

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 Country Mac & Cheese with Diced Ham Stewed Tomatoes Fruit Cup Bread/Margarine Cookies Milk	2 Pork Roast Mashed Potatoes Gravy Green beans Roll/Margarine Fruited Jello Milk	3 Beef Stew Cauliflower Applesauce Cheddar Biscuit Margarine Chocolate Éclair Dessert Milk	4 Lasagna Salad Italian Blend Garlic Bread Assorted Dessert Milk
7 Oven Fried Chicken Mashed Potatoes Gravy Green beans Biscuits/Margarine Fruit Cobbler Milk	8 Ham Sweet Potatoes Peas & Carrots Bread/Margarine Coconut Pie Milk	9 Chili Dog Bun French Fries Fruit Cookie Milk	10 Salisbury Steak Mashed Potatoes Gravy Meadow Blend Roll/Margarine Pudding Milk	11 Super Bowl Party Chicken Wings/BBQ Meat Balls Veggie Tray/Broccoli, Carrots, Celery Potato Skins Roll/Margarine Brownies/Milk
14 Valentine's Day Chicken Fettucini Alfredo Salad Italian Blend Garlic Breadstick Strawberry Cake Milk	15 Pulled Pork Bun Hashbrown Casserole Baked Apples Ice Cream Milk	16 Meatloaf Mashed Potatoes Gravy Country Blend Vegetables Bread/Margarine Brownie Milk	17 Sloppy Joes Bun Tator Tots Mediterranean Blend Pudding Milk	18 Ham & Beans Fried Potatoes & Onions Spinach Cornbread/Margarine Assorted Dessert Milk
21 Soft Taco w/Lettuce, Tomato, Cheese, Onion Tortilla Shell Mexican Corn Refried beans Ice Cream Milk	22 Chicken Fried Chicken Mashed Potatoes Gravy Green Beans Roll/Margarine Banana Pudding Milk	23 Polish Sausage Bun Kraut Roasted Potatoes Pie Milk	24 Chicken Pot Pie Salad Mixed Fruit Bread/Margarine Cookie Bars Milk	25 Breakfast For Lunch Sausage Egg Skillet Diced Potatoes Sauteed Peppers and Onions Tortilla Shells Margarine Coffee Cake/Milk
28 Spaghetti with Meat Sauce Salad Corn Garlic bread Cake Milk				

Senior Bulletin

ISSUE 2

FEBRUARY 2022

The Power of a Smile

When people suffer from anxiety or depression they don't set and talk to others. And sometimes they just need you to say hi to them, or ask them to join you to play a game or smile and give a compliment. Just to acknowledge them can make their day. Be kind to one another.



Weekly Bus Schedule

Wednesday - West Walmart

Morning Trip: Leave at 8:45 am and return home at 11 am.
 Afternoon Trip: Leave at 1 pm, 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 8:45 am and return home at 11 am
 Afternoon Trip: Leave at 1 pm, 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

Free COVID Tests:

You can register to have 4 free COVID tests mailed to your home at no cost to you. Just go to covidtests.gov and enter your name and address and they will be mailed to you. Mailings started in January. It is nice to have a few on hand if you are ever wondering if your symptoms are a cold or could it be Covid.

Please Continue:

- ♦ Wearing masks
- ♦ Washing hands
- ♦ Social distancing

Report if you get sick so we can schedule extra cleaning in any common areas.

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.



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.**

“ Sometimes it’s not enough to know what things mean, sometimes you have to know what things don’t mean ”

Cinnamon Roll Apple Cobbler

Ingredients

- 1 tube of Pillsbury Cinnamon Rolls
- 1 can Apple pie filling



Directions

- Step 1:** Preheat oven to 375 degrees and grease a 2 quart baking dish or 9x13 cake pan.
- Step 2:** Cut each cinnamon roll into 4 pieces and toss them with the apple pie filling in a bowl and then place mixture into greased pan.
- Step 3:** Bake uncovered for 20-25 minutes until cinnamon rolls are golden brown.
- Step 4:** Remove from oven and spread icing that came with the rolls over the top and enjoy. You can also try it with a scoop of vanilla ice cream on top.

River Region Library Schedule

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

- Hyder - February 15
- Herron - February 17
- Ken Locke - February 22

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 February 18, from 10-11:30**
- Herron is February 10, from 12-1:00**
- Ken Locke is February 8, from 10-11:30**
- LaSalette is February 8, from 11:30-12:30**

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 24hours prior.

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 every **Tuesday** (Except the 2nd Tuesday of a Month) in the Herron First Floor Community Room.

February 10th

Craft: Bring a jar to decorate for Valentine's day. Clarke Dining Room at 1:30pm.

February 24th

Fun Bingo, wrap a gift and bring it as a prize. Hyder Community Room 2:00pm.

February 4th

Field Trip: Old School Flea Market and Antiques in Linn. We will depart at 9:30am and cost for the trip is \$5. Lunch is on your own at BJ's.

February 8th

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

February 18th

Field Trip: Lunch at Hu Hot in Columbia. We will depart at 10:30am and cost for the trip is \$5. Cost for Lunch is on your own.

February 25th

Field Trip: Big Whiskeys for Lunch and then shopping. We will depart at 11:00am and cost for the trip is \$3. Cost for Lunch is on your own.

RSVP to Dorothy at 573-634-1088, in the Herron Office

Rules:

- All games/activities are limited to **15** and you must wear a mask
- **All field trips are limited to 11**, payment needed to reserve your spot
No refunds. Someone can take your spot, **with prior approval**

**Food,
Fun &
Friends**