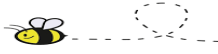


Jefferson City Housing Authority Senior Newsletter

September 2019 Edition



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.

Hyder:

Carry in dinner, September 19, 2019 at 5:30 pm. Everyone brings 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 pm

Movie days in Herron

Movies are Back. All are Welcome to attend.

Join us September 17 at 2 p.m. in the Herron Community Room "Breakthrough" will be shown.



Snacks and non-alcoholic drinks are welcome.

Bingo

Every Wednesday. Paper sales start at 1 pm. Bingo starts at 2 pm in the Clarke Dining Room.

Herron:

Summer Potluck, September 10, 2019 at 5:00 pm Everyone brings a covered dish and a place setting.

River Region Library Schedule

Herron	September 23, 10-10:45 am.
Hyder	September 23, 11-11:45 am.
Ken Locke	September 24 2:30-3:15 pm
LaSalette	September 24 3:45-4:15pm.



The library sets up items for check out in each of these community rooms. 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. **The library will be discontinuing services in buildings that do not have enough participation.**

Mark your Calendars for upcoming activities:



September 13

Field Trip – Tour the Mo. State Archives and lunch at Theo’s Midtown. Leave at 9:30 a.m. Cost \$2, and lunch is on your own. Please RSVP by calling Dorothy.

September 20

Field Trip – Lunch Express: Nicks Family Restaurant at Warwick Village. Leave at 11 a.m. Cost \$2, and lunch is on your own. Please RSVP by calling Dorothy.

September 24

Fun Bingo – In Clarke Senior Center at 2 p.m. Please bring a wrapped gift.

September 27

Field Trip – Shop at Capital Mall and lunch at Fuji Japanese Steakhouse. Leave at 10:45 a.m. Cost \$2, and lunch is on your own. Please RSVP by calling Dorothy.

October 8

Cooking Matters & Grocery Shopping Class – Hosted by MU Extension. Class will be offered at Ken Locke 10:00-11:30, Herron 1:00-2:30, and Hyder 3:00-4:30 in the community rooms of each building. **Get a free \$10 Schnucks gift card for attending.** Space is very limited in each building. You may only attend 1 class. RSVP to Dorothy today!



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

Rules of owning a Pet

Please be a good neighbor. Not everyone is a pet person. Some people have allergies or are fearful of animals.

Please do your best to make your neighbors feel comfortable, they live her too. Remember you must:

- **Keep your pet on a leash
- **Always clean up after your pet
- **Not let your pet use the bathroom near smoking areas, park benches, or any other area where others sit
- **Keep your pet quiet for your neighbor’s sake
- **Also, pets cannot be tied or chained inside or outside at any time.

Game Days

Mondays and Fridays in Clarke Dining Room at 1 p.m.: If you are interested in playing or learning to play Pinochle, Mexican Train Domino’s, or Rummikub, please join in for some fun. We are looking for players, teachers and anyone who wants to learn. All are welcome.

If you are interested in playing games at **Herron** on Thursday afternoons at 1 p.m. please contact Dorothy.

Monday	Tuesday	Wednesday	Thursday	Friday
2  	3 *Roasted Pork *Caulif/Broccoli Salad *Pears in Juice Pizza Mashed Potatoes/Gravy Strawberry Shortcake	4 *Taco Bar *Refried Beans *Fruited Jell-O Chicken Sunshine rollup Mexican Corn Cinnamon Tortilla Chips	5 (<i>Baseball Meal</i>) *Chicken Slugger *Steak Fries *Applesauce Hot Dog Spinach Strawberry Salad Cherry Pie Bar	6 *Batterer Pub *Catalina Blend *Baked Pineapple Philly Cheese Steak Sand Cole Slaw No-Bake Cookies
9 *Baked Ham/Pineapple *Tuscan Blend *Apple Salad Baked Spaghetti Pie Roasted Red Potatoes Brownies	10 *Ham & Beans Marinated Cucumber/ Tomato/Onion *Louisiana Fruit Salad *Spinach Chicken Salad Sand/Bun Fruit Crisp & Cornbread	11 Fried/*Baked Chicken *Broccoli *Mixed Fruit *Wild Rice Meatball Sub Pickled Beets & Pie	12 *Salisbury Steak *Peas & Carrots *Fruited Jell-O Polish Sausage/Peppers Mashed Potatoes Cheesecake	13 *Lemon Pepper Fish *Carrot/Raisin Salad *Fresh Melon Salad *Rice Pilaf Hamburger Brussels Sprouts Pudding
16 (Summer Time Fun) *Sunshine Roll-Up (Chicken) *Pickled Beets *Apple Wedge Hot Dog/Bun, Chips Pea Salad Ice Cream	17 *Hamburger Steak w/grilled onions *Mashed Potatoes *Fruited Jell-O Salmon Croquette Carrots Orange Squares	18 *Taco Lasagna *Broccoli *Strawberries & Bananas Tuna on Pita Bread Sliced Tomatoes Poke Cake	19 *Beef & Broccoli *Oriental Blend *Pineapple Tidbits *Steamed Rice Liver & Onions Mashed Potatoes Lemon Pie	20 *Catfish *Roasted Sweet Potato Chunks *Watermelon Salad Ham Salad Sandwich BLT Macaroni Salad Strawberry Fluff
23 *Chicken Parm/Spaghetti *Lima Beans *Fruit Cocktail Sloppy Joes Marinated Beet Salad Cookies	24 *Baked Ham *Spinach *Fruited Jell-O Cheese Tortellini Casserole Au Gratin Potatoes Pudding	25 *Hamburger Steak/ grilled onions *Roasted Mediter. Blend *Peaches Chicken Tenders Corn Flaky Potatoes	26 *Grilled Chicken Sand. *Green Beans *Baked Apple *Homemade Macaroni Salad BBQ Pork Rib-let Garden Seasoned Cauliflower Chocolate Chip Square	27 (Brunch #3) *Omelet *Whole Grain Waffle *Juice *Tropical Fruit Crisp Biscuits and Gravy Potatoes O'Brien Coffee Cake
30 *Hamburger Sliders *Spinach Strawberry Salad *Applesauce Chicken Salad/lettuce leaf Sweet Potato Waffle Fries Pineapple up/dn 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

Medical Marijuana

Just a reminder. Your lease states that you can lose your housing for engaging in drug related criminal activity. Medical marijuana is illegal under federal drug laws. Having a state issued patient card does not make possession of, or the use of, marijuana legal under federal law.

Don't lose your home because of the actions of visitors

You are responsible for your visitors. If they violate the rules, that can impact your lease.

- Do not let people smoke in your unit. Smoking is only permitted outside and in designated areas.
- Do not let people on the No Trespass list on the property or in your unit.
- Do not let visitors use or bring illegal drugs on the property. Medical Marijuana is illegal under federal law.
- Do not let people stay with you more than 7 days in a row without management approval.

Your lease can be terminated if your visitor violates the lease or any of the House Rules. Saying someone took advantage of you is not a defense that will permit you to stay. If someone will not leave when you tell/ask them, call the police. Protect yourself and your lease.

Please remember your buildings are Smoke free. This includes **NO** E-cigarettes, or Juuling in your units or in the building. Please only smoke in designated smoking areas outside. Thank you for your continued cooperation.



Main Office 635-6163 Maintenance 635-3232, after 4 p.m. & weekends 1-877-599-3627 pager #1318
Herron 636-0194 Kenneth Locke 636-4555 Hyder 634-3058
Clarke dining room 634-8020 Hyder Beauty Salon 635-8223 Handi Wheels 634-6477

