



SIERRA SENIOR CENTER NEWS

PO Box 122, 49111 Cinder Lane, Oakhurst, CA 93644 (559) 658-2200

Instagram: @sierraseniorcenter

Facebook: @OakhurstSeniorCenter








MAY 2024

SENIOR LUNCH PROGRAM MENU



MAY 2024 SENIOR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS INCLUDE LOW FAT MILK HIGH SODIUM MEAL 	*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	1 Tuna Salad Sandwich on Whole Wheat Bread Steamed Carrots Tropical Fruit	2 Cheeseburger Tomato, Lettuce & Onion Potato Salad Honeydew Chunks	3 Whole Grain Breaded Fish Peas & Carrots Brown Rice Pineapple Tidbits Pudding
6 Beef Pepper Steak w/ Gravy Onions & Bell Peppers California Mixed Vegetables Whole Wheat Dinner Roll Orange	7 Chicken Thigh w/ Mushroom Sauce Hi C Salad Brown Rice Cantaloupe Chunks	8 BBQ Pork Sandwich on Whole Wheat Bun Steamed Carrots Coleslaw Tropical Fruit	9 Polish Sausage w/ Onions & Bell Peppers Potato Salad  Ketchup & Mustard Orange	10 Turkey & Cheese Sandwich On Whole Wheat Bread Tomato, Lettuce & Onion Corn Chowder Pineapple Tidbits
13 Baked Chicken Drumstick California Mixed Vegetables Brown Rice Tropical Fruit	14 Pork Chili Verde Hi C Salad Refried Beans Whole Grain Tortilla  Honeydew Chunks	15 Beef Salisbury Steak w/ Gravy Peas & Carrots Whole Wheat Dinner Roll Pineapple Tidbits Pudding	16 Chicken Fajitas Shredded Cheese & Lettuce Whole Grain Tortilla Orange	17 Beef Meatloaf w/ Gravy Vegetable Medley Mashed Potatoes Whole Wheat Dinner Roll Tropical Fruit
20 Chicken Stir Fry Onion, Broccoli & Bell Peppers Brown Rice Pineapple Tidbits Pudding	21 Beef & Vegetable Stew Hi C Salad Whole Wheat Dinner Roll Orange	22 Chicken Bowtie w/ Pesto Sauce Vegetable Medley Sourdough Bread Cantaloupe Chunks	23 Cheeseburger Tomato, Lettuce & Onion California Mixed Vegetables Macaroni Salad Tropical Fruit	24 Tuna Salad Sandwich on Whole Wheat Bread Steamed Carrots Pineapple Tidbits
27 	28 Vegetable Chili Peas & Carrots Corn Muffin Tropical Fruit	29 Santa Fe Chicken Thigh Mashed Sweet Potatoes Whole Wheat Dinner Roll Honeydew Chunks	30 Hotdog on Wheat Bun Steamed Carrots  Ketchup & Mustard Orange	31 Turkey & Cheese Sandwich Tomato, Lettuce & Onion Potato Soup Pineapple Tidbits Pudding

Funding through: Fresno-Madera Agency on Aging
Seniors 60 years & older suggested contribution: \$2.50 Non-Senior Rate: \$7.20

