

CAPE GIRARDEAU Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

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

FEBRUARY 2024 NEWS

CENTER CLOSED FOR PRESIDENTS' DAY

Please note that the Center will be closed for Presidents' Day on Monday, February 19.



APPLE PROJECT CHANGING NAME AND LOCATION

The A.P.P.L.E Project name will be changing to: S.M.A.R.T. Senior Services (Southeast Missouri Advocating Resources Together). The office location is now at: 2102 E. Jackson Blvd, Jackson, MO 63755. Our phone number will remain the same as: 573-651-5467. The email address after Jan.1st will be: smartseniorservices@outlook.com. The location and name are changing, but rest assured they will continue to offer a valuable service to the senior adult population of Southeast Missouri! Feel free to call them at any time to assist you!

MEMORIAL GIFTS RECEIVED DURING THE MONTH

Memorial gifts have been given in memory of the Center's long-time, faithful volunteer, Lorene Wood by Dorothy Lancaster, Rick and Jayne McLeod and Susan McClanahan.



Lorene served on the Board of Directors and Site Council for many years, she helped with many fundraising ventures and chaired many of them, and she and her husband delivered meals for many, many years. They were extremely dedicated to the success of this Center and its senior adults. She is greatly missed.

TOENAIL TRIMMING CLINIC IS ADDING A SECOND DAY EACH MONTH

Due to the high demand for appointments for the toenail clinic, we are pleased to add a second day each month for this clinic.

The appointment book is in the office if you would like to make an appointment.

The clinic days will be the second Tuesday and third Wednesdays of each month.

THE CENTER'S POLICY FOR WEATHER CLOSURES

The Center has used the same weather closure policy for some 40 years.

When Cape Public Schools close for inclement weather, this Center also closes. It is your responsibility to watch the early news broadcasts on KFVS, check the KFVS 12 closings calendar on their web page, listen to KZIM radio station, or check the Center's Facebook page for the closing.

Also, we have followed the same policy with the menu... when we return from a weather closure, we will be serving the menu of the first day of the closure. Many times, some advance preparation has already been done for the meal, so it only makes sense to serve that meal first. Also, the meal delivery routes have already had the menu items marked for nearly 200 clients for that menu.



BUCK-A-MONTH IS LOOKING FOR YOU!

Marlys is taking your yearly or monthly gifts NOW! 2024 is the year we hope EVERYONE JOINS the Buck-A-Month Club! For ONLY \$1.00 per month, or \$12 per year, you are a member. You get your name on the board with stars acknowledging you have made a gift to your senior center!

These gifts are used for the upkeep and maintenance of our wonderful building. Front door issues, plumbing issues, furnaces and air conditioners, etc. Are all expensive and your help is needed to keep it all in good repair.

ONLY \$1 per month or \$12 per year.
Thank You!!!



ACTIVITIES THIS MONTH

- 1 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe, in the Board Room
SMART Project... Formerly APPLE Project, 10:30
Raffle, 11:45
- 2 Chair YOGA, exercise, 9:30, by Jan Cannon
Hand and Foot card game, everyone welcome
Bingo, 12:30, Edward Jones, Tim Domian
- 6 Site Council, 9:00, decorate and then meet
Exercise Class, 9:30-10:15, by Peggy or Marie
Hand and Foot card game, everyone welcome
- 7 Dominoes, 10:00 am, everyone welcome
- 8 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
- 9 Chair YOGA, exercise, 9:30, by Jan Cannon
Hand and Foot card game, everyone welcome
Bingo, 12:30, Legacy Hospice, Hannah Broom
- 12 Board Meeting, 12:45
- 13 Exercise Class, 9:30-10:15, by Peggy or Marie
Hand and Foot card game, everyone welcome
Toenail Trimming, all day, by appointment only
- 14 Blood Pressures, 10-11:00, Sponsored by Crown Hospice
Dominoes, 10:00 am, everyone welcome
- 15 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe, in the Board Room
SMART Project... Formerly APPLE Project, 10:30
Raffle, 11:45
- 16 Chair YOGA, exercise, 9:30, by Jan Cannon
Hand and Foot card game, everyone welcome
Bingo, 12:30, Sponsored by Saxony Village and Scott Sprandel
- 19 Center Closed for Presidents' Day
- 20 Exercise Class, 9:30-10:15, by Peggy or Marie
Hand and Foot card game, everyone welcome
- 21 Dominoes, 10:00 am, everyone welcome
Toenail Trimming, all day, by appointment only
- 22 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
- 23 Chair YOGA, exercise, 9:30, by Jan Cannon
Hand and Foot card game, everyone welcome
Bingo, 12:30, Crown Hospice
- 27 Exercise Class, 9:30-10:15, by Peggy or Marie
Hand and Foot card game, everyone welcome
- 28 Dominoes, 10:00 am, everyone welcome
- 29 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

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.