

SENIOR CALENDAR FEBRUARY 2012

ARE YOU READY FOR A DISASTER? We are going to feature a list of supplies each month for your disaster kit. Supplies may be stored in a large plastic garbage can. Remember to rotate your perishable food supplies and change water every six months!



- 1 gallon of water
- 1 jar of peanut butter
- 1 large can juice
- 1 can of meat
- Hand-operated can opener
- Instant tea, coffee, powdered drinks
- Permanent marking pen to mark date on items
- Remember 1 gallon of water for each pet; also pet food, diapers or baby food if needed
- Medications for each family member (rotate every few months)
- Make a FAMILY PLAN!

CALENDAR EVENTS for FEBRUARY

Deep Water H2O (Recreational Pool)

Every Tuesday

Time: 10 – 11 AM

Warm Water Aquatics Class (Therapy Pool)

Every Monday, Wednesday, Friday

Time: 7 - 8 AM, 12 - 1 PM, or 5:30 - 6:30 PM

Every Tuesday, Thursday

Time: 12 - 1 PM

Arthritis Foundation Aquatics Class (Recreation Pool)

Every Monday, Wednesday, Friday

Time: 7 - 8 AM, 10 - 11 AM or 11 AM - 12 PM

Location: Saint Francis Health and Wellness Center, 150 S Mt Auburn, Cape Girardeau, MO

Contact: Regional Arthritis Center (573) 331-5880 or (888) 216-3293

Contact: Shelly Gerard (573) 331-5993

Arthritis Aquatic classes are free for Fitness Plus members and \$37/month for nonmembers.

Preregistration and a physician's release are required for participation in the program.

Injury Assessments

Monday - Friday

Time: Call for appointment

Contact: Saint Francis Medical Center Rehabilitation Services (573) 331-5153

Cost: FREE

NOTE: Cape Senior Center will not be open if Cape Public Schools are closed for inclement weather. Jackson Senior Center will not be open if Jackson Public Schools are closed for inclement weather. Tune into KFVS when the weather gets bad.

Feb 01 Heart & Health Screenings

Time: 7 - 10 AM

Location: Saint Francis Health and Wellness Center, 150 S Mt Auburn, Cape Girardeau, MO

Contact: Saint Francis Health & Wellness Center (573) 331-5970

No appointment needed. Scholarships available for Cape County residents, age 60 and up.

Feb 01 AARP Tax Service

Time: 9 AM - 12 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 01 Grief Sharing Support Group

Time: 2 PM

Location: Crown Hospice, 2858 Professional Court, Cape Girardeau, MO

Contact: Nancy Gillard (573) 335-4800

Feb 02 AARP Tax Service

Time: 9 AM - 12 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 02 AARP Tax Service

Time: 9 AM - 12 PM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 02 Blood Pressure

Time: 10 - 11 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Feb 02 APPLE Paperwork Service

Time: 10:30 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 02 Senior Lunch & Learn

Time: 10:30 AM

Location: House of Hope, 1000 Ranney St, Cape Girardeau, MO

Contact: Phyllis Johnson (573) 803-0211

Feb 02 Arthritis Foundation Exercise Class

Time: 12:30 PM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 03 Arthritis Foundation Exercise Class

Time: 9:45 – 10:30 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 03 TOPS

Time: 9:45 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 03 Birthday & Anniversary Party

Time: 11 AM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 06 Crafts

Time: 9 AM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 06 Diabetes Self-Management Group

Time: 10 - 11 AM

Location: Cross Trails Medical Center, 408 S Broadview, Cape Girardeau, MO

Contact: Ginny Chapman (573) 332-0808 ext. 135

Feb 06 Painting Time

Time: 12:30 - 3:30 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 06 AARP Monthly Meeting

Time: 1:30 PM

Location: Grace Methodist Church, Broadway and Caruthers, Cape Girardeau, MO

Contact: Marge Janssen (573) 334-5835

Feb 07 Knee, Hip, Shoulder Clinic

Time: 8 - 11 AM

Location: Saint Francis Medical Center, 221 St Francis Dr, Cape Girardeau, MO

Contact: Outpatient Rehabilitation (573) 331-5153

Appointments recommended, but not required. This is NOT A FREE SERVICE.

Feb 07 Arthritis Foundation Exercise Class

Time: 9:45 – 10:30 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 07 Blood Pressure

Time: 10 - 11 AM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 07 Arthritis Foundation Exercise Class

Time: 12:30 PM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 07 Painting Time

Time: 12:30 - 3:30 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 08 Heart & Health Screenings

Time: 7 - 10 AM

Location: Saint Francis Health and Wellness Center, 150 S Mt Auburn, Cape Girardeau, MO

Contact: Saint Francis Health & Wellness Center (573) 331-5970

No appointment needed. Scholarships available for Cape County residents, age 60 and up.