**Meals must be ordered by 11:30am
PRIOR to the day you plan to attend.**

APRIL 2024 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10aM – 2pm Open Hours 10am Chair Yoga 10am SSC Board	2 10am Exercise 11am Gen'l Meeting 11:30am Bingo	3	4 11am Bingo
5 	6 10am – 2pm Open Hours	7 10am – 2pm Open Hours 5:30pm All-Level Yoga	8 10am – 2pm Open Hours 10am Chair Yoga	9 10am Exercise 10am-12pm Food Bank 11:30am Bingo	10	11 11am Bingo & Lunch – <i>Hamburger Tater Tot Casserole</i>
12  2pm BUNCO	13 10am - 2pm Open Hours	14 10am – 2pm Open Hours 10am-12pm Brown Bag 5:30pm All-Level Yoga	15 10am – 2pm Open Hours 10am Chair Yoga 5pm Gold Dust Dancers	16 10am Exercise 11:30am Bingo	17 6pm TACOS & TRIVIA NIGHT	18 9am-11am PAN-CAKE BFAST
19	20 10am - 2pm Open Hours	21 10am – 2pm Open Hours 10am CARDMAKING CLASS 1pm KAISER Mtg (in Library) 5:30pm All-Level Yoga	22 10am – 2pm Open Hours 10am Chair Yoga	23 10am Exercise 11:30am Bingo 7pm-9pm Radio Club	24 5pm PAINT PARTY	25 12pm Bingo & Pizza
26	 CLOSED	28 10am – 2pm Open Hours 5:30pm All-Level Yoga	29 10am – 2pm Open Hours	30 10am Exercise 11:30am Bingo	31 2pm COOKING with FRIENDS	

May Events and Activities



Sierra Senior Center

SOCIAL SENIORS

Monday, Tuesday & Wednesday
10am to 2pm



49111 Cinder Lane, Oakhurst | (559) 658-2200
www.SierraSeniorCenter.com

Are you 50+?

Join us at the Sierra Senior Center's
OPEN HOURS Mon-Wed 10-2!

Participate in free activities, or just
sit and visit.

There is always a Board Member
available to answer your questions
or take your suggestions! Is there
something YOU would like to see
happen during the open hours?

Drop us a line at
OakhurstSierraSeniorCenter@gmail.com
or call 559-658-2200.

Let us know what we can do!



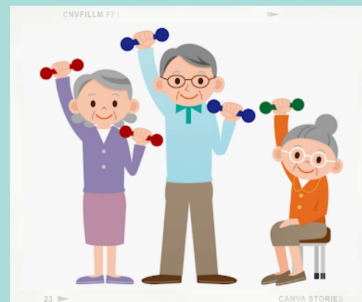
Sierra Senior Center

Board of Directors Meeting

10am Wednesday
April 3, 2024
Senior Center Library

Guests welcome!

Sierra Senior Center Exercise Class



Every Thursday 10am-11am

49111 Cinder Lane, Oakhurst
559-658-2200

Sierra Senior Center

General Membership Meeting

THURSDAY
MAY 2nd
AT 11:00AM



49111 Cinder Lane, Oakhurst
(559) 658-2200 | OakhurstSierraSeniorCenter@gmail.com

Sierra Senior Center



EVERY THURSDAY
12:00pm

Bingo sales close at 11:30am.
Bingo begins promptly at 12:00pm.
Play will not be delayed due to late arrival.
Open to the public; must be 18 yrs old to play.

49111 Cinder Lane, Oakhurst
(559) 658-2200 | OakhurstSierraSeniorCenter.com
www.SierraSeniorCenter.com

Sierra Senior Center MAY 4TH

• Bingo sales close at 11:30am; arrive early to purchase your games. •



SSC hosts Bingo every Thursday & the 1st, 2nd & 4th Saturday of every month.

• Bingo begins at 12pm sharp. Play will not be delayed due to late arrival. •

49111 Cinder Lane, Oakhurst | 559-658-2200
www.SierraSeniorCenter.com

Book Online

Classes appropriate for ages 14+

FIND YOUR BALANCE

ALL LEVEL
YOGA
TUESDAYS
5:30PM

\$40 for 4 sessions *
\$15 for drop-ins

Sierra Senior Center
49111 Cinder Lane, Oakhurst
*Sierra Senior Center Member Pricing Available

For Details:
559-460-3431
Eastermaderarec@gmail.com

scan HEALTH PLAN

independence at home
A SCAN COMMUNITY SERVICE

CHAIR YOGA

Wednesdays

10am



Classes appropriate for ages 18+

Register Online Here



559-460-3431

Easternmaderarec@gmail.com

\$40 for 4 sessions *
\$15 for drop-ins
Sierra Senior Center
49111 Cinder Lane, Oakhurst
*Sierra Senior Center Member Pricing Available



