


**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 Sloppy Joes Bun Roasted Potatoes Fruit Assorted Dessert Milk
4 Taco Salad Refried Beans Lettuce/Tomato/Onion Tortilla Chips Bread/Margarine Spice Cake Milk	5 Creamy Baked Chicken Garlic Mashed Potatoes Peas & Carrots Bread/Margarine Brownies Milk	6 Ham Sweet Potatoes Mixed Vegetables Roll/Margarine Pie Milk	7 Country Fried Steak Gravy Mashed Potatoes Green Beans Roll/Margarine Cookie Milk	8 Fish Sandwich Lettuce/Tartar Sauce Steak Fries Mixed Fruit Bun Assorted Dessert Milk
11 Stir Fry Chicken Oriental vegetables Fruit Fried Rice/Egg Roll Pudding Milk	12 Lasagna Salad Italian Blend Vegetables Garlic Bread Blueberry Fluff Milk	13 Fried Chicken Gravy Mashed Potatoes Green Beans Biscuit/Margarine Cobbler Milk	14 Battered Cod Pinto Beans Coleslaw Cornbread/Margarine or Hushpuppies Cookies Milk	15 Easter Lunch Roasted Ham Deviled Eggs Mashed Potatoes/Gravy Glazed Baby Carrots Rolls Coconut Pie Milk
18 Liver with Mushroom Gravy Mashed Potatoes Peas Roll/Margarine Fruit Crisp Milk	19 Pulled Pork Sandwich Bun Hashbrown Casserole Baked Apples Ice Cream Milk	20 Spring Picnic Hamburgers/Hot Dogs Potato Salad Baked Beans Buns Margarine Apple Pie Milk	21 BBQ Chicken Cheesy Ranch Potatoes Cucumber Salad Bread/Margarine Chocolate Éclair Dessert Milk	22 Tuna Salad Sandwich Sliced Tomatoes/Lettuce Fruit Bread Chips Assorted Dessert Milk
25 Brats/Bun Kraut Mashed Potatoes/Gravy Fruit Cake Milk	26 Pot Roast Potatoes Carrots Roll/Margarine Fruited jello Milk	27 Beans & Ham Spinach Fried Potatoes & Onions Cornbread/Margarine Fruit Milk	28 Brunch Scrambled Eggs Sausage Potatoes O'Brien Toast Fruit Juice Coffee Cake Milk	29 Chicken Sandwich Bun Scalloped Potatoes Lettuce/Tomato/Onion Assorted Dessert Milk

Senior Bulletin

ISSUE 4

APRIL 2022



"A small green frog
 On a big brown log;
 A black and yellow bee
 In a little green tree;
 A red and yellow snake
 By a blue-green lake,
 All sat and listened
 To red bird sing,
 "Wake up, everybody,
 It's spring! It's spring!"

~Anonymous

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.

Don't fall victim to Social Security Imposter Scams

Fraudsters often attempt to mislead victims into making cash or gift card payments to fix purported Social Security number problems or to avoid arrest. Social Security **will never** tell you that your Social Security number is suspended, contact you to demand an immediate payment, threaten you with arrest, ask for your credit or debit card numbers over the phone, ask for gift cards or cash, or promise a Social Security benefit approval or increase in exchange for information or money.

Above all, remain alert, hang up if a scammer calls, and ignore their attempts if you receive a suspicious email, text, or letter.

To report a scam attempt, go to oig.ssa.gov. For more information, please visit www.socialsecurity.gov/scam and www.socialsecurity.gov/antifraudfacts/.

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 Wild-wood 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

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.**



STOP LEAKS BEFORE THEY STOP YOU

According to the U.S. Environmental Protection Agency, the average residence in the U.S. loses 10,000 gallons of water per year thanks to seemingly minor leaks. With more than 110 million households in the U.S., this equates to more than one trillion gallons of water lost every year due to leaks in the home.

More than two-in-three Americans have experienced a leak at their home and even more report seeing signs that could indicate they have had a water leak. In less than 10 minutes, you can search your home for leaks and crack down on water waste that will save money now and in the future.

TRY THESE TIPS TO HELP YOU DETECT LEAKS:

- Place a drop of food coloring in your toilet tank and see if the water in the bowl changes colors within 10 minutes. If so, you have a leak.
- Check the cabinets under the kitchen, laundry, and bathroom sinks to make sure they're dry.
- Look for puddles around the bases of tubs, toilets, and showers.
- Look for water stains on ceilings and walls which are usually yellowish or brownish in color.

If you suspect a leak call our Maintenance Department at 635-3232

River Region Library Schedule

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

- Hyder - April 19
- Herron - April 21
- Ken Locke - April 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

BOOKMOBILE



Senior Food Box Program

sponsored by
Catholic Charities

Call Dorothy at 634-1088 to sign up!

Hyder is April 14, from 10-11:30 am

Herron is April 7, from 12-1:00 pm

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

LaSalette is April 5 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

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 and Last **Tuesday** of every month, in the Herron First Floor Community Room.

April 8th

Field Trip: Cheddar's restaurant in Columbia for lunch and then shopping. Leave here at 10:45am. Cost \$10 with lunch on your own.

April 12th

Movie: "In the Line of Fire" in the Herron Community Room at 2pm. You may bring your own snacks and a non-alcoholic beverage. Please RSVP.

April 15th

Field Trip: Isle of Capri Casino in Boonville Mo. Jim Walters will pick us up here at Herron and Hyder with his van. Depart here at 8:45am and leave casino at 3pm to return home. Cost \$15 which includes a \$10 food voucher when you get there and \$5 cash voucher to play on.

April 22nd

Field Trip: Caledonia, Mo home of an authentic c. 1909 Old Village Mercantile store. Enjoy 600 varieties of old fashioned candy, fudge, coffee house & smoothie bar, antique gallery, gifts and more! Leave at 8:30am. Cost \$15 with lunch on your own.

April 29th

Field Trip: Big Whiskey Leave here at 11am. Cost \$3 with lunch on your own.

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

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.