Feb 08 AARP Tax Service

Time: 9 AM - 12 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 08 Aging Committee

Time: 9 AM

Location: Cape County Public Health Center, 1121 Linden, Cape Girardeau, MO

Contact: Shannon Kitchen (573) 651-8174

Feb 08 Grandparents Support Group

Time: 10 AM

Location: University of MO Extension Office, 684 W Jackson Trail, Jackson, MO

Contact: Mary Gosche (573) 243-3581

Feb 08 SALT - Seniors & Lawmen Together Meeting

Time: 10:30 AM

Location: Cape Girardeau Police Department, 40 S Sprigg St, Cape Girardeau, MO

Contact: Roger Fields (573) 335-6621 ext. 1002

Feb 08 APPLE Paperwork Service

Time: 11 AM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 09 AARP Tax Service

Time: 9 AM - 12 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 09 AARP Tax Service

Time: 9 AM - 12 PM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 09 "The Gospel in Song" by New Harmony Singers

Time: 10 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 09 APPLE Paperwork Service

Time: 10:30 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 09 Senior Lunch & Learn

Time: 10:30 AM

Location: House of Hope, 1000 Ranney St, Cape Girardeau, MO

Contact: Phyllis Johnson (573) 803-0211

Feb 09 Country Kickers Band

Time: 11 AM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 09 Arthritis Foundation Exercise Class

Time: 12:30 PM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 10 Kinship Care Network of SEMO

Time: 8:30 AM

Location: Community Counseling Center, 402 S Silver Springs Rd, Cape Girardeau, MO

Contact: Mary Gosche (573) 243-3581

Feb 10 Arthritis Foundation Exercise Class

Time: 9:45 – 10:30 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 10 TOPS

Time: 9:45 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 10 Alzheimer's Meet and Greet

Time: 12 - 3 PM

Location: HealthPoint Cape, 2126 Independence St, Cape Girardeau, MO

Contact: Mike Meraz (800) 272-3900

Feb 10 Mission Coupon - The Art of Couponing!

Time: 6:30 - 9 PM

Location: Good Shepherd Lutheran Chapel, 1904 W Cape Rock Dr, Cape Girardeau, MO

Contact: Kathy (573) 979-1857

Feb 13 Closed for Holiday

Location: Community Caring Council, 937 Broadway, Suite 306, Cape Girardeau, MO

Contact: Tom Davisson (573) 651-3747 ext. 101

Feb 13 Crafts

Time: 9 AM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 13 Painting Time

Time: 12:30 - 3:30 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 13 Alzheimer's Caregiver Support Group

Time: 6:30 PM

Location: Lutheran Family & Children's Services, 3178 Blattner Dr, Cape Girardeau, MO

Contact: Carol Dippold (573) 334-5866

Feb 14 Knee, Hip, Shoulder Clinic

Time: 8 - 11 AM

Location: Saint Francis Medical Center, 221 St Francis Dr, Cape Girardeau, MO

Contact: Outpatient Rehabilitation (573) 331-5153

Appointments recommended, but not required. This is NOT A FREE SERVICE.

Feb 14 Arthritis Foundation Exercise Class

Time: 9:45 – 10:30 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 14 Valentine's Day Bingo (wear red and white)

Time: 10 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 14 Bring a treat for Valentine's Day

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 14 Arthritis Foundation Exercise Class

Time: 12:30 PM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 14 Painting Time

Time: 12:30 - 3:30 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 14 Alzheimer's Caregiver Support Group

Time: 7 PM

Location: Lutheran Home, 2825 Bloomfield Road, Cape Girardeau, MO

Contact: Jen Hamby (573) 335-0158

Feb 15 Heart & Health Screenings

Time: 7 - 10 AM

Location: Saint Francis Health and Wellness Center, 150 S Mt Auburn, Cape Girardeau, MO

Contact: Saint Francis Health & Wellness Center (573) 331-5970

No appointment needed. Scholarships available for Cape County residents, age 60 and up.

Feb 15 AARP Tax Service

Time: 9 AM - 12 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 15 Miracle Ear Hearing Tests

Time: 10 AM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Free hearing check & battery change

Feb 15 Karaoke and Dance

Time: 11 AM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 16 AARP Tax Service

Time: 9 AM - 12 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 16 AARP Tax Service

Time: 9 AM - 12 PM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 16 Commodity Supplemental Food Program (CSFP) Food Distribution

Time: 9 AM - 12 PM

Location: Red Star Baptist Church Activity Center, 1316 N Main St, Cape Girardeau, MO

Contact: Red Star Baptist Church (573) 335-3381

Feb 16 APPLE Paperwork Service

Time: 10:30 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 16 Senior Lunch & Learn

Time: 10:30 AM

Location: House of Hope, 1000 Ranney St, Cape Girardeau, MO

Contact: Phyllis Johnson (573) 803-0211

Feb 16 Arthritis Foundation Exercise Class

Time: 12:30 PM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 17 Community Caring Council Monthly Meeting

