

CAPE GIRARDEAU Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

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

JULY 2026 NEWS

CENTER CLOSED FOR OUR NATION'S 250TH INDEPENDENCE DAY HOLIDAY

Please note that the Center will be closed on Friday, July 3 for the 250th Independence Day holiday.

Have fun, be safe and enjoy the holiday weekend.



LET'S REVISIT THIS...INSTEAD OF A SUMMER SLUMP, LET'S ACHIEVE A SUMMER BUMP!

Every summer the senior center has a little summer slump in numbers served and attendance. Some people help babysit grandchildren during the summer, so the numbers tend to drop off a little over the summer. This year let's all work together to have a Summer Bump UP in our numbers and attendance.

Invite someone to come and then invite another person to come and just think how nice it would be to have a dining room full all the time!

All the staff are excited to see who you bring with you this summer!!!

DOMINO PLAYERS WANTED!

Every Wednesday there will be Dominoes at 10:00 am and it would be wonderful to see that group grow! The current players are eager to teach you how to play and they welcome you to come into the group.

You don't have to know anything about Dominoes to come, they will teach you.



NEW FISCAL YEAR MEANS WE UPDATE YOUR INFORMATION

AS we start July 1, this begins the Center's new fiscal operating year. We start all over on the numbers served for the year, a new operating budget and we update your client information.

PLEASE, check to make sure we have your current emergency contact person on file in the event of an emergency. We like to have a name and phone number just in case we need to contact your family members.

You can see Terre at the front desk or step into the office to update your client information.

VOLUNTEERS NEEDED FOR LIBRARY, PUZZLES AND MAGAZINE AREA

In the past, we have had a volunteer Librarian who would put books away and purge books as needed, as well as puzzles and magazines. We are currently without this volunteer and we are looking forward to having someone step up to want to help with this area.

Please give this some thought and let us know that you can help.

ACTIVITIES THIS MONTH

- 1 Foot Care Clinic, all day by appointment only
Dominoes, 10:00-3:00, Everyone Welcome!
- 2 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10:00 am, by Joey Crosnoe
Raffle, 11:45
- 3 Center Closed for the 250th Independence Day holiday break
- 6 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 7 Site Council, 10:00 am
Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30, by Peggy or Marie
- 8 Dominoes, 10:00-3:00, Everyone Welcome!
- 9 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10:00 am, by Joey Crosnoe
Raffle, 11:45
Kage Extension Club, Board room, 12:30
- 10 Hand and Foot card game, 9:00-3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo! 12:30, Sponsored by Comfort Keepers
- 13 Bridge, 12:30-3:00, for players who already know how to play Bridge
Board Meeting, 12:30
- 14 Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30, by Peggy or Marie
- 15 Foot Care Clinic, all day by appointment only
Dominoes, 10:00-3:00, Everyone Welcome!
- 16 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10:00 am, by Joey Crosnoe
Raffle, 11:45
- 17 Hand and Foot card game, 9:00-3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo! 12:30, Sponsored by Saxony Village
- 20 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 21 Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30, by Peggy or Marie
Bingo! 12:15, Sponsored by Genesis Home Care
- 22 Dominoes, 10:00-3:00, Everyone Welcome!
- 23 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10:00 am, by Joey Crosnoe
Raffle, 11:45
- 24 Hand and Foot card game, 9:00 to 3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Sponsored by Jackson Healing Arts
- 27 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 28 Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30, by Peggy or Marie
Bingo, 12:15, Sponsored by Southern Care and Comfort
- 29 Dominoes, 10:00-3:00, Everyone Welcome!
- 30 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10:00 am, by Joey Crosnoe
Raffle, 11:45
- 31 Hand and Foot card game, 9:00 to 3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Sponsored by SADI

Your senior center is always in need of your time and resources. Please let your family know when making your final arrangements that you would like your memorial gifts left to the senior center as a lasting memory upon your passing.

July 2026

The actual cost of each meal is about \$9.00

A suggested contribution is \$5.00 or more per meal applies

Guests under age 60 pay \$9.00 to the hostesses

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SERVING 11:00 – 12:30 MON. – FRI.

