

CAPE GIRARDEAU Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING
921 N. Clark St. • Cape Girardeau, MO • (573) 335-1352

NOVEMBER 2024 NEWS

SENIOR CENTER HOLIDAY CLOSURES AND EARLY CLOSINGS

The senior center will close early on Nov. 15 and 27. The Center will be closed on Nov. 11 for Veterans Day and Nov 28-29 for the annual Thanksgiving break.



CALENDAR EVENTS HAVE BEEN ADJUSTED FOR NOVEMBER

Please watch the calendar closely for a change of events during the entire month of November. Classes and events have moved for various calendar conflicts.

SMART SENIOR SERVICES PROVIDING OPEN ENROLLMENT EVENT

The local SMART Senior Services organization will be offering specific times at our senior 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 November 7 and December 5, each 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!



HOMEMADE "GOODIES" NEEDED FOR SPECIAL WEEKEND EVENT

There will be a special weekend meeting here at our center starting on Friday, November 1 and we are in need of HOMEMADE goodies, snack mixes, seasoned crackers, and treats. There will be some store-bought items brought in, but we are in need of homemade baked good, snack mix and treats.

All of these treats and goodies will be sold to the attendees as a fundraiser for our center.

If you can help provide something, please bring it on Friday, November 1.

BAKE SALE NOVEMBER 21... START BAKING NOW TO PREPARE

The annual fall bake sale will be on Thursday, November 21. You can start planning now by baking and freezing to get ready for the day.



If you are not able to bake, you can donate to the cause, you can invite your neighbors, friends and family to bake and to come and buy items.

Cakes, cookies, brownies, candy, snack mixes, bread, cinnamon rolls, canned goods, ... almost anything goes at this sale and all is welcomed!

We always have a very successful bake sale because you all do so much to help. Let's make this year's bake sale the largest ever! Start now and plan ahead!

Please ring your items the morning of Thursday, November 21.

ANNUAL THANKSGIVING FEAST ON NOVEMBER 21

We have amazing kitchen staff and they will be ready for the annual Thanksgiving feast. There will be plenty of food and serving doesn't end until 12:30. Not everyone has to be at the center at 11:00 to be served. In fact, it would be wonderful if we could spread the JOY out over the entire serving time. Thank you for your help!

Don't forget to visit the Bake Sale when you come for your Thanksgiving dinner.



ACTIVITIES THIS MONTH

- 1 Chair YOGA, exercise, 9:30, by Jan Cannon
Hand and Foot card game, all day till 3:00
Bingo, 12:30, Edward Jones, Tim Domian
Homemade baked goods, snack mix and treats are needed for a special meeting over the weekend! The items will be sold as a fundraiser for our senior center!
- 3 Daylight Savings Time ends! Time will Fall Back 1 hour! Set your clock!
- 4 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 5 Hand and Foot card game, all day till 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
- 6 Foot Care Clinic, all day, by appointment only
Dominoes, 9:00-3:00, Everyone welcome!
- 7 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
- 8 Foot Care Clinic, all day, by appointment only
Hand and Foot card game, all day till 3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Advantage Home Care
- 11 Center Closed for the Veterans Day holiday
- 12 Exercise Class, 9:30-10:15, by Peggy or Marie
Hand and Foot card game, all day till 3:00
Board Meeting, 12:45
- 13 Dominoes, 9:00-3:00, Everyone welcome!
Exercise Class, 9:30-10:15, by Peggy or Marie
Special meeting in the Board Room, all day
- 14 Bible Study, 10-11:00, by Joey Crosnoe, in the TV/Exercise Room
Raffle, 11:45
Special meeting in the Board Room, all day
- 15 Hand and Foot card game, all day till 3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Sponsored by Saxony Village and Scott Sprandel
Center will CLOSE EARLY today at 1:30 pm.... Thank You!
- 18 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 19 Hand and Foot card game, all day till 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
- 20 No Dominoes today due to setting up the Dining Room for Bake Sale and Thanksgiving dinner
Set up dining room for dinner, 12:30
- 21 Bake Sale!!! 9:00-until sold out!
Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe, in the Board Room
Thanksgiving Dinner, serving 11:00-12:30. We will have plenty of food so not everyone has to be here at 11:00
- 22 Foot Care Clinic, all day, by appointment only
Hand and Foot card game, all day till 3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Crown Hospice
- 25 Exercise Class, 9:30-10:15, by Peggy or Marie
Bridge, 12:30-3:00, for players who already know how to play Bridge
- 26 Hand and Foot card game, all day till 3:00
Bingo, 12:30, Southern Care and Comfort, Carol McConnell
- 27 Dominoes, 9:00-1:00, Everyone welcome!
Exercise Class, 9:30-10:15, by Peggy or Marie
Center will CLOSE EARLY today at 1:00 pm.... Thank You!
- 28 Happy Thanksgiving from all of us to you! Center Closed today.
- 29 Center Closed for Thanksgiving Break. See you on Monday!

