

Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

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



ST. PATRICK'S DAY ACTIVITIES PLANNED FOR MARCH 14

Because St. Patrick's day is on Sunday this year, we have moved our fun back to Thursday, March 14. We will enjoy the VJ Music band again from 1:00-11:15. Please mark your calendar and plan to come early... they are really good! Wear your green and buy your raffle tickets for the 50/50 Pot of Gold drawing. This will be a fun day, so put a reminder where you will see it to come early!

FOOT CLINIC DATE CHANGE FOR MARCH

If you participate in the foot care clinic, please note the date change to Wednesday, March 27. Please still sign up in the book at the front window, but know it will be on Wednesday for this month. The company asks \$5 for this service.



FOOD ITEMS AND MILK CANNOT BE TAKEN OUT OF THE BUILDING

If you sign in to eat at the center in the dining room and get a lunch meal, we are not allowed to let that food leave the building. This is a state rule, not our local rule. Please do not bring containers from home to take food home. If you need a smaller portion or a "happy meal" as the kitchen crew calls it, please tell them as you go through the serving line.

As we have new people come to dine with us, it is necessary to remind folks on occasion of this fact. Remember, we are not a restaurant, we are a "program" that has a myriad of rules to follow. Please help us to stay compliant by not taking food and milk out of the building if you have gotten a congregated meal to eat at the center.

PAPER SHREDDING EVENT BEING PLANNED FOR LATE APRIL OR EARLY MAY

Now is the time to start going through old papers, bank records, tax returns, investment papers, and any other kinds of papers that have personal or confidential information on them to be shredded and destroyed. We will offer this free of charge to you and just ask that you help spread the word to your friends who might not be coming to our senior center now. Invite them to come and take advantage of this once-a-year service, and also to become involved and active in our senior center. Watch the chalk board and the front window for the date once it has been set.

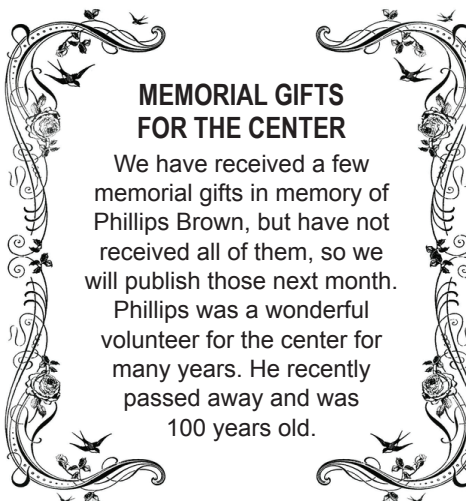


MISCELLANEOUS CALENDAR ITEMS TO BRING TO YOUR ATTENTION

Note the center will have to close early on March 6, because staff will all be out of the building.

There will be no Women's Bible Study on March 13, because Dara will be on vacation.

The foot care clinic has to move to Wednesday, March 27, due to Kathy being on vacation.



MEMORIAL GIFTS FOR THE CENTER

We have received a few memorial gifts in memory of Phillips Brown, but have not received all of them, so we will publish those next month.

Phillips was a wonderful volunteer for the center for many years. He recently passed away and was 100 years old.

MARCH 2019 EVENTS

- 1 Weight Sense, 9:00
Bingo, 12:30, Edward Jones, Timothy Domian, sponsor
- 5 Nutrition Education, Ann Knight, University of Missouri Extension
Site Council, 9:00, Decorate then meet
Exercise Class, 9:30-10:30
AARP Tax Aide, 6:00-8:30, here
- 6 Ash Wednesday; lunch will include a fish choice today
Dominoes, 8:00
Women's Bible Study, 1:30
Center will close early today at 1:30... thank you for your cooperation
- 7 Exercise Program, 9:30-10:30
Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 8 Weight Sense, 9:00
Bingo, 12:30, Broadway Pharmacy
- 11 Board Meeting, 12:15
- 12 Exercise Class, 9:30-10:30
AARP Tax Aide, 6:00-8:30, here
- 13 Dominoes, 8:00
Trendsetters Beauty Bingo, 10:30
No Women's Bible Study today; Dara's on vacation
- 14 Celebrating St. Patrick's day early, live band from 10-11:15, wear your green, and we'll have the 50/50 Luck-O-The-Irish raffle
Exercise Class, 9:30-10:30
Bible Study, 10-11:00
Apple Project paperwork Service, 10:30
Raffle, 11:45
- 15 Weight Sense, 9:00
Bingo, 12:30, Sponsored by Saxony Village and The Lutheran Home
- 18 Birthday Bingo, 10:15, sponsored by Montgomery Bank
Birthday Party, 11:00, cake provided by Crown Hospice
- 19 Exercise Class, 9:30-10:30
AARP Tax Aide, 6:00-8:30, here
- 20 Dominoes, 8:00
Blood Pressures, 10-11:00, Crown Hospice
LifeCare FUN Activity! 10:30
Women's Bible Study, 1:30
- 21 F&DJ Band, playing music from 10:00-11:15 for your toe-tapping enjoyment. They play and sing a good variety of music and you just don't want to miss them. Mark your calendar and come early to have fun!
Exercise Class, 9:30-10:30
Bible Study, 10-11:00
Apple Project Paperwork Service, 10:30
Raffle, 11:45
- 22 Weight Sense, 9:00
Bingo, 12:30, The Villas of Jackson Assisted Living
- 26 Exercise Class, 9:30-10:30
VNA Fun Activity! 10-11:00, come and join in on the FUN!!!
AARP Tax Aide, 6:00-8:30, here
- 27 Grace Health Services Foot Care and Toenail Trim clinic, sign up in notebook at front window table
Dominoes, 8:00
Trendsetters Beauty Bingo, 10:30
Women's Bible Study, 1:30
- 28 Exercise Class, 9:30-10:30
Bible Study, 10-11:00
Apple Project Paperwork Service, 10:30
Raffle, 11:45
- 29 Weight Sense, 9:00
Bingo, 12:30, GWRRA, Chapter I

