

**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 Mushroom Pork Chop Mashed Potatoes/Gravy Broccoli Bread/Margarine Southern Pineapple Casserole Milk	2 Chicken Fajita with Grilled Peppers/Onions Tortilla Shells Refried beans Lettuce/Tomato Mexican Rice Ice Cream Milk	3 Roast Beef Potatoes Carrots Roll/Margarine Pudding Milk	4 BBQ Rib Baked Beans Corn on the Cob Roll/Margarine Assorted Dessert Milk
7 Sweet & Sour Chicken Oriental Blend Egg Roll Fried Rice Lemon Bars Milk	8 Country Mac & Cheese with Diced Ham Stewed Tomatoes Fruit Cup Bread/Margarine Cookies Milk	9 Pork Roast Mashed Potatoes Gravy Green beans Roll/Margarine Fruited Jello Milk	10 Beef Stew Cauliflower Applesauce Cheddar Biscuit Margarine Chocolate Éclair Dessert Milk	11 Lasagna Salad Italian Blend Garlic Bread Assorted Dessert Milk
14 Oven Fried Chicken Mashed Potatoes Gravy Green beans Biscuits/Margarine Fruit Cobbler Milk	15 Ham Sweet Potatoes Peas & Carrots Bread/Margarine Coconut Pie Milk	16 Chili Dog Bun French Fries Fruit Cookie Milk	17 St. Patrick's Irish Stew Cabbage Potatoes Rolls Margarine Irish Apple Cake Milk	18 Battered Fish Coleslaw Pinto Beans Cornbread/Margarine Assorted Dessert Milk
21 Breakfast for Lunch Sausage Egg Skillet Diced Potatoes Sautéed Peppers/Onions Tortilla Shell Margarine Coffee Cake Milk	22 Pulled Pork Bun Hashbrown Casserole Baked Apples Ice Cream Milk	23 Meatloaf Mashed Potatoes Gravy Country Blend Vegetables Bread/Margarine Brownie Milk	24 Sloppy Joes Bun Tator Tots Mediterranean Blend Pudding Milk	25 Ham & Beans Fried Potatoes & Onions Spinach Cornbread/Margarine Assorted Dessert Milk
28 Soft Taco w/Lettuce, Tomato, Cheese, Onion Tortilla Shell Mexican Corn Refried beans Ice Cream Milk	29 Chicken Fried Chicken Mashed Potatoes Gravy Green Beans Roll/Margarine Banana Pudding Milk	30 Polish Sausage Bun Kraut Roasted Potatoes Pie Milk	31 Chicken Pot Pie Salad Mixed Fruit Bread/Margarine Cookie Bars Milk	

Senior Bulletin

ISSUE 3

MARCH 2022

As long as . . .

**We have memories, yesterday remains.
 We have hope, tomorrow waits.
 We have love, today is beautiful.
 We have faith, anything is possible!**

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**

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.

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.**

SAINT PATRICK IRISH BLARNEY BLESSING EMERALD LEPRECHAUN GOLD GREEN IRELAND LIMERICK MAGIC PARADE RAINBOW SHAMROCK LUCKY WISH FAIRY MARCH PARTY CLOVER POT SNAKES	A	A	B	L	E	P	R	E	C	H	A	U	N	J	N
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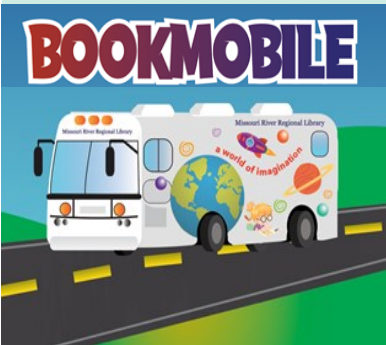
River Region Library Schedule

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

- Hyder - March 15
- Herron - March 17
- Ken Locke - March 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



Senior Food Box Program

sponsored by
Catholic Charities

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

Call Dorothy at 634-1088 to sign up!

Hyder is March 18, from 10-11:30 am

Herron is March 10, from 12-1:00 pm

Ken Locke is March 8, from 10-11:30 am

LaSalette is March 8 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 24hours prior.

Activities

Games/Crafts

Every **Monday and Friday** in the Hyder First Floor Community Room. Cards and Dominos from 1:30-4:00 pm. 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.

March 4th

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

March 8th

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

March 11th

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.

March 25th

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

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

