

CAPE GIRARDEAU Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

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

SEPTEMBER 2025 NEWS

CENTER CLOSED FOR LABOR DAY AND EARLY CLOSING

The senior center will observe the Labor Day federal holiday on Monday, September 1.

The center will close early on Friday, September 19 at 1:30.



MEMORIAL GIFTS GIVEN TO THE CENTER

A memorial gift was given in memory of Florence Frances Lewis by Jean Eftink.



SMART SENIOR SERVICES AT YOUR SERVICE!

Smart Senior Services (Formerly APPLE Project) will be in our senior center twice this month for your convenience. Michelle and Dana do a fantastic job answering any questions you may have about any topic you can throw at them dealing with paperwork. Give them a try!!! They are in our center on the first and third Thursday of each month from about 10:00-11:00 each visit. Come by the exercise room and visit with them!

VOLUNTEERS URGENTLY NEEDED FOR MEAL DELIVERY!

Many of you who come to the center may not be able to help deliver meals... but you CAN help!!!

You can help spread our message! You can tell people at your church, friend groups, family, neighbors, and anyone you can find! Nearly 200 homebound senior adults rely on their noon meal being delivered to them to help them live independently. All meals are delivered by volunteers who use the senior center's vans.

Meal delivery is from about 10:15 to about noon. Surely your family and friends would have a couple of hours to serve others. Thank You in advance for your help!!!



FOOTCARE CLINIC BY APPOINTMENT ONLY

Just a reminder that the footcare clinic at the senior center is by appointment only. There is a \$5 charge to the company that provides this service. You cannot just show up and expect to be serviced by the nurse.

If you would like an appointment for have your toenails trimmed, please call the center or step into the office to make an appointment.



ACTIVITIES THIS MONTH

- 1 CENTER CLOSED for the Labor day holiday
- 2 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
- 3 Dominoes, 9:30-3:00, Everyone Welcome!
Foot Care Clinic, all day by appointment only
- 4 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
- 5 Hand and Foot card game, 9:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Sponsored by Edward Jones, Tim Domian
- 8 Board Meeting, 12:30
Bridge, 12:30-3:00, for players who already know how to play Bridge
- 9 Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
- 10 Dominoes, 9:30-3:00, Everyone Welcome!
- 11 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe
Raffle, 11:45
- 12 Hand and Foot card game, 9:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Comfort Keepers
- 15 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 16 Hand and Foot card game, 9:00
Exercise Class, 9:30-10:15, by Peggy or Marie
Bingo! 12:30, Sponsored by Genesis Homecare
- 17 Dominoes, 9:30-3:00, Everyone Welcome!
Foot Care Clinic all day, by appointment only
- 18 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
- 19 Center Closes at 1:30 today! Thank You!!!
Hand and Foot card game, 9:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Sponsored by Saxony Village, Scott Sprandel
- 22 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 23 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
- 24 Dominoes, 9:30-3:00, Everyone Welcome!
- 25 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe
Raffle, 11:45
- 26 Hand and Foot card game, 9:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Sponsored by Crown Hospice
- 29 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 30 Hand and Foot card game, 9:00 to 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie

The 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.

SEPTEMBER 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 CENTER CLOSED FOR THE LABOR DAY HOLIDAY	2 Scrambled Eggs & Sausage Patty OR Chicken Tenders Oven Fries & Onions WG Biscuit/ Gravy Sliced Tomatoes Citrus Fruit Dessert 100% Fruit Juice 4 oz	3 Chef Salad OR Chicken Salad Sandwich Sweet & Sour Beets Potato Chips WW Crackers SF Gelatin w/Bananas or Banana Pudding	4 Herb Roasted Chicken Legs OR Salisbury Steak Chantilly Potatoes Sesame Green Beans WG Hot Roll Warm Cinnamon Apples or Coconut Cake	5 Pulled Pork OR Fried Fish Baked Potato Broccoli Slaw WG Bun or Bread Mixed Fruit Dessert or Cook's Choice Dessert
8 Ham Slice w/ Pineapple OR Hot Chicken Salad Sweet Potatoes California Blend Vegies WG Hot Roll Applesauce or Iced Cherry Cake	9 Chicken Alfredo Pasta OR Glazed Meatballs Parmesan Green Peas Caesar Salad Garlic Bread Tropical Fruit or Texas Sheet Cake	10 Orange Pork Loin OR Chicken Parmesan Lima Beans Seasoned Carrots WG Hot Roll SF Gelatin w/ Pears or Oreo Cheesecake	11 Homemade Meatloaf OR BBQ Chicken Mashed Potatoes Green Bean Casserole WG Hot Roll SF Peach Crisp or Peach Cobbler	12 Baked Fish or Fried Fish OR Cold Sub Sandwich Potato Salad Hawaiian Coleslaw WG Bread / Bun Chilled Mixed Fruit or Honey Bun cake
15 Sweet & Sour Pork Chop OR Chicken Livers Steamed Rice Oriental Vegetables Peas & Carrots Bread Slice Chilled Pineapple or Fresh Baked Cookies	16 Saucy Meatballs OR Country Fried Chicken Mashed Potatoes Beets with Pineapple WG Hot Roll Mandarin Oranges or Special Orange Fluff	17 Soup & Pimiento Cheese Sandwich OR Chicken Chili Bake Mediterranean Veggies Garden Salad w/ Chickpeas WG Bread SF Pudding w/ Fruit or Pineapple Topped Cake	18 Chicken & Dumplings OR Shepherd's Pie Tomatoes & Zucchini Coleslaw WG Hot Roll Mixed Fruit Dessert or Cherry Cheesecake	19 French Onion Chicken OR Fried Fish Mixed Beans Steamed Broccoli WG Hot Roll Chilled Peaches or Peach gelatin Dessert
22 Chicken Sandwich OR Polish Sausage w/ Sauerkraut Buttered Corn Spinach Salad WG Bun or Bread Chilled Peaches or Brownie	23 Chicken & Rice OR Beef Stroganoff Seasoned Carrots Harvard Beets WG Bread Slice Mandarin Oranges or Lemon Blueberry Cake	24 Oven Fried Chicken OR Country Fried Steak Mashed Potatoes/Gravy Green Beans WG Hot Roll SF Apple Crisp or Strawberry Shortcake	25 Roast Pork & Gravy OR Homemade Meatloaf Mashed Potatoes Hot German Coleslaw WG Roll / Bun Applesauce or Apple Pie	26 Sloppy Joe OR Fried Fish California Blend Veggie Seasoned Potato Wedges Cucumber Salad WG Bun or Bread Slice Pineapple Tidbits or Cook's Choice Dessert
29 Pasta & Meat Sauce OR Garlic Romano Chicken Breast Italian Blend Veggies Garden Salad Garlic Bread Citrus Fruit Salad or Iced Cake	30 Ham & Beans OR French Dip on Bun Oven Fries & Onions Stewed Tomatoes Cornbread & Crackers Blushing Pears or Coconut Delight			

*Menu subject to change without notice based on supplier's inventory. SF=Sugar Free. WG=Whole Grain.