

IMPORTANT PHONE NUMBERS

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

February



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
		1 Chicken Sandwich Mixed Vegetables Au Gratin Potatoes Milk Dessert	2 Sweet & Sour Meatballs Rice Oriental Blend Salad Milk Dessert	3 Taco Mexican Corn Fruit Chips/Salsa Milk Dessert
6 Chicken Alfredo/Pasta California Blend Salad Garlic Bread Milk Dessert	7 Ham & Beans Spinach Potatoes Cornbread/Margarine Milk Dessert	8 Baked Fried Chicken/Gravy Mashed Potatoes Green Beans Roll/Margarine Milk Dessert	9 BBQ Riblets Grilled Zucchini Buttered Carrots Bun Milk Dessert	10 Chili with beans French Fries Corn Bread Jello Milk
13 Polish Sausage/Bun Kraut Scalloped Potatoes Fruit Milk Dessert	14 Goulash Salad Mixed Vegetables Garlic Bread Milk Dessert	15 Baked Chicken Leg Baked Beans Coleslaw Bread/Margarine Milk Dessert	16 Meatloaf/Gravy Potatoes Green Beans Bread/Margarine Milk Dessert	17 Chicken Pot Pie Beets Cinnamon Apples Roll/Margarine Milk Dessert
20 CLOSED	21 Country Fried Steak Gravy Garlic Mashed Potatoes Country Blend Vegetable Roll/Margarine Milk Dessert	22 Battered Fish Stewed Tomatoes Coleslaw Mac & Cheese Milk Dessert	23 BRUNCH Sausage Scrambled Eggs Hash Browns Biscuits and Gravy Milk Dessert	24 Tuna Salad Mixed Veggies French fries Fruit Milk Dessert
27 Sloppy Joes/Bun Sweet Potato Fries Salad Milk Dessert	28 Roasted Chicken Mashed Potatoes Broccoli Bread/Margarine Milk Dessert			

Senior Bulletin

ISSUE 2

FEBRUARY 2023



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.

Love is:

- ♦ Doing more for another than for self
- ♦ Encouraging and supportive
- ♦ Patient
- ♦ Kindness for one another
- ♦ Helping and laughter too
- ♦ Appreciating all you do
- ♦ Sharing interests
- ♦ Comfort
- ♦ Always there
- ♦ Meant to be shared
- ♦ Beauty in the eyes of the beholder
- ♦ Showing that you care
- ♦ You and all you do

Happy
Valentines
Day!!

Help make 2023 a Year of Giving

Thanks for the response and interest in starting The Year of Giving Craft Class. Our first project to donate will be a simple nine patch square lap throw.

See the schedule below for dates times and locations.

Monday February 6th and 27th Hyder 9 a.m.— 11 a.m.
Tuesday February 7th and 21st Kenneth Locke 9 a.m.—11 a.m.
Wednesday February 8th and 22nd LaSalette 9 a.m.—11 a.m.
Thursday February 9th and 23rd Herron 9 a.m.—11 a.m.

We are in need of donations to help with this project. Material, yarn, thread, needles, crochet hooks would be greatly

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:

- One per seat, alternating window seat, aisle seat
- 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

Medicare questions?

Lisa Mollerus with United Healthcare will be at Hyder, February 23 at 1:00pm. Everyone is welcome to attend this free informational meeting.

Best Winter Fruit Salad



INGREDIENTS

- 1 Large Apple (peeled and sliced)
- 1 Pear (sliced)
- 2 Large Bananas (peeled and sliced)
- 3 Kiwi Fruit (peeled and sliced into rounds)
- 3 Clementines (peeled and separated)
- ½ cup Pomegranate Seeds
- 1 tablespoon Honey
- 3 tablespoons Lime Juice
- 1 tablespoon Poppy Seeds
- 1 tablespoons Fresh Mint (chopped)

INSTRUCTIONS

- Combine:** In a large bowl place the apple, pear, bananas, kiwi, clementines and pomegranate seeds. Stir gently.
- Whisk:** In a small bowl whisk the honey, lime juice, poppy seeds and mint.
- Toss:** Drizzle the dressing over the fruit and toss gently to completely coat.

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 - February 21st
- Herron - February 16th
- Ken Locke - February 28th

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



APPLES
FIBER
NUTS
ACTIVE
HEART
FRUIT
BEANS



Catholic Charities
of Central and Northern Missouri



Call Dorothy at 634-1088 to sign up!

Hyder is February 9, from 10-11:30am

Herron is February 9, from 12-1:00pm

Ken Locke is February 7, from 10-11:30am

LaSalette February 7, from 11:30 am-12:30pm

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.

- February 10th Field Trip:** Leave at 9:00am for the Isle of Capri Casino in Boonville Mo. Trip Cost \$10; Lunch is on your own.
- February 14th Movie:** The Natural starring Robert Redford at 2:00pm in the Herron First Floor Community Room. Everyone is welcome. You can bring your own snack and drink.
- February 17th Field Trip:** Leave at 9:00am for breakfast at Mel's and shop at Mall or see Movie. Trip Cost \$3; Meal and/or movie is on your own.
- February 24th Field Trip:** Leave at 11:00am and head to Wardsville for Lunch at the Mexican Restaurant. Then shopping at Big Lot's and Five Below. Trip Cost \$4; Lunch is on your own.

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 March Trips!!

- March 10th** Leave at 10:30am and head toward Fayette Mo. For lunch at Emmitt's followed with shopping. Trip Cost \$10; Lunch on your own.
- March 17th** Leave at 10:00am and head to Mexico Mo to visit the Audrain County Historical Museum. We will tour three museums at that facility; Lunch will be catered for us. Trip Cost \$25 and includes tickets for the museums plus lunch.
- March 24th** Leave at 11:00am for lunch at Nicks Restaurant. Trip Cost \$3; 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.

