

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.

December



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Pot Pe Salad Beets Bread/Margarine Milk Dessert	2 Menu #11 Sloppy Joe Steak Fries Fruit Bun Milk Dessert
5 Fish Sandwich/Bun Lettuce/Tomato Coleslaw Baked Beans Milk Dessert	6 Brunch Scrambled Eggs w/ Sausage/Potatoes Fruit Juice Biscuit/Gravy Margarine Milk Dessert	7 Pot Roast Potatoes, Carrots, Onions Fruit Roll/Margarine Milk Dessert	8 Cheeseburger Tater Tots Coleslaw Bun Milk Dessert	9 Hamburger Steak/ Liver & Onions Mashed Potatoes Mixed Vegetables Bread/margarine Milk Dessert
12 Garlic Butter Pork Chop Roasted Broccoli Baked Apples Bread/Margarine Milk Dessert	13 Meatloaf Mashed Potatoes California Blend Bread/Margarine Milk Dessert	14 Chili w/ Cheese & Onion Baked Potato Fruit Crackers Milk Dessert	15 Baked Chicken Stewed Tomatoes AuGratin Potatoes Bread/Margarine Milk Dessert	16 Chicken & Noodles Glazed Baby Carrots Fruit Bread/Margarine Milk Dessert
19 Menu #18 Ham & Beans Spinach Fried Potatoes Cornbread Margarine Dessert	20 Christmas Ham/Turkey Mashed Potatoes Corn Casserole Roll/Margarine Milk Dessert	21 Oven Fried Chicken Mashed Potatoes Green Beans Biscuit/Margarine Milk Dessert	22 Smothered Pork Chop Roasted Potatoes Peas Bread/Margarine Milk Dessert	23 CLOSED
26 CLOSED	27 Polish Sausage Kraut Mashed Potatoes Bun Milk Dessert	28 Menu #15 Turkey Tetrassini Salad Roasted Broccoli Garlic Bread Milk Dessert	29 Fish Coleslaw Pinto Beans Cornbread/Margarine Milk Dessert	30 New Year's Eve Pork Black Eyed Peas Cabbage Cornbread Margarine Dessert Milk

Senior Bulletin

ISSUE 12

DECEMBER 2022



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.



Word Search

V K G N A C R D E T B B K O
T N E B C A T O D T A R K P
G Y C H I M N E Y G N C W Y
J C J V Q D Y E C E G Y P L
Q A C H N E E H A Q E A P L
S N E A X C G F N P L D D O
G D S P J E G S D F U I L J
N Y T P V M N X L Y F L L U
I T H Y J B O G E N G O E V
T W G H B E G Q S J V H B N
E P I W H R D S T F I G V I
E R L N W T B E E Y K U I F
R D O Y R R E M G G X Q W N
G M M E O T E L T S I M D O

angel
bell
candles
candy
chimney

December
eggnog
gifts
greetings
happy

holiday
jolly
lights
merry
mistletoe

Christmas Carry in Dinners

December 13th

Herron and La Salette

- Herron will eat at 5 pm.
- La Salette will eat at 5:30 pm.

December 15th

Hyder and Kenneth Locke

- Hyder will eat at 5 pm.
- Ken Locke will eat at 5:30 pm.

The dinners will include Baked Ham, Scalloped Potatoes, Baked Beans, Broccoli Salad, Cranberry Sauce, Rolls, Apple and Cherry Cobbler.

Volunteers are needed from each of these buildings to help serve and clean up after.

**Please call Dorothy Colter
if you can volunteer to
Help at 634-1088**

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 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

WHAT IS A SNOWMAN'S FAVOURITE SONG?

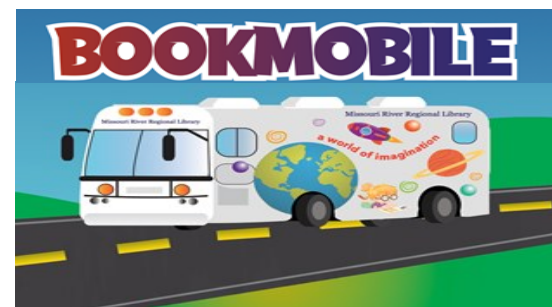


**FFFREEZE A JOLLY GOOD
FELLOW**



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**.



