

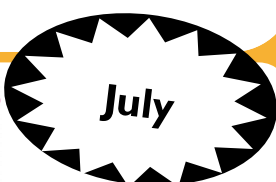
## IMPORTANT PHONE NUMBERS

Dorothy 634-1088  
Clarke Dining Room 634-8020  
Hyder Beauty Salon 635-8223  
Handi Wheels 634-6477

**Medical marijuana** is illegal under federal drug laws. Having a state issued patient card **does not** make possession of, or use of, marijuana legal in your apartment.



Your lease states you can lose your housing for engaging in drug related criminal activity.



| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
|  |   |  |   | 1 French Dip/Au Jus Bun<br>Garden Salad<br>Sweet Potato Fries<br>Dessert<br>Drink                 |
| 4 CLOSED   | 5 <b>Fourth of July</b><br>Burgers & Hotdogs<br>Potato Salad<br>Baked Beans<br>Buns<br>Margarine<br>Apple Pie/Ice Cream<br>Milk | 6 Ham & Beans<br>Spinach<br>Fried Potatoes with Onions<br>Cornbread/Margarine<br>Dessert<br>Milk | 7 Smothered Chicken Breast<br>Grilled Zucchini<br>Tomato/Cucumber Salad<br>Bread/Margarine<br>Dessert<br>Milk         | 8 Fish Sandwich On Bun<br>Steak Fries<br>Coleslaw<br>Dessert<br>Milk                              |
| 11 Chicken & Noodles<br>Glazed Baby Carrots<br>Fruit<br>Bread/Margarine<br>Dessert<br>Milk           | 12 Cheeseburger Bun<br>Lettuce/Tomato/Pickle/Onion<br>Steak Fries<br>Dessert<br>Milk  | 13 Fried Chicken<br>Potatoes/Gravy<br>Green Beans<br>Roll/Margarine<br>Dessert<br>Milk           | 14 <b>Pizza Party Day</b><br>Meat Pizza/Chicken Wings<br>Salad<br>Fruit<br>Garlic Toast/Margarine<br>Brownies<br>Milk | 15 Polish Sausage Bun<br>Kraut<br>Scalloped Potatoes<br>Dessert<br>Milk                           |
| 18 Ham & Cheese Sandwich<br>Chips<br>Spinach Strawberry Salad<br>Grilled Zucchini<br>Dessert<br>Milk | 19 Meatloaf<br>Potatoes/Gravy<br>Green Beans<br>Bread<br>Dessert<br>Milk  | 20 Grilled Chicken Sandwich<br>Bun<br>Cucumber Salad<br>Fruit<br>Dessert<br>Milk                 | 21 Pulled Pork Bun<br>Hashbrown Casserole<br>Cinnamon Apples<br>Dessert<br>Milk                                       | 22 Taco Bake<br>Mexican Corn<br>Pears<br>Tortilla Chips/Nacho<br>Cheese<br>Dessert<br>Milk        |
| 25 Chili Dog with Cheese Bun<br>Tater Tots<br>Fruit<br>Dessert<br>Milk                               | 26 Glazed Ham<br>AuGratin Potatoes<br>Zucchini & Tomatoes<br>Roll/Margarine<br>Dessert<br>Milk                                  | 27 Roast Beef<br>Mashed Potatoes/Gravy<br>Baby Carrots<br>Roll/Margarine<br>Dessert<br>Milk      | 28 Cheddar Baked Chicken<br>Grilled Brussel Sprouts<br>Garlic Mashed Potatoes<br>Bread/Margarine<br>Dessert<br>Milk   | 29 <b>Brunch</b><br>Eggs<br>Sauage<br>Potatoes<br>Fruit Juice<br>Biscuit/Gravy<br>Dessert<br>Milk |

