

# CAPE GIRARDEAU Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

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

## NOVEMBER 2021 NEWS

### WE ARE EXPERIENCING SUPPLY CHAIN OUTAGES AND SHORTAGES OF PRODUCTS

Over the past month, we have been having an increase of grocery and miscellaneous items that are out-of-stock, backordered, no longer available, unavailable until further notice, substitutions, etc. With that said, we have had to use other products, change products, make do with what we had because it was too late to get something else, etc. Most recently, we cannot get whole berry cranberry sauce, buffet or pit hams, diced pork, white carryout trays, just to mention a few.

Please be patient with us as we work to provide you with an affordable lunch on a shoe-string budget.

At a time when groceries and supplies are skyrocketing in cost, we depend on you to make your suggested contributions, or more, for each meal. Thank you!

### MEDICARE PART D OPEN ENROLLMENT IS NOW THROUGH DEC. 7

For 2020 Medicare coverage, open enrollment is in the fall of 2021, from October 15 to December 7.

During this annual enrollment period (AEP) you can make changes to various aspects of your coverage.

- You can switch from one Medicare Part D (prescription drug) plan to another
- You can switch from Original Medicare to Medicare Advantage, or vice versa
- You can also switch from one Medicare Advantage plan to another
- And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

It is important, especially if you take several medications, to have this reviewed each year.

You may get help with your review by calling the APPLE Project Paperwork Service at 573-651-5467, leave a message and they will return your call.

You will need your Medicare card, a list of all medications you take and include how often or when you take them and the strength of dose.

There is no cost for this service.

The review will tell you which type of plan is best for you to help you save money. This is a wonderful service, so take advantage of it during this open enrollment period.

### MEMORIAL GIFTS RECEIVED DURING THE MONTH

A memorial gift was given in memory of Libby Cates by Evelyn and Phil Finney.

Memorial gifts were given in memory of Chris Austin by Marlene Cloude and Evelyn Finney.

Special thanks to those who generously give in memory of others.



### BAKE SALE SCHEDULED FOR NOVEMBER 18

It is time for the Site Council's Annual Bake Sale! You can support the bake sale in many different ways.

- You can bake and make something to bring to put on the table to sell. Almost anything goes; cookies, quick breads, jams or jellies, pickles, pies, candy, cakes, canned garden goods, etc. Bring your items to the center for everyone to enjoy.
- You can buy items from the bake sale to support our Site Council and the work they do.
- You can invite others to come by and buy items. The bake sale is from 9:00-12:30, so invite friends, neighbors and family to come and purchase items in support.
- You can also just donate cash money to support this fundraiser and not have to bake or buy... just give a cash donation to the cause.

### INCLEMENT WEATHER ANNOUNCEMENT

In the event of inclement weather and Cape Public Schools close, this senior center will also close. If we have accumulating snow or ice that causes a danger or threat to our meal delivery drivers or to you, it may be necessary to close until it is safe for meal delivery volunteers to be on sidewalks, steps and porches, and for you to come to the senior center.

Watch and listen for weather closings at KFVS12 before 7:00 am, online on the KFVS12 website, on our Cape Girardeau Senior Center FaceBook page or on KZIM Radio AM960.

Just remember, if in doubt, don't get out. A broken hip or shoulder is much worse than a missed lunch meal. Take care of yourself and be careful.

### THANKSGIVING IS A TIME TO REFLECT ON OUR BLESSINGS

As we approach Thanksgiving, this is a good time to reflect on our many blessings.

From the staff here at the Center, we are thankful to have the opportunity to work with such wonderful people. Each of you are special in your own way, and we enjoy getting to see you each day. You are counted among our many blessings.

Peace to you during this Thanksgiving season.



### ACTIVITIES THIS MONTH

- 2 Site Council, 9:30  
Exercise Class, 9:15-10:30
- 3 Chair Yoga, 12:30, Jan Cannon
- 4 Exercise Class, 9:15-10:30  
Bible Study, 10-11:00  
Raffle, 12:45
- 5 Bingo, 12:30, Tim Domian, Edward Jones
- 8 Board Meeting, 12:45
- 9 Exercise Class, 9:15-10:30
- 10 Diabetes Education, 10:30-12:00, Southeast Health  
Chair Exercise Yoga, 12:30, Jan Cannon
- 11 Veterans Day, The Center is Closed today to honor our Veterans! Thank You!
- 12 Exercise Class, 9:15-10:30, Note Day Change!!!  
The Center will Close early today at 1:00
- 15 Exercise Class, 9:15-10:30, Note Day Change!!!
- 16 Foot Care Clinic, by appointment only Grace Health Services
- 17 Set tables for the Thanksgiving Dinner, 12:30, please help if you can  
Blood Pressures, 10-1:00, Crown Hospice  
Chair Exercise Yoga, 12:30, Jan Cannon
- 18 Thanksgiving Dinner, 11-12:30, suggested contribution is \$5.00 per meal. Thank You!  
Bake Sale! 9-12:30, please support this fundraiser  
Exercise Class, 9:15-10:30  
Bible Study, 10-11:00  
APPLE Project Paperwork Service, Medicare Part D Open Enrollment event, 10-11:00  
NO Raffle Today  
12:45, help is needed to clear the tables and reset for tomorrow
- 19 Bingo, 12:30, Saxony Village
- 22 Exercise Class, 9:15-10:30, Note Day Change!!!
- 24 Exercise Class, 9:15-10:30, Note Day Change!!!  
Chair Exercise Yoga, 12:30, Jan Cannon
- 25 Happy Thanksgiving! Center Closed
- 26 Happy Thanksgiving! Center Closed
- 30 Exercise Class, 9:15-10:30  
Put Up The Christmas Tree! 9:00 am, y'all come and help!!!

