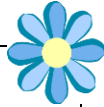


Jefferson City Housing Authority Senior Newsletter

May 2019 Edition



Hyder:

Carry in dinner, May 16, 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

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



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.

Herron:

Carry in dinner May 15, 2019 at 5 pm. Everyone bring a covered dish and place setting.
Game Day every Tuesday at 1:00 pm.

River Region Library Schedule

Herron May 20, 10-10:45 am.
Hyder May 20, 11-11:45 am.
Ken Locke May 21 2:30-3:15 pm.
LaSalette May 21 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.



Mark your Calendars for upcoming activities:

April 29



Field trip - Computer class at River Regional Library. Cost \$2
Class 1: Beginner Class (very entry level). Leave at 9:15am. Return at 11 am.
Class 2: Intermediate Class, this class will help you with email, social media, how to safely enter credit card information, etc. Leave at 10:30 am. Returns at 1 pm. Please RSVP.

April 30



Jon Nelson will be at Hyder at 10:00 am to talk about the importance of neighbors sharing with each other in all aspects of life with a focus on religion. Jon is the Vice President of the Missouri Baptist Convention and is the lead Pastor at Soma Community Church here in Jefferson City. No RSVP needed. All are welcome.

May 3



Field Trip - Shop Jefferson City and Lunch at El Espolon. Leave at 11 am. Cost will be \$2 with Lunch on your own. Please RSVP.

May 13

Starting a container garden. Just bring the plant (vegetables, herbs, flowers) and we will have dirt and pots. All buildings are welcome. Amy will deliver your finished pot to your building. Join us in the Hyder community room at 10:30. Space is limited, so don't forget to RSVP.



May 14

MU Extension will be here on Tuesdays at 1 pm in Herron to talk about "How to Plant a Container Garden". 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, no RSVP needed. **Classes continue through June, Tuesdays at 1 pm.**

May 24



Field trip - Lunch Express! Lunch at Colton's. Leave at 11 am. This is lunch only, no shopping. Cost \$2, lunch is on your own. Please RSVP.

May 31

Field Trip - Visit the Missouri Highway Patrol Museum, watch a video then take a guided tour. There are no stairs, all one level. Lunch will be at Veits Restaurant. Leave at 9:30 am. Cost is \$2 and lunch is on your own. Please RSVP.

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

Other Activities at Clarke Senior Center

May 14 - Let's all welcome the "Just Kenny Band".
He will perform in the Clark Dining Room at 1 pm.
There is no charge and everyone is welcome.
He plays all kinds of music. Gospel, country, etc.
He is coming from Piedmont Missouri to play.
His mother lives in Herron






Hand Print
Craft shows fun facts about your neighbors. Thank you everyone that participated.





Clarke Dining Room Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	Wheat Bread & Soup Served Daily 	1 *Salisbury Steak *Peas *Fruited Jell-O Liver & Onions Mashed Potatoes/Gravy Lemon Pie	2 *Ham & Beans *Spinach *Pears Cornbread BBQ Meatballs Confetti Corn & cookies	3 *Fish *Sweet Potato Tots *Mixed Fruit Beef Burrito Mixed Vegetables Daffodil Cake
6 *Italian Breaded Chicken over Spaghetti *Beets *Fruit Cocktail Chef Salad Garden Seasoned Cauliflower	7 *Turkey Tetrazzini *Mixed Green Salad *Melon Porcupine Meatballs Au Gratin Potatoes Cake	8 *Ham *Baked Sweet Potato *Orange Wedge Cheese Ravioli/Meat Sauce Peas & Onions Éclair Dessert	9 *Hamburger Steak w/ grilled onions *Zucchini & Tomatoes *Fruited Jell-O BBQ Pork Sandwich Green Beans & cookie	10 *Tuna Patty *Sonoma Blend *Peaches Chicken Tenders Corn Flaky Potatoes Cookie
13 *Beef/Cabbage Casserole *Green Beans *Peaches Tuna Pasta Salad Sweet Potato Tossed Salad Pineapple up/dn Cake	14 *Roast Beef *Mashed Potato/Gravy *Fruit Cocktail Catfish Carrots Coleslaw Pudding	15 *Easy Roast Chicken *Broccoli Fruited Jell-O Sloppy Joes/Bun Red Roasted Potatoes Corn w/pimento Brownies	16 *Meatloaf *Mashed Potato/Gravy *Orange Wedges Amish Chicken Casserole Spinach Peach Crisp	17 *Honey Bourbon Pork Chop *Broccoli Salad *Hot Apple Cobbler Chicken Salad Baked Potato Fresh Baked Cookies
20 *Turkey/Swiss Sandwich *Spinach Strawberry Salad *Rosy Applesauce Spaghetti/Meat Sauce Corn Garlic Bread French Silk Mousse	21 *Teriyaki Pork Loin over Rice *Carrots *Pineapple Tidbits Pizza Green Beans w/Almonds Cake	22 *Taco Salad *Refried Beans *Pears Ham & Beans Mexican Corn Corn Bread Ice Cream	23 (Baseball Meal) *BBQ Chicken Sluggler *Pea/Cauliflower Salad *Watermelon Salad Hot Dog Steak Fries S'mores Pudding Parfait	24 *Fish Sandwich *Cole Slaw (Vinegar) *Mixed Fruit Polish Sausage Sauerkraut Potato Chip Bar
27  <i>Memorial Day</i>	28 *Hawaiian Meatballs over Rice *California Blend *Tropical Fruit Chicken Tenders Tater Tots & brownie	29 Fried/Baked Chicken *Broccoli *Mixed Berries Poor Boy Sandwich Corn Wild Rice & Angel Food	30 Eggs Sausage Hash Browns Apple Juice Coffee Cake	31 *Crunch Baked Fish *Tossed Salad *Peaches Tater Tot Casserole Carrot/Raisin Salad Fast and Fancy

REMINDERS

- Dogs must be on a leash at all times when not in unit.
- 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



***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.**