

CAPE GIRARDEAU Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

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

DECEMBER 2024 NEWS

SENIOR CENTER HOLIDAY CLOSURES AND EARLY CLOSINGS

The senior center will close early on December 11, 20, 23, 26, 27, 30 and 31 for staff vacations. The Center will be CLOSED on December 24 and 25 for Christmas break and again on Wednesday, January 1, 2025 for New Year's Day holiday.



SUGGESTED CONTRIBUTION \$5 FOR CHRISTMAS DINNER, DEC. 19

There is a suggestion contribution of at least \$5 for the Christmas Dinner on December 19. You are contributing toward the actual cost of the meal so please be generous with your contributions.

If you have already bought red meal tickets, you are asked to please add to your red ticket to help with the cost of this special meal. Thank You!!!

SMART SENIOR SERVICES PROVIDING OPEN ENROLLMENT EVENT

The local SMART Senior Services organization will be here at our Center to help you review your Medicare information, especially your Part D Plan. This is a very important time and you should review this every year.

SMART Senior Services will be in our building on December 5, from 10:30-12:00 noon, or until they are finished with everyone.

Please bring a list of the medications you take, the dosage and the frequency with you.

Don't miss this important time set aside for you!

ELEMENTARY SCHOOL CHOIRS WILL BE SINGING FOR YOU

We have Alma Scradler and Scott City schools coming to sing in December. While the children are singing, please give them your undivided attention and please be quiet to show them a good example of respect and manners. Those dates are December 5 and December 19.

There could be others, but as of this printing that is what is scheduled.



Thank you

SPECIAL THANK YOU TO THE SITE COUNCIL FOR A WONDERFUL HOLIDAY

We all need to THANK our wonderful Site Council for all of their hard work during this entire holiday season. From the fun Halloween party to the beautiful tables and Thanksgiving events and Bake Sale through the Christmas season, they have worked hard to provide everyone a festive and JOY-filled season.

Please take time to THANK each and every one of them for their hard work during this very busy time of year... Marlys Ford, Sandy Goodheart, Norma Wildman and Pat Kaempfer.

These ladies need more help, though! They meet once a month for a few minutes and change out the dining room decorations. If you could spare a little time during the month to help, it would be greatly appreciated!!! They will meet again on Tuesday 3 if you would like to come and be a part of this fun group!!!

MERRY CHRISTMAS FROM YOUR CENTER STAFF

Your senior center staff works very hard to see that you are fed each day and there are several people who work in the kitchen ordering food, cooking and washing pots, pans and dishes each day. There are 3 people in the office area that handle phone calls, menu choices each day for the home delivered, get you scanned in, and Medicaid billing information, etc...

Then there are many, many dedicated and loving volunteers who provide priceless volunteer service and hours of their time to help get you your meal.

It takes a team to make this program happen. But each one of us do it because we care about you.

We pray that each of you have a very blessed and meaningful Christmas season and New Year ahead.



ACTIVITIES THIS MONTH

- 2 Men, please help get the Christmas tree out of the closet and help put it up! 10:00
Bridge, 12:30-3:00, for players who already know how to play
- 3 Decorate the Christmas Tree and the dining room, 9:00 am, Meeting afterwards
Hand and Foot card game, all day till 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
- 4 Dominoes, 9:00-3:00, Everyone welcome!
Foot Care Clinic, all day by appointment only
- 5 Alma Schrader Elementary School Choir tour concert! 10:30!!!
Medicare Open Enrollment D event, SMART Senior Services, 10:30-12:00 noon
Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe, in the Board Room
Raffle, 11:45
- 6 Hand and Foot card game, all day till 3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Edward Jones, Tim Domian
- 9 Board Meeting, 12:45
Bridge, 12:30-3:00, for players who already know how to play
- 10 Exercise Class, 9:30-10:15, by Peggy or Marie
Hand and Foot card game, all day till 3:00
- 11 Dominoes, 9:00-1:30, Everyone welcome!
Center will CLOSE early at 1:30 today!
- 12 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe
Raffle, 11:45
- 13 Hand and Foot card game, all day till 3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Sponsored by Advanced Home Care
- 16 Bridge, 12:30-3:00, for players who already know how to play
- 17 Hand and Foot card game, all day till 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
- 18 Dominoes, 9:00-3:00, Everyone welcome!
Set up dining room for dinner, 12:30
Foot Care Clinic all day, by appointment only
- 19 Scott City Elementary School Honor Choir, 10:15-10:45
Christmas Dinner, serving 11:00-12:30. We will have plenty of food so not everyone has to be here at 11:00. Suggested contribution is \$5 today.
Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe, in the Board Room
No Raffle today!!!
- 20 Center will close at 1:30 today due to staff vacation day.
Hand and Foot card game, till 1:30
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Saxony Village, Scott Sprandel
- 23 Center will close early today at 1:30 due to staff vacation day.
- 24 Center CLOSED today for Christmas Eve
- 25 Center CLOSED today for Christmas Day
- 26 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe
Raffle, 11:45
Center will close early today at 1:30 for staff vacation day.
- 27 Hand and Foot card game, till 1:30
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Sponsored by Crown Hospice
Center will close early today at 1:30 for staff vacation day.
- 30 Center will close early today at 1:30 for staff vacation day.
- 31 Hand and Foot card game, till 1:30
Exercise Class, 9:30-10:15, by Peggy or Marie
Center will close early today at 1:30 for staff vacation day.