### THANKSGIVING DINNER PLANNED FOR THURSDAY, NOVEMBER 18

Our annual Thanksgiving Dinner is planned for Thursday, November 18.

Please note, the suggested contribution for this special menu day is \$5.00 per meal. The groceries are expensive and everything has gone up in price. We hope you'll support your senior center with your generous contributions toward the cost of this meal. If you have already gotten red tickets, you may still contribute more toward the cost of this meal. Thank you!



# November 2021

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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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
1 Tortellini w/ Ham and Peas OR Almond Dijon Chicken Glazed Carrots Steamed Squash WG Hot Roll Pineapple Tidbits or Honey Bun Cake	2 Sloppy Joe on Bun OR Pork Chop w/ Apple Stuffing 1/2 Baked Potato Steamed Broccoli Mandarin Oranges or Banana Pudding with Cookies	3 Chicken Parmesan w/WG Pasta & Sauce OR Beef Stew Italian Blend Veggie Garden Salad Garlic Bread Chilled Peaches or Almond Cake	4 Kettle Beef OR Lemon Pepper Chicken Mashed Potatoes Green Beans WG Hot Roll SF Apple Crisp OR Peanut Butter Pie	5 Fish Sandwich on Bun OR Chili Dog Potato Salad Creamy Coleslaw Mixed Fruit Dessert or Cherry Dump Cake
8 Pork Roast OR Chicken Pot Pie Seasoned Cabbage Pickled Beets WG Bread Slice SF Peach Crisp or Coconut Delight	9 Chopped Steak w/ Onions & Mushrooms OR BBQ Chicken Mashed Potatoes Spinach Salad WG Hot Roll Tropical Fruit OR Assorted Cookies	10 Meatloaf OR Ranch Style Chicken Mashed Potatoes Brussels Sprouts Gelatin Salad WG Hot Roll Cinnamon Applesauce or Cranberry Crisp	11 CENTER CLOSED FOR THE VETERANS DAY HOLIDAY  THANK YOU VETERANS!!!	12 Potato Soup w/ Hot Ham and Cheese Sand OR Fried Fish & Hushpuppies Vidalia Onion Slaw Cooked Carrots Blushing Pears or Blonde Brownie
15 Scrambled Eggs & Sausage OR Chicken Tenders Hash browns w/ Onions Biscuit & Gravy Citrus Fruit Dessert w/ Bananas	16 Sweet & Sour Pork OR Cranberry Glazed Chicken Breast Seasoned Rice Asian Veggie Blend Green Peas WH Hot Roll Baked Pineapple or Right Side Up Pineapple Cake	17 Crisp Baked Chicken OR Open Faced Roast Beef Mashed Potatoes Seasoned Broccoli WG Hot Roll / Bread SF Fruit Crisp or Blueberry Cobbler	18 Roast Turkey OR Ham Slice Dressing / Gravy Candied Sweet Potatoes Green Beans Cranberry Salad Hot Roll Pumpkin D-Lite or Pumpkin Pie \$5.00 Suggested contribution	19 FISH: Baked or Fried OR Beef Patty Melt Baked Beans Creamy Coleslaw WG Bread Mixed Fruit Dessert or Orange Poke Cake
22 Chicken Strips with Seasoned Potato Wedges OR Beef and Noodles Seasoned Baby Carrots WG Bread Banana or Poor Man's Peach Cobbler	23 Ham and Beans OR Chuck Wagon Steak w/ Potatoes Zucchini & Tomatoes Seasoned Spinach Cornbread or Biscuit Mixed Fruit or Iced Spice Cake	24 Lasagna OR Chicken Cordon Bleu Casserole Buttered Corn Lettuce Salad WG Garlic Bread Tropical Fruit or Chocolate Cream Pie	25 CENTER CLOSED FOR THANKSGIVING  	26 CENTER CLOSED FOR THE THANKSGIVING HOLIDAY WEEKEND
29 Cheeseburger OR Turkey Bacon Melt Tater Tots Winter Blend Veggie WG Bun / Bread Cinnamon Applesauce OR Brownie	30 Beef and Bean Chili & 1/2 Sandwich OR Cabbage Roll Steamed Broccoli 1/2 Baked Potato WG Crackers Mixed Fruit Dessert or Chocolate Cake/PB Icing	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p><b>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.</b></p> </div>		