MADERA COUNTY FOOD BANK

THE HEART OF COMMUNITY MATTERS

FREE FOOD DISTRIBUTION



OAKHURST COMMUNITY CENTER
39800 Road 425B, Oakhurst

2nd Thursday Every Month
10:00am - 12:00pm

For more information contact:
Sue Higgins: 661-205-6791
Caitlan Higgins: 661-378-7907
Michelle Ruiz: 559-674-1482

Bingo & Lunch



SATURDAY, MAY 11

- Open to the public, must be 18 years old to play.
- Lunch served at 11:00a.
- Bingo sales close at 11:30a.
- Play begins at 12:00p sharp.



Hamburger-Tater Tot Casserole & Salad



49111 Cinder Lane
Oakhurst, California 93644
www.SierraSeniorCenter.com



Sierra Senior Center
Presents

Bunco

AFTERNOON!

LET THE GOOD TIMES ROLL!!

Every 2nd Sunday
of the Month
2pm - 4pm

pay at the door!

\$15

CASH PRIZES!
Must be 18 to play.

RSVP to
Kathy Chisum
530-440-2213



49111 Cinder Ln, Oakhurst

MADERA COUNTY
FOOD BANK
THE ♥ OF COMMUNITY MATTERS

Sierra Senior Center



**Brown Bag
Tuesday
Program**

2024 Schedule

January 16	April 16	July 16	October 22
February 20	May 21	August 20	November 19
March 19	June 18	September 17	December 17

OPEN CARD

* *crafting* *



3rd Tuesday of every month 10-12

- ➔ Bring your own scissor and adhesives
- ➔ Papers, punches, die cutters, stamps and basic inks provided

Bring a \$5 materials fee

Sierra Senior Center



Radio Club Meetings are held the 4th Thursday of each month (except November & December) from 7-9:00pm at Sierra Senior Center.

Contact President Terry Burley, W6HRY or revcab@sti.net with questions.

49111 Cinder Lane, Oakhurst | 559-658-2200

Sierra Senior Center



Bingo
& PIZZA

***4th SATURDAY
OF EACH MONTH**

**free pizza for bingo players
served at 11am*

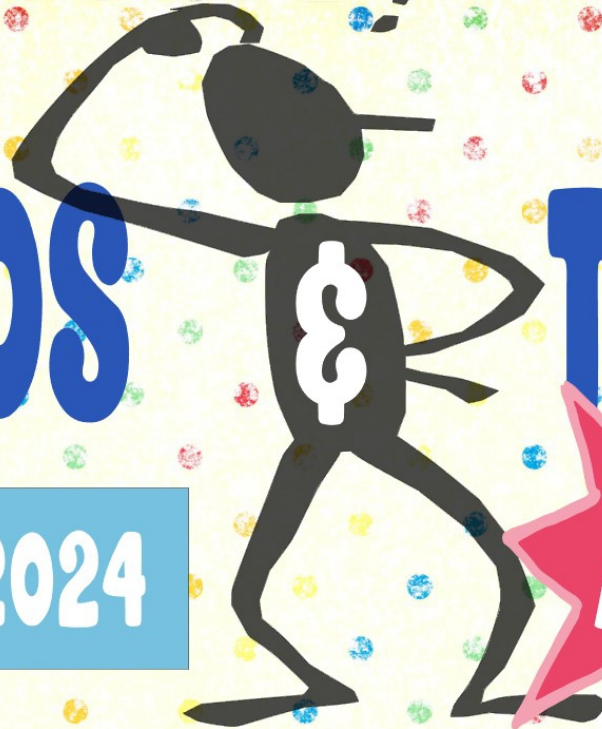
SATURDAY, MAY 25

**Bingo sales end at 11:30am-
arrive early to purchase your games**

49111 Cinder Ln, Oakhurst
559-658-2200 oakhurstsierraseniorcenter@gmail.com

TACOS

TRIVIA



MAY 17, 2024

CASH PRIZE!

