

# Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

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

## JUNE 2026 NEWS

### CENTER CLOSED FOR JUNETEENTH HOLIDAY

Please note that the Center will be closed on Friday, June 19 for the federal holiday, Juneteenth.



*Welcome*

### WELCOME TRISH RAGLIN TO YOUR SENIOR CENTER STAFF

We are pleased to welcome Trish Raglin to our senior center roster of employees. She is a delight and a joy to be around and her personality shines bright through her smile and laugh. If you have not met Trish yet, pop in with a brief HELLO. She is learning a lot and finding her way around very quickly. Welcome Trish!

### INSTEAD OF A SUMMER SLUMP, LET'S ACHIEVE A SUMMER BUMP!

Each summer the senior center has a little summer slump in numbers and attendance.

Some people travel or help babysit grandchildren during the summer, so the numbers tend to drop off a little over the summer. This year let's all work together to have a Summer Bump UP in our numbers and attendance.

Invite someone to come and then invite another person to come and just think how nice it would be to have a dining room full all the time!

All the staff are excited to see who you bring with you this summer!!!

*Life is Better With Friends*

### ATTENTION COFFEE DRINKERS

If you fill your cup and find the coffee pot empty or near empty, could you please do us a favor and unplug the coffee pot? If it sits empty it gets too hot and burns up the element in the pot. Thank You for helping to just unplug the pot when empty.



### DO YOU LIKE TO WORK OUTSIDE AND WOULD BE WILLING TO HELP THE CENTER?

With the center's large mulch area around the building and the number of bushes around the center, occasionally there is a need for help to trim or collect clippings from around the building. If you have an interest in helping with this, please let us know. Currently we have Wayne Weinkein, Tammy Popp and Howard Dillard. Thank You!!!



### THE CENTER'S ACTIVITIES CONTINUE THROUGH THE SUMMER MONTHS

All of the exercise classes and activities listed continue as normal all summer long. We are not like the schools and take a summer break, we are a year-round program. So, join in and have fun with some of the activities offered. They are printed on this sheet by day of the month.



## ACTIVITIES THIS MONTH

- 1 Bridge, 12:30-3:00, for players who already know how to play Bridge
- 2 Site Council, 10:00 am  
Hand and Foot card game, 9:00 to 3:00  
Exercise Class, 9:30, by Peggy or Marie
- 3 Foot Care Clinic, all day by appointment only  
Dominoes, 10:00-3:00, Everyone Welcome!
- 4 Exercise Class, 9:30-10:15, by Peggy or Marie  
Bible Study, 10:00 am, by Joey Crosnoe  
Raffle, 11:45
- 5 Hand and Foot card game, 9:00-3:00  
Chair YOGA, exercise, 9:30, by Jan Cannon  
Bingo! 12:30, Sponsored by Edward Jones, Tim Domian
- 8 Bridge, 12:30-3:00, for players who already know how to play Bridge  
Board Meeting, 12:30
- 9 Hand and Foot card game, 9:00 to 3:00  
Exercise Class, 9:30, by Peggy or Marie
- 10 Dominoes, 10:00-3:00, Everyone Welcome!
- 11 Exercise Class, 9:30-10:15, by Peggy or Marie  
Bible Study, 10:00 am, by Joey Crosnoe  
Raffle, 11:45
- 12 Hand and Foot card game, 9:00-3:00  
Chair YOGA, exercise, 9:30, by Jan Cannon  
Bingo! 12:30, Sponsored by 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 to 3:00  
Exercise Class, 9:30, by Peggy or Marie  
Bingo! 12:15, Sponsored by Genesis Home Care
- 17 Foot Care Clinic, all day by appointment only  
Dominoes, 10:00-3:00, Everyone Welcome!
- 18 Exercise Class, 9:30-10:15, by Peggy or Marie  
Bible Study, 10:00 am, by Joey Crosnoe  
Raffle, 11:45
- 19 Center Closed for the Juneteenth Federal holiday
- 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, by Peggy or Marie  
Bingo! 12:15, Southern Care and Comfort
- 24 Dominoes, 10:00-3:00, Everyone Welcome!
- 25 Exercise Class, 9:30-10:15, by Peggy or Marie  
Bible Study, 10:00 am, by Joey Crosnoe  
Raffle, 11:45
- 26 Hand and Foot card game, 9:00 to 3:00  
Chair YOGA, exercise, 9:30, by Jan Cannon  
Bingo, 12:30, Sponsored by Jackson Healing Arts
- 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, by Peggy or Marie

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.

# June 2026

The actual cost of each meal is about \$8.69

A suggested 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 Clark Ave.