River Region Library Schedule

Monthly Schedule below
2:00 - 2:45 pm

- Hyder - December 13th
- Herron - December 15th
- Ken Locke - December 20th

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

Call Dorothy at 634-1088 to sign up!

Hyder is December 15 from 10-11:30 am
Herron is December 15, from 12-1:00 pm
Ken Locke is December 6, from 10-11:30 am
LaSalette December 6 from 11:30 am-12:30pm



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

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

Mondays at Hyder First Floor Community Room. Cards and Dominos and games of your choosing from 1:30-4:00pm. You are welcome to bring your own games also.

Tuesdays at Kenneth Locke, Community Room. Cards and Dominos and games of your choosing from 1:30-4:00pm. You are welcome to bring your own games also.

Thursdays at Herron, Community Room. Scrabble, Cards and Dominos and games of your choosing from 1:30-4:00pm. You are welcome to bring your own games also.

December 2nd

Field Trip: Leave at 11:00am to have lunch at Freddy's with shopping afterwards. Trip Cost \$3; Lunch on your own.

December 9th

Field Trip: Leave at 3:30pm and head to Lees Summit MO to see Christmas Lights in the Park, featuring beautiful animated light displays. We will eat at Bandanna's first. Trip Cost \$12; Dinner is on your own.

December 16th

Field Trip: Leave here at 4:30pm for dinner at Oscars and then head to Washington Park Ice Arena to watch them ice skate. Trip Cost \$4; Dinner is on your own.

December 30th

FUN BINGO, Clarke Dining Room at 2:00pm. Everyone must bring a wrapped gift to play.

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 for her to call you back.

Sneak Peak at JANUARY Trips!!

January 6th

Field Trip: Leave at 10:45am to have lunch in Columbia at Cracker Barrel followed by shopping. Trip Cost \$8; Lunch on your own.

January 13th

Field Trip: Leave at 9:00am for breakfast at Mel's then on to the Mall and Wildwood Crossings for shopping or to watch a movie. Trip Cost \$4; Movie and Lunch on your own.

January 20th

Field Trip: Leave at 10:45am to have lunch in Columbia at Olive Garden followed by shopping at Antique Malls. Trip Cost \$8; 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.



F.O.G. DISPOSAL: WHAT YOU NEED TO KNOW

Many sewer blockages occur between a house or business and the utility's sewer main, where the property owner is responsible.

Proper disposal of Fats, Oils and Grease (F.O.G.) can mean avoiding an unnecessary plumbing bill during the holidays.

AVOID COSTLY CLOGS

Pouring Fats, Oils or Grease (F.O.G.) down the drain can lead to sewer overflows and backups. When washed down the drain, grease and oil can adhere to the insides of the pipes that carry the wastewater from homes and businesses to the sewer treatment facility.

Over time the buildup of grease can restrict the flow of wastewater, or worse yet, block the homeowner's or utility's sewer pipes. These blockages can lead to sewage overflows or backups in homes and businesses. It can also have an adverse

Contest Extended
Pick-up Forms
from
Managers Office



PUBLIC HOUSING

Apartments & Houses need Names RULES

- Submit a name for the **East Side Apartments** (East Elm, Linn, Locust, Chestnut)
- Submit a name for the **West Side Apartments** (Elizabeth, Buena Vista)
- Submit a name for the **West Side Houses** (Buena Vista, Dulle)
- Entries accepted Sept. 1 through Jan. 31, 2023
- Adults or Children can Enter as Often as you want
- The Board of Directors will make the final decision
- Serious entries only. Inappropriate names will be discarded
- Only Written entries accepted, NO verbal entries accepted
- Include Name, Address and Phone Number on all Entries