SIERRA SENIOR CENTER

EAT, DRINK, TEASE YOUR BRAIN

TICKETS: tinyurl.com/SSCTriviaMay17

or click QRcode



doors open 5:30
Meal begins at 5:45
Play begins 6:15

\$20 in advance
\$25 at the door

**TACOS & WATER INCLUDED,
SODA & DESSERTS
AVAILABLE FOR PURCHASE**

49111 Cinder Lane Oakhurst, CA

Pancake Breakfast

Save some money on eating out by joining us at the Sierra Senior Center for a delicious stack of pancakes, eggs, bacon, sausage, fruit, orange juice, and coffee for only \$10!

**THIRD SATURDAY MONTHLY
STARTING MAY 18th
9am - 11am**

tinyurl.com/PancakeBfstSSC



**\$10.00
PER PERSON**



**sierra senior ctr
4911 Cinder Ln
oakhurst**



FRIDAY
5:00-7:00PM

24
MAY

Paint Party!



Hummingbird
Painted Pot

\$35

Sierra Senior Center
4911 Cinder Ln,
Oakhurst, CA

Rhiana Jones
rhianajones@handmadejoybyrhi.com
facebook.com/handmadejoybyrhi

**SIGN UP
HERE** ▶

<https://square.link/u/onkAgGRw>

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Cooking with Friends

FRIDAY MAY 31, 2024

2:00-4:00pm



Special Cooking Class Food Preservation

\$25/\$20 for members

All you ever need to know about food preservation, including pressure and water canning styles, dehydrating foods, making jerky, pickling and more!

Hands on Preparation and tastings.

Hosted by Lori & Bruce Howard.



Use the QR code to
reserve your seat at
the table or call
559-683-7650



49111 Cinder Lane, Oakhurst

Drop off checks at
the center Mon-Wed.

10-1

COMING NEXT MONTH!



The poster features a rustic, parchment-like background with a double-line border. At the top left is an illustration of a red charcoal grill with three wavy lines above it representing smoke. To the right of the grill, the word "BBQ" is written in large, bold, orange letters with a blue drop shadow. Below "BBQ", the words "AND BINGO" are written in large, bold, blue letters. Underneath the title, the text "Hosted by SIERRA OAKHURST KIWANIS" is written in a cursive font for "Hosted by" and a bold sans-serif font for "SIERRA OAKHURST KIWANIS". In the center is the circular logo of the Sierra Oakhurst Kiwanis Club, which includes a large letter 'K' and the words "SIERRA OAKHURST KIWANIS CLUB". Below the logo, a horizontal dashed line separates the event details. On the left, the date "SATURDAY JUNE 29" is displayed in bold, with "SATURDAY" and "JUNE" in blue and "29" in orange. To the right of the date is a red and blue spatula icon. Further right, the event schedule is listed: "10AM DOORS OPEN", "11AM BARBEQUE", "11:30AM BINGO SALES CLOSE", and "12 PM BINGO GAMES START". Below the schedule, the text "CHEESEBURGER, 2 SIDES AND CHIPS!" is written in orange. Underneath that, "\$10 BBQ Lunch / \$15 Bingo" is written in orange. Another horizontal dashed line follows. Below this, the word "LOCATION:" is written in orange. To the left of the location is an illustration of a blue bingo card with the word "BINGO" at the top and a grid of numbers. To the right of "LOCATION:" is the text "SIERRA SENIOR CENTER" and "49111 CINDER LN, OAKHURST" in blue. To the right of the address is a logo consisting of four green pine trees and the text "Sierra Senior Center" below them. Below the location information, the text "TICKETS AVAILABLE THROUGH SIERRA OAKHURST KIWANIS" is written in blue. Underneath that, "OR PAY AT THE DOOR" is written in bold blue letters. At the bottom, the text "NO BILLS OVER \$20, MUST BE 18+ YEARS OLD TO PLAY" is written in blue.