Cape Girardeau, MO 63701

[www.capeseniorcenter.org](http://www.capeseniorcenter.org)

573-335-1352

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| 1 Sweet ‘n Sour Pork<br>OR Orange Chicken<br>Seasoned Rice<br>Peas & Carrots<br>Asian Blend Veggies<br>WG Bread Slice<br>Applesauce or<br>Peanut Butter Delight            | 2 Tuna Salad OR<br>Turkey Bacon Wrap<br>Sweet ‘n Sour Beets<br>Carrot Ginger Salad<br>Potato Chips<br>WG Bread or Crackers<br>Fruit Cocktail or<br>Fruited Gelatin Dessert | 3 BBQ Riblet OR<br>Chicken Livers<br>Baked Beans<br>Spinach Salad<br>WG Bun or Bread Slice<br>Chilled Pineapple or<br>Lemonade Cake  | 4 Chicken &<br>Dumplings OR Honey<br>Garlic Meatballs<br>Green Beans<br>Stewed Tomatoes<br>WG Hot Roll<br>Chilled Peaches or<br>Peach Dump Cake                                 | 5 FISH: Baked or Fried<br>OR Meat Pizza<br>Seasoned Potato Wedges<br>Coleslaw<br>WG Bread Slice<br>Blushing Pears or<br>Ambrosia              |
| 8 Beef Goulash OR<br>Chicken Tortellini<br>Green Beans<br>Cauliflower<br>Garden Salad<br>WG Garlic Bread<br>Emerald Isle Dessert   | 9 Beef Patty Melt<br>OR Open Face Turkey<br>on Bread w/ Potatoes<br>Vegetable Blend<br>Broccoli Slaw<br>WG Bread<br>SF Berry Crisp or<br>Peach Cobbler                     | 10 Chicken Shepherd’s<br>Pie OR Mushroom<br>Chopped Steak /Potato<br>Brussel Sprouts<br>Kidney Bean Salad<br>WG Hot Roll<br>Mandarin Oranges or<br>Iced Cherry Cake  | 11 Ham and Beans OR<br>Homemade Meatloaf<br>Zucchini & Tomatoes<br>Oven Fried Potatoes<br>w/ Onions<br>Cornbread & Crackers<br>Peaches & Cottage Cheese<br>or Apple Pie         | 12 Chicken Sandwich<br>OR Fried Fish<br>Sweet Potato Fries<br>Spinach Salad<br>WG Bun or Bread<br>SF Gelatin with Pears or<br>Blueberry Fluff |
| 15 Pepper Steak OR<br>Roasted Chicken Legs<br>Rice Pilaf<br>Steamed Cabbage<br>Buttered Corn<br>WG Bread Slice<br>Blushing Pears or<br>Fresh Baked Cookies                 | 16 Meatball Stroganoff<br>OR Hot Chicken Salad<br>Buttered Noodles<br>Cal. Blend Vegetables<br>Lima Beans<br>WG Bread Slice<br>Mandarin Oranges or<br>Iced Yellow Cake     | 17 Chicken Parmesan<br>w/ Pasta and Marinara<br>OR French Dip /Bun<br>Italian Blend Veggies<br>Garden Salad<br>Garlic Bread or Bun<br>Chilled Peaches or<br>Pudding, Home Delivered<br>Ice Cream, In-House | 18 Oven Fried Chicken<br>OR Country Fried Steak<br>Mashed Potatoes/Gravy<br>Seasoned Green Beans<br>Green Pea Salad<br>WG Hot Roll<br>SF Peach Crisp OR<br>Strawberry Shortcake | 19<br><br><b>Center Closed<br/>for the<br/>Juneteenth<br/>Federal Holiday</b>   |
| 22 Pork Chop<br>Supreme OR Garlic<br>Romano Chicken Breast<br>Au Gratin Potatoes<br>Winter Blend Veggie<br>WG Hot Roll<br>Cinnamon Applesauce<br>Or Cinnamon Swirl<br>Cake | 23 Chicken Tetrazzini<br>OR Reuben Casserole<br>Buttered Carrots<br>Tossed Salad<br>WG Hot Roll<br>Citrus Fruit Salad or<br>Pineapple Right Side<br>Up Cake                | 24 BBQ Chicken OR<br>Ham & Cheese Croissant<br>Baked Beans<br>Spinach Au Gratin<br>WG Hot Roll<br>SF Gelatin w/ Bananas<br>or German Chocolate<br>Cake   | 25 Homemade<br>Meatloaf OR<br>Smothered Bratwurst<br>Mashed Potatoes<br>Green Beans<br>Gelatin Salad<br>WG Hot Roll<br>Warm Spiced Peaches<br>or Cinnamon Roll                  | 26 FISH: Baked or Fried<br>OR Cheeseburger<br>Coleslaw<br>Seasoned Wedges<br>WG Bread or Bun<br>Blushing Pears or<br>Cheesecake Dessert       |
| 29 Sausage &<br>Scrambled Eggs OR<br>Chicken Tenders<br>Pancakes & Syrup<br>Hashbrowns & Onion<br>Orange Juice<br>Warm Cinnamon<br>Apples                                  | 30 Sloppy Joe on Bun<br>OR Tomato Soup w/<br>Toasted Cheese Sand.<br>Baked Potato<br>Cal Blend Veggies<br>WG Bun or Bread<br>Mandarin Oranges or<br>Iced Orange Cake       |  |   |   |