

CAPE GIRARDEAU Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

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

OCTOBER 2025 NEWS

CENTER CLOSED FOR THE COLUMBUS DAY HOLIDAY

The senior center will observe the Columbus Day holiday and will be closed on Monday, October 13.

FLU AND COVID VACCINE CLINIC PLANNED FOR OCTOBER 9

Broadway Long Term Care will be here in our building on Thursday, October 9 to give FLU vaccines and Covid booster vaccines. If you choose to participate, please bring your Medicare or Insurance card and wear a short-sleeved shirt.



MEDICARE PART D OPEN ENROLLMENT IS OCTOBER 15 - DECEMBER 7

The 2025 Medicare coverage Open Enrollment period is in the Fall of 2025, from October 15 to December 7.

During this annual enrollment period (AEP) you can make changes to various aspects of your coverage.

You can switch from Original Medicare to Medicare Advantage, or vice versa.

You can also switch from one Medicare Advantage plan to another plan.

You can switch from one Medicare Part D (prescription drug) plan to another.

And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

It is important, even if you only take a couple of medications, to have this reviewed each year.

SMART SENIOR SERVICES PROVIDING OPEN ENROLLMENT EVENT

The local SMART Senior Services program 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 October 16, November 6 and 20, and December 4, 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!



BAKE SALE COMING!!! START PLANNING FOR IT NOW!!!

The Site Council's annual Fall sale is coming soon! You can start planning for it now by baking items that can be frozen ahead of time, such as cookies, quick breads, cakes, etc. Of course, the Site Council always appreciates home garden canned goods and CASH in lieu of baking.

Start planning today! Bake Sale is Thursday, November 20, the same day as the annual Thanksgiving feast here at our Center.

MEMORIAL GIFTS GIVEN TO THE CENTER

A memorial gift was given in memory of Nina Merhle by the Hand and Foot card players, as they miss their card playing friend at their tables.



GROUP RENTING OUR BUILDING NEEDS HOMEMADE SNACKS

Each year a group rents our building in early November, and we provide homemade snacks as a fundraiser. For the weekend of November 7-9, we are in need of wrapped or packaged homemade items such as cookies, brownies, cereal snack mix, or muffins, etc. Those items will be sold in a concession stand type set up over the weekend that they rent our building. In the past we have raised as much as \$700 for our center.

Please, if you can, bring homemade snacks that can be sold at this event.
THANK YOU!!!!

MEDICATION SAFE AVAILABLE TO LOCK UP MEDICATIONS

Do you take pain killers or narcotics that should be protected and locked up from grandchildren or in-home workers? We have a very limited number of small medication safes in the office if you have a situation that you can use one. See us in the office.

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.

ACTIVITIES THIS MONTH

- 1 Dominoes, 9:30-1:30, Everyone Welcome!
Foot Care Clinic, all day by appointment only
Reminder, the Center will close at 1:30 today
- 2 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10:00 am, by Joey Crosnoe
SMART Senior Services, 10:00-11:00
Raffle, 11:45
Reminder, the Center will close at 1:30 today
- 3 Hand and Foot card game, 9:00-1:30
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo! 12:30, Sponsored by Edward Jones, Tim Domian
Reminder, the Center will close at 1:30 today
- 6 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 7 Site Council, 9:30, decorate then meet
Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
- 8 Dominoes, 9:30-3:00, Everyone Welcome!
- 9 FLU or Covid Vaccine Clinic, 10-12:30, Broadway Long Term Care
Exercise Class, 9:00, by Peggy or Marie *note time change*
Bible Study, 10-11:00, by Joey Crosnoe
Raffle, 11:45
- 10 Hand and Foot card game, 9:00 -3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo! 12:30, Comfort Keepers
- 13 Center Closed for the Columbus Day holiday
- 14 Hand and Foot card game, 9:00-3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
Board Meeting, 12:30
- 15 Dominoes, 9:30-3:00, Everyone Welcome!
Foot Care Clinic all day, by appointment only
- 16 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10:00 am, by Joey Crosnoe
SMART Senior Services, 10:00-11:00
Raffle, 11:45
- 17 Hand and Foot card game, 9:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo! 12:30, Sponsored by Saxony Village, Scott Sprandel
- 20 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 21 Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
Bingo! 12:30, Sponsored by Genesis Homecare
- 22 Dominoes, 9:30-3:00, Everyone Welcome!
- 23 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe
Raffle, 11:45
- 24 Hand and Foot card game, 9:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo! 12:30, Sponsored by Crown Hospice
- 27 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 28 Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
Bingo! 12:30, Sponsored by Southern Care and Comfort
- 29 Dominoes, 9:30-3:00
- 30 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe
Raffle, 11:45
- 31 Hand and Foot card game, 9:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo! 12:30, Sponsored by SADI, Southeast Alliance for Disability Independence

