

Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

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

BIBLE STUDY BACK IN FULL SWING FOLLOWING A RECENT BREAK

Our weekly Bible Study will resume back in session starting Thursday, February 1. Joey Crosnoe will be leading the weekly class that will meet each Thursday. Joey is a volunteer and very knowledgeable and will be a wonderful leader for this group.

We would love to expand this group in numbers! Please search your heart and your calendar as try to work this study into your weekly schedule.

The study will begin by looking at The Attributes and Names of God.

Bill White will also be attending the class and helping as an assistant in the class. Bill is well trained and also very knowledgeable, and will be a wonderful asset to the class as well.

I encourage you to come and invite a friend to come with you! It is always more fun with a friend.

VALENTINE'S DAY CELEBRATION AND ASH WEDNESDAY ON SAME DAY

We will celebrate Valentine's Day on February 14 by encouraging you to wear your red and white to make the dining room look festive for the day. We will be honoring the couple in attendance who have been married the longest.

This day is also Ash Wednesday, the beginning of the season of Lent. The center will be serving fish on this day, along with a second entree and the chef salad.

BUCK-A-MONTH OFF TO A SLOW START



The new year is the exciting new beginning to the Buck-A-Month fundraiser! This important fundraiser is only \$1 per month... less than the cost of a soda or a regular cup of coffee.

If everyone joins the club, imagine what a simple, effective and successful fundraiser his could be!!! Please join TODAY!!! Only \$1 per month or \$12 for the entire year.

Thank You in advance!!!



ANNUAL SURVEYS TO BE COMPLETED DURING FEBRUARY

Each year during the month of February, we conduct our annual survey of services. These given us an idea of what you might like to have on the menu or activities added to the calendar.

We ask that each of you complete one survey per person and place it in the Completed Surveys box, for the results to be tabulated by a volunteer.

Dominoes, Bible Study and Chef Salads are just a few things that were suggested from the surveys. They are very helpful and are taken seriously, so please help us by completing yours today.

BETTER BUSINESS BUREAU TO PRESENT PROGRAM ON FRAUD AND SCAMS

Joey Keys with the local Better Business Bureau will be here at our center to present a program; Protect Yourself from Scams. The program will start at 10:30 and Joey will be available for questions during and after his program.

Please support this program with your attendance.



INCLEMENT WEATHER CLOSING INFORMATION

Just as a reminder, that if Cape Public Schools close for bad weather, we will also close. If it is icy or snowing and could be a risk for falls we sure don't want to take a chance. We use caution when sending volunteers out onto homebound senior's driveways, sidewalks, steps and porches. KFVS12 scrolls closings until 7:00, then turn over the Heartland CW until 8:00. Closings are also announced on AM960 radio. Both listings are under Cape Senior Center.

MEMORIAL GIFTS GIVEN DURING THE MONTH

A memorial gift was given in memory of Betty Sims by Susan McClanahan.



FEBRUARY 2018 EVENTS

The Center's Annual Surveys will be available near the front entrance for each person to complete one. Please place completed surveys in the Completed Surveys box.

- 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. Doman, Financial Advisor
- 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
- 12 Board Meeting, 12:15
- 13 AFEP Exercise Class, 9:45-10:30
- 14 Valentine's Day; Wear your red and white so our dining room will be bright and festive!
The couple in attendance who have married the longest will be recognized!
Dominoes, 8:00
Trendsetters Beauty Bingo, 10:30
- 15 Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 16 Weight Sense, 9:00
AFEP Exercise Class, 9:45-10:30
Bingo, 12:30, Sponsored by Saxony Village and The Lutheran Home
- 19 Center Closed for Presidents' Day Holiday
- 20 Birthday Bingo, 10:15, Sponsored by Montgomery Bank
Birthday Party, 11:00, cake provided by Crown Hospice
AFEP Exercise Class, 9:45-10:30
- 21 Blood Pressures, 10-11:00, sponsored by Crown Hospice
Dominoes, 8:00
- 22 Protect Yourself From SCAMS! program by Joey Keys, Better Business Bureau, 10:30
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 AFEP Exercise Class, 9:45-10:30
- 28 Dominoes, 8:00
Trendsetters Beauty Bingo, 10:30



Please remember your Senior Center when making your final arrangements, and letting your family members know your wishes.

