

Jefferson City Housing Authority Senior Newsletter



November 2018 edition



Hyder:

Carry in dinner, November 15, 2018 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 2nd and 4th Saturdays at 11:30 a.m.

Fun Bingo the 1st Sunday at 2 p.m.

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

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 November 21, 2018 at 5
p.m. everyone bring a covered dish and
place setting



Field Trips



November 2 -

Isle of Capri Casino, Boonville. Leave at 9 a.m. You will get a \$2
Coupon off lunch at the buffet and \$10 free cash! Cost \$5.00.

November 6 -

Bill will be available to drive anyone who wants to vote to the polls at 8-noon.

November 30 -

Runge Nature Center. Leave at 8:15 a.m. You will be treated to a
presentation on Wildlife Folklore and can explore the museum and
grounds. Must have at least 10 people. Lunch on your own at Oscars
Diner. Cost \$2.00.

Call Dorothy to reserve your spot on the bus. 573-634-1088. Cost for trips are based on 12 people going. If we don't have 12 then the price will be adjusted and cost a little more if others still want to do. You must pay when you sign up for the trip. If you cancel you will not get a refund, unless you have a replacement.

Mark your Calendars for upcoming activities:

October 29 -

Fall Celebration in The Clarke dining room. Hot dogs will be provide. Everyone bring
a covered dish and a place setting. Live music provided by Hambo Lathem at 3pm.
Dinner is at 4 pm. This is for all residents of senior housing. Hope to see you there.

November 12 -

Fire Safety Awareness Class in Hyder community room at 1:30 pm. Presented by
Jefferson City Fire Dept. Walmart Gift cards will be given for door prizes & snacks
provided.

November 19

"Minute to Win It" games for Seniors sponsored by Blair
Oaks Middle School. Herron Community Room 3:30-5:00

December

Door decorating contest. More details coming.





Monday	Tuesday	Wednesday	Thursday	Friday
			1 *Hamburger Steak/ Grilled Onions *Peas & Carrots *Apple/Cranberry Salad Polish Sausage/Sauerkraut Mash Potatoes, Cheese cake	2 Eggs Biscuits & Gravy Sausage Hash Browns Apple Juice Bun Cake
5 *Honey Lemon Chicken *Oriental Blend *Mandarin Oranges Beef Stroganoff/Noodles Potatoes Chocolate Cake	6 *Meatloaf *Seasoned Squash *Fruited Jello Grilled Chicken Spinach Dump Cake	7 *Salisbury Steak *Broccoli *Fresh Fruit Liver & Onions Mashed Potatoes Bread Pudding	8 *Baked Ham *Baked Sweet Potato *Warm Fruit Compote Tater Tot Casserole Beets Pudding	9 *Fish *Cole Slaw *Ambrosia Salad Chili Dog Potato of Choice Cookies
12 *Ham & Beans *Spinach *Baked Apples Grilled Cheese Tomato Soup Cornbread Oatmeal Cranberry/White Chocolate Chip Cookie	13 *Turkey *Mashed Potatoes *Orange Wedge Lasagna Tossed Salad Cake	14 *Beef Goulash *Peas *Fruit Salad Open-Faced Turkey Sand. Mashed Potatoes Cookies	15 *Cranberry Glazed Pork Chops *Broccoli *Applesauce Beef Stew AuGratin Potatoes Biscuits Spice Cake	16 *Fish *Roasted Medit.Blend *Apricots Chicken Tenders Tater Tots Fast & Fancy
19 *Hamburger Sliders/Bun *Green Beans *Fruit Cocktail Pork Chop Sweet Potato Pineapple up/dn Cake	20 *Turkey & Dressing *Mashed Potatoes/Gravy *Green Bean Casserole *Cranberry Apple Salad Baked Ham Hot Roll & pumpkin Pie	21 Egg/Sausage Casserole Biscuits & Gravy Bacon Hash Brown Orange Juice Bun Cake	22 Happy Thanksgiving	23 Closed
26 *Apple Juice Chicken *Peas & Carrots *Applesauce Pizza Cheesy Potatoes French Silk Mousse	27 *Roasted Pork *Italian Green Beans *Mixed Fruit Spaghetti Potatoes Apple Cobbler	28 *Taco Bar *Mexican Corn *Sliced Cinnamon Pears Ham & Beans Refried Beans Cornbread & Cookie	29 *BBQ Chicken Thigh *Zucchini & Tomatoes *Apricots Hot Ham & Cheese Sand. Baked Potato Carrot Cake	30 *Fish *Cole Slaw *Fruit Chicken Pot Pie Tater Tots Ice Cream/Topping

We are not trying to *drive* you crazy!

But the **bus schedule will be a bit different** between Thanksgiving and Christmas.

Tue., Nov. 27 8:30 am pick up at home
11:00 am pick up, Walmart east

Wed., Nov. 28 No bus

Thur., Nov. 29 Afternoon trips only

Tue., Dec. 11 8:30 am pick up at home
11:00 am pick up, Walmart

Wed., Dec. 12 No bus

Thur., Dec. 12 Afternoon trips only



December Field Trips

- December 7 -** Isle of Capri Casino, Boonville.
Leave at 9 a.m. You will get a \$2 coupon off lunch at the buffet and \$10 free cash! Cost \$5.00.
- December 14 -** Main Street Music Hall at the Lake of the Ozarks. Leave at 5 p.m. and eat at Culver's on your own. Cost \$29.

