

# Jefferson City Housing Authority Senior Newsletter

June 2019 Edition



## Hyder:

Carry in dinner, June 20, 2019 at 5:30 pm.  
Everyone bring 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 p.m.

## Kenneth Locke:

Vespers every Wednesday at 3:30 pm.

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

## Movie days in Herron



**NO MOVIES SCHEDULED**  
*This month Due to Low Attendance*

## 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	June 24, 10-10:45 am.
Hyder	June 24, 11-11:45 am.
Ken Locke	June 25 2:30-3:15 pm.
LaSalette	June 25 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 June 19, 2019 at 5 pm. Everyone bring a covered dish and place setting.  
Game Day every Tuesday at 1:00 pm.



## Mark your Calendars for upcoming activities:



June 4, 11, 18 & 25

Mu Extension container garden class continues. A new topic will be introduced in these interactive classes lasting 1.5 hours each. Each week you will learn something new. If you are not able to attend all 9 classes that is fine, but you will want to. All are Welcome. Herron 1 pm. and Ken Locke at 3 pm. Cost: Free.



June 7

Valley Park Retirement Center will be at the Clarke Dining room to play fun bingo at 1 pm. Cost: Free. Prizes Provided



June 14

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

June 21

Laurie Mills and Friends will be at the Clarke Dining room to play music and sing at 2 pm. All are Welcome. Cost: Free.



June 21

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



June 28

Field Trip - Mo. Veterinary Foundation Museum and lunch at Red Lobster then shopping at the mall. Cost \$2 and lunch is on your own. Leave at 9:30 a.m. Tour is at 10 a.m. Please RSVP.

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

## Other Activities at Clarke Senior

### Center

June 6

Blood Pressure checks

June 11

Bernard Ross will play African music at 12 pm.

June 27

Tea and Nails Party at 1 pm.



Thank you to all that came to our spring planting activity.



# Clarke Dining Room Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> *Crispy Chicken Salad *Oriental Blend  *Peaches Macaroni & Cheese  Green Beans Chocolate Cake	<b>4</b> *French Dip/Bun *Carrots *Louisiana Fruit Salad Pork Cutlet  Potato Salad Orange Square	<b>5</b> *Salisbury Steak *Peas  *Fruited Jell-O Liver & Onions Mashed Potatoes/Gravy Lemon Pie	<b>6</b> *Ham & Beans *Spinach  *Pears Cornbread  BBQ Meatballs Corn and cookies	<b>7</b> *Fish *Sweet Potato Tots  *Mixed Fruit Beef Burritos  Mixed Vegetables Daffodil Cake
<b>10</b> *Italian Breaded Chicken over Spaghetti Noodles *Beets *Fruit Cocktail Chef Salad Garden Seasoned Cauliflower  Fast & Fancy	<b>11</b> *Turkey Tetrazzini *Mixed Green Salad *Melon Porcupine Meatballs AuGratin Potatoes  Cake	<b>12</b> *Ham *Baked Sweet Potatoes *Orange Wedges Cheese Ravioli/Meat Sauce Peas & Onions  Éclair Dessert	<b>13</b> *Hamburger Steak w/Grilled Onions *Zucchini & Tomatoes *Fruited Jell-O BBQ Riblets/Brats  Baked Beans Potato Salad & mixed fruit	<b>14 (Brunch #2)</b> Scrambled Eggs Potatoes O'Brien Baked Pineapple Biscuits and Gravy Sausage  Coffee Cake
<b>17</b> *Beef/Cabbage Casserole  *Green Beans *Peaches  Tuna Pasta Salad Sweet Potato  Tossed Salad Pineapple up/dn Cake	<b>18</b> *Roast Beef *Mashed Potato/Gravy *Fruit Cocktail  Catfish Carrots  Coleslaw Pudding	<b>19</b> *Easy Roast Chicken  *Broccoli *Fruited Jell-O  Sloppy Joes/Bun Red Roasted Potatoes  Corn w/pimento Brownies	<b>20</b> *Meatloaf  *Mashed Potato/Gravy *Orange Wedges Amish Chicken Casserole Spinach  Peach Crisp	<b>21</b> *Honey Bourbon Porkchop  *Broccoli Salad *Hot Apple Cobbler  Chicken Salad Baked Potato Fresh Baked Cookies
<b>24</b> *Turkey/Swiss Sandwich  *Spinach Strawberry Salad *Rosy Applesauce Spaghetti/Meat Sauce Corn  Garlic Bread French Silk Mousse	<b>25</b> *Teriyaki Pork Loin over Rice *Carrots *Pineapple Tidbits Pizza Green Beans w/Almonds Cake	<b>26</b> *Taco Salad  *Refried Beans *Pears Ham & Beans Cornbread  Mexican Corn Ice Cream	<b>27 (Baseball Meal)</b> *BBQ Chicken Sluggler *Pea/Cauliflower Salad *Watermelon Salad Hot Dog Steak Fries S'mores Pudding Parfait	<b>28 (Brunch #2)</b> Scrambled Eggs Potatoes O'Brien Baked Pineapple Biscuits and Gravy Sausage  Coffee Cake

Soup and Wheat Bread Served Daily



## 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**

**Secondhand and thirdhand smoke are as dangerous to pets as they are to humans.** Secondhand smoke is any smoke released into the air that gets inhaled by non-smokers. Thirdhand smoke, which is the smoke residue that attaches to skin, clothing, fur and other surfaces, can be just as problematic, especially for cats. A study links tobacco smoke to oral cancer in cats, who lick the toxins contained in smoke residue off of their fur when grooming themselves. Cats exposed to secondhand smoke run a greater risk of developing malignant lymphoma. Dogs who breathe in secondhand smoke are more susceptible to certain types of cancers, including lung cancer and nose cancer. Smoke may also cause respiratory illnesses in dogs, including chronic asthma and bronchitis. **The best step you can take to protect your pets from the effects of secondhand smoke — not to mention protecting your own health in the process — is to stop smoking altogether.** If you notice any signs that your pet has been affected by secondhand or thirdhand smoke, contact your veterinarian right away. Catching signs of cancer early can help drastically improve your pet's chances of recovering from the disease.



*When you go outside this summer, make sure you stay hydrated and wear sunscreen.*

### *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.**