FEBRUARY 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 Glazed Ham OR Chicken cordon Bleu Sweet Potatoes Green Beans WG Hot Roll SF Apple Crisp or Oreo Cookie Dessert	2 Potato Crusted Fish OR French Dip Sandwich Baked Beans Coleslaw WG Bread/Bun SF Banana Pudding or Ice Cream & Cookie
5 Oven Fried Chicken OR Polish Sausage and Sauerkraut Mashed Potatoes Cal. Blend Veggies WG Hot Roll Mixed Fruit Dessert or Cinnamon Streusel Cake	6 Beefy Soft Tacos OR Veg Beef Soup Seasoned Black Beans Lettuce, cheese & Tomatoes Tortilla Chips Citrus Fruit Salad or Banana Pudding	7 Pork Roast OR Chili Dog Scalloped Potatoes Steamed Broccoli Strawberry Gelatin With fruit WG Bread Hot Apples & Raisins Or Blonde Brownie	8 Chicken & Dumplings OR Bell Pepper Steak Coleslaw Buttered Corn WG Hot Roll Chilled Pears or Cranberry Crisp	9 Beef Stew OR Fish: Fried or Baked Seasoned Cabbage Cornbread WG Crackers/Hushpuppies Mandarin Oranges or Cook's Choice Dessert
12 Hamburger Stroganoff/noodles OR Sweet 'n Sour Chicken over Rice Green Beans Whole Kernel Corn WG Bread Slice Chilled Apricots or Red Velvet Cake	13 Ham & Beans OR Country Fried Steak w/ Mashed Potatoes Stewed Tomatoes Seasoned Spinach Cornbread/WG Crackers Tropical Fruit Dessert Or Poor Man's Cobbler	14 ASH WEDNESDAY Fried Fish & hushpuppies OR Pasta w/ Meat Sauce Lima Beans Tossed Salad WG Garlic Bread Chilled Peaches or Cherry Delight	15 Salisbury Steak OR Chicken & Dressing Mashed Potatoes Asian Blend Veggies WG Hot Roll Pear Crisp or Coconut Cream Pie	16 Tuna Patty OR BBQ Pork Glazed Carrots Oven Fried Potatoes WG Bread or Bun Baked Pineapple or Surprise Dessert
19 CENTER CLOSED FOR THE PRESIDENTS' DAY HOLIDAY	20 Chicken Tenders OR Ham & Scalloped Potato Bake Parmesan Peas Seasoned Cauliflower WG Bread Mixed Fruit or Applesauce Cake	21 White Chicken Chili w/ 1/2 cheese sandwich OR Reuben Casserole Yellow Squash Spinach Salad Cornbread Chilled Peaches or Texas Sheet Cake	22 Kettle Beef OR Roasted Chicken Thighs Mashed Potatoes Green Beans WG Hot Roll SF Apple Crisp or Apple Pie	23 Fish: Baked or Fried OR Cheeseburger Potato Salad Coleslaw WG Bread/Bun Chilled Plums or Cook's Choice Dessert
26 Chicken Parmesan OR Popcorn Shrimp Pasta & Marinara Italian Blend Veggies Buttered Sweet Corn WG Garlic Bread Mandarin Oranges or Ice Cream	27 Chicken & Dumplings OR Swiss Steak Glazed Carrots Pickled Beets WG Hot Roll Mixed Fruit Salad or Oatmeal Pie	28 Hot Ham Sandwich with Potato Soup OR Tater Tot Casserole Seasoned Broccoli WG Bread Stewed Apples or Iced Orange Cake		