



SIERRA SENIOR CENTER NEWS

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

Instagram: [@sierraseniorcenter](#) Facebook: [@OakhurstSeniorCenter](#)



SEPTEMBER 2025 LUNCH

The Senior Lunch Program offers a different hot meal every weekday for adults 60 and older, regardless of income. Sierra Senior Center is one of the locations that provides a hot lunch at 11:30am Monday through Friday. You must reserve your meal by 11:30am PRIOR to the day you plan to attend; you can reserve it with our lovely SSC lunch rep Michelle, or contact EMRAP at emrap.seniorlunch@gmail.com or 559-460-3431.

This program is funded by the federal government via a grant to the counties. Madera County provides additional funds to support the program.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Build Your Own Burrito WG 6" Flour Tortilla 1ea Beef Barbacoa, Shred 3oz. w/pep.&onion@4oz. ea. Shred. Cheese 1/2 oz. +Cabbage and Cilantro 1/2c Honeydew Chunks 1/2 cup 1/2pt 1% White Milk 1ea.	2 Chicken Breast 1ea (4oz.@26g Pro) w/ Alfredo Sauce 2oz WG Penne Pasta 1/2 c. +Hi C Salad 1 Cup Mixed Fruit 1/2c. 1/2pt 1% White Milk 1ea.	3 Ranch Beans 1/2c. (Pinto 6g Pro) Shred. Cheese 1/2 oz. WWDinner Roll 1 ea. Italian Veg.1/2c. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.
6 Chicken Meatballs 3ea.(3oz.@14g Pro) w/ gravy 1 oz. WG Egg Noodle 1/2c. **Calif. Mix Veg. 1/2c. *Mandarin Oranges 1/2c 1/2pt 1% White Milk 1ea.	7 Pork Rib-B-Q (2.5oz@2oz Meat Eq.)1ea w/ gravy 1 oz. WWDinner Roll 1 ea. Greenbeans 1/2c. +Hi C Salad 1 Cup Mixed Fruit 1/2c. 1/2pt 1% White Milk 1ea.	8 On Hamburger on Bun Beef Patty 1 ea. (2.25 oz@13g Pro) Cheese 1 sl. Tomato, Lettuce, Onion 1 ea. *Broccoli Salad 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1% White Milk 1ea.	9 Chick. Fajita Strips (3oz.@15g Pro) w/ WG 6" Flour Tortilla 1ea Corn sauté w/ peppers & onions 1/2c +Cantaloupe Chunks 1/2 cup 1/2pt 1% White Milk 1ea.	10 Vegetable Chili 1/2c. (Pinto 8g Pro) Shred. Cheese 1/2 oz. WWDinner Roll 1 ea. Italian Veg.1/2c. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.
13 Orange Chicken (3.6 oz.@2 oz. Meat Eq (#10 scoop) WG Wild Rice 1/2 c. *Broccoli 1/2c. **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	14 Pepper Steak 1ea (2.25oz. @2oz Meat Eq.) w/gravy1oz. WWDinner Roll 1 ea. Margarine 1ea. *Mashed Potato 1/2c. **Calif. Mix Veg. 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	15 Frankfurter 1ea (Beef 2 oz. Meat Eq) on WG Hot Dog Bun 1 ea. +Coleslaw 3/4 c. Ketchup 1 ea. Mustard 1 ea. Diced Peaches 1/2c. 1/2pt 1%White Milk 1 ea.	16 Chicken Patty 1 ea. (3.29oz@2 oz. Meat Eq. & 1 oz. Grain Eq.) w/Marinara Sauce 1 oz. WG Penne Pasta 1/2 c. Italian Veg.1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1% White Milk 1ea.	17 Beef (2.5oz.@15g Pro.) Broccoli (4oz) @ 6oz ea. Rice, Black 1/2 c. **Sweet Potatoes1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
20 Chicken Thigh 1ea (4oz.@19g Pro.) w/Mushroom Sauce WG Barley 1/2 c. *Broccoli 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	21 Beef Meatloaf 1ea. Meatloaf (3.15 oz@2.25oz Meat Eq.) w/gravy 1oz. WG Egg Noodle 1/2c. **Calif. Mix Veg. 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	22 Sandwich, Tuna (2oz @13g Pro.) & (.5 oz egg & 2oz veg.) @1/2 c. ea. on WW Bread 2 sl. +Hi C Salad 1 Cup **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	23 Build Your Own Burrito WG 6" Flour Tortilla 1ea Turkey, Seasoned 4oz. (18.55g Pro) Pinto Beans 1/4c. (3.5g Pro) Shred. Cheese 1/2 oz. +Cabbage and Cilantro 1/2c Honeydew Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	24 Country Fried Steak, Beef 3.2oz@12gPro w/ country gravy 2 oz. WWDinner Roll 1 ea. Mashed Potato 1/4c. Greenbeans w/red peppers 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.
27 Tandoori Chicken Thigh 1 ea. (4oz.@19g Pro.) WG Quinoa 1/2 c. **Calif. Mix Veg. 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	28 Pork Rib-B-Q (2.5oz@2oz Meat Eq.)1ea Sand. On Whole Wheat Bun 1 ea. *Broccoli Salad 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	29 Swiss Bf.Patty1ea. (2.25oz. @2oz Meat Eq.) WWDinner Roll 1 ea. +Hi C Salad 1 Cup *Parsley Potato 1/2 c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	30 WGBrd.Fish 1ea. (3.6oz.@2 oz. Meat Eq. & 1 oz. Grain Eq.) WG Rice Blend 1 c. *Broccoli 1/2c. Mixed Fruit ½ c. 1/2pt 1%White Milk 1 ea.	31 Beef Patty (2.25oz @13g Pro) 1ea w/grv 1oz. WG Egg Noodle 1/2c. Italian Veg.1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.

