

IMPORTANT PHONE NUMBERS

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



Monday

Tuesday

Wednesday

Thursday

Friday

			1. Baked Pork Chops Mashed Potatoes California Blend Roll Milk Dessert	2. Battered Fish Stewed Tomatoes Coleslaw Mac & Cheese Milk Dessert
5 Country Fried Steak/Gravy Mashed Potatoes Green Beans Roll Milk Dessert	6 BBQ Rib with Bun Country Blend Veg Baked Potato Milk Dessert	7 Liver/Salisbury Steak Steak Fries Meadow Blend Roll Milk Dessert	8.AARP AT West Point. BBQ CHICKEN or BRATS BAKED BEANS COLE SLAW CHIPS COBBLER MILK	9 Taco Salad with Tortilla Chips Refried Beans Pears Milk Dessert
12 Meatloaf Gravy Mashed Potatoes Green Beans Roll/Margarine Milk Dessert	13 Pulled Pork Sandwich Country Blend Vegetables Applesauce Milk Dessert	14 Sweet and Sour Chicken Rice Oriental Blend Fruit Cocktail Milk Dessert	15 Brunch Biscuits Gravy Sausage Scrambled Eggs potatoes Milk	16 Fish Cheesy Corn Cucumber and Tomato Salad Milk Dessert
19 BBQ RIBS Mashed Potatoes Mixed Vegetables Roll Milk Dessert	20 HAM Sweet Potatoes GREEN BEANS Bread Milk Dessert	21 Chicken and Noodles Salad Italian Blend Garlic Bread Milk Dessert	22 Breaded Chicken Pattie on bun Coleslaw Pinto Beans Milk Dessert	23 Hot Dogs/Buns Pasta Salad Pork & Beans Milk Dessert
26. BRUNCH Eggs Sausage Gravy Biscuit Milk Dessert	27 Pork Chops Au Gratin Potatoes Winter Mix Roll Milk Dessert	28 Oven Baked Chicken Gravy Mashed Potatoes Green Beans Biscuit Milk Dessert	29 Beans with Ham Fried Potatoes & Onions Spinach Cornbread Milk Dessert	30 Grilled Burgers With Fixins Coleslaw Baked Beans Milk Dessert

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



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.



Monthly Challenge

Choose someone in the month of June and do something kind for them.

I have entry forms in my office for you to write what you did and return to me.

At the end of the month I will draw one name for a prize.

Being kind to others puts a smile on every ones face!

Thanks
Dorothy Colter

Senior Bulletin

ISSUE 6

JUNE 2023

He never looks for praises,
He's never one to boast,
He just goes on quietly working
For those he loves the most.

His dreams are seldom spoken,
His wants are very few,
And most of the time his worries
Will go unspoken too.

He's there...a firm foundation
Through all our storms of life
A sturdy hand to hold onto in times of stress and strife . A true friend we can turn to When times are good or bad. One of our greatest blessings, the man that we call DAD!



Protect yourself from the sun. When in the sun, wear hats to shade your face. Wear sunglasses to protect your eyes. Wear long sleeves to cover your arms. Wear sunscreen or sunblock.



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.



Happy FATHERS Day!

S	P	S	P	O	R	T	S	Y	N	N	U	F	P
E	E	G	T	H	O	U	G	H	T	F	U	L	R
I	Y	N	H	N	S	T	C	E	P	S	E	R	O
R	D	O	S	L	O	V	E	N	H	U	G	S	T
O	D	R	H	E	R	D	T	T	T	Y	O	A	E
M	A	T	S	E	S	I	M	O	T	R	O	F	C
E	D	S	H	O	H	Q	B	O	C	L	A	S	T
M	L	A	O	H	B	S	O	L	F	M	H	P	I
O	T	T	N	B	J	A	N	S	I	G	S	E	V
M	E	M	O	H	O	R	F	L	E	N	T	R	E
Y	O	R	R	R	K	L	Y	S	H	I	F	O	M
L	F	G	N	N	E	I	T	I	E	R	I	Q	G
R	I	C	J	F	S	E	M	M	M	A	G	T	F
O	E	I	C	P	O	A	L	A	I	C	E	P	S

TOOLS
JOKES
SPORTS
HOME
BBQ
CARING
FAMILY
PROTECTIVE
RESPECT
LOVE
DADDY
TIE
SPECIAL
GIFTS
HONOR
HUGS
FUNNY
THOUGHTFUL
MEMORIES
STRONG



Free Lecture ** ALL Welcome



Grow Native! Protect and restore biodiversity by increasing conservation awareness of native plants and their effective use in urban, suburban, and rural developed landscapes.

Guest Speaker:

Dr. Nadia Navarrete-Tindall

Extension Associate Professor,
Native Plant Specialist
Lincoln University, Jefferson City, MO
When: Tuesday, May 23, 2023
Time: 3:30 p.m.

Where: Hyder Community Room
Follow Up: Planting Session to follow in June, Date to be Determined

Maximum Class Size is **10** so signup early
RSVP to Dorothy at 573-634-1088

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 - June 20
- Herron - June 15
- Ken Locke - June 27

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.

Quotes to ponder

1. Common sense is like deodorant. The people who need it the most never use it.
2. All my life I thought air was free until I bought a bag of chips.
3. If we shouldn't eat at night, why is there a light in the fridge?
4. As you get older 3 things happen. The first is your memory goes, and I cant remember the other two.

Catholic Charities of Central and Northern Missouri

Call Dorothy at 634-1088 to sign up!

Hyder is June 8, from 10-11:30am
Herron is June 8, from 12-1:00pm
Ken Locke is June 6, from 10-11:30am
LaSalette June 6, 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.

June 2 **Field Trip:** Booneville Casino. Leave at 9 a.m. Cost \$6 With lunch on your own
June 20 **Movie** {A Time To Kill} Herron Community room at 2 p.m. You can bring your own snack and drink. Everyone is welcome, not just Herron.
June 23 **Field Trip:** St. Louis Zoo Leave at 8:15 Cost \$13 with lunch on your own. You can buy a train ticket for \$7.95 and can get on and off unlimited times all day.
June 30 **Field Trip:** Golden Corral at the Lake for lunch and shop. Leave at 10 a.m. Cost \$7 with lunch on your own.

Call Dorothy at 573-634-1088, in the Herron Office, to Reserve your spot
Payment must be made at time of Reservation,
your spot will NOT be held without payment

If you have to leave a voice mail, please leave your phone number to receive a call back.

Sneak Peak at July Trips

July 14 **Field Trip:** Boonville Casino Leave at 9 a.m. Cost \$6 Lunch is on your own
July 21 **Field Trip:** Grants Farm St. Louis Leave 8:30 a.m. Cost \$14 Lunch on your own
July 28 **Field Trip:** Versailles Amish Stores. Lunch in Versailles. Leave 9 a.m. Cost \$7

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.

