

IMPORTANT PHONE NUMBERS

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



Do you need help Stretching
your food dollars?

Call for a private appointment.

Dawn Sebion, Cole County Extension
2436 Tanner Bridge Rd, Jefferson City

573-634-2824



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



March

6
Hot Ham & Cheese
Sandwich
Chips
Vegetable Soup
Fruit
Dessert

7
Pork Chop
Sweet Potatoes
Peas
Roll/Margarine
Milk
Dessert

8
BBQ Chicken
Mixed Vegetables
Au Gratin Potatoes
Milk
Dessert

9
Sweet & Sour
Meatballs
Rice
Oriental Blend
Milk
Dessert

10
FISH
Potato Wedges
Mixed Veg
Fruit
Milk
Dessert

13
Chicken Alfredo/Pasta
California Blend
Salad
Garlic Bread
Milk
Dessert

14
Ham & Beans
Spinach
Potatoes and onions
Cornbread/Margarine
Milk
Dessert

15
Baked Chicken
potatoes
Green Beans
Roll/Margarine
Milk
Dessert

16
Corned Beef
Cabbage
Mashed potato
Gravy
Milk
Dessert

17
Fish
French Fries
Salad
Bread/Margarine
Milk
Dessert

20
Polish Sausage/Bun
Kraut
Scalloped Potatoes
Fruit
Milk
Dessert

21
Goulash
Salad
Mixed Vegetables
Garlic Bread
Milk
Dessert

22
Roasted Chicken Leg
Baked Beans
Coleslaw
Bread/Margarine
Milk
Dessert

23
Meatloaf/Gravy
Potatoes
Green Beans
Bread/Margarine
Milk
Dessert

24
Tuna Cassarole
Beets
Cinnamon Apples
Roll/Margarine
Milk
Dessert

27
Chicken Parmesan
Pasta
Brussel Sprouts
Salad
Garlic Bread
Milk
Dessert

28
Country Fried Steak
Gravy
Garlic Mashed Potatoes
Country Blend Vegetable
Roll/Margarine
Milk
Dessert

29
Battered Fish
Stewed Tomatoes
Mac & Cheese
Milk
Dessert

30
French Dip/Au Jus
Caramelized Onions
Roasted Vegetables
Hoagie Bun
Milk
Dessert

31
FISH
Pasta Salad
Corn
Fruit
Milk
Dessert

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.

**Are you ready
to live a
healthier life?**



**Healthy Change
WORKSHOPS**

Topics:

- ◆ Making Healthy Food Choices
- ◆ Keeping Food Safe
- ◆ Reading Food Labels
- ◆ Smart tips for the grocery store
- ◆ Stretching your food dollar
- ◆ Healthy Celebrations

Where:

Catholic Charities
1505 Edmonds Street

When:

Starting March 8 @ 3pm
6 Weekly Sessions

Contact:

Lori 573-635-7719
Dawn 573-634-2824

Senior Bulletin

ISSUE 3

MARCH 2023

Everyone Has a Story in Life

A 24-year-old boy seeing out from the train's window shouted, "Dad, look the trees are going behind!"

Dad Smiled and a young couple sitting nearby, looked at the 24-year old's childish behavior with pity, suddenly he again exclaimed, "Dad, look the clouds are running with us!" The couple couldn't resist and said to the old man, "Why don't you take your son to a good doctor?" The old man smiled and said, "I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today. "

Moral of the Story: Sometimes we make a judgement too quickly not realizing that people act in certain situations because they are going through something. Every single person in the world has his or her own battles to face. Don't judge too harshly. Instead, be kind and try to understand where a person is coming from.

Missouri will also hold its annual statewide tornado drill as part of tornado safety education on March 7. The drill will start at 10 a.m. At that time, NOAA Weather Radios will alert listeners that the drill has begun and outdoor warning sirens will sound off in participating communities.

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.

Easy as 1,2,3

**Would you like a
quick way to pay
your rent online?**

1. Scan the QR code and be directed to our web-site.
2. Follow the prompts and you are done.
3. Call the office if you need assistance.



Scan To Pay

Cabbage & Smoked Sausage Pasta



INGREDIENTS

- 1 (16 ounce) pkg
- 1/2 Cup of butter
- 2 cloves of garlic, minced
- 1/4 cup olive oil
- 1 lg head green cabbage, shredded
- Salt & pepper to taste
- 1 pound smoke sausage, sliced
- 1/4 cup grated Parmesan cheese

INSTRUCTIONS

Step 1: Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes and drain.

Step 2: Melt the butter in a large pot over medium heat. Add the garlic, olive oil and cabbage; season with salt and pepper; cook until tender, about 15 minutes. Stir in the sausage and pasta; cook until completely heated, about 5 minutes more. Top with Parmesan cheese and serve immediately.

Riddles

1. What can't be used until broken?
2. What has teeth but cannot eat?
3. What starts with E, ends with E and only has one letter?
4. Forwards I am heavy, backwards I am not. What am I?

Answers

1. Egg
2. Comb
3. Envelope
4. Ton

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 - March 21st
- Herron - March 16th
- Ken Locke - March 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



Word List

- SAINT
- PATRICK
- IRISH
- BLARNEY
- BLESSING
- EMERALD
- LEPRECHAUN
- GOLD
- GREEN
- IRELAND
- LIMERICK
- MAGIC
- PARADE
- RAINBOW
- SHAMROCK
- LUCKY
- WISH
- FAIRY
- MARCH
- PARTY
- CLOVER
- POT
- SNAKES

Catholic Charities of Central and Northern Missouri

Call Dorothy at 634-1088 to sign up!

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

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

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

LaSalette March 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.

Year of Giving

Monday March 6th and 20th Hyder 9 am– 11 am

Tuesday March 7th and 21st Kenneth Locke 9 am—11 am

Wednesday March 8th and 22nd LaSalette 9 am—11 am

Thursday March 9th and 23rd Herron 9 am—11 am

March 10th

Field Trip: Leave at 10:30am to Fayette, MO. Lunch at Emmitts Kitchen followed by shopping. Trip Cost \$10; Lunch is on your own.

March 14th

Movie: Hooper at 2:00pm at Herron

March 17th

Field Trip: Leave at 10:00am head to Mexico, MO to the Audrain County Historical Museum we will tour three museums at that facility. Lunch will be catered in for us. Trip cost \$25 includes tickets for the museum and your lunch.

March 24th

Field Trip: Leave at 11:00am for lunch at Nick's Restaurant then shopping. Cost \$3 with lunch 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 April Trips!!

April 14th

Booneville Casino, Leave at 10:00am. Cost \$10 with lunch on your own.

April 21st

Leave at 10:45am to the Banded Rooster Restaurant in Kingdom City, MO. Then shopping in Fulton, MO. Cost \$8 with lunch on your own.

April 28th

Leave at 11:00am for lunch at Poppo's Restaurant and shopping in Jefferson City, MO. Cost \$3 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.