OCTOBER 2025 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<u>1</u> 10am – 2pm Open Hours 10am-12pm SSC Board Meeting	<u>2</u> 10am Exercise 11am General Member Mtg 11:30am Bingo 6pm – 7pm Dance Class	<u>3</u> 10am-12pm Computer Basics	<u>4</u> 11am Bingo
<u>5</u> 12pm Mountain Unitarian Universalist Church Svc	<u>6</u> 10am – 2pm Open Hours	<u>7</u> 10am – 2pm Open Hours 6pm – 8pm Junk Journaling	<u>8</u> 10am-12pm Internet Basics 10am – 2pm Open Hours	<u>9</u> 10am Food Bank @ Community Ctr 10am Exercise 11:30am Bingo 5pm – 7pm Paint Party	<u>10</u>	<u>11</u> 11am Bingo & \$5 Lunch
<u>12</u> 12pm Mountain Unitarian Universalist Church Svc 2pm Bunco	<u>13</u> CLOSED FOR Columbus/ Indigenous People's Day	<u>14</u> 10am – 2pm Open Hours 10am-12pm SSC Event Committee – all welcome!	<u>15</u> 10am-12pm Email Basics 10am – 2pm Open Hours	<u>16</u> 10am Exercise 11:30am Bingo 6pm – 7pm Dance Class	<u>17</u> 2pm – 4pm Food Preservation Class	<u>19</u> 9am-10:30am Pancake Breakfast 2pm – 4pm Finger Knitted Scarf
<u>19</u> 12pm Mountain Unitarian Universalist Church Svc	<u>20</u> 10am – 2pm Open Hours	<u>21</u> 8am-10am Brown Bag Pickup 10am – 2pm Open Hours	<u>22</u> 10am – 2pm Open Hours	<u>23</u> 10am Exercise 11:30am Bingo 7pm-9pm Radio Club	<u>24</u> 1pm – 2pm Master Gardener Club 5pm - 7pm PAINT PARTY	<u>25</u> 10am-11am Yoga 11am Bingo & Pizza Lunch 4pm-7pm Craft Demos
<u>26</u> 12pm Mountain Unitarian Universalist Church Svc	<u>27</u> 10am – 2pm Open Hours	<u>28</u> 10am – 2pm Open Hours 10am-12pm SSC Event Committee – all welcome!	<u>29</u> 10am – 2pm Open Hours	<u>30</u> 10am Exercise 11:30am Bingo 6pm – 7pm Dance Class	<u>31</u>	

OCTOBER 2025 Events & Activities



Sierra Senior Center

SOCIAL SENIORS

Monday, Tuesday & Wednesday
10am to 2pm



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



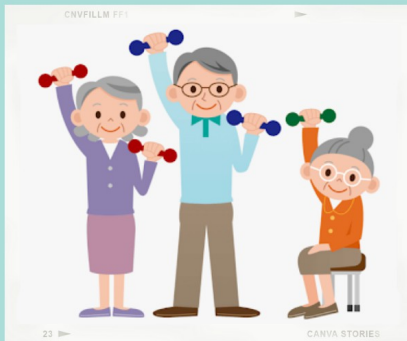
Sierra Senior Center

Board of Directors Meeting

10am Wednesday
October 1, 2025
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
October 2, 2025
11:00am



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



49111 Cinder Ln,
Oakhurst, CA

**NO
PARTNER
NO
PROBLEM**



DANCE CLASSES

Teaching both American and Latin styles:
Swing, Fox Trot, Cha Cha and salsa.!

**EVERY TWO WEEKS ON THURSDAY
STARTING SEPTEMBER 18TH
AT 6PM**

INSTRUCTOR: ED BAILEY

FREE for Members/ \$5 non-members
Pay at the door or via the link below:
<https://tinyurl.com/sscdanceclass>



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



Madera County Library- OAKHURST BRANCH

Free in-person classes
Held at the Sierra Senior Center



DIGITAL LITERACY CLASSES

Computer Basics - Friday, Oct. 3rd
Internet Basics - Wednesday, Oct. 8th
Email Basics - Wednesday, Oct. 15th
10:00am - 12:00pm

- Learn how to navigate computer hardware, software, the Internet, and email.
- Personal devices are welcome.
- Library laptops will be available for use.
- Led by Oakhurst Branch Librarian.

