

JANUARY 2025 Calendar of Events

- 1 New Year's Day! Center Closed! Happy New Year!
- 2 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
- 3 Hand and Foot card game, all day till 3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Edward Jones, Tim Domian
- 6 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 7 Exercise Class, 9:30-10:15, by Peggy or Marie
Hand and Foot card game, all day till 3:00
- 8 Dominoes, 9:00-1:30, Everyone Welcome!
Foot Care Clinic all day, by appointment only
- 9 Exercise Class, 9:30-10:15, by Peggy or Marie
Bible Study, 10-11:00, by Joey Crosnoe
Raffle, 11:45
- 10 Hand and Foot card game, all day till 3:00
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Sponsored by Advanced Home Care
- 13 Bridge, 12:30-3:00, for players who already know how to play Bridge
Board Meeting, 12:45
- 14 Hand and Foot card game, all day till 3:00
Exercise Class, 9:30-10:15, by Peggy or Marie
- 15 Dominoes, 9:00-3:00, Everyone Welcome!
- 16 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
- 17 Hand and Foot card game, till 1:30
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Saxony Village, Scott Sprandel
- 20 Center Closed for Martin Luther King, Jr holiday
- 21 Hand and Foot card game, till 1:30
Exercise Class, 9:30-10:15, by Peggy or Marie
- 22 Foot Care Clinic, all day by appointment only
Dominoes, 9:00-3:00, 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, till 1:30
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, till 1:30
Exercise Class, 9:30-10:15, by Peggy or Marie
Bingo, Southern Care and Comfort, 12:30
- 29 Dominoes, 9:00-3:00, Everyone Welcome!
- 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, till 1:30
Chair YOGA, exercise, 9:30, by Jan Cannon
Bingo, 12:30, Sponsored by Southern Care and Comfort

SENIOR CENTER CLOSED FOR HOLIDAY OBSERVANCES

The Cape Senior Center will be closed on Wednesday, January 1 for the New Year's Day holiday, and on Monday, January 20 for the Martin Luther King, Jr. holiday.

WEATHER CLOSING REMINDER

As a bit of routine business, a reminder that if we have snow or ice and Cape Public Schools close for inclement weather, we follow their closing and we will also close.

Check the KFVS website and app or watch the channel before 7:00 am to see the closing.

If there is a closure due to weather, when we return for regular business, we usually serve the menu we missed on the first day of the closure. You can also check the menu on our Facebook page, Cape Girardeau Senior Center.

TOENAIL CLINIC IS BY APPOINTMENT ONLY

Just a reminder that the Toenail Trimming Clinic is by appointment only. Please do not show up the day of the clinic and expect to be "worked in" or to be added at the end of the day. Appointments are made in advance and can be made in the office.

LOOKING TO START THE NEW YEAR OFF WITH A NEW FRESH START?

The Center offers three opportunities each week for exercise and yoga. With new year's resolutions being made it is time to get moving. The exercise and yoga classes are free and are about 45 minutes long. You can stand or sit or do what you can to keep moving.

Peggy and Marie are so much fun, and they make sure you have fun while moving and stretching your arms and legs. Come and give it a try!

NEW YEAR BUT OLD RULES

A reminder that milk cartons cannot be taken out of the building if you eat your meal inside the dining room. The milk is for your noon meal and cannot be taken out of the dining room and home with you. Please don't make us call you out and put it back 😞

Please do not bang your tray against the inside of the trash can. It is loud and annoying for guests who are still eating and visiting, and it cracks and breaks the trays. Use your silverware to scrape food scraps or the rubber spatula that is provided for you.

When we have items out for you to take, please do not take more than one. Example, the calendars are put out are for our clients to enjoy. Please do not take for other friends, neighbors, relatives or to hoard at home. Be considerate of others.

Happy New Year!!!

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.