

## OCTOBER 2019 CALENDAR OF EVENTS

- 1 Site Council 8:30 am, decorate and meeting following  
Exercise Class, 9:30
- 2 Dominoes, 8:00  
Women's Bible Study, 1:30, led by Dara Drury, our head cook
- 3 Blood Pressures, 10-11:00, Broadway Pharmacy  
Exercise Class, 9:30  
Bible Study, 10-11:00  
NO APPLE Project Paperwork Service today  
Raffle, 11:45
- 4 Weight Sense, 9:00 am  
Bingo, 12:30, Edward Jones, Timothy Domian, Financial Advisor
- 8 Exercise Class, 9:30
- 9 Dominoes, 8:00 am  
Beauty Bingo, 10:30  
Women's Bible Study, 1:30
- 10 Exercise Class, 9:30  
Bible Study, 10-11:00  
APPLE Project Paperwork Service, 10:30  
Raffle, 11:45
- 11 Weight Sense, 9:00 am  
Bingo, 12:30, Broadway Pharmacy
- 14 Center Closed for Columbus Day, See you tomorrow!
- 15 Exercise Class, 9:30  
Board Meeting, 12:15
- 16 Dominoes, 8:00  
Blood Pressures, 10-11:00, Crown Hospice  
LifeCare Center FUN activity, 10:30  
Women's Bible Study, 1:45
- 17 Exercise Class, 9:30  
Bible Study, 10-11:00  
APPLE Project Paperwork Service, 10:30  
Raffle, 11:45
- 18 Weight Sense, 9:00 am  
Bingo, 12:30, Saxony Village
- 21 Birthday Bingo, 10:15, Montgomery Bank  
Birthday Party, 11:00, cake provided by Crown Hospice  
Wendell Wyatt on Missions in Nicaragua program, 12:30. Wendell will present a 45 minute slide show about his mission work in Nicaragua, please stay to enjoy this interesting program.
- 22 Exercise Class, 9:30  
Foot Care Clinic, 8-2:00  
VNA FUN Activity! 10-11:00
- 23 Dominoes, 8:00  
Beauty Bingo, 10:30  
Women's Bible Study, 1:45
- 24 Medicare Open Enrollment event, 10:00, sponsored by the APPLE Project, see article below

- Exercise Class, 9:30
- Bible Study, 10-11:00
- Raffle, 11:45
- 25 Weight Sense, 9:00 am
- Bingo, 12:30, The Villas of Jackson, Assisted Living
- 29 Exercise Class, 9:30
- 30 Dominoes, 8:00
- Women's Bible Study, 1:45
- 31 Exercise Class, 9:30
- Bible Study, 10-11:00
- APPLE Project Paperwork Service, 10:30
- Raffle, 11:45

#### MEDICARE PART D OPEN ENROLLMENT EVENT ON OCTOBER 24

Your Medicare Part D plan should be reviewed every year to ensure you are enrolled in the most cost effective and best plan for you and the medications you take. Even if you have not changed medications you take, you should still review your plan. Insurance companies are constantly changing which medications they will or will not cover and so you should review this every year.

Bring your list of medications with name, dose and frequency OR you can physically bring your medications in a bag and the APPLE Project ladies will individually meet with you for your review.

A SIGN-UP list is at the front table to give us an idea as to how many to expect.

#### WENDELL WYATT ON MISSIONS IN NICARAGUA PROGRAM OCTOBER 21 AT 12:30

The Senior Center's friend and wonderful volunteer Wendell Wyatt has put together about a 45 minute power point slide program on his mission work in Nicaragua and would love to share his experience with you. This educational and informative program is for your enjoyment and to hear about what he does on his mission trips. Please come and enjoy this program and invite others to attend as well.

#### MILK AND FOOD CANNOT LEAVE THE BUILDING

Because we are a PROGRAM and not a restaurant, we have a large, thick book of codes and regulations we must follow. One of those is that milk is for your lunch, noon meal only. You cannot take milk home with you to use later or for another meal. Your milk is provided to you as your beverage with your lunch.

No milk can leave the building unless it is part of a home delivered meal that has been approved and proper paperwork is on file with the center.

Thank you for helping us follow our rules.

#### PLEASE BE ALERT AND CONSCIENTIOUS WHEN CLEARING YOUR TRAY

We continue to have an ongoing problem with loss of black chef salad bowls, soup bowls and table flatware in the trash containers. PLEASE pay attention to what you are doing when clearing your tray. Napkins, milk cartons and food scraps in the trash cans, glasses, trays, bowls and flatware in the tub. Please just slow down and think about this task to help the center save money. THANK YOU!!!

THE ACTUAL COST OF OUR MEAL IS ABOUT \$6, YOUR CONTRIBUTE IS AT LEAST \$3 TOWARD THE ACTUAL COST OF THE MEAL

Just a reminder that the actual cost of our meal is a little over \$6.00. To keep your part as affordable as possible, your part is at least \$3.00 toward the actual cost of the meal. The center depends on your part to keep the cost affordable for all and to continue to provide this service.

Some clients who love our center and our program and appreciate what we do choose to contribute more toward the cost of the meal.... THANK YOU!!!! When everyone does their part it makes it wonderful for all involved!

#### WHO IS THE CAPE SENIOR CENTER FOUNDATION?

The Cape Senior Center FOUNDATION owns the building and grounds where the nutrition program is operated from. The FOUNDATION has a Board of Directors and they conduct the business of the building and the grounds. With that said, there is a tremendous amount of upkeep and maintenance on a building this size, and age. To help raise money, the FOUNDATION holds its weekly Thursday raffle. All money from the raffle goes to the upkeep and maintenance of this building, NOT the nutrition program. Other fundraisers the FOUNDATION has is the Buck-A-Month Club (on the wall next to the soda cooler), soda sales and recycling of aluminum cans, all Memorial and Honorarium gifts, as well as bequests and generous gifts from wonderful people.

The nutrition program and the Foundation operate totally separate and funds are not shared between the two organizations. In fact, the nutrition program pays rent to the foundation to use this building to run its program out of.

It is vital to the success of the nutrition program and the Foundation to do your part. Contribute your part for your meal to stay in that organization's account, THEN get your raffle tickets and your soda and recycle your can, make sure you've given your \$12 to join the Buck-A-Month Club and remember to give a monetary gift to honor a friend on a birthday or wedding anniversary or special occasion. All of this adds up and helps to operate this building and keep our program going.

Questions? Step in the office and we'll be happy to answer any questions you have about this.

Thank you for supporting the nutrition program and the Foundation!

#### MEMORIAL GIFTS GIVEN TO OUR SENIOR CENTER'S FOUNDATION

A memorial gift was given in memory of Jerry Priest by Phil and Evelyn Finney.

A memorial gift was given in memory of David Schaffner by Jerry Emerson.

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