

Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

921 N. Clark St. • Cape Girardeau, MO • (573) 335-1352

VNA AND GRACE RELIANT TO OFFER FUN ACTIVITIES

We have two new sponsors for activities. VNA and Grace Reliant will be here each month to offer you a fun, interactive activity. Each month it will most likely be a different theme or activity, so you won't want to miss any of them. Watch the calendar each month for the date and if we know ahead of time what the activity will be, we'll include it in this newsletter.



ST. PATRICK'S DAY TO BE CELEBRATED ON MARCH 16

St. Patrick's day will be on Saturday this year, so we as a senior center will be celebrating on Friday, March 16. We encourage you to wear your green so you don't get pinched, and enjoy a St. Patrick's day menu planned for that day.

The highlight of the day will be the annual 50/50 drawing that will be held during lunch. Tickets will be \$1 each or 6 tickets for \$5. The total amount sold will be divided equally between the senior center and winning ticket holder. The more tickets sold the bigger the winning pot! Get your tickets today!

REQUIRED MENU PLAN AND OPTIONAL OFFERINGS

The menu plan that we must follow is planned to provide 1/3 of your Recommended Daily Allowances for nutrition. A copy of the state provided menu is always posted on the bulletin board. This includes 3 ounces of protein, 1 cup of fruit and vegetables, whole grain, and 1 cup of milk. Protein can come from meat, beans or dairy products that are hidden away in foods. The week's plan provides a high vitamin C and A source each week.

It is always good to notice that we always serve more than is required, and offer way more than we have to. Even dessert is something we offer that we do not have to offer. The second entree and the chef salad are all things that we do not have to offer, but we do. We offer alternate beverages in addition to 2% milk, such as tea, coffee, water, lemonade and chocolate milk.

At a suggested contribution toward the actual cost of the meal, we cannot offer second helpings or double entree portions, or second desserts to everyone; our program simply cannot afford that luxury. Remember, the senior center noon meal is a part of a program, and not a restaurant.

Where else in town can you go and get a full meal, including drink and dessert, for only \$3.00 ?

MEMORIAL GIFTS RECEIVED DURING THE MONTH

Memorial gifts received during the month in memory of Alice Hopper were given by Mary Pelts, Anita Dickerson, and Marjorie Hildebrand.

Memorial gifts were given in memory of J.T. Hammonds by Jim Govreau, Marjorie Hildebrand, Dara Drury, Karen Stafford, and Scott and Susan McClanahan.

The Memorial Gifts Fund is administered by the officers of this Senior Center and will be a lasting memorial for those in whose memory the funds were contributed. The Senior Center Foundation, Inc. all support of this fund.

SECURE SHREDDING DAY COMING SOON!!!

This senior center will sponsor a Secure Shredding Day on Monday, APRIL 30, from 10:00 am to 1:00 pm, here in our parking lot.

Now is the perfect time to start going through old papers, tax returns, cancelled checks, insurance papers, old investments documents, or any other old papers that might contain your personal information, such as social security numbers, birthdates or passwords.

This paper shredding event is not intended for regular recycling materials such as newspapers or junk mail. Those items may be placed in your weekly recycling at your home. This is a secure shredding to destroy information of a personal nature.

Mark your calendars now and get your bags together to be shredded.

THE CENTER WILL BE CLOSED ON GOOD FRIDAY

In observance of Good Friday, the center will be closed. May you spend the day at a church's worship service or pondering on the profound meaning of this very special day.

May you have a very special and meaningful Easter weekend.



PLEASE PAY ATTENTION WHEN RETURNING YOUR TRAY FROM LUNCH

It should go without saying to PLEASE do not throw away your silverware, tray, bowls, cups, glasses, and black salad bowls, but we're having to make another reminder.

We recently purchased 24 new black salad bowls for the Chef Salads, and are already down to 12. We purchase additional silverware every couple of months. By the end of winter, we'll have to purchase new soup/chili bowls from all of the ones that have been thrown away. Just recently we found a dining tray in the trash can!

PLEASE pay attention to scrape your tray with your silverware then put all items in the bus tub at the tray return window. THANK YOU!!!

RED MEAL "TICKETS" MAKE LUNCH MEAL CONTRIBUTION EASY!

Do you have trouble keeping small bills handy for your noon meal contributions? Do you have large bills that front desk ladies need to help you with change?

You might consider the meal "tickets" that are like cash that you put in the contribution box each time you are in for a meal. These are available in the office for your convenience. There is no expiration date and spend just like cash, but just so much more convenient. One red "ticket" is equal to 1 meal. Step into the office for assistance with your "tickets" today!

