

CAPE GIRARDEAU Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

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

MAY 2025 NEWS

CENTER NO LONGER COLLECTING ALUMINUM FOR RECYCLING

Over the past several years the price of aluminum has dropped considerably and is no longer worth us collecting and hauling it off, so we will discontinue the aluminum collections.

You can put your aluminum in your recycling that is picked up by the city.

Thank you for supporting this program while it lasted!



CENTER CLOSED FOR MEMORIAL DAY AND EARLY CLOSING

Note the senior center will be closed for Memorial Day on Monday, May 26. We'll resume regular business hours on Tuesday. Do you call this holiday Memorial Day or Decoration Day? Many of us have called it Decoration Day for many years, but it seems to be a term that is going by the wayside.

The Center will close early on Friday, May 16, at 1:30, immediately following Bingo.



HELP! HELP! HELP! THE FRONT DESK NEEDS YOUR HELP!

We have a growing problem of people bringing in large bills and wanting change for their large bills. We are not a bank and do not have change laying around to make change for you. Please visit your bank through the drive-thru or walk-in and tell them you would like your cash in small bills, like \$1's or \$5's.

Or, better yet, you can spend your large bills by getting the red meal tickets that do not expire and spend just like cash at the front desk.

Thank you for your cooperation and helping with this issue!

NEW!!! MAHJONG GAME LESSONS ON MONDAYS, 9:00 AM

We had a little hiccup in early April in that Doris was sick and we missed two weeks of lessons due to illness. But, we are back on track, if we can keep everyone healthy!

Doris Grippo will be teaching MAHJONG lessons on Mondays at 9:00 am! We are excited that she brings this new game to us, and we hope we'll have many people come and attend.

We owe a huge THANK YOU to Doris for bringing her knowledge and skills to us, as well as her willingness to teach! Thank You, Doris! Now, let's fill the tables for her!!!



SUPER SAMBA CARD GAME TO BE TAUGHT ON THURSDAYS

Doris Grippo will also be teaching us a new card game called Super Samba. It is much like Hand and Foot, so all of you Hand and Foot players, come on in and learn this new twist, as well as anyone else who would like to learn a new game. Hand and Foot is such a FUN game, so Super Samba must be a blast!

This group will meet on Thursdays at 9:00 am in the card playing area.

MEAL DELIVERY VOLUNTEERS URGENTLY NEEDED!

Can you or someone you know spare 2 hours a week to help deliver meals to senior adult shut-ins? It is not a hard volunteer task, it just takes a little time, about 2 hours.

We have had a vacancy come up and with summer coming, we'll have a great need for more help.

Please search your heart and your calendar and let us know if you can help.

If you are not able to help, you can help by asking family, friends, neighbors, people you go to church with, people you are in clubs with, etc... please help us find new volunteers. Thank you!!!

MEMORIAL GIFTS GIVEN TO THE CENTER

A memorial gift was given in memory of Jo Ann Bock by Francis Alison.

Memorial gifts were given in memory of Debra K Johns by Dolly Jewel, Pat Kaempfer and Scott and Susan McClanahan.



ACTIVITIES THIS MONTH

- 1 Super Samba card game lessons, 9:00, Doris Grippo
Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe
Raffle, 11:45
- 2 Hand and Foot card game, 9:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Sponsored by Edward Jones, Tim Domian
- 5 Mahjong lesson 9:00 am, Learn to Play! Doris Grippo
Bridge, 12:30-3:00, for players who already know how to play Bridge
- 6 Site Council, decorate at 9:30 and then meet
Hand and Foot card game, all day till 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
- 7 Dominoes, 9:30-3:00, Everyone Welcome!
Foot Care Clinic, all day by appointment only
- 8 Super Samba card game lessons, 9:00, Doris Grippo
Exercise Class, 9:30-10:15, by Peggy or Marie
No Bible study today
Raffle, 11:45
- 9 Hand and Foot card game, 9:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Comfort Keepers
- 12 Mahjong lesson 9:00 am, Learn to Play! Doris Grippo
Board Meeting, 12:45
Bridge, 12:30-3:00, for players who already know how to play Bridge
- 13 Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
- 14 Dominoes, 9:30-3:00, Everyone Welcome!
- 15 Super Samba card game lessons, 9:00, Doris Grippo
Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe
Raffle, 11:45
- 16 Center Closed at 1:30, immediately after Bingo
Hand and Foot card game, 9:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Saxony Village, Scott Sprandel
- 19 Mahjong lesson 9:00 am, Learn to Play! Doris Grippo
Bridge, 12:30-3:00, for players who already know how to play Bridge
- 20 Hand and Foot card game, 9:00
Exercise Class, 9:30-10:15, by Peggy or Marie
- 21 Dominoes, 9:30-3:00, Everyone Welcome!
Foot Care Clinic all day, by appointment only
- 22 Super Samba card game lessons, 9:00, Doris Grippo
Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe
Raffle, 11:45
- 23 Hand and Foot card game, 9:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Sponsored by Crown Hospice
- 26 Center Closed for the Memorial Day holiday. See you all tomorrow.
- 27 Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
Bingo, Southern Care and Comfort, 12:30
- 28 Dominoes, 9:30-3:00, Everyone Welcome!
- 29 Super Samba card game lessons, 9:00, Doris Grippo
Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe
Raffle, 11:45
- 30 Hand and Foot card game, 9:00
Chair YOGA, exercise, 9:30, by Jan Cannon