# Senior Bulletin

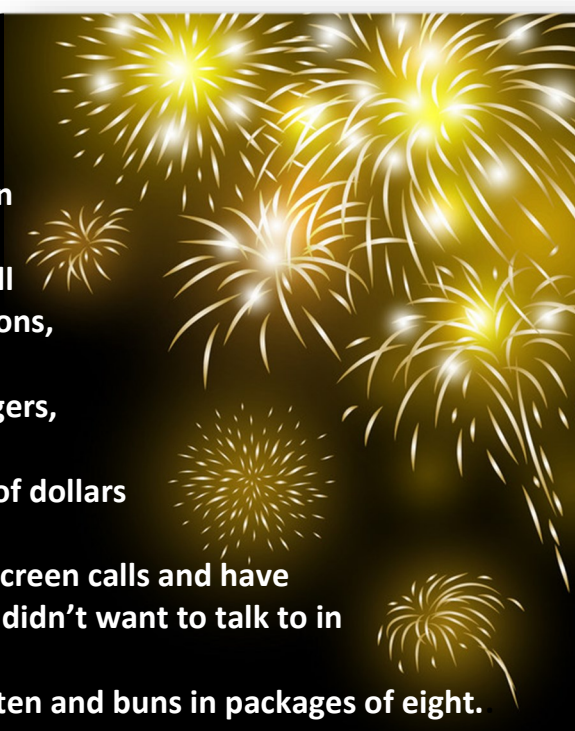


ISSUE 7

JULY 2022

## Only in America

1. Only in America can a pizza get to your house faster than an ambulance.
2. Only in America are there handicap parking places in front of a skating rink.
3. Only in America do drugstores make the sick walk all the way to the back of the store to get their prescriptions, while healthy people can buy cigarettes at the front.
4. Only in America do people order double cheeseburgers, large fries and a DIET coke.
5. Only in America do we leave cars worth thousands of dollars in the driveway and put our junk in the garage. Hello.
6. Only in America do we use answering machines to screen calls and have call-waiting so we won't miss a call from someone we didn't want to talk to in the first place.
7. Only in America do we buy hot dogs in packages of ten and buns in packages of eight.



## Weekly Bus Schedule

### Bingo is BACK!

#### Clarke Dining Room Wednesdays

Paper sales start at 1pm  
Game play starts at 2pm

- 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.

#### Wednesday - West Walmart

Morning Trip: Leave at 8:45am and return home at 11am.  
Afternoon Trip: Leave at 1pm, first stop Walmart then on to Wildwood Crossings for the Dollar Tree. **The bus will stay there for 1 hour.** Then the bus will go back to Walmart to pick up the others.

#### Thursday - East Walmart

Morning Trip: Leave at 8:45am and return home at 11am  
Afternoon Trip: Leave at 1pm, first stop Walmart then on the Gerbes East or Dollar General. **The bus will stay there for 1 hour.** Then the bus will go back to Walmart to pick up the others.

**Must RSVP to Dorothy by calling 573-634-1088  
Limit 11 per trip**

#### Rules for the bus:

- 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
- Everyone must social distance, **NO exceptions**
- If you have a cold or cough please stay home

**There will be no  
shuttle bus runs to  
Walmart the week of  
August 8-15  
Bill will not be here.**



**NO**   
**SMOKING**

## Keep our community Safe . . .

We are aware people are still choosing to smoke within their apartment. You are welcome to smoke in designated smoking areas only. Choosing to break these rules, increases the risk of fire and smoke damaging your apartment or the whole building.

This is a lease violation and **you will lose your housing.**

### INGREDIENTS

8 ounce block cream cheese, softened  
1/2 cup powdered sugar  
1/3 cup heavy whipping cream  
1/2 teaspoon vanilla or almond extract  
8 ounces frozen whipped topping,  
thawed  
6 cups fresh ripe berries - strawberries  
(stemmed and sliced into bite-size  
pieces), blueberries, raspberries,  
blackberries

### INSTRUCTIONS

- 1 In a large bowl, with an electric hand mixer (or with a stand mixer), beat the softened cream cheese until it is smooth.
- 2 Pour in the heavy cream, vanilla, and powdered sugar. Beat on medium-high speed until creamy and blended. With a spatular, fold in whipped topping.
- 3 Add berries and gently fold in until combined and coated with the cheesecake mixture.
- 4 Serve immediately or refrigerate until ready to serve.

