

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.



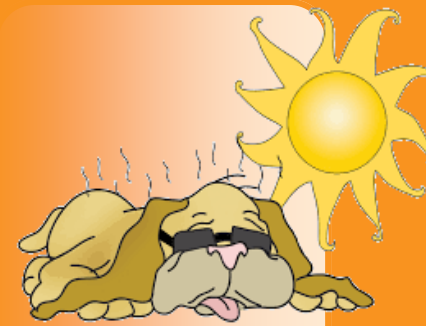
Your lease states you can lose your housing for engaging in drug related criminal activity.

August



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sweet & Sour Meatballs Oriental Vegetables Pineapple Chunks Rice Dessert Milk	2 Mushroom Pork Chop Fruit Salad Green Beans & Potatoes with Bacon & Onion Roll/Margarine Dessert Milk	3 Roasted Turkey Dressing Mashed Potatoes/Gravy Green Beans Roll/Margarine Dessert Milk	4 Hawaiian Luau Hawaiian Pulled Pork Roasted Vegetables Pineapple Hawaiian Fried Rice Margarine Dessert Milk	5 French Dip/Au Jus Bun Garden Salad Sweet Potato Fries Dessert Drink
8 Beef & Broccoli Carrots Fruit Rice Dessert Milk	9 Ham & Beans Spinach Fried Potatoes with Onions Cornbread/Margarine Dessert Milk	10 Ziti, Goulash or Spaghetti Cauliflower Ambrosia Salad Garlic Bread Dessert Milk	11 Smothered Chicken Breast Grilled Zucchini Tomato/Cucumber Salad Bread/Margarine Dessert Milk	12 Fish Sandwich On Bun Steak Fries Coleslaw Dessert Milk
15 Chicken & Noodles Glazed Baby Carrots Fruit Bread/Margarine Dessert Milk	16 Cheeseburger Bun Lettuce/Tomato/ Pickle/Onion Steak Fries Dessert Milk	17 Fried Chicken Potatoes/Gravy Green Beans Roll/Margarine Dessert Milk	18 Pizza Party Day Meat Pizza/ChickenWings Salad Fruit Garlic Toast MargarineDessert Milk	19 Polish Sausage Bun Kraut Scalloped Potatoes Dessert Milk
22 Ham & Cheese Sandwich Chips Spinach Strawberry Salad Grilled Zucchini Dessert Milk	23 Meatloaf Potatoes/Gravy Green Beans Bread Dessert Milk	24 Grilled Chicken Sandwich Bun Cucumber Salad Fruit Dessert Milk	25 Pulled Pork Bun Hashbrown Casserole Cinnamon Apples Dessert Milk	26 Brunch Eggs Sausage Fruit Juice Biscuit/Gravy Margarine Dessert Milk
29 Chili Dog with Cheese Bun Tater Tots Fruit Dessert Milk	30 Glazed Ham AuGratin Potatoes Zucchini & Tomatoes Roll/Margarine Dessert Milk	31 Roast Beef Mashed Potatoes/Gravy Baby Carrots Roll/Margarine Dessert Milk		

Senior Bulletin



ISSUE 8

AUGUST 2022

*"I am only one, but still
I am one. I cannot do
everything, but still I
can do something, and
because I cannot do
everything, I will not
refuse to do something
that I can do."*

~ Helen Keller



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.

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 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

- 1 T vegetable oil
- 1 lb, boneless ,skinless chicken thighs
- 1 can [15 oz.] no salt black beans
- 1 can [8.7 oz.]no salt corn kernels
- 2 cups water
- 1 package Knorr Rice Sides, Chicken flavor
- 1/3 cup shredded 2 % cheddar cheese
- 1/4 cup sour cream
- 2 large tomatoes

INSTRUCTIONS

- Step 1. Heat oil in large skillet over high heat, cut chicken thighs into bite size pieces.
- Step 2. Add chicken to skillet and cook 3 minutes. Rinse and drain beans & corn, add to skillet with water and Knorr Rice Sides, Chicken Flavor rice. Bring to boil.
- Step 3. Cover and boil 7 minutes or until rice is tender and chicken is thoroughly cooked. While rice is cooking measure out cheese and sour cream and chop tomatoes.
- Step 4. Serve rice topped with cheese, sour cream, and tomato

Cheesy Chicken Fiesta



River Region Library Schedule

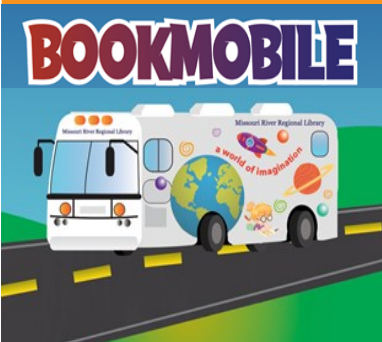
Monthly Schedule below ** 2:00 - 2:45 pm

- Hyder - August 16
- Herron - August 18
- Ken Locke - August 23

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 August 11, from 10-11:30 am
Herron is August 11, from 12-1:00 pm
Ken Locke is August 9, from 10-11:30 am
LaSalette August 9 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.

NEW NEW NEW!! Mexican Train Domino's at **Kenneth Locke** on Thursday mornings from 9:30-11:30am.

August 5th

Field Trip: Leave at 8:45am for Sedalia. First stop is the Katy Depot where a step on guide will give us a 2 hour tour of the town, then we will have lunch. Trip Cost \$15; Lunch on your own.

August 16th

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

August 19th

Field Trip: Leave at 9:00am for Mid Rivers Mall in St. Peters. We will have lunch at Ruby Tuesdays before going into the "big mall". Trip Cost \$16; Lunch on your own.

August 26th

Field Trip: Leave at 11:00am for Lunch at Dragon Kitchen, and then on to Shirks and the Dutch Pantry in Tipton. Trip Cost \$11; Lunch on your own.

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

Sneak Peak at SEPTEMBER Trips!!

September 5th

Field Trip: Leave at 8:30am for St Louis to visit the Arch. You can go inside the Arch to the museum for free but there are other attractions inside that cost extra. The tram ride to the top is \$17 and there is a movie for \$7. I will let you decide if you want to do those on your own. Trip Cost \$18; Lunch on your own.

September 23rd

Field Trip: Leave at 11:00am for lunch at Dudley's and then shopping at Hobby Lobby, Target and Aldi. Trip Cost \$5; Lunch on your own.

September 30th

Field Trip: Leave at 10:30am for Lake Ozark, with lunch at Golden Corral followed by shopping. Trip Cost \$12; 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.