921 Clark Ave.

Cape Girardeau, MO 63701

www.capeseniorcenter.org

573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Taco Salad OR Chicken Soft Taco Tortilla Chips Black Bean Corn Salad WG Crackers Chilled Pears or Iced Cherry Cake	2 Chicken Cheddar Broccoli Casserole OR Ham Slice Glazed Carrots Creamed Corn WG Hot Roll SF Pudding w/ Fruit or Coconut Cream Dessert	3 Center Closed For the 250 th Celebration of our Nation
6 Sweet ‘n Sour Pork OR Orange Chicken Seasoned Rice Peas & Carrots Asian Blend Veggies WG Bread Slice Applesauce or Peanut Butter Delight	7 Tuna Salad OR Turkey Bacon Wrap Sweet ‘n Sour Beets Carrot Ginger Salad Potato Chips WG Bread or Crackers Fruit Cocktail or Peach Dump Cake	8 BBQ Riblet OR Poppyseed Chicken Casserole Baked Beans Spinach Salad WG Bun or Bread Slice Chilled Pineapple or Ambrosia	9 Chicken & Dumplings’ OR Honey Garlic Meatballs Green Beans Stewed Tomatoes WG Hot Roll Chilled Peaches or Blackberry Cobbler	10 FISH: Baked or Fried OR BBQ Pulled Pork Seasoned Potato Wedges Pineapple Coleslaw WG Bread Slice Blushing Pears or Lemonade Cake
13 Beef Goulash OR Chicken Tortellini Green Beans Cauliflower Garden Salad WG Garlic Bread Emerald Isle Dessert	14 Beef Patty Melt OR Open Face Turkey on Bread w/ Potatoes Vegetable Blend Broccoli Salad WG Bread SF Berry Crisp or Peach Cobbler	15 Chicken Shepherd’s Pie OR Mushroom Chopped Steak /Potato Brussel Sprouts 3 Bean Salad WG Hot Roll Mandarin Oranges or Cook’s Choice Dessert	16 Ham and Beans OR Homemade Meatloaf Zucchini & Tomatoes Oven Fried Potatoes w/ Onions Cornbread & Crackers Peaches & Cottage Cheese or Apple Pie	17 Chicken Sandwich OR Fried Fish Sweet Potato Fries Spinach Salad WG Bun or Bread SF Gelatin with Pears or Blueberry Fluff
20 Pepper Steak OR Roasted Chicken Legs Rice Pilaf Steamed Cabbage Buttered Corn WG Bread Slice Blushing Pears or Fresh Baked Cookies	21 Meatball Stroganoff OR Hot Chicken Salad Buttered Noodles Cal. Blend Vegetables Lima Beans WG Bread Slice Mandarin Oranges or Iced Yellow Cake	22 Chicken Parmesan w/ Pasta and Marinara OR French Dip /Bun Italian Blend Veggies Garden Salad Garlic Bread or Bun Chilled Peaches or Pudding, Home Delivered Ice Cream, In-House	23 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Seasoned Green Beans Green Pea Salad WG Hot Roll SF Peach Crisp or Melon Blend Dessert	24 Sub Sandwich OR Chicken Caesar Pasta Salad Potato Salad Cucumber Onion Salad WG Bun or Crackers Chilled Seedless Grapes or Strawberry Shortcake
27 Pork Chop Supreme OR Garlic Romano Chicken Breast Au Gratin Potatoes Winter Blend Veggie WG Hot Roll Cinnamon Applesauce Or Cinnamon Swirl Cake	28 Chicken Tetrizzini OR Cook’s Choice Soup Buttered Carrots Tossed Salad WG Hot Roll Citrus Fruit Salad or Pineapple Right Side Up Cake	29 BBQ Chicken OR Ham & Cheese Croissant Baked Beans Spinach Au Gratin WG Hot Roll SF Gelatin w/ Bananas or Chocolate Cake	30 Homemade Meatloaf OR Smothered Bratwurst Mashed Potatoes Green Beans Gelatin Salad WG Hot Roll Warm Spiced Peaches or Cinnamon Roll	31 FISH: Baked or Fried OR Cheeseburger Coleslaw Seasoned Wedges WG Bread or Bun Blushing Pears or Cheesecake Dessert