

CAPE GIRARDEAU Senior Center News

CAPE GIRARDEAU COUNCIL ON AGING

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

MARCH 2024 NEWS

CENTER CLOSED FOR GOOD FRIDAY

Please note that the Center will be closed Good Friday on Friday, March 29.

MEMORIAL GIFTS RECEIVED DURING THE MONTH

A memorial gift was received in memory of Lorene Wood, from Marlene Cloude.



MISSOURI MASTER PLAN ON AGING TOWN HALL MEETING

This is your chance to speak up on issues that concern senior adults! Topics that will be addressed include transportation, healthy life choices, employment and daily life, safety and financial security, housing, long-term care services, caregiver support and many others.

There will be breakout sessions in small groups where people can easily discuss their needs and concerns with any topic dealing with aging.

The hope is that there will be a large attendance for this meeting... maybe even 1,000 people from the Southeast Missouri area. Please help spread the word! Anyone is invited to attend, as this is a 10-year master plan for again, so younger adults could be affected, too!

Our center will close early so everyone has the chance to attend this very important meeting.

A COUPLE OF HOUSEKEEPING ITEMS!

Please, **DO NOT bang your tray on the trash can.** There is a rubber scraper in the tray-return window for you to use, in addition to your tableware, to scrape your tray. **DO NOT bang your tray against the inside of the trash can!** It is loud, annoying in the dining room and it cracks the trays.

Only 1 milk is given with your meal. The master meal plan that we are required to follow allows for 1 cup of milk with your lunch. Please do not make us come and talk to you in front of your friends about this issue. Only 1 milk with your lunch; thank you!

TOENAIL TRIMMING CLINIC IS ADDING A SECOND DAY EACH MONTH

Due to the high demand for appointments for the toenail clinic, we are pleased to add a second day each month for this clinic.

The appointment book is in the office if you would like to make an appointment.

The clinic days will be the second Tuesday and third Wednesdays of each month, unless there needs to be a change by the nurse or the company.



MEAL TICKETS ARE AN EASY WAY TO MAKE YOUR MEAL CONTRIBUTION

You may wish to use the red meal tickets for your lunch. The meal tickets do not expire, and they are so convenient, so you don't have to worry about having small cash on hand for your lunch. These are available in the office, and you can get as few or as many as you wish.



ANNUAL SURVEYS ARE UNDERWAY

If you have not completed an annual survey, please do so. These surveys are used to add new programs or menu items if possible. The blank surveys are at the front desk, and the box to return your completed survey is at the little round table near the front door.

Please complete one survey per person, and thank you in advance.



Your senior center is always in need of your time and resources. Please let your family know that you would like your memorial gifts left to the senior center as a lasting memory upon passing.

ACTIVITIES THIS MONTH

- 1 Chair YOGA, exercise, 9:30, by Jan Cannon
Hand and Foot card game, everyone welcome
Bingo, 12:30, Edward Jones, Tim Domian
- 4 Nutrition Education, University of Missouri Extension, Mandie Sullivan, 10:00
- 5 Site Council, 9:00, decorate and then meet
Exercise Class, 9:30-10:15, by Peggy or Marie
Hand and Foot card game, everyone welcome
AARP Tax Aide, Here, 6:00- 8:00 pm
- 6 Dominoes, 9:30 am to 1:30 pm, everyone welcome!
Town Hall Meeting! Everyone please plan to attend! 2:00-4:00 at the Show Me Center. See flyers in the senior center.
The Center will close early at 1:30, so everyone can attend the Town Hall Meeting.
- 7 SMART Project... Formerly APPLE Project, 10:30
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
- 8 The Center will close early, as soon as Bingo is over, for staff vacation day
Chair YOGA, exercise, 9:30, by Jan Cannon
Hand and Foot card game, everyone welcome
Bingo, 12:30, Legacy Hospice, Hannah Broom
- 11 Board Meeting, 12:45
- 12 Exercise Class, 9:30-10:15, by Peggy or Marie
Hand and Foot card game, everyone welcome
Toenail Trimming, all day, by appointment only
AARP Tax Aide, Here, 6:00- 8:00 pm
- 13 Blood Pressures, 10-11:00, Sponsored by Crown Hospice
Dominoes, 10:00 am, everyone welcome
- 14 St. Patrick's Day menu served... Wear your Green!!!
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
- 15 Chair YOGA, exercise, 9:30, by Jan Cannon
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Bingo, 12:30, Sponsored by Saxony Village and Scott Sprandel
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- 29 Center Closed for Good Friday