

CAPE GIRARDEAU Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING
921 N. Clark St. • Cape Girardeau, MO • (573) 335-1352

MARCH 2026 NEWS



ST. PATRICK'S DAY FUN PLANNED FOR MARCH 17

On Tuesday, March 17, wear your green and come for a special St. Patrick's Day menu. We will be having a 50/50 drawing that day and tickets are 2 for \$1.00 or 12 for \$5.00. We will only sell tickets on that day and the drawing will be at 11:50, 10 minutes before noon. Mark your calendar now and plan to attend.

If you do not plan to participate in the 50/50 raffle drawing, just a reminder that we serve lunch until 12:30 so there's no rush to be here before the drawing. THANK YOU!!!

EASTER BONNET PARADE IS COMING!!! MARK YOUR CALENDAR!!!

On Thursday, April 2, we will be having some special Easter activities including an Easter Bonnet Parade!!!



To give you plenty of extra time to decorate your bonnet, we are telling you well in advance to prepare and get ready. Any kind of hat you wish to decorate as your bonnet is acceptable and really, anything goes!!! We will award the top 3 winners a prize and of course that person will have bragging rights for a full year!

We LOVE our Site Council members who plan these fun activities!!! Thank You!!!!

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.

AARP TAX-AIDE CONTINUES TAX PREPARATIONS THROUGH MARCH UNTIL APRIL 7

The AARP TAX-Aide volunteers are still doing taxes through the month of March and at the senior center until April 7.

No appointment is needed, just show up with all of your tax information needed to file the return.

Volunteers work at our senior center from 6:00-8:00 pm each Tuesday.

SECURE PAPER SHREDDING EVENT COMING TUESDAY, APRIL 28

Every Spring we encourage you to clear out old, unnecessary documents from your home by providing a secure shredding event in our parking lot.

This event will be Tuesday, April 28, from 10:00 am to 1:00 pm. There is no charge, but donations are always appreciated. Please remove paperclips and large clips from paperwork.

Clean out and purge! Now is the time!

MEMORIAL GIFTS GIVEN TO THE CENTER

A gift was given to the Center in memory of Dara's grandson, Riley Dean Bennett, given by Calvin and Carol Wells.



SPRING CLEANING AND DONATIONS TO OUR CENTER'S THRIFT SHOP

As you change over your clothes to a new season this Spring, remember our Thrift Shop with any donations you might have for the center's ongoing fundraiser.

We will take anything except old electronics and large furniture items.

Step inside the Thrift Shop and take a look around. You never know what you might find.



ACTIVITIES THIS MONTH

- 2 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 3 Site Council, 9:30, Decorate then meet
Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
AARP Tax-Aide, HERE!!! 6:00 – 8:00 pm, no appt necessary
- 4 Foot Care Clinic, all day by appointment only
Dominoes, 9:30-3:00, Everyone Welcome!
- 5 Nutrition Education, Mandie from University of Missouri
Exercise Class, 9:30, by Peggy or Marie
Bible Study, 10:00 am, by Joey Crosnoe
Raffle, 11:45
- 6 Hand and Foot card game, 9:00-3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo! 12:30, Edward Jones, Tim Doman
- 9 Bridge, 12:30-3:00, for players who already know how to play Bridge
Board meeting, 12:30
- 10 Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30, by Peggy or Marie
AARP Tax-Aide, HERE!!! 6:00 – 8:00 pm, no appt necessary
- 11 Dominoes, 9:30-3:00, Everyone Welcome!
Mind Matters, 10:00, Carol Dippold, Board Room, for those who have registered for the class
- 12 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10:00 am, by Joey Crosnoe
Raffle, 11:45
- 13 Hand and Foot card game, 9:00-3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo! 12:30, Sponsored by Comfort Keepers
- 16 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 17 St Patrick's Day Luck-of-the-Irish 50/50 drawing! Tickets 2 for \$1 or 12 for \$5
Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30, by Peggy or Marie
Bingo! 12:30, Sponsored by Genesis Home Care
AARP Tax-Aide, HERE!!! 6:00 – 8:00 pm, no appt necessary
- 18 Foot Care Clinic, all day by appointment only
Dominoes, 9:30-3:00, Everyone Welcome!
- 19 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10:00 am, by Joey Crosnoe
Raffle, 11:45
- 20 Hand and Foot card game, 9:00-3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Blood Pressure checks, 10:30, 1st Stepp Home Assistance
Bingo! 12:30, Sponsored by Saxony Village, Shane
- 23 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 24 Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30, by Peggy or Marie
Bingo! 12:30, Sponsored by Southern Care and Comfort
AARP Tax-Aide, HERE!!! 6:00 – 8:00 pm, no appt necessary
- 25 Dominoes, 9:30-3:00, Everyone Welcome!
Mind Matters, 10:00, Carol Dippold, for those who have registered for the class
- 26 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10:00 am, by Joey Crosnoe
Raffle, 11:45
- 27 Hand and Foot card game, 9:00-3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo! 12:30, Sponsored by Jackson Healing Arts
- 30 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 31 Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30, by Peggy or Marie
AARP Tax-Aide, HERE!!! 6:00 – 8:00 pm, no appt necessary

