

## September 2018

### Hyder:

Carry in dinner, September 20, 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. first floor community room.

**Rosary Hour is the last Thurs. 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.**

Fun bingo the 1<sup>st</sup> Sunday at 2 p.m.

### FREE Shopping Shuttle every WEDNESDAY and THURSDAY!

Wednesday – Walmart East end

Thursday – Missouri Blvd. Shops

(Schnucks, Aldi, Walmart, Dollar Tree) See  
chart on reverse side.



## Clarke Dining Room

**Game day** every Monday & Friday at 1:30

**Bingo** every Wednesday. Paper sales start at 1  
p.m. Bingo starts at 2 p.m.

**Herron:** Carry in dinner  
September 19, 2018 at 5 p.m.  
Everyone bring a covered dish  
and place setting.



## Field Trips



**September 7 -** Boonville Isle of Capri Casino. Leave at 9  
a.m. You will get a coupon for \$2 off the  
Buffet and \$10 free cash. Cost is \$5.00.

**September 21 -** Herman MO. Leave at 9 a.m. Lunch at the  
Wurst Haus and shopping. Cost is \$6.00.

Call Dorothy to reserve your spot on the bus. 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 go. You must pay when you sign up for the trip. If you  
cancel you will not get a refund, unless you have a replacement.

## Changes are Coming ...

Thank you to all who signed the petition requesting more field trips. Grocery  
shopping is our first priority so we added additional trips to make sure everyone  
has the opportunity to shop. Limited financial resources prohibit both more  
shopping and 4 field trips per month. However, to increase the  
contact with the outside world and increase the sense of well-  
being we will schedule an organized activity on property the  
week there is no field trip. If you have suggestions please let  
Dorothy know 634-1088. We hope to have those scheduled  
and in the October newsletter.





Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	*Baked Ham	*Hamburger/Bun	*Grilled Chicken Sandwich	*Chicken Roll-Up
	*Spinach	*Fruit Salad	*Green Beans	*Pickled Beets
	*Fruited Jello	*Cole Slaw	*Baked Apple	*Apple Wedge
	Cheese Tortellini Casserole	Chicken Tenders	BBQ Pork Riblett	Hot Dog
Au Gratin Potatoes	Macaroni & Cheese	Garden Seasoned Caulif.	Potato Chips	
Pudding	Brownie Ala Mode	Chocolate Chip Square	Pea Salad	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
*Hamburger Sliders	*Roast Beef	*Easy Roast Chicken	*Meatloaf	*Tuna Salad
*Spinach Strawberry Salad	*Buttered Carrots	*Broccoli	*California Blend	*Broccoli Salad
*Applesauce	*Blushing Pears	*Fruit Cocktail	*Fruited Jello	*Mandarin Oranges
Chicken Salad/Lettuce Leaf	Cat Fish	French Dip with au jus	Crispy Herb Bkd Chicken	Chicken Fried Steak
Sweet Potato Fries	Mashed Potatoes/Gravy	Potato Salad	Potato of Choice	Mashed Potatoes
Pineapple up/dn Cake	Pudding of choice	Brownie	Peach Crisp	Cookie
<b>17</b>	<b>18</b>	<b>19</b>	<b>20 (Baseball Meal)</b>	<b>21</b>
*Cajun Chicken	*Roasted Pork	*Taco Bar	*BBQ Chicken Slugger	*Battered Pub
*Carrots	*Cauliflower/Broccoli	*Refried Beans	*Steak Fries	*Catalina Blend
*Fresh Melon	*Pears in Juice	*Fruited Jello	*Applesauce	*Baked Pineapple
Spaghetti/Meat Sauce	Pizza	Chicken Sunshine Roll-up	Hot Dog	Philly Cheese Steak Sand.
Green Bean Salad	Mashed Potato/Gravy	Mexican Corn	Spinach/Strawberry Salad	Cole Slaw
Garlic Bread	Strawberry Shortcake	Cinnamon Tortilla Chips	Cherry Pie Bar	No Bake Cookies
French Silk Mousse				
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
*Bkd Ham/Pineapple Slices	*Chicken Wrap	*Fried/Baked Chicken	*Salisbury Steak	*Lemon Pepper Fish
*Tuscan Blend	*Marinated Cucumber/	*Broccoli	*Peas & Carrots	*Carrot/Raisin Salad
*Apple Salad	Tomato/Onion	*Mixed Fruit	*Fruited Jello	*Fresh Melon Salad
Baked Spaghetti Pie	*Louisiana Fruit Salad	*Wild Rice	Polish Sausage & Peppers	*Rice Pilaf
Roasted Red Potatoes	Ham & Beans	Meatball Sub	Mashed Potatoes	Hamburger
Brownies	Carrots	Pickled Beets	Cheesecake	Brussels Sprouts
	Cornbread	Pie of Choice		Pudding of Choice
	Fruit Crisp			

Subject to change without notice



Diabetic Dessert is Fruited Jell-O

**Field trips for October:**

- October 5 - Isle of Capri Casino Boonville. Leave at 9 a.m. \$2 coupon off the lunch buffet and \$10 free cash.
- October 19 - St Louis Mo Gateway Arch. Cost for the trip is \$21 which includes the free museum. Additional charges on your own; \$7 movie about the arch and \$13 to ride the tram to the top. Leave at 8:30.

**Shuttle Schedule:**

Wednesday: 8:30 am Pick up at home

11:00 am Pick up at Walmart east end



Thursday: 8:30 Pick up at home

Drop off shops along Missouri Blvd. with pick up trips as 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



## Hy-Vee Healthy You Mobile Van

**August 8 Ken Locke**

The van will come and park by the building and be inviting people to come in for health services including

- Blood pressure readings
- Medication therapy management (discuss interactions and side effects of medications)
- Discussion about diet
- Diabetes management
- How to maximize your health insurance and save money

## Field Trips for August