

FEBRUARY 2020 CALENDAR OF EVENTS

- 4 Site Council 8:30 am to decorate, meeting immediately following
Exercise Class, 9:30
- 5 Dominoes, 8:00
- 6 Exercise Class, 9:30
Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 7 Weight Sense, 9:00
Bingo, 12:30, Edward Jones, Timothy Domian, Financial Advisor
- 10 Board Meeting, 12:15
- 11 Exercise Class, 9:30
AARP Tax Aide, HERE, 6:00-8:30 pm, no appointment necessary
- 12 Dominoes, 8:00
Beauty Bingo, 10:30, sponsored by Trendsetters School of Cosmetology
Brain Fitness, 10:30-11:15, in our Board Room
- 13 Exercise Class, 9:30
Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
*The Center will close early at 1:30 due to staff vacation day.
- 14 Happy Valentines Day! Wear your red and white and enjoy lunch with your friends!
Weight Sense, 9:00 am
Bingo, 12:30, Broadway Pharmacy
*The Center will close early at 1:30 due to staff vacation day.
- 17 Center Closed for Presidents' Day
- 18 Birthday Bingo, 10:15, Dennell Travel Services
Birthday Party, 11:00, cake provided by Crown Hospice, please sign up if you plan to attend and sit
at the birthday table
Exercise Class, 9:30
AARP Tax Aide, HERE, 6:00-8:30 pm, no appointment necessary
- 19 Free eye screening for vision and pressure. Please choose a time using the sign-up form displayed at
the front table by the big windows. Sponsored by Eye Care Specialists. In our Board Room.
Dominoes, 8:00
Brain Fitness, 10:30-11:15, in our TV/Activity Room
Blood Pressures, 10-11:00, Crown Hospice
Life Care Center Fun Activity, Fish Tales Storytelling activity, 10:30
- 20 Exercise Class, 9:30
Bible Study
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 21 Weight Sense, 9:00
Bingo, 12:30, Saxony Village, Scott Sprandel
- 24 *The Center will close at 1:30 for staff vacation day.
- 25 Foot Care Clinic and Toenail Trimming, Sign-ups necessary
Exercise Class, 9:30
VNA Fun Activity! Trivia and Fun Facts Activity, 10:15 am
AARP Tax Aide, HERE, 6:00-8:30 pm, no appointment necessary
- 26 Ash Wednesday, Fish for lunch!
Dominoes, 8:00

- Brain Fitness, 10:30-11:15, in our Board Room
Beauty Bingo, 10:30, sponsored by Trendsetters School of Cosmetology
- 27 Exercise Class, 9:30
Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 28 Weight Sense, 9:00 am
Bingo, 12:30, The Villas of Jackson, Assisted Living

BRAIN FITNESS STARTING AT OUR CENTER

Brain Fitness: It's time to exercise our brains! Participate in familiar cognitive games and activities, and/or learn new ones --- all with the goal of keeping our brains alert, thinking , and working well. Activities are suitable for everyone. Wednesdays, 10:30-11:15, in Board Room. Starting February 12. Everyone Welcome! This activity will be led by Carol Dippold M.A., Licensed Professional Counselor and Certified Dementia Practitioner. She has extensive training in memory care and memory health, and she is delightful.

EYE CARE CLINIC SCHEDULED FOR FEBRUARY 19

Representatives from Eye Care Specialists will be HERE on Wednesday, February 19 to perform a free screening for vision and pressure. Please choose a time using the sign-up form displayed at the little table by the large front windows.

INCLEMENT WEATHER MAY CAUSE CENTER TO HAVE TO CLOSE

As we move through winter, there may be times when inclement weather may cause school to cancel, and to close the senior center. The Cape Senior Center follows the Cape Public Schools closing schedule for weather, so if they close due to winter weather, we will also close.

Many times it may not be the parking lot or the streets that may be bad, it is the sidewalks, steps and porches of 200 homes we deliver meals to. We do not want to put our volunteers in harm's way to deliver meals and have to walk on dangerous conditions. PLEASE, watch the TV or listen to the radio for school closings and know that if the Cape Public Schools close, we will, too.

MEMORIAL GIFTS GIVEN DURING THE MONTH

A Honorarium Gift has been given to our Center in honor of Joan Weeks, faithful volunteer, by her daughter, Melissa Weeks Weaver. The gift was given as a Christmas gift to her mother.

A memorial gift was in memory of Lorraine Eaton by her daughter's family, George, Kristi, Cody and Katy Honeywell.

A memorial gift was given in memory of Bill Ford, given by Marjorie Hildebrand.

HAPPY NEW YEAR! JOIN BUCK-A-MONTH NOW!

The Foundation depends on your financial support for repairs and upkeep of our wonderful building. A simple way to give is to give \$1 a month.... a simple \$1 per month! Everyone can do that much!

If 150 people would give just \$1 a month that would add up to \$1,800 a year!

If 200 people would give just \$1 per month, that would be a wonderful \$2400 per year! WOW! Look what the foundation could do with repair and upkeep funds, ALL AT JUST \$1 AT A TIME!!!

The Senior Center Foundation challenges you and your friends to join now and give your \$1 per month!!!

SAVE THE DATE FOR FREE PAPER SHREDDING EVENT... HERE!!!

We will offer a large paper/document shredding event in our parking lot on THURSDAY, APRIL 30, from 10:00 to 1:00 pm. All documents are ground up and destroyed right here for security purposes.

Start sorting out old bank statements, tax returns and any documents that need to be securely destroyed now!!! April will be here before you know it! This is a free event.

ANNUAL SURVEYS WILL BE UNDERWAY IN FEBRUARY

Each year in February, we are required to conduct a survey on our home delivered meal clients and our congregate clients. The surveys give the center ideas of programs you would like to have as well as menu item suggestions.

There have been many programs and menu items added because you suggested them, most recently, such as the paper shredding event, chef salads and estate and will planning program.

The surveys will be available for about 3 weeks, so please, one survey per person and give your ideas and suggestions.

Thank you!

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