MARCH 2026

The actual cost of each meal is about \$8.69
 A contribution is \$5.00 or more per meal applies
 Guests under age 60 pay \$9.00 to the hostesses
 LIKE “Cape Girardeau Senior Center” on Facebook

SERVING 11:00 – 12:30 MON. – FRI.
 921 N. Clark St.
 Cape Girardeau, MO 63701
www.capeseniorcenter.org
 573-335-1352

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Sandwich OR Tomato Soup & Toasted Cheese Sand. Potato Wedges Seasoned Broccoli WG Bun / Bread Chilled Pineapple or Pineapple Right Side Up Cake	3 Ham & Beans OR Beef French Dip Sand On WG Bun Oven Fries & Onions Macaroni & Tomatoes Cornbread & Crackers Peaches & Cottage Cheese or Peach Cobbler	4 Beef Tomato Cabbage Scallop OR Poppseed Chicken Calif Blend Veggies Roasted Squash WG Hot Roll Chilled Pears or Spice Cake w/Caramel Icing	5 Meatloaf OR Oven Fried Chicken Chantilly Potatoes Country Green Beans Layered Lettuce Salad WG Hot Roll Warm Cinnamon Apples or Apple Pie	6 FISH: Baked or Fried OR BBQ Pulled Pork Baked Beans Mac-n-Cheese Coleslaw WG Bread or Bun Mandarin Oranges or Fresh Baked Cookies
9 Beefy Macaroni Casserole OR Cordon Bleu Casserole Buttered Peas Glazed Carrots WG Bread Slice Fruit Cocktail or Pecan Dump Cake	10 Potato Soup with Ham & Cheese Sand OR Sweet & Sour Chicken w/ Rice Mixed Vegetables Caesar Salad WG Bread Mandarin Oranges or Chocolate Cake	11 Chicken Parmesan w/ Pasta OR Beef Stroganoff Italian Vegetable Blend Hot Buttered Corn WG Garlic Bread Tropical Fruit Blend or Banana Pudding	12 Orange Pork Loin OR Beef Stew Sweet Potato Winter Blend Veggies WG Hot Roll SF Peach Crisp or Cranberry Crisp	13 Beef and Bean Chili w/ Peanut Butter Sand. OR Fried Fish Baked Potato Kidney Bean Salad WG Bread and Crackers SF Gelatin w/ Pears or Iced Carrot Cake
16 Cheese Omelet & Sausage Patty or Chicken Tenders Country Fries & Onions WG Biscuit & Gravy Bananas & Pineapple Orange Juice	17 Corned Beef OR Ham Slice Steamed Cabbage Buttered Parsley Potatoes Emerald Isle Salad WG Hot Roll SF Fruit Crisp or St. Patrick's Day Cake	18 Homemade Meatloaf OR Chicken Pot Pie Seasoned Green Beans Okra & Tomatoes WG Hot Roll Chilled Peaches or Coconut Delight	19 Chicken & Dressing OR Country Fried Steak Mashed Potatoes Country Blend Veggies Pickled Beets WG Hot Roll SF Warm Apple & Raisins or Pumpkin Crunch Dessert	20 FISH: Baked or Fried OR BBQ Chicken Wings Seasoned Potato Wedges Creamy Coleslaw WG Bread or Bun Mandarin Oranges or Iced Cherry Cake
23 Spaghetti & Meat Sauce OR Cream of Broccoli Soup w/ Sandwich Parmesan Peas Garden Salad WG Garlic Bread Tropical Fruit or Fresh Baked Cookies	24 Chicken & Rice Casserole OR Cabbage Roll/Potatoes Seasoned Broccoli Pickled Beets WG Bread Blushing Pears or Strawberry Shortcake	25 Ham & Beans OR Cabbage Roll Spinach Au Gratin Stewed Tomatoes Cornbread & WG Crackers Peaches & Cottage Cheese or Cranberry Spice Cake	26 Open Face Roast Beef OR BBQ Ribs Mashed Potatoes Seasoned Green Beans WG Bread Slice Applesauce or Oatmeal Cake	27 Beef Patty Melt OR Fried Fish & Hushpuppies Sweet Potato Fries Creamy Coleslaw SF Banana Pudding or Sugar Dusted Brownies
30 Beefy Soft Taco OR Chef Salad Refried Beans Tortilla Chips Tropical Fruit Blend or Fruit Cocktail Cake	31 Ham Slice OR Almond Dijon Chicken Au Gratin Potatoes Green Beans Orange Fluff Salad WG Hot Roll SF Apple Crisp or Applesauce Cake			