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.

November 2024

The actual cost of each meal is about \$7.60
 The Center's suggested contribution is \$4.00 per meal
 Guests under age 60 pay \$7.00 to the hostesses
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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
				1 BBQ Pulled Pork OR Fried Fish Baked Beans Oven Fried Okra WG Bun or Bread Slice Chilled Pineapple or Lemon Cake
4 Beef Stroganoff OR Chicken Broccoli Pasta Brussels Sprouts Glazed Carrots WG Garlic Bread Warm Cinnamon Apples or Apple Dump Cake	5 Almond Dijon Chicken OR Country Fried Steak Mashed Potatoes Green Beans WG Hot Roll Blushing Pears or Dusted Brownie	6 Ham & Beans OR Shepherd's Pie Seasoned Cabbage Stewed Tomatoes Cornbread & Crackers Pineapple & Cottage Cheese or Pineapple Cake	7 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	8 Cheeseburger OR Fried Fish Seasoned Potato Wedges Creamy Coleslaw WG Bread Mixed Fruit or Iced Cherry Cake
11 Center Closed For the Veterans Day Holiday	12 Chicken Sandwich OR Chili Dog Warm Corn Salad Pickled Beets Potato Chips WG Bun Tropical Fruit or Oreo Cheesecake	13 Hearty Beef Stew OR Roasted Chicken Thighs Spinach Au Gratin Breaded Cauliflower WG Biscuit Chilled Peaches or German Chocolate Cake	14 Pork Roast OR Chicken Pot Pie Au Gratin Potatoes Green Beans Caesar Salad WG Hot Roll Chilled Pineapple or Assorted Pies	15 Baked or Fried Fish OR Smothered Bratwurst Potato Salad Vinegar Coleslaw WG Bread Slice SF Gelatin w/ Bananas or Cook's Choice Dessert
18 Pasta w/ Meat Sauce OR Chicken Tetrazzini Italian Blend Veggies Garden Salad Garlic Bread Chilled Pears or Honey Bun cake	19 Homemade Meatloaf OR Polish Sausage & Kraut Mashed Potatoes Mixed Vegetables WG Hot Roll Warm Spiced Peaches or Peach Cobbler	20 Poppyseed Chicken w/ Rice OR Vegetable Beef Soup Winter Blend Veggie Buttered Corn WG Bread Slice Mandarin Oranges or Creamy Fruit/Coconut	21 Roast Turkey OR Glazed Ham Slice Dressing / Gravy Candied Sweet Potatoes Green Beans Cranberry Salad Hot Roll SF Pumpkin D-Lite or Pumpkin or Pecan Pie	22 Beef & Bean Chili w/ ½ sandwich OR Fried Fish & Hushpuppies Raw Veggies & Dip Steamed Zucchini WG Crackers Mixed Fruit Salad or Assorted Cookies
25 Beefy Shells and Sauce Pasta Bake OR Broccoli Cheese Soup w/ ½ Sandwich Italian Peas Garden Salad WG Garlic Bread Citrus Fruit Salad or Pumpkin Crunch	26 Chicken & Dumplings OR Swiss Steak Spinach Salad Green Beans WG Hot Roll Chilled Peaches or Cranberry Crisp	27 Sweet 'N Sour Chicken w/ Rice OR Beans, Sausage & Rice Asian Blend Veggies Buttered Corn WG Bread Slice Chilled Pineapple or Orange Poke Cake	28 Center Closed For Thanksgiving	29 Center Closed For Thanksgiving Break