

JEFFERSON CITY HOUSING AUTHORITY SENIOR

January 2019 Edition



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.

Hyder:

Carry in dinner, January 17, 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

We need your ideas

We have had some activities the last few months with little attendance. We are hoping to get your input on an idea that would draw larger participation. Let us know what in-house activities or presentations you would be interested in attending.

Please call Dorothy with ideas. 573-634-1088

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 January 16, 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:

- December 1-January 21th** Senior Exercise Challenge. This is an 8 week Challenge where you record the minutes you work out. This is on the honor system. Grab your neighbor and go for a walk. More details on flyers at mailboxes and elevators.
- January 11th.** Tour the Missouri Supreme Court Building and lunch at Arris' Pizza. Cost will be \$2 with Lunch on your own. Leave at 10:30 a.m.
- January 25th.** Shop Jefferson City and lunch at Mel's Cafe. Cost will be \$2 with lunch on your own. Leave at 9:30 a.m.
- January 29th.** Talent Show! Do you have a talent? We know you do. We are planning a Talent Show for January 29th in the Clarke Senior Center at 2:00 pm. Please call Dorothy by January 18 to let her know what talent you would like to showcase. Entries should be no longer than 4 minutes. You provide the music or supplies needed for your act.
- February 25th.** Tina Phelps is the Care Coordinator for Cole County. She will be giving a presentation on Resources available for seniors in Jefferson City at 2:00 p.m. More information coming soon.



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**



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Closed New Year's Day 	2 *Ham & Beans *Spinach *Baked Apples Pub Burgers Zucchini & Tomatoes Cornbread Fresh Baked Cookies	3 *BBQ Chicken Thighs *Peas *Fruited Jello Hot Ham/Cheese Sandwich AuGratin Potatoes Pumpkin Fast & Fancy	4 *Fish *Mixed Vegetables *Mashed Potato/Gravy *Baked Pineapple Chicken Fried Steak Cole Slaw Spice Cake
7 *Sliced Ham *Baked Sweet Potato *Cinnamon Applesauce Toasted Ravioli with Marinara Sauce Meadow Blend Pumpkin Bread Pudding	8 *Vegetable Lasagna *California Blend *Mandarin Oranges *WG Brown Rice Chicken Enchiladas Cheesecake	9 *Pepper Steak/Rice *Broccoli *Fruited Jello Ham Mac & Cheese Breaded Tomatoes Pumpkin Spice Blondie	10 *Taco Bar *Refried Beans *Peas & Carrots *Pineapple Tidbits Fried Chicken/Gravy Pie	11 *Battered Cod *Tossed Salad *Green Beans *Warm Pears Chicken Patty Pudding
14 Scrambled Eggs Biscuits and Gravy Sausage Hash Browns Apple Juice	15 *Turkey Mashed Potato/Gravy *Peaches Goulash Cranberry Orange Beets Green Beans Poke Cake	16 *Salisbury Steak *Zucchini & Tomatoes *Mixed Berry Fruit Liver & Onions Mashed Potatoes/Gravy Pound cake	17 *Hot Open Faced Turkey Sandwich *Broccoli *Fruited Jello Lasagna Tossed Salad Potato Chip Bars	18 *Fish *Mixed Vegetables *Mandarin Oranges Chili Dog/Bun Cole Slaw Cherry Dump Cake
21 *Ham *Roasted Sweet Potato *Mixed Fruit Tater Tot Casserole Peas & Carrots Oatmeal Cranberry White Chocolate Chip Cookies	22 *Marinated Chicken *Garlic Herb Potatoes *Orange Wedge Ham & Beans Carrots Cornbread Cake	23 *Beef/CabbageCasserole *Squash *Fruit Cocktail Chicken Tenders Peas Cookies	24 *Baked Pork Chop *Broccoli *Applesauce Chicken Patties Sweet Potato Streusel Fruit Crumble	25 *Fish *Roasted Medit. Blend *Peaches Chicken Pot Pie Tossed Salad No Bake Cookies
28 *Hamburger/grilled onion *Green Beans *Peaches HoneyBourbonPorkChop Sweet Potato Fries Pineapple up/dn Cake	29 *Roast Beef *Mashed Potato/Gravy *Fruit Cocktail Breaded Fish Carrots Pudding	30 *Easy Roast Chicken *Broccoli *Fruited Jello Chopped BBQ Beef/Bun Roasted Red Potatoes Brownies	31 *Meatloaf *Roasted Vegetables *Pears Chicken BroccoliCasserole Mashed Potato/Gravy Fruit Crisp	Soup & Wheat Bread Served Daily At 10:30 

The Clarke Senior Center is not a Housing Authority program. The meals and staff are provided by Central Missouri Area Agency on Aging (MAAA). Comments and concerns should be addressed to the Senior Nutrition Council or Nathan Baysinger at 573-634-8020.

Door Decorating Contest Winner
Lillian Hankins



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.**



With the weather getting colder we want to remind everyone that smoking is not 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. Thank you for your 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