

IMPORTANT PHONE NUMBERS

Dorothy **634-1088**
Clarke Dining Room 634-8020
Hyder Beauty Salon 635-8223
Handi Wheels 634-6477

April

Hyder Beauty Salon

1310 Linden Drive, 3rd Floor

Wed-Fri, 8:30am-3:30pm
Call 573-635-8223 for Appointment

Shampoo & Set \$10
Shampoo & Blow Dry \$10
Haircuts \$15
Perm (long hair extra) \$40
Color (single process) \$30
Weekly Rinse \$1



Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatloaf Gravy Mashed Potatoes Green Beans Rolls Dessert Milk	4 Pulled Pork Sandwich Country Blend Vegetables Applesauce Milk	Hot Dogs Buns Baked Beans French Fries Fruit Milk	6 Spaghetti/Meat Salad Peas Garlic Bread Milk Dessert	7 Fish Sandwich Cheesy Corn Salad with Cucumber and Tomato Milk Dessert
10 Liver or Salisbury Steak Gravy Mashed Potatoes Mixed Vegetables Roll Milk Dessert	11 Sloppy Joes Potato Cheddar Kegs Corn Mandarin Oranges Milk Dessert	12 Chicken Fettuccini Alfredo Peas Italian Blend Garlic Bread Milk Dessert	13 Beer Battered Pollock Coleslaw Green Beans Cornbread Milk Dessert	14 Brunch Scrambled Egg peppers and onions Sausage patties Oven Potatoes Milk Dessert
17 Beef Stew/Corned Beef Cabbage Biscuit Milk Dessert	18 Ham Au Gratin Potatoes Winter Mix Roll Milk Dessert	19 Baked Chicken Mashed Potatoes Gravy Green Beans Biscuit Milk Dessert	20 Beans with Ham Fried Potatoes & Onions Spinach Cornbread Milk Dessert	21 Grilled Burgers With Fixins Coleslaw Baked Beans Milk Dessert
24 Chicken Sandwich Lettuce/Tomato Vegetables Potato Chips Milk Dessert	25 Brunch Biscuit and Gravy Scrambled eggs Ham Potatoes Roll Milk Dessert	26 Chicken & Noodles Veggy Blend Sliced Peaches Roll Milk Dessert	27 Baked Pork Chops Mashed Potatoes California Blend Roll Milk Dessert	28 Fish Stewed Tomatoes Coleslaw Mac & Cheese Milk Dessert

Senior Bulletin

ISSUE 4

APRIL 2023

The Old Man in the Village

An old man lived in a village. He was one of the most unfortunate people in the world. The whole village was tired of him, he was always gloomy, he constantly complained and was always in a bad mood.

The longer he lived the more angry he was becoming and the more poisonous were his words. People avoided him, because his misfortune became contagious. It was even unnatural and insulting to be happy next to him. He created the feeling of unhappiness in others.

But one day when he turned 80 years old, an incredible thing happened, Instantly everyone started hearing a rumor.

The old man is happy today. He doesn't complain about anything, smiles, and even his face is freshened up.

The whole village gathered together and asked the old man what happened to you?

The old man replied : **"Nothing special, Eighty years I've been chasing happiness, and it was useless. And then I decided to live without happiness and just enjoy life. That's why I'm happy now!"**

Moral of the Story: Don't Chase Happiness, Enjoy your Life

Play Bingo

Clarke Dining Room Wednesdays

Paper sales start at 1pm
Game play starts at 2pm

- You must wear a mask, but it can be removed once you are seated at your table.
- We are still encouraging everyone to social distance.
- This is a state licensed Bingo for cash prizes.

Riddles

1. *The more you have of me the less you see. What am I?*
2. *Which month in the year has 28 days?*
3. *What only goes up and never comes down?*
4. *What taste better than it can smell?*
5. *When is it bad luck to see a black cat?*
6. *Why is Europe like a frying pan?*
7. *I can be cracked, made, told, and played. What am I?*

Weekly Bus Schedule

Wednesday - West Walmart

Morning Trip: Leave at 8:45am and return home at 11am.
Afternoon Trip: Leave at 1pm, first stop Walmart then on to Wildwood Crossings for the Dollar Tree. **The bus will stay there for 1 hour.** Then the bus will go back to Walmart to pick up the others.

Thursday - East Walmart

Morning Trip: Leave at 8:45am and return home at 11am
Afternoon Trip: Leave at 1pm, first stop Walmart then on the Gerbes East or Dollar General. **The bus will stay for 1 hour.** Then the bus will go back to Walmart to pick up the others.

**Must RSVP to Dorothy by calling 573-634-1088
Limit 11 per trip**

Rules for the bus:

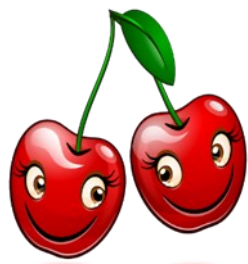
- You must wear a mask at all times
- Temperatures will be taken at the time of pickup
- You must carry your own bags on and off the bus
- Everyone must social distance, **NO Exceptions**
- If you have a cold or cough please stay home.