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 2019

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

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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 Chili Dog OR Fried Fish Fresh veggies and dip Coleslaw Crackers / Hushpuppies Citrus Fruit Salad or Cook's Choice Desserts
4 Shepherd's Pie OR Polish Sausage/potato Sauerkraut Prince Edward Veggies WG Bread SF Peach Crisp or Peach Cobbler	5 Roast Pork/Gravy OR Vegetable Beef Soup Au Gratin Potatoes Pickled Beet Salad WG Hot Roll Cinnamon Applesauce or Streusel Cake	6 Chicken & Rice OR Fried Fish/Hushpuppies Lima Beans Savory Carrots WG Bread Mixed Fruit or Carrot Cake	7 Meatloaf OR Chicken and Noodles Mashed Potatoes Green Beans Mixed Salad WG Hot Roll Mandarin Oranges or Fruit Pies	8 Fish: Baked or Fried OR French Dip Sandwich Coleslaw Baked Beans WG Bread/Bun Mixed Fruit or Brownie
11 Pepper Steak OR Smothered Pork/Gravy Chantilly Potatoes Brussels Sprouts WG Hot Roll SF Apple Crisp or Coconut Delight	12 Taco Salad OR Boneless Chicken Wings/Sauce Black Beans & Corn Lettuce Salad Tortilla Chips/Hot Roll Tropical Fruit or Pudding w/ Cookies	13 Spaghetti/Meatballs OR Sweet 'n Sour Chicken/Rice Buttered Corn Garden Salad WG Garlic Bread Chilled Pears or Pudding and Vanilla Wafers	14 Corned Beef OR Chicken & Dumplings Cooked Cabbage Peas & Carrots Emerald Isle Salad WG Hot Roll SF Banana Pudding or Lime Poke Cake	15 Potato Soup w/ Ham & Cheese on Bun OR Fried Fish/Hushpuppies Parmesan Roasted Broccoli Coleslaw Fresh Apple Slices or Cook's Choice Desserts
18 Chicken Strips OR Beef Liver & Onions Mashed Potatoes & Gravy Cal Blend Veggies WG Bread Applesauce or Texas Sheet Cake	19 Hamburger Stroganoff OR Reuben Casserole Green Sweet Peas Beets WG Garlic Bread Mandarin Oranges or Red Velvet Cake	20 BRUNCH MENU Lean Ham OR Sausage Patties Scrambled Eggs Hashbrowns w/Onions Citrus Fruit Salad Bran Muffin	21 Kettle Beef OR Breaded Pork Tenderloin Mashed Potatoes Green Beans WG Hot Roll SF Peach Crisp or Peach Pie	22 Fish: Fried or Baked OR Chicken Alfredo Seasoned Corn Spinach Salad WG Bread or Hushpuppies Chilled Pineapple or Pineapple Cake
25 Chicken Parmesan w/ Marinara Pasta OR Cabbage Roll w/ Mashed Potatoes Italian Blend Veggies Garden Salad WG Garlic Bread Tropical Fruit or Cookies	26 Ham & Beans OR Rotisserie Chicken/potato Stewed Tomatoes Seasoned Spinach Cornbread SF Apple Crisp or Apple Dump Cake	27 Patty Melt OR Chicken Breast/Bun Oven Fries Seasoned Broccoli Lettuce, Tomato, Pickle, Onion WG Bun Chilled Plums or German Choc Cake	28 Chicken & Dressing OR Gravy Meatballs over Rice Green Beans Glazed Baby Carrots WG Hot Roll Stewed Spiced Peaches or Cream Pies	29 FISH: Fried or Baked OR Southwest Chicken Soup Coleslaw Baked Beans WG Bread Mandarin Oranges or Iced Orange Cake