

CAPE GIRARDEAU Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

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

AUGUST 2025 NEWS

THE CENTER'S SUGGESTED CONTRIBUTION IS NOW \$5.00 PER MEAL

As we announced last month in the newsletter, the center has increased its suggested contribution to \$5 per meal. Thank you for being so wonderful about this change! Everyone has been so supportive and full of positive comments...thank you!!! AND, the volunteers who count the money are thrilled not to have all of those pesky one dollar bills to count!!! Counting the money has gotten so much faster and easier. Thank You all so much!!!

MEMORIAL CONTRIBUTION

The senior center received a memorial contribution in memory of Joann and Howard Bock from the Bock family.



EDUCATIONAL PROGRAM PLANNED FOR AUGUST 14 AND 21, 12:30 EACH DAY



First State Community Bank is planning to provide several educational program topics two afternoons in August. As of the printing of this newsletter we still don't know the topics to be presented, so please be watching for flyers or more information to come.

Thanks and hope you plan to attend.

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.

EVER WONDER WHY WE HAVE BEETS OR CARROTS OR SQUASH ON THE MENU?

Some of you may not be aware that the center's menu is made by a registered dietitian at Aging Matters. She makes sure the menu plan provides 1/3 of the daily requirements for senior adults. Over the course of the week, there must be the right amount of vitamins and minerals, whole grain servings, and fruits and vegetables. That is why we have beets occasionally or carrots, because each item on the menu provides nutrition that is required for the week's meal plan.

We offer a second entrée to offer a little more variety of items that she would never put on the menu, like Polish sausage or fried fish, as these would not be healthy menu items suitable for the menu. We also offer the optional dessert as the menu plan only includes fruit for dessert every day. We are giving you the option of a nice dessert, which costs us extra money to provide these choices. Many centers only offer the one entrée and only fruit for dessert, so be thankful you have those extra choices!

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 precautions to watch for children at this back-to-school time.



ACTIVITIES THIS MONTH

- 1 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
- 5 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Hand and Foot card game, 9:00 to 3:00. Everyone is welcome!
- 6 Dominoes, 9:30, everyone welcome!
Toenail Trimming Clinic, by appointment only
- 7 Nutrition education, Mandy Sullivan, 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
- 8 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, Comfort Keepers
- 11 Board Meeting, 12:30
- 12 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Hand and Foot card game, 9:00 to 3:00. Everyone is welcome!
- 13 Dominoes, 9:30, Everyone welcome!
- 14 Educational Program, 12:30, First State Community State Bank
Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 15 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
- 19 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Hand and Foot card game, 9:00 to 3:00. Everyone is welcome!
Bingo, 12:30, Genesis Home Care
- 20 Dominoes, 9:30, Everyone welcome!
Toenail Trimming Clinic, by appointment only
- 21 Educational Program, 12:30, First State Community State Bank
Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 22 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
- 26 Exercise Class, 9:30-10-10:15, Peggy or Marie, leaders
Hand and Foot card game, 9:00 to 3:00. Everyone is welcome!
Bingo, 12:30, Southern Care and Comfort
- 27 Dominoes, 9:30, Everyone welcome!
- 28 Exercise Class, 9:30-10:15, Peggy or Marie, leaders
Bible Study, 10-11:00, Joey Crosnoe, leader
Raffle, 11:45
- 29 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, SADI (Semo Alliance for Disability)

AUGUST 2025

The actual cost of each meal is about \$8.75
 A contribution is \$5.00 or more per meal applies
 Guests under age 60 pay \$9.00 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
				1 Pulled Pork OR Fried Fish Baked Potato Broccoli Slaw WG Bun or Bread Mixed Fruit Dessert or Cook's Choice Dessert
4 Chicken Alfredo Pasta OR Glazed Meatballs Parmesan Green Peas Caesar Salad Garlic Bread Tropical Fruit or Texas Sheet Cake	5 Han Slice OR Hot Chicken Salad / Rice Sweet Potatoes Cal. Blend Vegetables WG Hot Roll Applesauce or Iced Cherry Cake	6 Orange Pork Loin OR Chicken Parmesan Lima Beans Seasoned Carrots WG Hot Roll SF Gelatin w/ Pears or Oreo Cheesecake	7 Homemade Meatloaf OR BBQ Chicken Mashed Potatoes Green Bean Casserole WG Hot Roll SF Peach Crisp or Blackberry Cobbler	8 Baked Fish or Fried Fish OR Cold Sub Sandwich Potato Salad Hawaiian Coleslaw WG Bread / Bun Chilled Mixed Fruit or Dusted Lemon Bar
11 Sweet & Sour Pork Chop OR Chicken Livers Steamed Rice Oriental Vegetables Peas & Carrots Bread Slice Chilled Pineapple or Fresh Baked Cookies	12 Saucy Meatballs OR Country Fried Chicken Mashed Potatoes Beets with Pineapple WG Hot Roll Mandarin Oranges or Special Orange Fluff	13 Soup & Pimiento Cheese Sandwich OR Chicken Chili Bake Mediterranean Veggies Garden Salad w/ Chickpeas WG Bread SF Pudding w/ Fruit or Cook's Choice Dessert	14 Chicken & Dumplings OR Shepherd's Pie Tomatoes & Zucchini Coleslaw WG Hot Roll Mixed Fruit Dessert or Cherry Cheesecake	15 French Onion Chicken OR Fried Fish Mixed Beans Steamed Broccoli WG Hot Roll Chilled Peaches or Iced Orange Cake
18 Chicken Sandwich OR Polish Sausage w/ Sauerkraut Buttered Corn Spinach Salad WG Bun or Bread Chilled Peaches or Chocolate Cake	19 Chicken & Rice OR Beef Stroganoff Seasoned Green Beans Harvard Beets WG Bread Slice Mandarin Oranges or Lemon Blueberry Cake	20 Beef Taco Salad OR Ham and Cheese on Croissant w/ salad Refried Beans w/Cheese Tortilla Chips Tropical Fruit or Ambrosia	21 Roast Pork & Gravy OR Homemade Meatloaf Mashed Potatoes Hot German Coleslaw WG Roll / Bun Applesauce or Apple Pie	22 Sloppy Joe OR Fried Fish California Blend Veggie Seasoned Potato Wedges Cucumber Salad WG Bun or Bread Slice Pineapple Tidbits or Pineapple Topped Cake
25 Pasta & Meat Sauce OR Garlic Romano Chicken Breast Italian Blend Veggies Garden Salad Garlic Bread Citrus Fruit Salad or Iced Cake	26 Ham & Beans OR French Dip on Bun Oven Fries & Onions Stewed Tomatoes Cornbread & Crackers Blushing Pears or Coconut Delight	27 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Green Beans WG Hot Roll SF Apple Crisp or Strawberry Shortcake	28 Sweet & Sassy Chicken W/ Noodles OR Ham & Noodle Casserole Glazed Carrots Green Peas WG Bread Mixed Fruit or Brownie	29 Baked Fish, Fried Fish OR Beef Patty Melt Baked Beans Coleslaw WG Bread Spiced Peaches or Peach Dump Cake