OCTOBER 2025

The actual cost of each meal is about \$8.69
 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 Sweet & Sassy Chicken W/ Noodles OR Ham & Noodle Casserole Glazed Carrots Green Pea Salad WG Bread Mixed Fruit or Brownie | 2 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Green Beans WG Hot Roll SF Apple Crisp or Strawberry Shortcake | 3 Baked Fish, Fried Fish OR Beef Patty Melt Baked Beans Coleslaw WG Bread Spiced Peaches or Peach Cake |
| 6 Beefy Soft Taco OR Chef Salad Refried Beans Tortilla Chips Tropical Fruit Blend or Fruit Cocktail Cake | 7 Chicken & Dumplings OR Swedish Meatballs w/ Noodles Warm Corn Salad Spinach Au Gratin WG Bread or Crackers Mandarin Oranges or S'mores Cake | 8 Swiss Steak OR Roasted Chicken Thighs Loaded Mashed Potatoes Roasted Brussels Sprouts WG Hot Roll Chilled Peaches or Peach Cobbler | 9 Ham Slice OR Almond Dijon Chicken Au Gratin Potatoes Green Beans Lettuce Salad WG Hot Roll SF Apple Crisp or Applesauce Cake | 10 Vegetable Beef Soup w/ Cheese Sandwich OR Fish Sandwich Oven Fried Okra Gelatin Salad WG Bread or Bun Mixed Fruit Dessert or Cook's Choice Dessert |
| 13 CENTER CLOSED FOR THE COLUMBUS DAY HOLIDAY | 14 Chicken Sandwich OR Tomato Soup & Toasted Cheese Sand. Seasoned Potato Wedges Seasoned Broccoli WG Bun / Bread Chilled Pineapple or Pineapple Cake | 15 Beef Tomato Cabbage Scallop OR Poppyseed Chicken Calif Blend Veggies Roasted Squash WG Hot Roll Chilled Pears or Spice Cake w/Caramel | 16 Meatloaf OR Oven Fried Chicken Chantilly Potatoes Country Green Beans WG Hot Roll Warm Cinnamon Apples or Apple Pie | 17 FISH: Baked or Fried OR BBQ Pulled Pork Baked Beans Mac-n-Cheese Coleslaw WG Bread or Bun Mandarin Oranges or Fresh Baked Cookies |
| 20 Beefy Macaroni Casserole OR Chicken Cordon Bleu Casserole Buttered Peas Glazed Carrots WG Bread Slice Fruit Cocktail or Pecan Dump Cake | 21 Chicken Parmesan w/ Pasta OR Beef Stroganoff Italian Vegetable Blend Hot Buttered Corn WG Garlic Bread Tropical Fruit Blend or Oreo Cheesecake | 22 Potato Soup with Ham & Cheese Sand OR Sweet & Sour Chicken w/ Rice Mixed Vegetables Caesar Salad WG Bread Mandarin Oranges or Germen Chocolate Cake | 23 Orange Pork Loin OR Beef Stew Sweet Potato Winter Blend Veggies WG Hot Roll SF Peach Crisp or Cranberry Cobbler | 24 Beef and Bean Chili w/ Peanut Butter Sand. OR Fried Fish Baked Potato Waldorf Salad WG Bread and Crackers SF Gelatin w/ Pears or Iced Carrot Cake |
| 27 Cheese Omelet & Sausage Patty or Chicken Tenders Country Fries & Onions WG Biscuit & Gravy Bananas & Pineapple Orange Juice | 28 Oven Roasted Chicken OR Polish Sausage & Kraut Mashed Potatoes Glazed Carrots WG Hot Roll SF Mixed Berry Crisp or Honey Bun Cake | 29 Homemade Meatloaf OR Chicken Pot Pie Seasoned Green Beans Okra & Tomatoes WG Hot Roll Chilled Peaches or Coconut Delight | 30 Chicken & Dressing OR Kettle Beef & Mashed Potatoes Country Blend Beets WG Hot Roll SF Warm Apple & Raisins or Pumpkin Crunch Dessert | 31 FISH: Baked or Fried OR Chili Dog Seasoned Potato Wedges Creamy Coleslaw WG Bread or Bun Mandarin Oranges or Cinnamon Roll |