

MARCH 2023

ACTIVITIES

- 2 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
APPLE Project Paperwork Service, 10:30-12:00 noon, Property Tax Credits service
Raffle, 11:45
- 3 Chair Yoga exercise, 9:30, Jan Cannon instructor
Bingo, 12:30, Edward Jones, Timothy Domian, Financial Advisor
- 7 Exercise Class, 9:30-10:15
Site Council, decorate then meet, 9:30
Compassion Workshop, 12:30, led by Barbara Clements
AARP Tax-Aide, 6:00-8:00 pm
- 8 Blood Pressures, 10:00-11:00, Crown Hospice
- 9 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 10 Chair Yoga exercise, 9:30, Jan Cannon instructor
Bingo, 12:30, Newbridge Retirement Community
- 13 Board Meeting, 12:45
- 14 Foot Clinic, by appointment only
Exercise Class, 9:30-10:15
Compassion Workshop, 12:30, led by Barbara Clements
AARP Tax-Aide, 6:00-8:00 pm
- 16 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
APPLE Project Paperwork Service, 10:30, Property Tax Credits service
Raffle, 11:45
- 17 Chair Yoga exercise, 9:30, with Jan Cannon
Bingo, 12:30, Saxony Village
- 21 Exercise Class, 9:30-10:15
Compassion Workshop, 12:30, led by Barbara Clements
AARP Tax-Aide, 6:00-8:00 pm
- 23 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 24 Chair Yoga exercise, 9:30, with Jan Cannon
Bingo, 12:30, Crown Hospice
- 28 Exercise Class, 9:30-10:15
Compassion Workshop, 12:30, led by Barbara Clements
AARP Tax-Aide, 6:00-8:00 pm
- 30 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 31 Chair Yoga exercise, 9:30, with Jan Cannon

COMPASSION WORKSHOP SCHEDULED FOR MARCH

Our very own Barbara Clements will be leading a Compassion Workshop each Tuesday in March from 12:30 to 2:30.

This is a 4-week interfaith workshop to develop compassion. The Golden Rule is central to many world faith traditions. It promotes understanding, caring, and compassion for others. Using modern research and quotes

from the scriptures of various faith traditions, we will learn how to increase the compassion we feel toward family, friends, and the world around us.

EXCITING NEW CROCHET GROUP AT OUR SENIOR CENTER

We have an exciting, new activity planned for you every Thursday from 12:30 to 2:30. Barbra Lloyd will be leading a crochet group for Beginners, Intermediate and Advanced crochet lovers. There is no cost for the class. Bring your pattern, needle and crochet thread. The first class will be February 23 and then each Thursday following. There is a sign-up sheet on the small table by the front window. Please sign up.

MEAL COST REMINDER

The actual, complete cost of the meal is about \$7.60 per meal. Remember, this includes all expenses to provide this space, insurance, the people, supplies, equipment, and groceries to produce the meal. Your part is only \$4.00 per meal... what a deal! You cannot go anywhere else and get a meal with dessert and drink for only \$4.00. Thank you for supporting your senior center by eating your noon meal at the center! Thank You!

ANNUAL SURVEYS ARE AVAILABLE

Each year we conduct an annual survey and good ideas and things come from the surveys. We have started activities and had programs scheduled because of suggestions from the surveys. We have added on and taken-off menu items based on surveys in the past. So, if you would like to have a special program on a topic, suggest it and we'll see what we can do to make that happen.

Please, one survey per person. The surveys will be available for a couple of weeks on the table between the soda cooler and the coffee pot. Thank you!!!

MEMORIAL GIFTS GIVEN DURING THE MONTH

A memorial gift was given in memory of Joan Weeks, given by Lorene Wood. Memorial gifts have been given in memory of long-time volunteers and friend, Evelin Estes. Gifts have been given by Nina Mehrle, Phil and Evelyn Finney, Pam Zwart, Marjory Janssen, Marlene Cloude and Scott McNeely.

BUCK-A-MONTH CLUB IS LOOKING FOR YOU!

Marlys Ford is the chairperson for this fundraiser and she's looking for YOU!!! The NEW 2023 Buck-A-Month fundraiser board is up and going and we are hoping you'll jump onboard! It is literally \$1.00 a month, or \$12.00 per year. Everyone can afford \$1.00 per month, so please join in and let's fill the board up this year!

As a reminder, the income from this simple fundraiser helps to go toward the upkeep and maintenance of our wonderful building. So please, everyone do your part by giving today!

THURSDAY RAFFLE PRIZES

The Thursday Raffle is a wonderful little fundraiser for the Foundation. As a reminder, the Raffle income does NOT go into the food/nutrition program funds, nor does it help pay for the food or any expenses to prepare the meal. This money goes to the Foundation to help with the upkeep and expenses of this wonderful building.

The prizes you bring must be unopened items and in-date and not expired. Remember, this does not have to be only food. A box of tissues or a bar of hand soap is also a nice prize. Please make sure your items are not open, and within the date on the package. Thank You!

AARP TAX SERVICE AND PROPERTY TAX CREDITS

Volunteers from AARP Tax-Aide will be doing tax preparation for senior adults on Tuesday evenings through March and until April 11.

Taxes are being done face-to-face this year. First come, first served.
They will also be doing Missouri Property Tax Credits for those who qualify.

APPLE PROJECT PAPERWORK SERVICE PREPARING PROPERTY TAX CREDITS

The APPLE Project Paperwork Service will be here in our building on March 2 and March 16 from 10:30-12:00 noon to prepare Missouri Property Tax Credits for those who qualify. We will start a sign-in sheet on that morning so they can take clients in order as they arrive.

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.