1. Darkness
2. All of them
3. Your age
4. Tongue
5. When you're a mouse
6. It has Greece at the bottom
7. Joke

**Answers
to Riddles**

Easy Crockpot Cherry Pineapple Dump Cake



[This Photo](#) by Unknown

INGREDIENTS

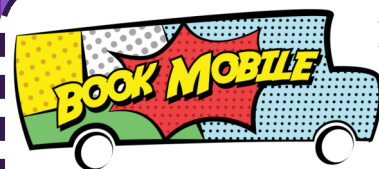
- 1 Can Cherry Pie Filling
- 1 Can Crushed Pineapple
- 1 Box White or Yellow Cake Mix
- 1 Stick of Butter

INSTRUCTIONS

- Step 1:** Empty cherry pie filling into crockpot
- Step 2:** Drain pineapple juice from can and set aside for later, then empty crushed pineapple into crockpot
- Step 3:** Dump dry cake mix on top of fruit and pat down with hands to form an even layer
- Step 4:** Slice a stick of butter and form a layer on top of dry cake mix
- Step 5:** Dump pineapple juice over top of butter
- Step 6:** Cook on high for 3 hours
- Step 7:** Top with a scoop of Vanilla Ice Cream and Enjoy!

Missouri legalized recreational and medical marijuana but it is still illegal under federal drug laws. Having a state issued patient card **does not** make possession of, or use of, marijuana legal in your apartment.

Having marijuana in your apartment is a lease violation and you can lose your housing for engaging in drug related criminal activity.



River Region Library Schedule

Monthly Dates below
2:00 - 2:45 pm

- Hyder - April 18
- Herron - April 20
- Ken Locke - April 25

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.

Please honor all social distancing measures when checking out books
If Questions Call 634-2464



Catholic Charities
of Central and Northern Missouri



Call Dorothy at 634-1088 to sign up!

Hyder is April 13, from 10-11:30 a.m.

Herron is April 13 from 12-1:00 p.m.

Ken Locke is April 11 from 10-11:30 a.m.

LaSalette April 11, from 11:30 am-12:30 p.m.

Meet Catholic Charities at the main door of your building
Wear a mask when you pick up your box

If you are unable to pick up, you can have someone pick it up for you by contacting Dorothy 24hrs prior to delivery time.



Activities

- Games/Crafts**
- Mondays** at Hyder First Floor Community Room. Cards and Dominos and games of your choosing from 1:30-4:00pm. You are welcome to bring your own games.
 - Tuesdays** at Kenneth Locke, Community Room. Mexican Train Dominos and games of your choosing from 1:00-4:00pm. You are welcome to bring your own games.
 - Thursdays** at Herron, Community Room. Scrabble, Cards and Dominos and games of your choosing from 1:00-4:00pm. You are welcome to bring your own games, snacks and non-alcoholic beverage.
 - Thursdays** Bible Study at Herron First floor Community room from 5-6 pm. Everyone is welcome.

April 11th

April 14th

April 21st

April 28th

April 30th

Movie: Bandidas at 2:00pm at Herron

Field Trip: Booneville Casino, Leave at 10:00am, Cost \$6 lunch on your own

Field Trip: Leave at 10:45am to the Banded Rooster Restaurant in Kingdom City, MO. Then shopping in Fulton, MO, Cost \$6 with lunch on your own

Field Trip: Leave at 11:00am for lunch at Poppo's Restaurant and shopping in Jefferson city, MO, Cost \$3 with lunch on your own

Fun Bingo from 9:30am-11:30am in the Kenneth Locke I community room, sponsored by Mission JC. Residents of Herron, Hyder, Kenneth Locke I & II and LaSalette are invited. Prizes and Snacks provided. RSVP to Dorothy by April 26th.

Call Dorothy at 573-634-1088, in the Herron Office, to Reserve your spot & pay
If you have to leave a voice mail, please leave your phone number for her to call you back.

Sneak Peak at May Trips!!

May 12th

Leave at 9:30am to J Huston Tavern restaurant in Arrow Rock, MO then sightseeing, cost \$7 with lunch on your own

May 19th

Leave at 8:30am to the Fritz Railroad restaurant in Kansas City, MO for lunch then shopping at Crown Center, cost \$15 with lunch on your own

May 26th

Leave at 10:30am to Dragon Kitchen restaurant in Fulton, MO for lunch then shopping, cost \$5 with lunch on your own

Rules:

- All games/activities are limited to **15**
- You must wear a mask
- **All field trips limited to 11**
- Payment needed to reserve your spot
- **No refunds**, someone can take your spot, **with prior approval by Dorothy**
- Temperatures will be taken at pickup.

