

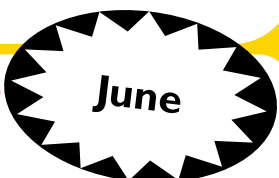
IMPORTANT PHONE NUMBERS

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 Beans & Ham Spinach Fried Potatoes & Onions Cornbread/Margarine Fruit Milk	2 Goulash California Blend Salad Garlic Bread Pudding Milk	3 Chicken Sandwich Bun Scalloped Potatoes Lettuce/Tomato/Onion Assorted Dessert Milk
6 Baked Chicken Tuscan Blend Fruit Rice Pilaf Pie Milk	7 Meatloaf Gravy Mashed Potatoes Country Blend Vegetables Bread/Margarine Applesauce Milk	8 Beef Burritos Mexican Coen Black Beans Bread/Margarine Cake Milk	9 Menu Change Fried Chicken/Brats Gravy Mashed Potatoes Biscuit.Margarine Cobbler Milk	10 Sloppy Joes Bun Roasted Potatoes Fruit Assorted Dessert Milk
13 Taco Salad Refried Beans Lettuce/Tomato/Onion Tortilla Chips Bread/Margarine Spice Cake Milk	14 Flag Day BBQ Chicken Sluggers Baked Potatoes Baked Beans Hot Roll Cookies Milk	15 Ham Sweet Potatoes Mixed Vegetables Roll/Margarine Pie Milk	16 Country Fried Steak Gravy Mashed Potatoes Green Beans Roll/Margarine Cookie Milk	17 Fish Sandwich Lettuce/Tartar Sauce Steak Fries Mixed Fruit Bun Assorted Dessert Milk
20 Father's Day BBQ Brisket Scalloped Potatoes Corn Bun Chocolate Cake Milk	21 Stir Fry Chicken Oriental vegetables Fruit Fried Rice/Egg Roll Pudding Milk	22 Menu Change Beer Battered Pollock Parmesan Roasted Broccoli Stewed Tomatoes Mac & Cheese Pudding Milk	23 Battered Cod Pinto Beans Coleslaw Cornbread/Margarine or Hushpuppies Cookies Milk	24 Cold Cut Sub Sandwich Potato Salad Baked Beans Hoagie Bun Assorted Dessert Milk
27 Liver or Hamburger Steak with Mushroom Gravy Mashed Potatoes Peas Roll/Margarine Fruit Crisp Milk	28 Pulled Pork Sandwich Bun Hashbrown Casserole Baked Apples Ice Cream Milk	29 Brunch Scrambled Eggs Sausage Potatoes O'Brien Toast Fruit Juice Coffee Cake Milk	30 BBQ Chicken Cheesy Ranch Potatoes Cucumber Salad Bread/Margarine Chocolate Éclair Dessert Milk	



Senior Bulletin

ISSUE 6

JUNE 2022



I had spent an hour in the bank with my dad, as he had to transfer some money. I could not resist myself & asked..."Dad, why don't we activate your internet banking?" "Why would I do that?" He asked..."Well, then you wont have to spend an hour here for things like a transfer. You can even do your shopping online. Everything will be so easy!" I was so excited about initiating him into the world of Net banking. He asked "If I do that, I wont have to step out of the house?" "Yes, yes"! I said. I told him how even groceries can be delivered at your door now and how Amazon delivers everything! His answer left me tongue-tied. He said "Since I entered this bank today, I have met four of my friends, I have chatted a while with the staff who know me very well by now. You know I am alone...this is the company that I need. I like to get ready and come to the bank. I have enough time, it is the physical touch that I crave. Two years back I got sick, the store owner from whom I buy fruits, came to see me and sat by my bedside and cried. When your Mom fell down a few days back while on her morning walk. Our local grocer saw her and immediately got his car to rush her home as he knows where I live. Would I have that 'human' touch if everything became online? Why would I want everything delivered to me and force me to interact with just my computer? I like to know the person that I'm dealing with and not just the 'seller'. It creates bonds of Relationships. Does Amazon deliver all this as well?"

Technology isn't life...Spend time with people .. Not with devices.

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

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.**

Father's Day Word Search

Father's Day is Sunday. Can you find these words that have to do with dad?

- ATHLETIC
- BRAVE
- DAD
- DADDY
- ESPN
- FATHER
- FISHING
- FOOTBALL
- FUNNY
- GOLF
- KIND
- SPORTS
- TENNIS
- TIE
- TOOLS

X R D F U I E L C F C R E
W B L A S T R O P S N D K
E O D S A Z F X C E B A M
G N M P O I U T C R E D T
R B R A V E H I O O M D E
S I D K Y J T B S S H Y L
H T I Q N E F A P L L Y L
S A R S L G R E R O O G A
G V S H C K E L S N P O B
F R T S F I S H I N G W T
U A C O S N S T E D E O O
N S T K O D A L A D U R O
N N R H W B E D U I M G F
Y O T I E T I N C T W N U
A F U S R R H W E S P N W
O T E N N I S T I U S E R

MARTY WESTMAN/MCT

Senior Food Box Program

sponsored by **Catholic Charities**

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

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

Hyder is June 17, from 10-11:30 am
Herron is June 9, from 12-1:00 pm
Ken Locke is June 7, from 10-11:30 am
LaSalette June 7 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, Third and Last **Tuesday** of every month from 1:30-4:00pm, in the Herron First Floor Community Room.

June 10th

Field Trip: Breakfast at The Landing Zone and then to the Capitol mall to shop and see a movie. Leave here at 8:30am. Cost \$3 with breakfast on your own.

June 14th

Movie: "9-5 with Dolly Parton" in the Herron Community Room at 2pm. You may bring your own snacks and a non-alcoholic beverage. Please RSVP.

June 17th

Field Trip: Veits for lunch followed by Shopping. Leave here at 11:00am. Cost \$3 with lunch on your own.

June 24th

Field Trip: Mels for Breakfast and then on to the Runge Nature Center. Our bus will depart here at 9:00am. Cost \$3 with breakfast on your own.

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

Sneak Peak at JULY Trips!!

July 8th

Field Trip: Lunch at Coltons and then explore the Capital Monuments, Jefferson Landing or Governors Gardens. Bus will depart at 11:00am. Cost \$3 lunch on your own

July 15th

Field Trip: Lunch at Dos Primo's and shopping. Will stop at Dis N Dat store in Holts Summit that has a little of everything from antiques to new. Bus will depart at 11am. Cost \$5 lunch on your own

July 22nd

Columbia Lunch at cracker Barrel and Columbia mall Cost \$6 leave at 11 a.m.

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.



River Region Library Schedule

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

- Hyder - June 14
- Herron - June 16
- Ken Locke - June 28

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

BOOKMOBILE