BBQ
AND BINGO

Hosted by **SIERRA OAKHURST KIWANIS**

SATURDAY
JUNE
29

10AM DOORS OPEN
11AM BARBEQUE
11:30AM BINGO SALES CLOSE
12 PM BINGO GAMES START

CHEESEBURGER, 2 SIDES AND CHIPS!

\$10 BBQ Lunch / \$15 Bingo

LOCATION:
SIERRA SENIOR CENTER
49111 CINDER LN, OAKHURST

TICKETS AVAILABLE THROUGH
SIERRA OAKHURST KIWANIS

OR PAY AT THE DOOR

NO BILLS OVER \$20, MUST BE 18+ YEARS OLD TO PLAY

COMMUNITY SERVICES



BROWN BAG APPLICATION

NAME: _____ DATE: _____

ADDRESS: _____ CITY: _____

ZIP CODE: _____ PHONE #: _____ AGE: _____

SITE WHERE YOU WISH TO PICK UP YOUR BROWN BAG: _____

THE FEE FOR BROWN BAG PROGRAM IS \$36.00 FOR 12 MONTHS

Make Check or Money Order payable to: Madera County Food Bank

Mail payment to Madera County Food Bank at 225 So. Pine Street, Suite #101, Madera, CA 93637

The Madera County Food Bank is proud to provide this program to senior citizens of Madera County. Our Brown Bag Program is for Seniors 55 years and older, to help stretch their monthly food budget. Each month these seniors receive a brown bag with a variety of available grocery items (canned foods, dry goods, fresh produce).

No restrictions on monthly income to qualify.

If you need additional information, please contact our office at (559) 674-1482.

I understand that the \$36.00 donation is to help offset the cost of shipping, storage and handling of the products. I also understand that the food I receive from Madera County Food Bank is believed to be in good condition and as all food should be inspected for its wholesomeness and safety prior to eating or using the product. Madera County Food Bank or its Donors cannot be held responsible for any product I receive.

SIGNATURE: _____



LET'S CONNECT

Our Care Companions at Valley Caregiver Resource Center want to provide your senior residents an opportunity to stay connected during this time. We will reach out to them by phone on a weekly basis

All it takes is an authorized referral and we can begin our conversation today!

Funding Provided by Fresno-Madera Agency on Aging.

Our phone calls promote:

- Socialization
- Community Connection
- Companionship
- Enhanced Physical & Cognitive Health
- Positivity & Self-Esteem
- Staying Active in their Unique Setting

FOR MORE INFORMATION

Contact Meghan Velasquez
559-224-9121
mvelasquez@valleycrc.org



Eastern Madera County SENIOR BUS



For Reservations Call

(559) 263-8080

or

(800) 325-7433

[www.maderacounty.com/government/
public-works/transit](http://www.maderacounty.com/government/public-works/transit)

NEED WATER BILL ASSISTANCE?

Madera County residents may be eligible for the Low Income Home Water Assistance Program (LIHWAP)

Get Help Now!

Submit the following:

- Complete Application Packet
- Copy of Applicant's REAL ID
- Copy of Applicant's Social Security Card
- Copy of current water bill
- Provide proof of income for the past 6 weeks for all household members
- Verification of Benefits from the Department of Social Services for all household members

Contact Us!

(559)675-5721
Lpaz@maderacap.org
1225 Gill Avenue
Madera CA. 93637



MCDPH MOBILE HEALTH



Wellness Checkups

Services:

- ▶ Glucose
- ▶ Blood Pressure
- ▶ Pulse & Oxygen
- ▶ Temperature
- ▶ Body Mass Index (BMI)



FOR MORE INFO, VISIT
MADERACOUNTY.COM/MOBILEHEALTH
OR SCAN THE QR CODE.

