

Jefferson City Housing Authority Senior Newsletter

October 2018 edition



Hyder:

Carry in dinner, October 18, 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 Pm

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 October 17, 2018 at 5
p.m. everyone bring a covered dish and
place setting



Field Trips



October 5 –

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

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, \$13 to ride to the tram to the top. Leave at 8:30 a.m.

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:

September 27 -

Presentation by Cynthia Quetsch on Capital Avenue Urban Renewal Plan

September 28 -

Join in for an afternoon of Yard games in the front yard of Herron apartments at 2-4
pm. Tossing games like washers, bean bag, ect. will be available to play. Prizes will be
awarded as well. Sponsored by Bartlett and West.

October 11 -

Pumpkin painting at Ken Locke 4-6 pm. Sponsored by Nichols FFA. Please sign up for
participation.

October 29 -

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


November 6 -

Bill will be available to drive anyone who wants to vote to the polls at 8-12 pm.



**Clarke Senior Center
Lunch Menu
October 2018**



Monday	Tuesday	Wednesday	Thursday	Friday
1 *Honey Lemon Chicken *Oriental Blend *Mandarin Oranges Beef Stroganoff/Noodles Potatoes Chocolate Cake	2 *Meatloaf *Seasoned Squash *Fruited Jello Grilled Chicken Spinach Dump Cake	3 *Salisbury Steak *Broccoli *Fresh Fruit Liver & Onions Mashed Potatoes Bread Pudding	4 *Baked Ham *Baked Sweet Potato *Warm Fruit Compote Tater Tot Casserole Beets Pudding	5 *Fish *Cole Slaw *Ambrosia Salad Chili Dog Potatoes Cookies
8 *Ham & Beans *Spinach *Baked Apples Grilled Cheese Tomato Soup/cornbread Oatmeal cranberry white - Chocolate chip cookies	9 *Turkey *Mashed Potatoes *Orange Wedge Lasagna Tossed Salad Cake	10 *Beef Goulash *Peas *Fruit Salad Open-Faced Turkey Sand Mashed Potatoes Cookies	11 *Beef Stew *Red Cabbage Salad *Baked Apples *Hot Roll Brats & Sauerkraut German Potato Salad German Chocolate Cake	12 *Fish *Roasted Medley Blend *Apricots Chicken Tenders Tater Tots Fast & Fancy
15 *Hamburger Sliders/Bun *Green Beans *Fruit Cocktail Pork Chop Sweet Potato Pineapple up/dn Cake	16 *Roast Beef *Mashed Potatoes *Fruited Jello Breaded Fish Carrots Pudding	17 *Easy Roast Chicken *Broccoli *Peaches Sloppy Joes/Bun Roasted Red Potatoes Brownies	18 *Meatballs/Brown Gravy over Egg Noodles *California Blend *Fruited Jello Pork Cubed Steak Spinach Dump Cake	19 *Crispy Herb Baked Chicken *Baked Potato *Brown Betty Apples Tuna Noodle Casserole Brussels Sprouts Cookie
22 *Apple Juice Chicken *Peas & Carrots *Applesauce Pizza Cheesy Potatoes French Silk Mousse	23 *Roasted Pork *Italian Green Beans *Mixed Fruit Spaghetti Potatoes Apple Cobbler	24 *Taco Salad *Refried Beans & Rice *Tropical Fruit Burrito Chips & Salsa Ice Cream	25 *BBQ Chicken Thigh *Zucchini & Tomatoes *Apricots Hot Ham & Cheese Sand Baked Potato Carrot Cake	26 *Fish *Cole Slaw *Fruit Chicken Pot Pie Tater Tots Ice Cream/Topping
29 *Chicken Parm/Spaghetti with Marinara Sauce *Tuscan Blend *Fruit Sliced Ham Vegetables Lemon Bars	30 *Turkey *Mashed Potatoes *Fruited Jello *Carrots Honey Bourbon Meatballs Pumpkin Bars	31 *Pepper Steak *Broccoli *Pineapple Tidbits Turkey Broccoli Casserole Scalloped Potatoes Peach Crisp 		

HyVee Shot Clinic, October 2

HyVee Van will be parked outside Clarke Senior Center from 10:30-1:30.

Flu and Pneumonia shots are *free* if you are over 65 with Medicare B. If you are under 65 a Co-pay is required by your insurance company so bring your ID and Insurance card.

Stay healthy this cold a flu season

Field trips for November

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 30 St. Charles, MO. Bus tour of Historic Downtown Main Street for Christmas. Leave at 8:30. Lunch will be on your own at Lewis and Clark Restaurant and you will have time to shop. Cost \$18.00.



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