

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
2 Baked Chicken Tuscan Blend Fruit Rice Pilaf Pie Milk	3 Meatloaf Gravy Mashed Potatoes Country Blend Vegetables Bread/Margarine Applesauce Milk	4 Beef Burritos Mexican Coen Black Beans Bread/Margarine Cake Milk	5 Cinco De Mayo Chicken Fajitas & Nachos Grilled Peppers & Onions Refried Beans Mexican Rice Cinnamon Cake Milk	6 Sloppy Joes Bun Roasted Potatoes Fruit Assorted Dessert Milk
9 Mother's Day Creamy Baked Chicken Roasted Veggies Fruit Salad Hot Roll Lemon Cakes Milk	10 Taco Salad Refried Beans Lettuce/Tomato/Onion Tortilla Chips Bread/Margarine Spice Cake Milk	11 Ham Sweet Potatoes Mixed Vegetables Roll/Margarine Pie Milk	12 Country Fried Steak Gravy Mashed Potatoes Green Beans Roll/Margarine Cookie Milk	13 Fish Sandwich Lettuce/Tartar Sauce Steak Fries Mixed Fruit Bun Assorted Dessert Milk
16 Stir Fry Chicken Oriental vegetables Fruit Fried Rice/Egg Roll Pudding Milk	17 Lasagna Salad Italian Blend Vegetables Garlic Bread Blueberry Fluff Milk	18 Fried Chicken Gravy Mashed Potatoes Green Beans Biscuit/Margarine Cobbler Milk	19 Battered Cod Pinto Beans Coleslaw Cornbread/Margarine or Hushpuppies Cookies Milk	20 Cold Cut Sub Sandwich Potato Salad Baked Beans Hoagie Bun Assorted Dessert Milk
23 Liver with Mushroom Gravy Mashed Potatoes Peas Roll/Margarine Fruit Crisp Milk	24 Pulled Pork Sandwich Bun Hashbrown Casserole Baked Apples Ice Cream Milk	25 Brunch Scrambled Eggs Sausage Potatoes O'Brien Toast Fruit Juice Coffee Cake Milk	26 BBQ Chicken Cheesy Ranch Potatoes Cucumber Salad Bread/Margarine Chocolate Éclair Dessert Milk	27 Tuna Salad Sandwich Sliced Tomatoes/Lettuce Fruit Bread Chips Assorted Dessert Milk
30 CLOSED Happy Memorial Day	31 Pot Roast Potatoes Carrots Roll/Margarine Fruited jello Milk			

Senior Bulletin

ISSUE 5

MAY 2022



"We roamed the fields
and river sides,
When we are young
and gay;
We chased the bees and
plucked the flowers,
In the merry, merry
month of May."
—Stephen Foster

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.

**AS WE GROW OLDER
AND WISER, WE BEGIN
TO REALIZE WHAT WE
NEED AND WHAT WE
NEED TO LEAVE BEHIND.
SOMETIMES WALKING
AWAY IS A STEP
FORWARD.**
AUTHOR UNKNOWN

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.**

Orange Dreamsicle Salad

Ingredients

- | | |
|----------|-----------------------------|
| 3 oz | Orange Jello |
| 3.4 oz | Instant vanilla pudding mix |
| 1 cup | Boiling Water |
| 1/2 cup | Cold water |
| 8 oz | Cool Whip |
| 11 oz | Mandarin oranges drained |
| 1.5 cups | Mini marshmallows |



Instructions

1. Combine boiling water and orange jello mix in a large bowl. Whisk to Combine.
2. Add in cold water and whisk together.
3. Refrigerate for 10-15 minutes to chill.
4. Whisk in vanilla instant pudding mix until smooth.
5. Refrigerate for 15-20 minutes until slightly thickened.
6. Fold in Cool Whip, Mini marshmallows, and mandarin oranges until well distributed.
7. Refrigerate for at least an hour.

River Region Library Schedule

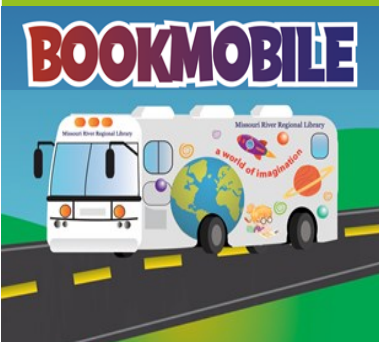
Monthly Schedule below ** 2:00 - 2:45 pm

- Hyder - May 17
- Herron - May 19
- Ken Locke - May 24

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

*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 May 20, from 10-11:30 am

Herron is May 12, from 12-1:00 pm

Ken Locke is May 10, from 10-11:30 am

LaSalette is May 10 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.***

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.

May 6th

Field Trip: Ria's for lunch and then shopping in Jefferson City. Leave here at 11:00am. Cost \$3 with lunch on your own.

May 10th

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

May 13th

Field Trip: Denny's in Kingdom City for lunch followed by Shopping at Ozark Land and then Dollar General in New Bloomfield. Capping the day off with ice cream at Central Dairy before returning to home. Leave here at 10:30am. Cost \$5 with lunch and ice cream on your own.

May 20th

Field Trip: Isle of Capri Casino in Boonville Mo. Our bus will depart here at 9:00am and leave casino at 3pm to return home. Cost \$10 with lunch and gaming money on your own.

May 27th

Field Trip: Springfield Mo. Lambert's for Lunch and Botanical Gardens. Leave here at 8:15 a.m. Cost \$10 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.

