know how to play pinochle, a group could use a few more players. You are also welcome to bring your own games also.
- Fun Bingo** October 26 in the Hyder Community Room at 2 pm. Please bring a wrapped gift. **All games/activities limit of 15 people all must wear a mask.**
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 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 other previously dropped off.

Rules for the bus: Limit 8 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.



Hy-Vee Shot Clinic Tuesday, October 5 at 10:00-1:30. Flu, Shingles, Pneumonia and COVID Shots available.

Hy-Vee van will be in the parking lot by the door to Clarke Senior Center.

Covid shots are free for all. Flu and Pneumonia shots are *free* if you are over 65 with Medicare B and could be free depending on your insurance if you are under 65. Shingles shots are covered differently depending on your private insurance or Medicaid coverage.

If you are interested in getting any shot, Dorothy will have some paper work for you to fill out and she will need a copy of your insurance/Medicaid card. Please see her before September 29th so HyVee can check your coverage before the shot clinic.

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!



October 2021

Mon	Tue	Wed	Thu	Fri
<p>4 Oven Fried Chicken Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Fruit Cobbler Milk</p>	<p>5 Battered Fish Coleslaw Pinto Beans Mac & Cheese Peaches Milk</p>	<p>6 Pork Chop Sweet Potatoes Peas Bread Margarine Baked Apples Milk</p>	<p>7 Chicken Alfredo Broccoli Berries Garlic Breadstick Cheesecake Milk</p>	<p>1 Ham AuGratin Potatoes Green Beans Dinner Roll Margarine Fruit Crisp Milk</p> <p>8 Beef Stew Cabbage Fruit Biscuits Margarine Assorted Dessert Milk</p>
<p>11 BBQ Chicken Scalloped Potatoes Oven Roasted Broccoli Bread Margarine Ambrosia Salad Milk</p>	<p>12 Beans with Ham Spinach Fried Potatoes & Onions Cornbread Margarine Fruit Milk</p>	<p>13 Pot Roast Chunk Potatoes Carrots Dinner Roll Margarine Cake Milk</p>	<p>14 Sweet & Sour Chicken Oriental Vegetables Egg Roll Fried Rice Lemon Bar Milk</p>	<p>15 Meatloaf Gravy Mashed Potatoes California Blend Bread Margarine Assorted Dessert Milk</p>
<p>18 Spaghetti with Meatballs Italian Blend Salad Garlic Breadsticks Pudding Milk</p>	<p>19 Pulled Pork/Bun Hashbrown Casserole Country Blend Applesauce Milk</p>	<p>20 Taco Salad Corn Black Beans Bread Margarine Fruited Jello Milk</p>	<p>21 Turkey/Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Pumpkin Dessert Milk</p>	<p>22 French Dip/Bun Au Jus Sauce Roasted Rosemary Potatoes Warm Fruit Compote Assorted Dessert Milk</p>
<p>25 Polish Sausage/Bun Kraut Washed Potatoes Gravy Cake Milk</p>	<p>26 Baked Chicken Creamed Corn Baked Potato Bread Margarine Fruit Milk</p>	<p>27 Hamburger Steak with Grilled Mushrooms & Onion Garlic Mashed Potatoes Mixed vegetables Bread Margarine Pie Milk</p>	<p>28 Fish Sandwich/Bun Lettuce Tomato/Pickle Baked Beans Cookies Milk</p>	<p>29 Chicken Pot Pie Salad Beets Bread Margarine Assorted Dessert</p>

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