

IMPORTANT PHONE NUMBERS

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

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

May

MEMORIAL DAY
REMEMBER AND HONOR

Mon	Tue	Wed	Thu	Fri
1 Country Fried Steak/Gravy Mashed Potatoes Green Beans Roll Milk Dessert	2 BBQ Rib with Bun Country Blend Veg Baked Potato Milk Dessert	3 Baked Chicken Leg Steak Fries Meadow Blend Roll Milk Dessert	4 Salisbury Steak Mediterranean Blend Corn Sliced Peaches Garlic Bread Milk Dessert	5 <u>BRUNCH</u> Scrambled Eggs Sausage Biscuits and Gravy Jello Milk Dessert
8 Meatloaf Gravy Mashed Potatoes Green Beans Roll Milk Dessert	9 Pulled Pork Sandwich Country Blend Vegetables Applesauce Milk Dessert	10 Sweet and Sour Chicken Rice Oriental Blend Fruit Cocktail Milk Dessert	11 Goulash Salad Broccoli Garlic Bread Milk Dessert	12 Fish Corn Cucumber and Tomato Salad Milk Dessert
15 Liver or Salisbury Steak Gravy Mashed Potatoes Mixed Vegetables Roll Milk Dessert	16 Sloppy Joes Potato Cheddar Kegs Baked Beans Mandarin Oranges Milk Dessert	17 Chicken Fettuccini Alfredo Salad Italian Blend Garlic Bread Milk Dessert	18 Beer Battered Pollock Coleslaw Peas Cornbread Milk Dessert	19 Ham and Cheese Sandwich Pasta Salad Peas Fruit Cocktail Milk Dessert
22 Hotdogs/Buns Tater Tots Cucumber/tomato salad Jello Milk Dessert	23 Sliced Ham Au Gratin Potatoes Winter Mix Roll Milk Dessert	24 Oven Baked Chicken Gravy Mashed Potatoes Green Beans Biscuit Milk Dessert	25 Beans with Ham Fried Potatoes & Onions Spinach Cornbread Milk Dessert	26 Grilled Burgers With Fixins Coleslaw Baked Beans Milk Dessert
29 CLOSED	30 BRUNCH Scrambled Eggs Sausage Biscuits and Gravy Fruit Milk Dessert	31 Chili Dogs/cheese Potato wedges Salad Sliced Peaches 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.



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to be able to
look back on
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You might as
Well laugh
now*



Senior Bulletin

ISSUE 5

MAY 2023



Happy Mother's Day

A mother is someone who without thinking about her own interests nurtures her child's interests. She is the one who will do anything to keep alive her children's dreams. No matter what she will stand behind and protect her child in all the circumstances. She walks hand in hand with her child be it the worst or the best situation in life. She is a person who takes up many roles in her life in order that she can take care of her child's dreams every time he needs. She is a motivator who will be there to guard the aspirations of her child. God has sent this wonderful creature on the earth so as to take help a child in it's growing stage in learning through the way of life.

When you sign up for a field trip and you can't go, please call Dorothy and let her know so we don't set and wait and keep others from going. Thanks

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



Easy Meatloaf

Ingredients

1 1/2 lb ground beef
1egg
1 onion chopped
1 cup milk
1 cup dried bread crumbs
salt and pepper to taste
1/3 cup ketchup
2 Tablespoons brown sugar
2 Tablespoons prepared mustard



Directions

Combine beef, onion, milk, bread crumbs, and egg in large bowl. Salt and pepper to taste. Transfer to 9x5 loaf pan .In small bowl mix ketchup, brown sugar, and mustard and pour over top and bake for 1 hour. You can use crackers instead of bread crumbs.

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

Catholic Charities
of Central and Northern Missouri



Call Dorothy at 634-1088 to sign up!

Hyder is May 11 from 10-11:30 a.m.

Herron is May11 from 11:30-12:30 p.m.

Ken Locke is May 9 from 10:00-11:00 a.m.

LaSalette May 9 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 5:00-6:00pm. Everyone is welcome.

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.



Monthly Dates below
2:00 - 2:45 pm

- Hyder - May 16
- Herron - May 18
- Ken Locke - May 23

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

How many words can you make using the letters

Happy Mothers Day

- | | |
|-----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |
| 15. _____ | 16. _____ |
| 17. _____ | 18. _____ |
| 19. _____ | 20. _____ |

May 9th

May 5th

May 12th

May 19th

Movie: Bandidas at 2:00 p.m. at Herron

Field Trip: Booneville Casino, Leave at 9 a.m, Cost \$6 lunch on your own

Field Trip: Leave at 9:30 a.m. to J Huston Tavern Restaurant in Arrow Rock Mo. Then sight seeing. Cost \$7 with lunch on your own.

Field Trip: Leave at 8:30 a.m.to the Fritz Railroad Restaurant in Kansas City Mo. At Crown Center with shopping after. Cost \$13 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 June Trips!!

June 2nd

June 16th

June 30th

Field Trip: Boonville Casino Leave at 9 a.m. Cost \$6 with lunch on your own

Field Trip: Leave at 8:15 a.m. St. Louis Zoo Cost \$13 with lunch on your own. You can purchase a train ticket to ride unlimited stops all day. They also rent electric chairs.

Field Trip: Leave at 10 a.m. Lunch at Golden Corral at Lake of the Ozark and shop cost \$7 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.

