

AUGUST 2024

ACTIVITIES

- 1 SMART Senior Services (Formerly APPLE Project), 10:30
Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 2 Chair Yoga, Chair Yoga exercise, 9:30, Jan Cannon instructor
Hand and Foot card game, 9:00 to 3:00. Everyone is welcome!
Bingo, 12:30, Edward Jones, Tim Domian
- 6 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Hand and Foot card game, 9:00 to 3:00. Everyone is welcome!
- 7 Dominoes, 9:00, Everyone welcome!
Toenail Trimming Clinic, by appointment only
- 8 Nutrition Education, all morning, University of Missouri Extension Service
Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 9 Chair Yoga, Chair Yoga exercise, 9:30, Jan Cannon instructor
Hand and Foot card game, 9:00 to 3:00. Everyone is welcome!
Bingo, 12:30, Legacy Hospice
- 12 Board Meeting, 12:45
- 13 Exercise Class, 9:30-10-10:15, Peggy or Marie, leaders
Hand and Foot card game, 9:00 to 3:00. Everyone is welcome!
- 14 Dominoes, 9:00, Everyone welcome!
- 15 SMART Senior Services (Formerly APPLE Project), 10:30
Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 16 Chair Yoga, Chair Yoga exercise, 9:30, Jan Cannon instructor
Hand and Foot card game, 9:00 to 3:00. Everyone is welcome!
Bingo, 12:30, Saxony Village, Scott Sprandel
- 20 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Hand and Foot card game, 9:00 to 3:00. Everyone is welcome!
- 21 Dominoes, 9:00, Everyone welcome!
Toenail Trimming Clinic, by appointment only
- 22 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 23 **The center will close early today at 1:30. Thank You!**
Chair Yoga, Chair Yoga exercise, 9:30, Jan Cannon instructor
Hand and Foot card game, 9:00 to 3:00. Everyone is welcome!
Bingo, 12:30, Crown Hospice
- 27 Bingo, 12:30, Southern Care and Comfort, Carol McConnell
Exercise Class, 9:30-10-10:15, Peggy or Marie, leaders
Hand and Foot card game, 9:00 to 3:00. Everyone is welcome!
- 28 Dominoes, 9:00, Everyone welcome!
- 29 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 30 Chair Yoga, Chair Yoga exercise, 9:30, Jan Cannon instructor

Hand and Foot card game, 9:00 to 3:00. Everyone is welcome!

SPECIAL THANKS FOR DONATIONS!

A very special Thank You to those who have gifted the Center with gifts, such as fresh produce by Bob Winchester and Jim Coffey, and all of the eyeglasses by an anonymous giver.

We appreciate all of the special sharing of items, but we need to reciprocate in some way, and not just be takers.

HERE'S WHERE YOU CAN HELP! Do you have small, sample sized toiletries items at your home that are going unused? Such as the hotel or sample size of personal hygiene items? Let's collect all we can and bless the people who are using the Street Level ministry. Please bring your items and place them in the box just inside the office door and we will deliver our box to the Street Level folks. Or, when you are in the store and go to the travel size display of items, pick up a few items to add to the box. Let's Fill the Box!!!

EXTRA PENCILS AND PENS AT YOUR HOME???

Here at the senior center we go through pencils and pens like water through a sieve! Do you have a junk drawer at your home filled with pens and pencils that are not being used? Put them to good use by bringing them to the senior center for us to use! The meal delivery drivers all use pencils, as well as the office staff. The kitchen staff and front desk staff all use pens and they walk off! We recently filled the holder on the volunteer sign-in podium, and now they are all gone.

Please bring in your unwanted pens and pencils today! It might feel good to clean out the drawer and get rid of unused items.

DON'T FORGET THE SENIOR CENTER'S THRIFT STORE FOR YOUR HOUSEHOLD DONATIONS

While it is hot outside, this is a great time to clean out closets, cabinets and drawers and bring your items in for the thrift store. The store will take almost anything except old and outdated electronics. The only exception would be CD players or what we used to call "Boom Boxes" that play CD's or cassette tapes.

Clean up and clean out and bring in your items to share with the center.

GAMES, CARDS AND DOMINOES AVAILABLE IN THE CABINETS

As a reminder, in the gray cabinets in the dining room, there are games, cards, dominoes and puzzles for you to use and enjoy. Get a group of your friends together and enjoy fun activities and fellowship together in the air conditioning here at the Center. Enjoy!

WELCOME BACK FROM SUMMER BREAK!

After school starts, we get many of the grandparents back to the center who have been babysitting all summer. Welcome back and we hope you get right back into the groove of being with us.

We also welcome back the Monday Bible Study group who took a break for the summer! We welcome you all back with open arms and are so happy to have you back with us.

Do you know of other groups we could invite to come and be a part of our program? Just let us know and we'll help with inviting them to come.

School is starting back. Please **WATCH** for small children running to and from the bus or they might run out from behind a car. Take extra precaution to watch for children at this back-to-school time.

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.