

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.

November

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Fettuccini Alfredo Salad Roasted Parmesan Broccoli Garlic Bread Milk Dessert	2 Pot Roast Potatoes, Carrots, Onions Fruit Roll/Margarine Milk Dessert	3 Cheeseburger Tater Tots Coleslaw Bun Milk Dessert	4 Liver and Onions Mashed Potatoes Mixed Vegetables Bread/margarine Milk Dessert
7 Garlic Butter Pork Chop Roasted Broccoli Baked Apples Bread/Margarine Milk Dessert	8 Meatloaf Mashed Potatoes California Blend Bread/Margarine Milk Dessert	9 Chili w/ Cheese & Onion Baked Potato Fruit Crackers Milk Dessert	10 Baked Chicken Stewed Tomatoes AuGratin Potatoes Bread/Margarine Milk Dessert	11 CLOSED
14 Baked Spaghetti Salad Italian Vegetables Garlic Bread Milk Dessert	15 Thanksgiving Turkey/Dressing Mashed Potatoes Green Beans Roll/Margarine Milk Dessert	16 Oven Fried Chicken Mashed Potatoes Green Beans Biscuit/Margarine Milk Dessert	17 Smothered Pork Chop Roasted Potatoes Peas Bread/Margarine Milk Dessert	18 Fall Fest Brats German Potato Salad Red Cabbage Bun/Margarine Milk Dessert
21 Sloppy Joe Steak Fries Fruit Bun Milk Dessert	22 Polish Sausage Kraut Mashed Potatoes Bun Milk Dessert	23 Brunch Eggs/Sausage Potatoes Fruit Pancakes Margarine Milk Dessert	24 CLOSED	25 CLOSED
28 Ham Sweet Potatoes Ambrosia Salad Roll/Margarine Milk Dessert	29 Chicken Fried Chicken Garlic Mashed Potatoes Country Blend Roll/Margarine Milk Dessert	30 Beans & Ham Spinach Fried Potatoes Cornbread/Margarine Milk Dessert		

Senior Bulletin

ISSUE 11

NOVEMBER 2022

Play Bingo

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.

FUN Bingo Wednesday November 23rd

2 pm
Clarke Dining Room

- Everyone welcome.
 - You must bring a wrapped gift to play.
- There is no regular bingo on this date.**



You've Made A Difference

*As Thanksgiving Day approaches,
Our blessings we recall;
The things we are most thankful for,
We recollect them all.
You are really special,
In all you say and do.
You've made a difference in our lives;
We're thankful now for you.*
~ By Joanna Fuchs

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.

NOTE: There will be NO shopping run on Wednesday, November 23rd

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 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

Thanksgiving Carry in Dinners

November 15th

Herron and La Salette

- Herron will eat at 5 pm.
- La Salette will eat at 5:30 pm.

November 17th

Hyder and Kenneth Locke

- Hyder will eat at 5 pm.
- Ken Locke will eat at 5:30 pm.

The dinners will include Turkey, mashed potatoes & gravy, dressing, green beans, slaw, rolls and pumpkin pie.

Volunteers are needed from each of these buildings to help serve and clean up after. **Please call Dorothy Colter if you can volunteer at 634-1088**

Why can't you
take a turkey to
church?
They use FOWL
language





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.**

Easy Pumpkin Pie



INGREDIENTS

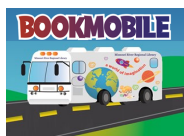
- 1 unbaked 9 inch pie crust
- 1 can pumpkin (16 oz)
- 1 can sweetened condensed milk (14 oz)
- 2 large eggs
- 1 t pumpkin pie spice

INSTRUCTIONS

1. Preheat oven to 350°
2. Place crust in 9 inch pie dish and place on a cookie sheet.
3. Combine pumpkin, condensed milk, eggs and pumpkin pie spice in a large bowl.
4. Mix well until all combined.
5. Pour into crust
6. Bake in oven for 55-60 minutes or until you insert a knife into the center of the pie and it comes out clean



River Region Library Schedule



2:00 - 2:45 pm

- Hyder - November 15th
- Herron - November 17th
- Ken Locke - November 22nd

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



FREE Thanksgiving Day Meal

Thursday, November 24th
11:30am. — 1:00pm.
Immaculate Conception Church

Call the Church Office by
Monday, November 21st to
order delivery

573-635-6143

Medicare Open Enrollment

Part D and Medicare Advantage Plans

October 15— December 7

Aging Best Specialists are available to compare plans, check coverage and possibly lower your costs!

(Our Specialists are not Insurance Agents or selling any product)

For appointment call: 800-369-5211

Hyder Apartments
9am—4pm
10/25, 11/9, and 11/23

Kenneth Lock Apartments
9am—4pm
11/1

Herron Apartments
9am—4pm
11/29/2022

AGINGbest

Senior Food Box Program

sponsored by Catholic Charities

Call Dorothy at **634-1088** to sign up!

Hyder is November 10, from 10-11:30 am
Herron is November 10, from 12-1:00 pm
Ken Locke is November 8, from 10-11:30 am
LaSalette November 8 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** 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. **Mexican Train Domino's** at **Kenneth Locke** on Thursday mornings from 9:30-11:30am. It will be canceled on Thanksgiving, November 24th.

November 4th

Field Trip: Leave at 10:45am for lunch at Steve's and shopping in California at the outlet store plus the Dollar Tree/Family Dollar. We will also be stopping at Shirks on the way home. Trip Cost \$10; Lunch on your own.

November 7th

Movie: "Gotcha" 2 p.m. in the Herron first floor community room. It is on a Monday only for this month. Everyone is welcome. You can bring your own snack and drink.

November 18th

Field Trip: Leave at 10:30am for lunch at Cracker Barrel in Columbia and then shopping. Trip Cost \$8; Lunch on your own.

Call Dorothy at 573-634-1088, in the Herron Office, to Reserve your spot & pay
If you have to leave a voice mail, please leave your phone number for her to call you back.

Sneak Peak at DECEMBER Trips!!

December 2nd

Field Trip: Leave at 11:00am to have lunch at Freddy's with shopping afterwards. Trip Cost \$3; Lunch on your own.

December 9th

Field Trip: Leave at 3:30pm and head to Lees Summit MO to see Christmas Lights in the Park, featuring beautiful animated light displays. We will eat at Bandanna's first. Trip Cost \$12; Dinner is on your own.

December 16th

Field Trip: Leave here at 4:30pm for dinner at Oscars and then head to Washington Park Ice Arena to watch them ice skate. Trip Cost \$4; Dinner is 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.