Wed., January 1, 2025: Center CLOSED for New Year's Day holiday

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

December 2024

The actual cost of each meal is about \$7.75
 The Center's suggested contribution is at least \$4.00 per meal
 Guests under age 60 pay \$7.00 to the hostesses
 LIKE "Cape Girardeau Senior Center" on Facebook

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 |
|--|--|--|---|---|
| 2 Sausage & Eggs OR Chicken Tenders Hashbrowns & Onion Sliced Tomatoes WG Biscuit & Gravy Citrus Fruit Salad | 3 Beef Tamale Pie OR Chicken Quesadilla Black Beans and Corn Zucchini & Tomatoes WG Bread Slice Tropical Fruit or Cinnamon Roll | 4 Potato Soup w/ Ham Cheese Sandwich/Bun OR Beef & Cabbage Casserole Mediterranean Veggies Garden Salad WG Bun or Bread SF Banana Pudding or Pudding & Cookies | 5 Pork Chop OR Chicken Pot Pie Au Gratin Potatoes Green Beans WG Hot Roll Warm Apples & Raisins or Iced Carrot Cake | 6 BBQ Pulled Pork OR Fried Fish Baked Beans Oven Fried Okra WG Bun or Bread Slice Chilled Pineapple or Lemon Cake |
| 9 Beef Stroganoff OR Hot Chicken Salad/Rice Brussels Sprouts Glazed Carrots WG Garlic Bread Warm Cinnamon Apples or Apple Dump Cake | 10 Almond Dijon Chicken OR Country Fried Steak Mashed Potatoes Green Beans WG Hot Roll Blushing Pears or Dusted Brownie | 11 Ham & Beans OR Tater Tot Casserole Seasoned Cabbage Stewed Tomatoes Cornbread & Crackers Pineapple & Cottage Cheese or Pineapple Cake | 12 Oven Fried Chicken OR Beef French Dip Sandwich Cal. Blend Veggies Green Pea Salad WG Hot Roll / Bun SF Peach Crisp or Iced Spice Cake | 13 Cheeseburger OR Fried Fish Seasoned Potato Wedges Creamy Coleslaw WG Bread Mixed Fruit or Iced Cherry Cake |
| 16 Chicken Sandwich OR Chicken Livers Warm Corn Salad Pickled Beets Potato Chips WG Bun Tropical Fruit or Oreo Cheesecake | 17 Salisbury Steak OR Multi Bean Soup Mashed Potatoes Seasoned Broccoli WG Hot Roll/Crackers Chilled Applesauce or Apple Dump Cake | 18 Hearty Beef Stew OR Roasted Chicken Thighs Spinach Au Gratin Breaded Cauliflower WG Biscuit Chilled Peaches or German Chocolate Cake | 19 Roast Turkey OR Glazed Ham Slice Dressing / Gravy Candied Sweet Potatoes Seasoned Green Beans Cranberry Orange Salad WG Hot Roll SF Pumpkin Dessert or Assorted Pies | 20 Baked or Fried Fish OR Smothered Bratwurst Potato Salad Vinegar Coleslaw WG Bread Slice SF Gelatin w/ Bananas or Cook's Choice Dessert |
| 23 Pasta w/ Meat Sauce OR Chicken Tetrazzini Italian Blend Veggies Garden Salad Garlic Bread Chilled Pears or Honey Bun cake | 24 CENTER CLOSED FOR THE CHRISTMAS HOLIDAY BREAK | 25 CENTER CLOSED FOR THE CHRISTMAS HOLIDAY BREAK | 26 Homemade Meatloaf OR Polish Sausage & Kraut Mashed Potatoes Mixed Vegetables WG Hot Roll Warm Spiced Peaches or Pumpkin Crunch | 27 Beef & Bean Chili w/ ½ sandwich OR Fried Fish & Hushpuppies Raw Veggies & Dip Steamed Zucchini WG Crackers Mixed Fruit Salad or Assorted Cookies |
| 30 Beefy Shells and Sauce Pasta Bake OR Broccoli Cheese Soup w/ ½ Sandwich Italian Peas Garden Salad WG Garlic Bread Citrus Fruit Salad or Peach Cobbler | 31 Chicken & Dumplings OR Swiss Steak Spinach Salad Green Beans WG Hot Roll Chilled Peaches or Cranberry Crisp | JANUARY 1, 2025 CENTER CLOSED FOR NEW YEAR'S DAY HOLIDAY | | |