

JULY 2018 CALENDAR OF EVENTS

- 2 Grace Reliant Fun Activity!!! 10:45, Come for an fun activity provided by Grace Reliant
3 Site Council 9:00 am to decorate, meeting immediately following
Exercise Class, 9:45-10:30
- 4 Center Closed for the Independence Day holiday
- 5 Blood Pressures, 10-11:00, Broadway Pharmacy
Exercise Class, 9:45-10:30
Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 6 Weight Sense, 9:00 am
Bingo, 12:30, Edward Jones, Timothy Domian, Financial Advisor
- 9 Board Meeting, 12:15
- 10 Exercise Class, 9:45-10:30
- 11 Dominoes, 8:00 am
Beauty Bingo, 10:30
- 12 Ombudsman Program, 10:45, Jan McFerron, Aging Matters
Exercise Class, 9:45-10:30
Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 13 Weight Sense, 9:00 am
Bingo, 12:30, Broadway Pharmacy
- 16 Birthday Bingo, 10:15, Montgomery Bank
Birthday Party, 11:00, cake provided by Crown Hospice, please sign up if you plan to attend and sit
at the birthday table
- 17 Exercise Class, 9:45-10:30
- 18 Dominoes
Blood Pressures, 10-11:00, Crown Hospice
- 19 Live Music!!! F & DJ Band will be playing for about an hour, 10-11:00! Plan to come early to enjoy
some great toe-tapping music!
Exercise Class, 9:45-10:30
Bible Study
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 20 Weight Sense, 9:00 am
Bingo, 12:30, Saxony Village
- 24 Grace Health Services, Foot Care Clinic, sign up for appointment
VNA Fun Activity! 10-11:00, come and see what VNA has in store for you today! It is always a
great time!
Exercise Class, 9:45-10:30
- 25 Dominoes, 8:00
Beauty Bingo, 10:30
- 26 Nutrition Education, Ann Knight, University of Missouri Extension
Exercise Class, 9:45-10:30
Bible Study, 10-11:00

- APPLE Project Paperwork Service, 10:30
Raffle, 11:45
27 Weight Sense, 9:00 am
Bingo, 12:30, The Villas of Jackson, Assisted Living
31 Exercise Class, 9:45-10:30

CHESS ANYONE?

We have not had a Chess group playing in a long time, and we have a current interest in getting a Chess group started up again. Would you be willing and interested in playing Chess here at our Center on either Monday, Wednesday or Friday? Most likely it would be in the morning and into the early afternoon. Please see the sheet of paper at the front windows and put your name, phone number and day of interest and we'll get it going. Thanks to Ken for the nudge to start this group back up!!!

LIVE BAND PROVIDES TOE-TAPPING MUSIC FOR US

On Thursday, July 19, from 10-11:00, we will enjoy the F & DJ Band for about an hour of great music. It has been awhile since we have had music for your enjoyment, so please plan to come and enjoy this free mini concert provided by these talented volunteers. Be sure to thank them for their volunteer time and sharing their talent with us!

BLOOD PRESSURES OFFERED TWICE DURING JULY

To keep you up to date on your blood pressure readings, this month we will have two clinics for you to participate in. July 5 and July 18, both from 10-11:00 am in the exercise and activity room. Be sure to thank our sponsors who come to provide this service for us.

FOOT CARE CLINIC OFF TO A GREAT START

Our monthly foot care clinics are going very well and sign-ups are about full every month. This is a very important clinic and we hope it helps you in your foot care needs.

The sign-in notebook is by the front door and appointments are every 15 minutes. Please be sure to include your telephone number because they will call you the day before to confirm and remind you of your appointment.

INVITE A FRIEND TO LUNCH

July begins our new fiscal year and we want to kick it off with a bang. Please invite friends or neighbors to come and have lunch with us! We want to kick off this new year with good strong numbers and a full house.

EXERCISE CLASS IN A TRANSITION PHASE

Our Exercise Class will have a new leader or a team of leaders coming very soon. We are going to try Tuesday and Thursday for the class and see how it goes. BUT, we need your feedback if this will work or not. We've had trouble finding leaders to come on Fridays.

St. Francis has provided our leaders for many years, but they are not doing any community outreach anymore, so they are dropping us as a community friend. So, we are trying to find a team of people who would be willing to fill this void for us. In this period of transition, please be patient with us and those who will be stepping into this role.

If you have not attended the exercise class before, this would be a great time to start! There is no cost to you for the class and all are welcome to attend.

DON'T FORGET....

- We have meal tickets available in the office that do not expire and are so convenient because you don't have to worry about having cash on hand.
- Save aluminum cans for the Foundation fundraiser each month.
- DO NOT throw away your table flatware, salad bowls or cups. Everyday we find our coffee cups, black salad bowls and silverware in the trash. Be very attentive when scraping your tray and putting items in the washing window.

MEMORIAL GIFTS RECEIVED DURING THE MONTH

Continued memorial gifts for Barbara Louise Wallace have been received from Judy and Douglas Peppers, Rob and Joan Weeks, Paul and Mary Friese, Patricia Irvin, American Legion Auxiliary Unit No 63, Selma Jager, Celia Jager, and Marilyn Harrison.

Memorial gifts have been given in memory of Floyd Fellows by Ruth Jean Field-Lange and Marlene Cloude.

The Senior Center is always in need of your time and resources.
Please remember your Senior Center when making your final arrangements.