

Jefferson City Housing Authority Senior Newsletter

April 2019 Edition



Kenneth Locke:

Vespers every Wednesday at 3:30 p.m.

Meals provided by First Presbyterian Church on the 2nd and 4th Saturdays at 11:30 a.m.

Hyder:

Carry in dinner, April 18, 2019 at 5:30 p.m. Everyone bring a covered dish and place setting.

Bible Study every Tuesday at 6:30 p.m.

Exercise class every Monday, Wednesday and Friday at 10 a.m. on the first floor community room.

Rosary is the last Thursday every month at 7:00 p.m.

Movie days in Herron

Day After Tomorrow
Roxanne

April 8, 2 pm
April 22, 2 pm



You are welcome to bring a nonalcoholic beverage and a snack for the movie. All are Welcome. Let Dorothy know if you are coming from another building so she can let you in.

Clarke Dining Room

Game Day every Monday and Friday at 1:30
Bingo every Wednesday. Paper sales start at 1 p.m.
Bingo starts at 2 p.m.



River Region Library Schedule

Herron – April 22, (4th Monday) 10-10:45 am.
Hyder – April 22, (4th Monday) 11-11:45 am.
Ken Locke- April 23 (4th Tuesday) 2:30-3:15 pm.
LaSalette- April 23 (4th Tuesday) 3:45-4:15pm.



The library will be coming into the community rooms in each of these buildings. They will bring an assortment of items. 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.

Herron:

Carry in dinner April 17, 2019 at 5 p.m. Everyone bring a covered dish and place setting.
Game Day every Tuesday at 1:00 p.m.

Mark your Calendars for upcoming activities:

April 2 – May 14



MU Extension will be here on Tuesdays at 1 pm in Herron and 3 pm in Ken Locke to talk about Eating Smart and Being Active. A new topic will be introduced in these interactive classes lasting 1.5 hours each. Each week you will learn to cook a new recipe and get to try some yummy food, plus there will be an exercise portion on staying fit. If you are not able to attend all 9 classes that is fine, but you will want to.

April 2-4



Heritage Pot luck, make a dish to share from your culture. Bring in a covered dish and a place setting to the main community room for each building. Pick a day that works for you, everyone is welcome. April 2 Ken Locke 5pm; April 3 Herron 5 pm; April 4 Hyder 5:30

April 2



Vote – Bill will pick up at 10 am to **vote only**. If you would like to Vote and then go for a quick lunch at Arby's and shopping at Goodwill, pickup at home is 11 am. Return time is 1:30 pm. Cost is free, lunch is on your own.

April 12

Field Trip – Lunch Express! Lunch at Dragon Kitchen, leave at 11am. This is lunch only, no shopping. Cost is \$2 and lunch is on your own.



April 15

Do you live in Hyder and want your key card to work at Herron? Or live in Herron and want to go to Hyder for a visit? Amy will be at Herron on April 15 at 10 am and Hyder at 11am to activate key cards.

April 18

Fun Bingo in Clarke Center at 2 pm. Bring a wrapped gift.



April 29



Field trip - Computer class at River Regional Library. Cost \$2
Class 1: Beginner Class (very entry level). Leave at 9:15am. Return at 11 am.
Class 2: Intermediate Class, this class will help you with email, social media, how to safely enter credit card information, etc. Leave at 10:30 am. Returns at 1 pm.

Other Activities at Clarke Senior Center

April 4

Blood pressure screenings.

April 11

Volunteer Recognition! If you volunteer at either Center, Come to the Clarke Senior Center @ 1:00, for a THANK YOU!

April 24

MO Drifters Band will be coming to play music at 11 am.

