[**Aging Matters**](http://www.agingmatters2u.com/)

* Lana Johnson, Executive Director
Southeast Missouri Area Agency on Aging
1219 N. Kingshighway St., Suite 100
Cape Girardeau, MO 63701
* Phone: 573.335.3331
Alt. Phone: 800.392.8771
Web: [http://www.agingmatters2u.com](http://www.agingmatters2u.com/)
Email: lanaj@agingmatters2u.com
Counties served: St. Francois, Ste. Genevieve, Perry, Iron, Reynolds, Madison, Bollinger, Cape Girardeau, Wayne, Carter, Ripley, Butler, Stoddard, Scott, Mississippi, New Madrid, Pemiscott, Dunklin



Main Contact Info

1078 Wolverine, Suite J,
Cape Girardeau, MO 63701

Phone: 573-335-3331
or 1-800-392-8771
Fax: 573-335-3017

**Perryville Sr Center**

Administrator: Susan Foster
pcscinc@sbcglobal.net
4 North Spring Street
Perryville, MO 63775
Phone & Fax: 573-547-2188

Center hours: 7 a.m. to 2:30 p.m.
Lunch served: 11 a.m. to 12:15 p.m.

Communities receiving home delivered meals:  All of Perry County east end, Old Appleton, Parker Lake, Biehle, & St. Mary.



Regularly scheduled activities and programs:

* Chairside exercise | Mon & Wed | 10:00 a.m.
* Cake & Ice Cream | every Thurs for dessert
* PCSC Bingo | 1st Wed each month | 10:30 a.m.
* Birthday Dinner | 3rd Tues each month | Cake & ice cream - Bank of Missouri
* SMTS Bingo | 4th Mon each month | 12 p.m.
* Reliable Insurance Bingo | 3rd Wed each month | 10:30 a.m.
* Dance & karaoke | 4th Tues | 6:30 p.m. | Join us for music & refreshment. No charge. Sing, dance or just listen to great music
* Hearing aid clinic & bingo by Better Hearing Solutions | 4th Fri
* PCHD blood pressure check | 3rd Tues each month | 10:30 a.m.
* A.P.P.L.E. Project | 3rd Thurs each month | 10:30 a.m.
* Computer lab for seniors with WiFi | everyday
* Mitch & Friends music | Date varies monthly
* Thrift Shop open daily
* Salad Bar & Buffet every day

**Ste. Genevieve Sr. Center**

Administrator: Darline Klein
sgnutctr@ymail.com
727 Parkwood Drive
Ste. Genevieve, MO 63670
Phone & Fax: 573-883-3080

Center hours: 7:30am to 3:30pm
Lunch served: 11:30am to 12:30 pm

Regularly scheduled activities and programs:

* Quilting | everyday
* Music & dancing | 1st Mon each month | 6:30-9 p.m.
* Birthday party 1st Tues of each month
* Line dancing | 2nd, 3rd & 4th Mon each month | 1-2 p.m.
* Bingo | every Tues | 12:35 p.m.
* Card games | every Wed | 12:35-2:30 p.m.
* Dairy Queen cake every 3rd Fri of the month
* Piano available to play
* Free WiFi
* Music Jamboree | 4 times a year on a Saturday with a meal from 11 a.m. to 3 p.m.

Services available:
​     Blood pressure check 3 times a month
     Glucose check 4th Wed of the month
     Miracle Ear does checks quarterly
     Nutrition education talks are held quarterly
     Cholesterol check 2 times a year
     Hemoglobin check 2 times a year
     Flu shots annually