

# Jefferson City Housing Authority Senior Newsletter

## March 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 p.m.

### Kenneth Locke:

Vespers every Wednesday at 3:30 p.m.

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

### Movie days in Herron

**Sweet Home Alabama** March 11, 2 pm  
**See No Evil Hear No Evil** March 25, 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.

### 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:



**March 5 –April 30**

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.

**March 5**

Nail day – We will have a few volunteers come and paint fingernails. You are welcome to bring your favorite polish color or they will have a few colors to pick from. They will be at Hyder 4 pm for 1 hour and Ken Locke at 5:30 for 1 hour.

**March 15**



*Field Trip* - Runge Nature Center for a presentation on Backyard Birds. You will be able walk around after the presentation. Lunch at Ria's after. Cost \$2 and lunch on your own. Leave at 9:00 am.

**March 22**

*Field Trip* – Lunch Express! Lunch option #1 - Taco Bell, leave at 11am.  
Lunch Option #2 - Ruby Tuesday, leave 11:40 am.  
You will be at your lunch choice about 1 hour. Cost is \$2 and lunch is on your own.

**March 27**

MO Drifters Band will be in Clarke Senior Center about 11 am.

**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. March 2: Ken Locke 5pm, March 3: Herron 5 pm, March 4: Hyder 5:30

### 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**



## Clarke Dining Room Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 Soup and Wheat Bread Served daily	 <b>St. Patrick's Day</b> <b>March 17</b> Don't forget to wear green			<b>1</b> Scrambled Eggs Biscuits & Gravy Bacon  Hashbrowns  Apple Juice
<b>4</b> <b>*Hamburger w/grilled onions</b> <b>*Green Beans</b>  <b>*Peaches</b> Honey Bourbon Pork Chop Sweet Potato Fries Pineapple up/dn Cake	<b>5</b> <b>*Roast Beef</b> <b>*Mashed Potato/Gravy</b> <b>*Fruit Cocktail</b>  Chicken Patties  Carrots Pudding	<b>6</b> <b>*Easy Roast Chicken</b>  <b>*Broccoli</b> <b>*Fruited Jello</b>  Battered Cod Roasted Red Potatoes Brownies	<b>7</b> <b>*Meatloaf</b>  <b>*Roasted Vegetables</b> <b>*Pears</b> Chicken Broccoli Casser.  Mashed Potato/Gravy Fruit Crisp	<b>8</b> <b>*Easy Parmesan</b>  <b>Crusted Chicken</b> <b>*Brussels Sprouts</b> <b>*Brown Betty</b> <b>Apples</b> Tuna Noodle Casserole Baked Sweet Potato Cookies
<b>11</b>  Scrambled Eggs Biscuits & Gravy  Sausage  Hashbrowns Apple Juice	<b>12</b> <b>*Roasted Pork</b> <b>*Italian Green Beans</b> <b>*Sliced Cinnamon Pears</b>  Chili Baked Potato Fruit Cobbler	<b>13</b> <b>*Ham Beans</b> <b>*Spinach</b>  <b>*Baked Apples</b>  Opened Face Roast Beef Sandwich Zucchini & Tomatoes Cornbread & cookies	<b>14</b> <b>*BBQ Chicken Thighs</b> <b>*Peas</b>  <b>*Fruited Jello</b> Hot Ham/Cheese Sand. AuGratin Potatoes Pumpkin Fast & Fancy	<b>15</b> <b>*Catfish</b> <b>*Mixed Vegetables</b> <b>*Mashed Potato/Gravy</b>  <b>*Baked Pineapple</b> Chicken Patties Cole Slaw Spice Cake
<b>18</b> <b>*Sliced Ham</b> <b>*Baked Sweet Potato</b> <b>*Cinnamon Applesauce</b>  Chicken Patty  Meadow Blend Pumpkin Bread Pudding	<b>19</b> <b>*Vegetable Lasagna</b> <b>*California Blend</b>  <b>*Mandarin Oranges</b> <b>*WG Brown Rice</b> Chicken Enchiladas  Black Beans  Cheese Cake	<b>20</b> <b>*Pepper Steak/Rice</b> <b>*Broccoli</b>  <b>*Fruited Jello</b> Ham Mac & Cheese Breaded Tomatoes Pumpkin Spice Blondie	<b>21</b> <b>*Taco Bar</b> <b>*Refried Beans</b>  <b>*Peas &amp; Carrots</b> <b>*Pineapple Tidbits</b> Fried Chicken  Pie	<b>22</b> <b>*Tilapia</b> <b>*Tossed Salad</b>  <b>*Green Beans</b> <b>*Warm Pears</b> Baked Ziti  Pudding
<b>25</b> <b>*Saged Chicken with Onion Gravy</b> <b>*Ginger Glazed Carrots</b> <b>*Mixed Fruit</b>  Ham & White Bean Stew/Kale Cooked Cabbage Chocolate Cake	<b>26</b> <b>*Turkey</b> <b>*Mashed Potato/Gravy</b>  <b>*Peaches</b> Goulash Cranberry Orange Beets Green Beans Poke Cake	<b>27</b> <b>*Salisbury Steak</b> <b>*Zucchini &amp; Tomatoes</b>  <b>*Mixed Berry Fruit</b> Liver & Onions Mashed Potatoes/Gravy Pound Cake	<b>28</b> <b>*Hot Open-Faced Turkey Sandwich</b>  <b>*Broccoli</b> <b>*Fruited Jello</b>  Chicken Patties Tossed Salad Potato Chip Bar	<b>29</b> <b>*Battered Cod</b>  <b>*Mixed Vegetables</b>  <b>*Mandarin Oranges</b> Chili Dog/Bun  Cole Slaw Cherry Dump Cake



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.

**Did you know? Sam's Club does free hearing screenings. You don't need to be a member. Exam takes about 30 minutes, so an appointment is preferred 573-469-0917, ask for hearing aid center.**



### *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.**