## Berry Cheesecake Salad Recipe



## River Region Library Schedule

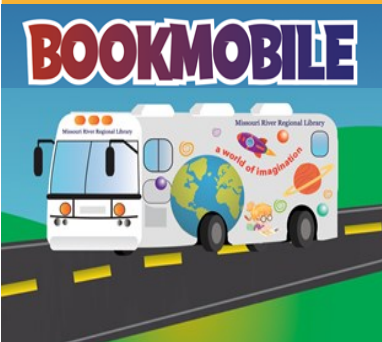
Monthly Schedule below \*\* 2:00 - 2:45 pm

- Hyder - July 19
- Herron - July 21
- Ken Locke - July 26

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**

If Questions Call 634-2464



## Senior Food Box Program

sponsored by  
**Catholic Charities**

*We believe that access  
to proper nutrition, that  
is balanced and  
culturally appropriate,  
is a basic human right...*



Call Dorothy at 634-1088 to sign up!

**Hyder is July 15, from 10-11:30 am**

**Herron is July 7, from 12-1:00 pm**

**Ken Locke is July 5, from 10-11:30 am**

**LaSalette July 5 from 11:30 am-12:30pm**

Meet Catholic Charities at the main door of your building  
Wear a mask when you come to pick up your box

***If you are unable to pick up, you can have someone  
pick it up for you by contacting Dorothy 24hrs prior to  
delivery time.***

## Activities

### Games/Crafts

Every **Monday and Friday** in the Hyder First Floor Community Room. Cards and Dominos from 1:30-4:00pm. You are welcome to bring your own games also.

**Mexican Train Domino's** the First, Third and Last **Tuesday** of every month from 1:30-4:00pm, in the Herron First Floor Community Room.

### July 8th

**Field Trip:** Lunch at Colton's and then explore the Capital Monuments, Jefferson Landing or Governors Gardens. Bus will depart at 11:00am. Cost \$3, lunch on your own.

### July 12th

**Movie:** Red October at 2:00p.m. Herron Community Room. You may bring your own snacks and a non-alcoholic beverage. Please RSVP.

### July 15th

**Field Trip:** Lunch at Dos Primo's and shopping. Will stop at Dis N Dat store in Holts Summit which has a little of everything from antiques to new. Bus will depart at 11:00am. Cost \$5, lunch on your own.

### July 22nd

**Field Trip:** Columbia-Lunch at Cracker Barrel then on to Columbia Mall for shopping. Bus will depart at 10:45am. Cost \$6, lunch on your own.

**Call Dorothy at 573-634-1088, in the Herron Office, to Reserve your spot & pay**

### ***Sneak Peak at AUGUST Trips!!***

### August 5th

**Field Trip:** Sedalia Mo. We will meet our step on guide at the Katy Depot at 10:00 a.m. Enjoy a 2 hour narrated tour of the town. Then we will have lunch at Lamy's. Bus will depart at 8:45a.m. Cost \$15 lunch on your own

### August 19th

**Field Trip:** Arrow Rock Mo. Tour the town and have lunch. Then see a live Play at the Lyceum Theater called {Clue} **You MUST sign up and pay by July 15 for this trip.** Bus will depart at 10:00a.m. Cost \$47

### August 19th

**Field Trip:** Lunch at Dragon Kitchen then shopping at Hobby Lobby and Aldi. Bus will depart at 11:00a.m. Cost \$5

### Rules:

- All games/activities are limited to **15**
- You must wear a mask
- **All field trips limited to 11**
- Payment needed to reserve your spot
- **No refunds**, someone can take your spot, **with prior approval by Dorothy**
- Temperatures will be taken at pickup.

