

Jefferson City Housing Authority Senior Newsletter

July 2019 Edition

Hyder:

Carry in dinner, July 18, 2019 at 5:30 pm.
Everyone brings a covered dish and place setting.

Bible Study every Tuesday at 6:30 pm.

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 pm

Kenneth Locke:

Vespers every Wednesday at 3:30 pm.

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

Movie days in Herron

July 16 @ 2pm in Herron Community Room "Folks" (1992 Movie)



Clarke Dining Room

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

River Region Library Schedule

Herron	July 22, 10-10:45 am.
Hyder	July 22, 11-11:45 am.
Ken Locke	July 23 2:30-3:15 pm.
LaSalette	July 23 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 July 17, 2019 at 5 pm. Everyone brings a covered dish and place setting.
Game Day every Tuesday at 1:00 pm.

Mark your Calendars for upcoming activities:

July 9



MU Extension container garden class has one more lesson. All are Welcome. Herron 1 pm. and Ken Locke at 3 pm. Cost: Free.

July 12

Field Trips - Prison Museum and lunch at Prison Brews. Leave here at 9:30 a.m. Cost is \$2, and lunch is on your own. Please RSVP.

July 19

Field Trips - Shop Five Below, Kohl's and Hobby Lobby then lunch at Chili's. Cost is \$2 and lunch is on your own. Leave at 9 a.m. Please RSVP.

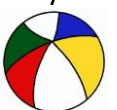
July 28

Field Trip – Lunch Express! – Lunch at Bandanas. Leave at 11 am. Cost will be \$2 with Lunch on your own. This is lunch only. Please RSVP.

Call Dorothy to reserve your spot today 573-634-1088.

August 6

Bingo trip to Fairmount Park Horse Race Track. There are still some seats left on the Charter bus, USA Tours. Bus will pick up at the corner of Linden and Myrtle at 8:15 am. Cost is \$25 which includes your gate admission and your lunch buffet. Call Dorothy Colter at 634-1088 to get more information or RSVP. This is a Bingo Board Activity, not a Housing Authority Activity.



With the weather getting warmer 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 away for the AC during the really hot 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.



Monday	Tuesday	Wednesday	Thursday	Friday
1 *Baked Ham/Pineapple *Meadow Blend *Apple Salad Baked Spaghetti Pie Au Gratin Potatoes Brownies	2 *Ham & Beans Marinated Cucumber Tomato & Onion *Louisiana Fruit Salad *Spinach & cornbread Fruit Crisp Chicken Salad Sand/Bun	3 Chicken Tenders/ Baked Chicken *Broccoli & Fruit *WG Waffle Meatball Sub Pickled Beets Harvest Fruit Pizza	4 Closed 	5 *Lemon Pepper Fish *Carrot/Raisin Salad *Fresh Melon Salad *Rice Pilaf Hamburger Roasted Brussel Sprouts Pudding
8 *BBQ Chicken *Corn on the Cob *Peaches Hot Dog Roasted Potatoes w/ onions/peppers Chocolate Cake	9 *Hamburger Steak/ grilled onions *Mashed Potatoes *Fruited Jell-O Salmon Croquette Carrots Orange Squares	10 *Vegetable Lasagna *Broccoli *Strawberries & Bananas *Garlic Bread Stick Tuna Salad on Pita Bread Sliced Tomatoes Poke Cake	11 *Beef & Broccoli over Steamed Rice *Oriental Blend *Pineapple Tidbits Liver & Onions Mashed Potatoes Lemon Pie	12 *Catfish *Green Beans *Watermelon Salad *BLT Macaroni Salad Ham Salad Sandwich Sweet Potato Chucks Strawberry Fluff
15 *Chicken Parmesan /Spaghetti *Corn *Fruit Cocktail Sloppy Joes Three Bean Salad Cookies	16 *Blue Ribbon Pork Chop *Catalina Blend *Fruited Jell-O Chicken Tortellini Salad Au Gratin Potatoes Pudding	17 *Hamburger Steak/ grilled onions *Mediterranean Blend *Peaches Chicken Tenders Corn Flaky Potatoes Fast & Fancy	18 *Roast beef sandwich/Bun *Peas & *Baked Apple *Homemade Macaroni Salad Lip Smackin BBQ Chicken Bake Tossed Salad & Cookie	19 *Cheddar Baked Chicken *Mashed Potatoes *Mandarin Oranges *Biscuit BBQ Pork Riblette Wilted Lettuce Cake
22 *Hamburger Sliders *Spinach & Strawberry *Applesauce Tuna Salad/Lettuce Leaf Sweet Potato Waffle Fries Pineapple up/dn Cake	23 *Roast Beef *Buttered Carrots *Blushing Pears Cat Fish Mashed Potato/Gravy Pudding	24 *Easy Roast Chicken *Green Beans *Fruit Cocktail French Dip Sand/Au Jus Potato Salad Brownie	25 *Meatloaf *California Blend *Fruited Jell-O Crispy Herb Baked Chicken Lima Beans & Mashed Pot. Peach Crisp	26 *Ham Salad *Garden Salad *Mandarin Oranges Chicken Fried Steak Mashed Potatoes Cookie
29 (Brunch #1) *Scrambled Eggs *Potatoes O'Brien *Juice *Baked Pineapple Biscuits and Gravy Sausage Coffee Cake	30 (Hawaiian Luau) *Roasted Pork *Green Beans w Almonds *Wild Rice Polynesian Chicken Hawaiian Sweet Roll *Baked Pineapple	31 *Taco Bar *Refried Beans *Fruited Jell-O	Soup & Wheat Bread Served Daily 	

REMINDERS

- Dogs must be on a leash at all times when not in unit, and you must clean up after your pet.
- Do Not let strangers in through any door.
- There is a limit on how long a guest may stay in your unit. Guest who stay too long are a lease violation and you can lose your housing.
- Be careful what you put down your toilet. **Please do NOT flush** any kinds of wipes (baby, facial, cleaning or flushable), medications, condoms, grease, trash, paper towels, diapers or feminine products.

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 am, 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

Heat Stress in the Elderly

Warning signs vary but may include the following:

A high body temperature (above 103°F); Dizziness; red, hot, and dry skin (no sweating); nausea; rapid, strong pulse; heat exhaustion; confusion and throbbing headache. If the symptoms of heat stroke are present, call 911.



Main Office 635-6163 Maintenance 635-3232, after 4 p.m. & weekends 1-877-599-3627 pager #1318
Herron 636-0194 Kenneth Locke 636-4555 Hyder 634-3058
Clarke dining room 634-8020 Hyder Beauty Salon 635-8223 Handi Wheels 634-6477