April 25


Tea & Nails Party 1:00





Clarke Dining Room Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 *Italian Breaded Chicken over Spaghetti Noodles *Beets *Fruit Cocktail Chef Salad Garden Seasoned Cauliflower Fast and Fancy	2 *Turkey Tetrazzini *Mixed Green Salad *Melon Porcupine Meatballs AuGratin Potatoes Cake	3 *Ham *Baked Sweet Potatoes *Orange Wedges Beef/Mac Casserole Peas & Onions Eclair Dessert	4 *HamburgerSteak w/grilled onions *Zucchini & Tomatoes *Fruited Jello BBQ Pork Sandwich Green Beans Chocolate Chip Square	5 *Catfish *Sonoma Blend *Peaches Chicken Tenders Corn Flaky Potatoes Cookies
8 *Beef/Cabbage Casserole *Green Beans *Applesauce Tuna Pasta Salad Sweet Potato Pineapple up/dn Cake	9 *Roast Beef *Mashed Potato/Gravy *Fruit Cocktail Catfish Carrots Pudding	10 *Easy Roast Chicken *Broccoli *Fruited Jello Sloppy Joe/Bun Red Roasted Potatoes Brownies	11 *Meatloaf *Mashed Potato/Gravy *Orange Wedges Amish Chicken Casserole Spinach Peach Crisp	12 *Honey Bourbon Pork Chop *Broccoli Salad *Hot Apple Cobbler Tilapia Baked Potato & cookies
15 *Turkey/Swiss Sandwich *Spinach Strawberry Salad *Rosy Applesauce Spaghetti/Meat Sauce Corn Garlic Bread French Silk Mousse	16 *Teriyaki Pork Loin over Rice *Carrots *Pineapple Tidbits Pizza Green Beans w/Almonds Cake	17 *Taco Salad *Refried Beans *Pears Ham & Beans Mexican Corn Cornbread Ice Cream	18 (Baseball Meal) *BBQ Chicken Sluggler *Pea/Cauliflower Salad *Watermelon Salad Hot Dog Steak Fries S'mores Pudding	19 *Battered Cod *Cole Slaw (Vinegar) *Mixed Fruit Polish Sausage Sauerkraut Potato Chip Bar
22 *Turkey Roast *Tuscan Blend *Apple Salad BBQ Riblet/Bun Roasted Red Potatoes Strawberry Pretzel Dessert	23 *Hawaiian Meatballs over Rice *California Blend *Tropical Fruit ChickenTenders Tater Tots Brownie	24 *Fried/Baked Chicken *Broccoli *Mixed Berries Poor Boy Sandwich Corn Wild Rice Angel Food Cake	25 *Turkey Wrap *Peas & Carrots *Mandarin Oranges/ Pineapple Omelet Oven Roasted Potatoes Jello	26 *Catfish *Tossed Salad *Peaches Tater Tot Casserole Carrot/Raisin Salad Fast and Fancy
29 *Crispy Chicken Salad *Oriental Blend *Peaches Macaroni & Cheese Green Beans Chocolate Cake	30 *French Dip/Bun *Carrots *Louisiana Fruit Salad Pork Cutlet Potato Salad Orange Squares		Soup & Wheat Bread Served Daily 	

Thank you to everyone that attended the Nail Painting Night at Herron and Ken Locke. We had a great time, and hope to do it again in the future.



Bus Schedule

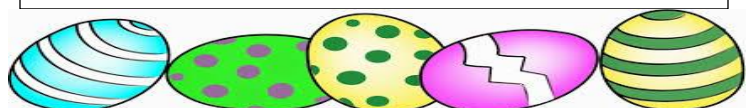
Shopping Shuttle Wednesday and Thursday at 8:30!

Wednesday: 8:30 am Pick up at home
11:00 am return pick up at Walmart east end

Thursday: 8:30 Pick up at home
Drop off shops along Missouri Blvd. with pick up trips arranged with Bill, the Driver

1:00 pm Pick up at home to MO Blvd. Walmart only
2:30 and 3:30 Return pick up at MO Blvd. Walmart

One Walmart trip per week per person, due to limited space * All return trips are approximate times



Clarification on new Maintenance charge sheet

You are charged **only** when **you** cause the problem **or** **you fail to report** something that needs to be repaired and it is discovered during a federal inspection. There is no charge for repairing normal wear and tear. Report all leaks- faucets, pipes, windows, AC units and running toilets.

The charges in the REAC fail column and the addendum are the charges only **when you did not report a problem and the inspector finds it.**