

JEFFERSON CITY HOUSING AUTHORITY SENIOR



December 2018 edition



Hyder:

Holiday dinner, December 20, 2018 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.

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.

Holiday dinner is December 19th at 5:30 p.m.

We need your ideas

We have had some activities the last few months with little attendance. We are hoping to get your input on an idea that would draw larger participation. Let us know what in-house activities or presentations you would be interested in attending.

Please call Dorothy with ideas. 573-634-1088

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.

Herron:

Holiday dinner December 19, 2018 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:



- December 1st.** Ukulele Concert, performed by Laura Teske in Herron at 1:00 p.m.
- December 8th.** 7th day Adventist are coming to sing Christmas Carols at 2:00 p.m.
- December 11th.** Fun Bingo in the Clarke Senior Center at 2:00 p.m. Bring a \$1 wrapped gift.
- December 13th.** Come hear the Helias Band play instruments and sing in Herron from 7-8 p.m.
- December 15th.** Ukulele Concert, performed by Laura Teske in Hyder at 5:00 p.m.
- December 1-19th** Door Decorating Contest. Entries due December 10 at noon. Winners will be announced for each building at the Holiday Dinner.
- December 1-January 21th** Senior Exercise Challenge. This is an 8 week Challenge where you record the minutes you work out. This is on the honor system. Grab your neighbor and go for a walk. More details on flyers at mailboxes and elevators.
- January 29th.** Talent Show! Do you have a talent? We know you do. We are planning a Talent Show for January 29th in the Clarke Senior Center at 2:00 pm. Please call Dorothy by December 31 to let her know what talent you would like to showcase. Entries should be no longer than 4 minutes. You provide the music or supplies needed for your act.



HOLIDAY DINNER

The Housing Authority will provide fried chicken, mashed potatoes and gravy.

Each resident should bring a dish to share, and a place setting.

All residents are encouraged to attend and get to know your neighbors.

- Hyder – First floor community room December 20, 2018 at 5:30 p.m.
- Herron – First floor community room December 19, 2018 at 5:00 p.m.
- LaSalette – In the community room December 20, 2018 at 5:00 p.m.
- Ken Locke Central community room December 19, 2018 at 5:30 p.m.





Monday	Tuesday	Wednesday	Thursday	Friday
3 *Chicken Parm/Spaghetti w Marinara Sauce *Tuscan Blend *Fruit Sliced Ham Vegetables Lemon Bars	4 *Turkey *Mashed Potatoes *Fruited Jello Honey Bourbon Meatballs *Carrots Pumpkin Bars	5 *Pepper Steak *Broccoli *Pineapple Tidbits Turkey Broccoli Casser. Scalloped Potatoes Peach Crisp	6 *Hamburger Steak w/Grilled Onions *Peas & Carrots *Apple/Cranberry Salad Polish Sausage Mashd potato/sauerkraut Cheesecake	7 Egg/Sausage Casserole Biscuits & Gravy Bacon Hash Browns Orange Juice Honey Bun Cake
10 *Honey Lemon Chicken *Oriental Blend *Mandarin Oranges Beef Stroganoff/Noodles Potatoes Chocolate Cake	11 *Meatloaf *Seasoned Squash *Fruited Jello Grilled Chicken Spinach Dump Cake	12 *Salisbury Steak *Broccoli *Fresh Fruit Liver & Onions Mashed Potatoes Bread Pudding	13 *Baked Ham *Baked Sweet Potato *Warm Fruit Compote Tater Tot Casserole Beets Pudding	14 *Fish *Cole Slaw *Ambrosia Salad Chili Dog/Bun Potatoes Cookies
17 *Ham & Beans *Spinach *Baked Apples Grilled Cheese Tomato Soup & cornbread Cornbread Oatml Cran Choc Cookie	18 *Turkey *Mashed Potatoes *Orange Wedge Lasagna Tossed Salad Cake	19 *Beef Goulash *Peas *Fruit Salad Open-Faced Turkey Sand. Mashed Potatoes Cookies	20 *Pork Roast & Dressing *Mashed Potatoes & Gravy *Broccoli/Cauliflower Salad Roast Beef Corn Hot Roll Fruit and Cheesecake	21 *Fish *Roasted Medit. Blend *Apricots Chicken Tenders Tater Tots Fast & Fancy
24 <p style="text-align: center;">Closed</p>	25 <p style="text-align: center;">Closed</p> <p style="text-align: center;">Christmas</p>	26 *Easy Roast Chicken *Broccoli *Peaches Sloppy Joes/Bun Roasted Red Potatoes Brownies	27 *Meatballs w/Brown Gravy over Egg Noodles *California Blend *Fruited Blend Pork Cube Steak Spinach Dump Cake	28 *Scrambled Eggs w/ Sauted Veg. *Biscuits and Gravy Sausage Potato O'Brien Coffee Cake
31 <p style="text-align: center;">Closed</p>	January 1 <p style="text-align: center;">Closed</p>			

The Clarke Senior Center is not a Housing Authority program. The meals and staff are provided by Central Missouri Area Agency on Aging (CMAAA). Comments and concerns should be addressed to the Senior Nutrition Council or Nathan Baysinger at 573-634-8020.



The bus is currently out of commission. We are working to have transportation as soon as possible. Please bear with us.



With the weather getting colder we want to remind everyone that smoking is not allowed in units. We know going outside is inconvenient, but we are a smoke free facility. We will enforce all smoking restrictions. Please only smoke in designated smoking areas. Thank you for your cooperation.



We are not trying to *drive* you crazy!

But the **bus schedule will be a bit different** between Thanksgiving and Christmas.

Tue., Nov. 27 8:30 am pick up at home
11:00 am pick up, Walmart east

Wed., Nov. 28 No bus

Thur., Nov. 29 Afternoon trips only

Tue., Dec. 11 8:30 am pick up at home
11:00 am pick up, Walmart

Wed., Dec. 12 No bus

Thur., Dec. 12 Afternoon trips only



Door Decorating Contest Ticket

Name: _____ **Room #** _____

Voting for _____ **Room #** _____