Time: 7:30 AM

Location: CCC Kasten Community Development Center, 937 Broadway, Suite 102, Cape Girardeau, MO

Contact: Tom Davisson (573) 651-3747 ext. 101

Feb 17 Arthritis Foundation Exercise Class

Time: 9:45 – 10:30 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 17 TOPS

Time: 9:45 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 20 Center Closed for Holiday

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Location: Community Caring Council, 937 Broadway, Suite 306, Cape Girardeau, MO

Contact: Tom Davisson (573) 651-3747 ext. 101

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 21 Knee, Hip, Shoulder Clinic

Time: 8 - 11 AM

Location: Saint Francis Medical Center, 221 St Francis Dr, Cape Girardeau, MO

Contact: Outpatient Rehabilitation (573) 331-5153

Appointments recommended, but not required. This is NOT A FREE SERVICE.

Feb 21 Arthritis Foundation Exercise Class

Time: 9:45 – 10:30 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 21 Audio Ear Hearing Test

Time: 10 - 11 AM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 21 Birthday Bingo

Time: 10:15 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 21 Birthday Party

Time: 11 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 21 Arthritis Foundation Exercise Class

Time: 12:30 PM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 21 Painting Time

Time: 12:30 - 3:30 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 22 Heart & Health Screenings

Time: 7 - 10 AM

Location: Saint Francis Health and Wellness Center, 150 S Mt Auburn, Cape Girardeau, MO

Contact: Saint Francis Health & Wellness Center (573) 331-5970

No appointment needed. Scholarships available for Cape County residents, age 60 and up.

Feb 22 AARP Tax Service

Time: 9 AM - 12 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 22 Ash Wednesday Menu

Time: 11:20 AM - 12:30 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 22 Senior Social Dance

Time: 1 – 3 PM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 23 AARP Tax Service

Time: 9 AM - 12 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 23 AARP Tax Service

Time: 9 AM - 12 PM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 23 APPLE Paperwork Service

Time: 10:30 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 23 Senior Lunch & Learn

Time: 10:30 AM

Location: House of Hope, 1000 Ranney St, Cape Girardeau, MO

Contact: Phyllis Johnson (573) 803-0211

Feb 23 Arthritis Foundation Exercise Class

Time: 12:30 PM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 24 Arthritis Foundation Exercise Class

Time: 9:45 – 10:30 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 24 TOPS

Time: 9:45 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 27 Crafts

Time: 9 AM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 27 Painting Time

Time: 12:30 - 3:30 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 28 Alzheimer's Association Corporate Breakfast

Time: 7:30 AM

Location: HealthPoint Cape, 2126 Independence St, Cape Girardeau, MO

Contact: Teresa Birk (800) 272-3900

Cost: FREE

Registration preferred

Feb 28 Knee, Hip, Shoulder Clinic

Time: 8 - 11 AM

Location: Saint Francis Medical Center, 221 St Francis Dr, Cape Girardeau, MO

Contact: Outpatient Rehabilitation (573) 331-5153

Appointments recommended, but not required. This is NOT A FREE SERVICE.

Feb 28 Arthritis Foundation Exercise Class

Time: 9:45 – 10:30 AM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 28 Book Discussion with Julia Jorgenson "Crossing the Tracks"

Time: 10:00 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 28 Arthritis Foundation Exercise Class

Time: 12:30 PM

Location: Jackson Senior Center, 2690 Travelers' Way, Jackson, MO

Contact: Debbie Stockton (573) 243-4241

Feb 28 Painting Time

Time: 12:30 - 3:30 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

Feb 29 Alzheimer's Association Advocacy Day

Time: 5:30 AM (leave Cape) - 5:30 PM (arrive back in Cape)

Location: Capitol Rotunda, MO State Capitol, Jefferson City, MO

Contact: Teresa Birk (800) 272-3900

Call for transportation information from Cape to Jefferson City.

Feb 29 Heart & Health Screenings

Time: 7 - 10 AM

Location: Saint Francis Health and Wellness Center, 150 S Mt Auburn, Cape Girardeau, MO

Contact: Saint Francis Health & Wellness Center (573) 331-5970

No appointment needed. Scholarships available for Cape County residents, age 60 and up.

Feb 29 AARP Tax Service

Time: 9 AM - 12 PM

Location: Cape Senior Center, 921 N Clark, Cape Girardeau, MO

Contact: Susan McClanahan (573) 335-1352

To find out more about Chronic Disease Self-Management Classes and/or Arthritis Foundation Walk with Ease programs, please contact Heidi at Regional Arthritis Center at (573) 331-5880 or (800) 216-3293.

ASSET BUILDING IDEAS FOR SENIOR CITIZENS

Introduce yourself to the children who live near you.

Interact with children who attend your church.

Volunteer at your neighborhood school.

THRIVE COMMUNITY INITIATIVE

VISIT OUR WEBSITE at <http://capecountythrive.com/>