

# CAPE GIRARDEAU Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

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

## SEPTEMBER 2021 NEWS



**If you are not feeling well**, have a cough or fever or have been exposed to someone with COVID, please **DO NOT COME INTO THE CENTER** to keep other clients and employees healthy. If you have any kind of coughing, sneezing, sniffles, etc., please be considerate of others and wear a mask.

**IF IN DOUBT, STAY OUT UNTIL YOU FEEL BETTER!**  
THANK YOU!

### A CLOSER LOOK AT CALENDAR ITEMS

The **ice cream socials** on September 2 and 9 will start at 11:00, and it is intended to be your dessert for the meal on that day. You can get your lunch and eat at your leisure, then get your ice cream as your dessert. Ice Cream Social sponsored by Grace Reliant.

The **YOGA class** is a chair style yoga and you can do what you can and build up to more with each class. Join in on the fun!

The **Exercise Classes** with Peggy and Marie are back! Come and enjoy the music and laughter while moving and getting in some exercise, Tuesdays and Thursdays.

### ANNUAL ELECTION WILL DEPEND ON NOMINATIONS FROM THE FLOOR

The annual Membership Meeting will be held on August 23, where the Nominating Committee presents the proposed slate of officers and members to the general membership. The committee chair will call for nominations from the floor. It is necessary that the person to be nominated be present to accept the nomination.

What happens at that meeting will determine if we will need to have an annual election or not. Stay tuned and stand by for more on this developing story. An announcement will be made in the dining room and posted on the bulletin board.

### SECURE PAPER SHREDDING EVENT PLANNED FOR SEPTEMBER 20



We are offering a free secure paper shredding event on Monday, September 20 from 10:00-1:00 here in our parking lot.

There is no limit, but please remove papers from three-ring binders or other binders that will not shred. Remove large metal alligator clips. Standard staples are ok and do not need to be removed.

Your papers can be ground and shredded while you are here to ensure that they have been handled in a secure manner.

### FLU VACCINE CLINIC SCHEDULED FOR SEPTEMBER 30



It is not too early to start thinking about the FLU vaccine clinic. This is the 65+ vaccine and is the best vaccine choice for senior adults.

This clinic is first-come-first-served and no appointments are necessary.

### MEMORIAL GIFTS RECEIVED DURING THE MONTH



Memorial gifts given in memory of Linda Train were received from Dean Reeves, Kilja Israel, Sharon Aderman, Charlotte B Sargent, Charlotte P Sargent, Kent and Sue Kopf, and Scott and Susan McClanahan.

### MEAL TICKETS STILL AVAILABLE IN THE OFFICE



We continue to have people ask about the red meal tickets, and yes, they are available in the office. There is no expiration date, the same suggested contribution applies and you can get as many or as few as you want.

These are so handy and convenient to have each day and not have to worry about having small bills and cash for your lunch.

### BUCK-A-MONTH NEEDS YOU NOW THAT THE CENTER IS OPEN!



The BUCK-A-MONTH fundraiser is in need of more supporters! Please see Marlys Ford to give your gift of \$12 per year to support the building maintenance and upkeep.

If everyone just gave \$1.00 per month, or \$12 per year, think of the income this simple fundraiser could generate!

Get your name and stars up on the board today!!!

## SEPTEMBER ACTIVITIES

- 1 YOGA, Chair Yoga exercise, 12:30, by Jan Cannon
- 2 Exercise Class, 9:30-10:15, by Peggy or Marie  
Blood Pressures, 10-11:00, Sponsored by Broadway Pharmacy
- Bible Study, 10-11:00, by Joey Crosnoe, in the Board Room
- Ice Cream Social, 11:00, Sponsored by Grace Reliant
- 3 Bingo, 12:30, Sponsored by Tim Domian, Edward Jones
- 6 CENTER CLOSED for the Labor Day holiday
- 7 Exercise Class, 9:30-10:15, by Peggy or Marie  
If needed, the annual election of board members, 10-12:30. Watch for announcement
- 8 YOGA, Chair Yoga exercise, 12:30, by Jan Cannon
- 9 Exercise Class, 9:30-10:15, by Peggy or Marie  
Bible Study, 10-11:00, by Joey Crosnoe, in the Board Room
- Ice Cream Social, 11:00, Sponsored by Grace Reliant
- 10 Bingo, 12:30, Sponsored by Broadway Pharmacy
- 13 Board Meeting, 12:45
- 14 Exercise Class, 9:30-10:15, by Peggy or Marie
- 15 Blood Pressures, 10-11:00, Sponsored by Crown Hospice  
YOGA, Chair Yoga exercise, 12:30, by Jan Cannon
- 16 Exercise Class, 9:30-10:15, by Peggy or Marie  
Bible Study, 10-11:00, by Joey Crosnoe, in the Board Room
- 17 Bingo, 12:30, Sponsored by Saxony Village and Scott Sprandel
- 20 FREE Secure Paper Shredding Event, 10-1:00, Parking Lot
- 21 Exercise Class, 9:30-10:15, by Peggy or Marie
- 22 YOGA, Chair Yoga exercise, 12:30, by Jan Cannon
- 23 Exercise Class, 9:30-10:15, by Peggy or Marie  
Bible Study, 10-11:00, by Joey Crosnoe, in the Board Room
- 24 Bingo, 12:30, Sponsored by Crown Hospice
- 27 Membership Meeting and Board Member Installation, 10:45
- 28 Exercise Class, 9:30-10:15, by Peggy or Marie
- 29 YOGA, Chair Yoga exercise, 12:30, by Jan Cannon
- 30 FLU Vaccine Clinic, 10-12:00 noon, Broadway Pharmacy, in the Boutique room  
Exercise Class, 9:30-10:15, by Peggy or Marie  
Bible Study, 10-11:00, by Joey Crosnoe, in the Board Room

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