MARCH 2018 EVENTS

- 1 Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 2 Weight Sense, 9:00
AFEP Exercise Class, 9:45-10:30
Bingo, 12:30, Edward Jones, Timothy R. Domian, Financial Advisor
- 5 Grace Reliant FUN Activity! 10:45, A fun activity for all... don't miss out!
- 6 Site Council, 9:00, anyone is welcome to attend
AFEP Exercise Class, 9:45-10:30
- 7 Dominoes, 8:00
- 8 Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 9 Weight Sense, 9:00
AFEP Exercise Class, 9:45-10:30
Bingo, 12:30, Broadway Prescription Shop
- 11 Daylight savings Time begins... Spring FORWARD 1 hour!
- 12 Board Meeting, 12:15
- 13 AFEP Exercise Class, 9:45-10:30
- 14 Dominoes, 8:00
Trendsetters Beauty Bingo, 10:30
- 15 Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 16 St. Patrick's Day! Wear your green, purchase your 50/50 drawing tickets early and often at \$1 each or 6 for \$5, come and enjoy a corned beef and cabbage menu
Weight Sense, 9:00
AFEP Exercise Class, 9:45-10:30
Bingo, 12:30, Sponsored by Saxony Village and The Lutheran Home
- 19 Birthday Bingo, 10:15, Sponsored by Montgomery Bank
Birthday Party, 11:00, cake provided by Crown Hospice
- 20 AFEP Exercise Class, 9:45-10:30
- 21 Blood Pressures, 10-11:00, sponsored by Crown Hospice
Dominoes, 8:00
- 22 Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 23 Weight Sense, 9:00
AFEP Exercise Class, 9:45-10:30
Bingo, 12:30, Sponsored by The Villas of Jackson, Assisted Living
- 27 VNA FUN Activity, 10:00-11:00, Come in early to have some FUN!!!
AFEP Exercise Class, 9:45-10:30
- 28 Dominoes, 8:00
Trendsetters Beauty Bingo, 10:30
- 29 Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 30 The CENTER IS CLOSED for Good Friday

The Senior Center is always in need of your time and resources. Please remember your Senior Center when making your final arrangements, and letting your family members know your wishes.

MARCH 2018

The actual cost of each meal is \$6.00
 The Center's suggested contribution is \$3.00 per meal
 Guests under age 60 pay \$6.00 to the hostesses

LIKE "Cape Girardeau Senior Center" on Facebook
 A Chef Salad is offered each day as an optional choice.

SERVING 11:15 – 12:30 MON. – FRI.

921 N. Clark St.
 Cape Girardeau, MO 63701
www.capeseniorcenter.org

573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meatloaf OR Chicken Pot Pie Mashed Potatoes Green Beans Garden Salad WG Hot Roll SF Peach Crisp or Peach Cobbler	2 Sloppy Joe OR Fried Fish Seasoned Potato Wedges Chickpea Salad WG Bun/Bread Cinnamon Applesauce or Cook's Choice Dessert
5 Sweet 'n Sour Meatballs/Rice OR Hot Chicken Salad Peas and Carrots Spinach Salad WG Bread Mixed Fruit Dessert or Ice Cream & Cookie	6 Rotisserie Chicken OR Broccoli Cheese Soup & 1/2 sandwich Baby Baker Potatoes Zucchini & Tomatoes WG Hot Roll Spiced Peaches or Fruit Dump Cake	7 Scrambled Eggs Sausage Pancake/Syrup Hash Brown Patty Bran Muffin Mixed Fruit Dessert	8 Glazed Ham OR Beef and Noodles Candied Sweet Potatoes Seasoned Green Beans WG Hot Roll SF Apple Crisp or Coconut Cream Delight	9 Fish: Fried OR Baked OR French Dip Sandwich Baked Beans Broccoli Salad WG Bread/Bun SF Banana Pudding or Reg Banana Pudding
12 Oven Fried Chicken OR Polish Sausage and Sauerkraut Mashed Potatoes Cal. Blend Veggies WG Hot Roll Mixed Fruit Dessert or Cinnamon Streusel Cake	13 Beefy Soft Tacos OR Veg Beef Soup Seasoned Black Beans Lettuce, cheese & Tomatoes Tortilla Chips Citrus Fruit Salad or Cook's Choice Dessert	14 Pork Roast OR Chili Dog Scalloped Potatoes Steamed Broccoli Strawberry Gelatin With fruit WG Bread Hot Apples & Raisins Or Oatmeal Cake	15 Chicken & Dumplings OR Bell Pepper Steak w/ Mashed Potatoes Coleslaw Buttered Corn WG Hot Roll Chilled Pears or Blueberry Pie	16 Corned Beef OR Fish: Fried or Baked Seasoned Cabbage with Carrots Baby Baker Potatoes Emerald Isle Salad WG Crackers and Cornbread/Hushpuppies Mandarin Oranges or Lime Poke Cake
19 Hamburger Stroganoff/Noodles OR Sweet 'n Sour Chicken over Rice Green Beans Whole Kernel Corn WG Bread Slice Chilled Apricots or Blonde Brownie	20 Ham & Beans OR Country Fried Steak w/ Mashed Potatoes Stewed Tomatoes Seasoned Spinach Cornbread/WG Crackers Tropical Fruit Dessert Or Cherry Delight	21 Pasta w/ Meat Sauce OR Ranch Style Chicken Lima Beans Tossed Salad WG Garlic Bread Chilled Peaches or Cookies	22 Salisbury Steak OR Chicken & Dressing Mashed Potatoes Asian Blend Veggies WG Hot Roll Pear Crisp or Apple Pie	23 Fish: Fried or Baked OR BBQ Pork Glazed Carrots Oven Fried Potatoes WG Bread or Bun Baked Pineapple or Surprise Dessert
26 Shepherd's Pie OR Chicken Livers w/ Mashed potatoes Seasoned Broccoli Oven Fried Okra WG Hot Roll SF Fruited Gelatin Or Lemon Bar	27 Chicken Tenders OR Ham & Scalloped Potato Bake Parmesan Peas Seasoned Cauliflower WG Bread Mixed Fruit or Applesauce Cake	28 White Chicken Chili w/ 1/2 cheese sandwich OR Reuben Casserole Yellow Squash Spinach Salad Cornbread Chilled Peaches or Texas Sheet Cake	29 Kettle Beef OR Roasted Chicken Thighs Mashed Potatoes Green Beans WG Hot Roll SF Apple Crisp or Coconut Cream Pie	30 CENTER CLOSED FOR GOOD FRIDAY