

Jefferson City Housing Authority Senior Newsletter

February 2019 Edition



Hyder:



Carry in dinner, February 21, 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

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.

Movie days in Herron

February 12, 2 pm

Medicine Man

February 26, 2 pm

Double Jeopardy

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

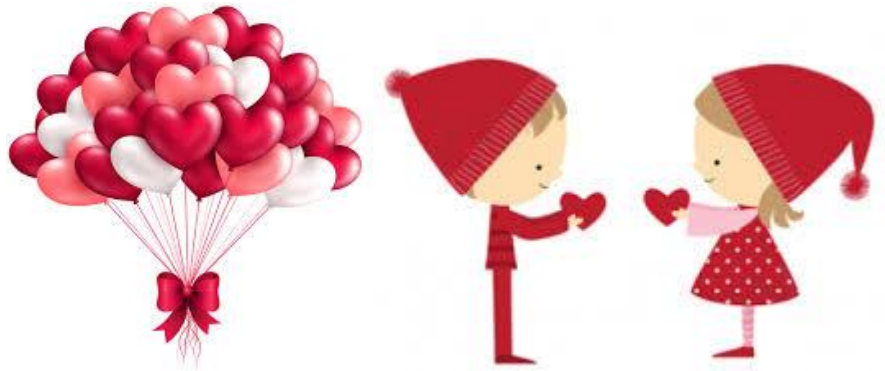
Bingo every Wednesday. Paper sales start at 1 p.m. Bingo starts at 2 p.m.



Herron:

Carry in dinner February 20, 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:

February 5th

Fun Bingo in the Clarke Dining Room at 2 pm. Please bring a gift for prizes. It can be something purchased or something from you home you no longer need. Bring a Bingo dabber or a pen to mark your card.

February 8th

Field trip – Breakfast at Perkins Restaurant then to Capital Mall to shop or see a movie. Leave at 9 am. Cost \$2, breakfast and movie is on your own.

February 15th

Field Trip – Lunch at Ria's and then to Runge Nature Center for a presentation on Backyard Birds. You will have time to look at all the exhibits too. Leave at 11 am. Cost \$2, and lunch is on your own.

February 25th

Tina Phelps is the Care Coordinator for Cole County. She will be giving a presentation on Resources available for seniors in Jefferson City at 2:00 p.m. in the Herron Community Room. Tina is a great resource and will be available for questions. Also attendees will receive a list of business who offer senior discounts.

March 5th –April 30th

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 too.

Bus Schedule

Shopping Shuttle Wednesday and Thursday at 8:30!

Wednesday: 8:30 am Pick up at home
11:00 am Pick up, 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

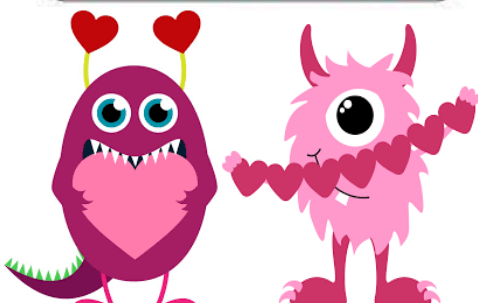
2:30 and 3:30 Return pick up at MO Blvd. Walmart

One Walmart trip per week per person, due to limited space

* All return trips are approximate times



Monday	Tuesday	Wednesday	Thursday	Friday
				1 *Easy Parmesan Crusted Chicken *Brussels Sprouts *Brown Betty Apples Tuna Noodle Casserole Baked Sweet Potato Cookie
4 Scrambled Eggs Biscuits & Gravy Sausage Hash Browns Orange Juice Coffee Cake	5 *Roasted Pork *Italian Green Beans *Sliced Cinnamon Pears Chili Baked Potato Fruit Cobbler	6 *Ham & Beans *Spinach *Baked Apple Opened Face Roast Beef Sandwich Zucchini & Tomatoes Cornbread Fresh Baked Cookies	7 *BBQ Chicken Thighs *Peas *Fruited Jello Hot Ham/Cheese Sand. AuGratin Potatoes Pumpkin Fast & Fancy	8 *Catfish *Mixed Vegetables *Mashed Potato/Gravy *Baked Pineapple Chicken Fried Steak Cole Slaw Spice Cake
11 *Sliced Ham *Baked Sweet Potato *Cinnamon Applesauce Toasted Ravioli in Marinara Sauce Meadow Blend Pumpkin Bread Pudding	12 *Vegetable Lasagna *California Blend *Mandarin Oranges *WG Brown Rice Chicken Enchiladas Black Beans Cheese Cake	13 *Pepper Steak/Rice *Broccoli *Fruited Jello Ham Mac & Cheese Breaded Tomatoes Pumpkin Spice Blondie	14  *Taco Bar *Refried Beans *Peas & Carrots *Pineapple Tidbits Fried Chicken/Gravy Pie 	15 *Battered Cod *Tossed Salad *Green Beans *Warm Pears Baked Ziti Pudding
18 *Saged Chicken with Onion Gravy *Ginger Glazed Carrots *Mixed Fruit Ham & White Bean Stew with Kale, Cooked cabbage Chocolate Cake	19 *Turkey *Mashed Potato/Gravy *Peaches Goulash Cranberry Orange Beets Green Beans Poke Cake	20 *Salisbury Steak *Zucchini & Tomatoes *Mixed Berry Fruit Liver & Onions Mashed Potatoes/Gravy Pound Cake	21 *Hot Open-Faced Turkey Sandwich *Broccoli *Fruited Jello Lasagna Tossed Salad Potato Chip Bars	22 *Tilapia *Mixed Vegetables *Mandarin Oranges Chili Dog/Bun Cole Slaw Cherry Dump Cake
25 *Ham *Roasted Sweet Potato *Mixed Fruit Tater Tot Casserole Peas & Onions Otml/wht choc chp cookie	26 *Marinated Chicken *Garlic Herb Potatoes *Orange Wedge Ham & Beans Carrots, cornbread Cake	27 *Beef/Cabbage Casserole *Squash *Fruit Cocktail Chicken Tenders Peas Cookies	28 *Baked Pork Chop *Broccoli *Applesauce Beef Stew Sweet Potato Streusel Fruit Crumble	Soup & Wheat Bread Served Daily 



With the weather getting colder we want to remind everyone that smoking is never 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. *But did you know* that Medicare can help with smoking cessations products at no cost to you, even if you do not want to quit forever? By using a smoking cessation product you may be able to avoid going outside during the really cold/icy winter days and keep from the temptation to smoke in your unit. These products are covered by Medicare: Nicotine Nasal Spray, Nicotine Inhaler, and bupropion (Zyban) and varenicline (Chantix). If quitting forever is your plan you can also get free counseling to help. For more information please call 1-800-QUIT-NOW. They are available 24 hours a day, 7 days a week. Enrollment takes about 10 minutes.



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.

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.**