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.

May 2025

The actual cost of each meal is about \$7.60
 A contribution is \$4.00 or more per meal applies
 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 Chicken & Dumplings OR Baked Beef Ziti Tomatoes & Zucchini Hot German Coleslaw WG Hot Roll Mixed Fruit Dessert or Cherry Cheesecake	2 French Onion Chicken OR Fried Fish Mixed Beans Steamed Broccoli WG Hot Roll Chilled Peaches or Iced Orange Cake
5 Chicken Sandwich OR Polish Sausage w/ Sauerkraut Buttered Corn Spinach Salad WG Bun or Bread Chilled Peaches or Carrot Cake	6 Chicken & Rice OR Cabbage Roll Sweet 'n Sour Green Beans Harvard Beets WG Bread Slice Mandarin Oranges or Lemon Blueberry Cake	7 Beef Taco Salad OR Ham and Cheese on Croissant w/ salad Refried Beans w/Cheese Tortilla Chips Tropical Fruit or Ambrosia	8 BBQ Ribs OR French Dip on Bun Mashed Potatoes Coleslaw WG Roll / Bun Applesauce or Apple Pie	9 Sloppy Joe OR Fried Fish California Blend Veggie Seasoned Potato Wedges Cucumber Salad WG Bun or Bread Slice Pineapple Tidbits or Pineapple Topped Cake
12 Pasta & Meat Sauce OR Garlic Romano Chicken Breast Italian Blend Veggies Garden Salad Garlic Bread Citrus Fruit Salad or Iced Cake	13 Ham & Beans OR Homemade Meatloaf Oven Fries & Onions Stewed Tomatoes Cornbread & Crackers Blushing Pears or Coconut Delight	14 Sweet & Sassy Chicken W/ Noodles OR Ham & Noodle Casserole Glazed Carrots Green Peas WG Bread Mixed Fruit or Brownie	15 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Seasoned Green Beans WG Hot Roll SF Apple Crisp or Strawberry Shortcake	16 Baked Fish, Fried Fish OR Cheeseburger Baked Beans Coleslaw WG Bread Spiced Peaches or Peach Dump Cake
19 Scrambled Eggs & Sausage Patty OR Chicken Tenders Oven Fries & Onions WG Biscuit/ Gravy Sliced Tomatoes Citrus Fruit Dessert 100% Fruit Juice 4 oz	20 Ground Beef Stroganoff OR Ham Slice Vegetable Blend Buttered Corn WG Hot Roll Chilled Peaches or Texas Sheet Cake	21 Chef Salad OR Chicken Salad Sandwich Sweet & Sour Beets Potato Chips WW Crackers SF Gelatin w/Bananas or Banana Pudding	22 Herb Roasted Chicken Legs OR Salsbury Steak Chantilly Potatoes Sesame Green Beans WG Hot Roll Warm Cinnamon Apples or Coconut Cake	23 Pulled Pork OR Fried Fish Baked Potato Broccoli Slaw WG Bun or Bread Mixed Fruit Dessert or Cook's Choice Dessert
26 CENTER CLOSED For The MEMORIAL DAY HOLIDAY	27 Chicken Alfredo Pasta OR Glazed Meatballs Parmesan Peas Caesar Salad Garlic Bread Tropical Fruit or Ice Cream / Pudding (in house) / (delivered)	28 Orange Pork Loin OR Chicken Parmesan Lima Beans Seasoned Carrots WG Hot Roll SF Gelatin w/ Pears or Spring Fruit Dessert	29 Meatloaf OR BBQ Chicken Mashed Potatoes Green Bean Casserole WG Hot Roll SF Peach Crisp or Blackberry Cobbler	30 Baked Fish or Fried Fish OR Cold Sub Sandwich Potato Salad Hawaiian Coleslaw WG Bread / Bun Chilled Mixed Fruit or Dusted Lemon Bar