

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.



3 Garlic Butter Pork Chop Roasted Broccoli Baked Apples Bread/Margarine Milk Dessert	4 Meatloaf Mashed Potatoes California Blend Bread/Margarine Milk Dessert	5 Chili w/ Cheese & Onion Baked Potato Fruit Crackers Milk Dessert	6 Baked Chicken Stewed Tomatoes Au Gratin Potatoes Bread/Margarine Milk Dessert	7 Chicken & Noodles Glazed Baby Carrots Fruit Bread/Margarine Milk Dessert
10 Baked Spaghetti Salad Italian Vegetables Garlic Bread Milk Dessert	11 Pulled Pork Hashbrown Casserole Applesauce Bun Milk Dessert	12 Oven Fried Chicken Mashed Potatoes Green Beans Biscuit/Margarine Milk Dessert	13 Smothered Pork Chop Roasted Potatoes Peas Bread/Margarine Milk Dessert	14 Taco Salad Refried Beans Pears Tortilla Chips/Salsa Milk Dessert
17 Menu #22 (3rd Qtr 2021) Beef Liver (Onions) Mashed Potatoes Stewed Tomatoes Bread Milk Dessert	18 Polish Sausage Kraut Mashed Potatoes Bun Milk Dessert	19 Turkey Mashed Potatoes Green Beans Roll/Margarine Milk Dessert	20 Fish Coleslaw Pinto Beans Cornbread/Margarine Milk Dessert	21 Turkey Tetrazzini Salad Roasted Broccoli Garlic Bread Milk Dessert
24 Ham Sweet Potatoes Ambrosia Salad Roll/Margarine Milk Dessert	25 Chicken Fried Chicken Garlic Mashed Potatoes Country Blend Roll/Margarine Milk Dessert	26 Beans & Ham Spinach Fried Potatoes Cornbread/Margarine Milk Dessert	27 Chicken Pot Pie Salad Beets Bread/Margarine Milk Dessert	28 Brunch Scrambled Eggs Sausage Potatoes Biscuit/Gravy Margarine Milk Dessert
31 Halloween Halloweenies/Hobgoblin Burger Baked Beans Potato Salad Bun Margarine Milk Dessert	<div style="border: 1px dashed orange; padding: 10px; text-align: center;"> Riddle Answers 1. Street 2. Night and day 3. Neither it's electric no smoke 4. Your tongue 5. In the dictionary 6. Relationship </div>			

Senior Bulletin

ISSUE 10

OCTOBER 2022



I feel it is necessary to remind everyone of the Rules for riding the shuttle bus to Walmart on Wednesdays and Thursdays. Please be considerate of your neighbors and Bill. You can ALWAYS call me at 634-1088 with questions and to reserve your seat. If I don't answer, please leave me a message and I will return your call within 24 hours, M-F.

Rules to Ride the Shuttle Bus

- You **MUST** reserve your seat on the bus. If your name is not on the list, you will not be allowed to go.
- Do **NOT** buy more than you can carry. Typically the bus goes every week. So you don't have to buy for the whole month.
- Bill is not allowed to pick up and carry your groceries.
- If you are handicap or in a wheelchair, let us know if you are bringing someone to help you so a seat can be reserved for them.
- You must be ready to board the bus at departure time. The bus will leave on time and will not wait on anyone. That goes for the trip home as well. If you are not ready to leave, it is possible you will miss the bus and have to secure your own transportation back.
- Be considerate**, if you decide to leave Walmart or any shopping place early or catch another ride home, **YOU MUST LET US KNOW** or your riding privileges could be suspended.

Weekly Bus Schedule

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
Rules for the bus: Limit 11 per trip

- 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

Play Bingo

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.

Answer the Riddles

- I go around all the places, cities, towns, and villages, but never come inside. What am I?
- I break but never fall. And I fall but never break. What are we?
- An electric train is heading east. Which way does the smoke go?
- What taste better than it smells?
- Where does today come before yesterday?
- What kind of ship has 2 mates but no captain?



OCTOBER IS FIRE SAFETY MONTH

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.**



How many words can you make out of Happy Halloween?

- | | |
|-----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |
| 15. _____ | 16. _____ |

River Region Library Schedule

Monthly Scheule below ** 2:00 - 2:45 pm

- Hyder - October 18th
- Herron - October 20th
- Ken Locke - October 25th

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

BOOKMOBILE



Senior Food Box Program

sponsored by **Catholic Charities**

Call Dorothy at **634-1088** to sign up!

Hyder is October 13, from 10-11:30 am

Herron is October 13, from 12-1:00 pm

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

LaSalette October 11 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.



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

Activities

Games/Crafts

Every **Monday and Friday** at 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.
Mexican Train Domino's at **Kenneth Locke** on Thursday mornings from 9:30-11:30am.

October 7th	Field Trip: Leave at 9:00am for Versailles for lunch at the Pioneer Restaurant and to visit the Amish Stores. Trip Cost \$12; Lunch on your own.
October 11th	Movie: "SWAT" in the Herron Community Room at 2pm. You may bring your own snacks and a non-alcoholic beverage. Please RSVP. Everyone Welcome
October 14th	Field Trip: Leave at 8:30am for the St. Louis Zoo. Trip Cost \$20; Lunch on your own.
October 28th	Field Trip: Leave at 10:00am for Hermann. Lunch will be at Stonehill Winery with shopping to follow. Trip Cost \$12; Lunch on your own.

Call Dorothy at 573-634-1088, in the Herron Office, to Reserve your spot & pay
If you have to leave a voice mail, please leave your phone number if you want a call back.

Sneak Peak at **NOVEMBER Trips!!**

November 4th	Field Trip: Leave at 10:45am for lunch at Steve's and shopping. Trip Cost \$5; Lunch on your own.
November 18th	Field Trip: Leave at 10:45am for lunch at Cracker Barrel in Columbia and then shopping. Trip Cost \$10; Lunch on your own.

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.

