

MAY 2023

ACTIVITIES

- 2 Site Council 9:30 am to decorate, meeting immediately following
Exercise Class, 9:30-10:15, Peggy or Marie, leaders
- 4 APPLE Project Paperwork Service, 10:30-12:00 noon, Property Tax Credits and other paperwork
Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 5 Chair Yoga exercise, 9:30, Jan Cannon instructor
Bingo, 12:30, Timothy Domian, Edward Jones
- 8 Free Paper Shredding Day, 10-1:00 pm, Senior Center parking lot, there is no charge
Board Meeting, 12:45
- 9 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Foot Clinic, by appointment only
- 10 Blood Pressures, 10:00-11:00, sponsored by Crown Hospice
- 11 Nutrition Education, 9:30, Ann Knight, University of Missouri Extension
Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 12 Chair Yoga exercise, 9:30, Jan Cannon instructor
Bingo, 12:30, Newbridge Retirement Community
- 16 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
- 18 APPLE Project Paperwork Service, 10:30-12:00 noon, Property Tax Credits and other paperwork
Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 19 Chair Yoga, Chair Yoga exercise, 9:30, Jan Cannon instructor
Bingo, 12:30, Saxony Village
- 23 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
- 25 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 26 Chair Yoga, Chair Yoga exercise, 9:30, Jan Cannon instructor
Bingo, 12:30, Crown Hospice
- 29 Center Closed for Memorial Day
- 30 Exercise Class, 9:30-10-10:15, Peggy or Marie, leaders

SENIOR CENTER CLOSED FOR MEMORIAL DAY

In observance of "Decoration Day" or Memorial Day, the senior center will be closed.
We'll see you all tomorrow!

FREE SECURE PAPER SHREDDING DAY PLANNED FOR MAY 8

The center's annual Free Secure Paper Shredding Day will be held on Monday, May 8 from 10-1:00 pm in our Senior Center parking lot. Start preparing for the day NOW!

This is the time to plan to shred old tax returns, banking papers, investment papers and other important papers that you would not want to put into regular city recycling pick-up.

There is no limit to the amount that you can bring to be shredded. Please remove all paper clips or and metal large bindings.

MEMORIAL DAY MEMORY GIFTS HELP YOUR SENIOR CENTER

As a nice memorial for a loved one, please consider giving a gift to the senior center in memory of your loved one this Memorial Day. You may wish to remember your spouse, a sibling, a child, a special friend or any loved one in your life that has passed away.

Gifts of any size help the center and can be given to the office staff for proper acknowledgement. Thank you.

NUTRITION EDUCATION SCHEDULED FOR MAY 11

Each quarter the senior center is required to have nutrition education. This month we will welcome Ann Knight back to help us with our nutrition education for this quarter.

She will visit tables and share information with you. Please sign the sheet for our records that we offered the activity.

FINANCIAL GIFTS GIVEN TO THE CENTER THIS MONTH

A memorial gift was given in memory of Shirley Sebastian by Marlene Cloude and Scott McNeely.

A memorial gift was given in memory of Debra Bower by Phil and Evelyn Finney.

A memorial gift was given in memory of Bernie Landis by Dorothy Lancaster.

A monetary gift of Thanks and Appreciation was given in honor of Jan Cannon, the center's yoga instructor, by Evelyn Finney.

HOW CAN I HELP MY SENIOR CENTER?

There are so many small, easy ways you can help your senior center.

The center still collects aluminum cans as a fundraiser, and you can bring yours to help.

Donate items to be sold in the little thrift store shop. We'll take almost anything!!!

Toss your loose coins and change in the box at the front desk or the large jug near the coffee pot. All change adds up and we'll take it to the bank for deposit. Lighten your pockets to help the center!

When going through the food line, if you won't eat the bread, roll or other food item, tell the servers not to put it on the tray. If you are just going to throw it away, please just don't take it.

Consider making a monetary gift to the center in honor of a friend for a birthday or for an anniversary.

Any gift, of any size helps. Thank You!

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.