Register at <https://maderacounty.libcal.com/>
or give us a call!
559-683-4838

49111 Cinder Ln, Oakhurst, CA 93644

Sierra Senior Center October 4, 2025

• 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

JUNK JOURNALING

7TH OCTOBER
6:00 PM - 8:00 PM

CALL OR TEXT BEVERLY TO
HOLD YOUR SPACE
559-246-4262

BRING BROWN PAPER BAG OR LARGE
MANILLA ENVELOPE

\$5 fee, pay at location or pay here:
<https://tinyurl.com/junkjournalssc>

THURSDAY
5:00-7:00PM

9

October

Paint Party!



Pumpkins 



11x14
Canvas

\$25

Instructor: Rhiana Jones
rhianajones@handmadejoybyrhi.com
Facebook.com/rhianajones

LOCATION:
Sierra Senior Ctr
41139 CA-41,
Oakhurst, CA

SIGN UP
HERE

Members: <https://square.link/u/HENi53B2>

Non-Members: <https://square.link/u/ydU92WPO>



FREE FOOD DISTRIBUTION



OAKHURST COMMUNITY CENTER

39800 Road 425B, Oakhurst

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

For more information contact:
Michelle Ruiz: 559-674-1482

Bingo & Lunch

Lunch
Only
\$5

SATURDAY, Oct 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.



Loaded Baked Potatoes - Build your own!

11:00am sharp, lunches sell out quickly!
LUNCH OPEN TO THE PUBLIC



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



Sierra Senior Center
Presents

Bunco

October 12, 2025

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
or just show up!

49111
Cinder
Lane
Oakhurst



Now is your
opportunity to learn
to make your very
own

Finger Knit Scarf



Chunky yarn scarves are
thick, soft, warm and cozy.

It's fun, easy and addicting. You will be shown a couple of different stitch options. Yarn will be provided on a first come first pick basis. To prevent any one scarf being identical everyone will have a different color to work with. I will have both variegated and solid color options to choose from. All you need to bring are your fingers and friends. Feel free to bring a beverage of your choice. Text any questions regarding this class to (916)812-7024

S a t u r d a y
October 18

2 p m - 4 p m
Ages 12 and above may
attend

\$ 3 5 . 0 0

NO refunds. Payment must be
made in advance via venmo
@Sherre-Hendricks-7

S i e r r a
S e n i o r
C e n t e r
49111 Cinder Lane



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!

October 18, 2025
9am - 10:30am

tinyurl.com/SSCPancakeBfast

\$10.00

PER ADULT

\$5.00

CHILDREN
UNDER 10



Sierra Senior Ctr
4911 Cinder Ln
Oakhurst





Sierra Senior Center



Brown Bag Program

2025 Schedule

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

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

FRIDAY
5:00-7:00PM

24

October

Paint Party!



Halloween Cat 



11x14
Canvas

Instructor: Rhiana Jones
rhianajones@handmadejoybyrhi.com
Facebook.com/rhianajones

LOCATION:
Sierra Senior Ctr
41139 CA-41,
Oakhurst, CA

\$25

**SIGN UP
HERE**

Members: <https://square.link/u/S90VbfXN>

Non-Members: <https://square.link/u/T90DExfL>

The background is a repeating pattern of various gardening items on a light beige background. Items include blue watering cans, purple and pink hand trowels, blue and pink garden forks, red-handled pruning shears, small potted plants with green leaves and pink flowers, and wooden plant markers with labels like 'Carrot' and 'Spinach'. There are also illustrations of hands wearing gardening gloves and a pink watering can.

Master Gardener Club

Meets Monthly
on 4th Friday
1-2pm

SSC
49111 Cinder Ln
Oakhurst

Sierra Senior Center



Bingo & PIZZA*

4th SATURDAY
OF EACH MONTH

*free pizza for bingo players
served at 11am

SATURDAY
October 25, 2025

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

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

Sierra Senior Center

CONGRATULATIONS



OCTOBER
2025

player of the
month

Patty James

**Winner receives \$5 off each session of Bingo
played during the month**

49111 Cinder Lane, Oakhurst | 559-658-2200



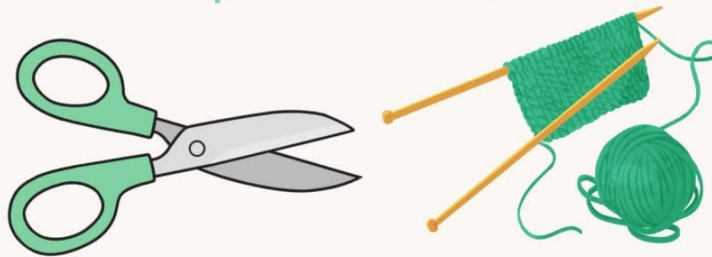
Call for Makers & Crafters!

COST TO PARTICIPATE

You'll get your own table to demo your craft. Visitors can watch, learn, and even make something right there at your station. Crafts can be anything from knitting, to rock painting, embroidery, junk journaling, crochet, and more!

WHAT'S INVOLVED

No table fee! Simply donate a raffle prize valued at \$20 or more.



4-7PM OCT 25

49111 Cinder Ln, Oakhurst, CA

**Contact Georgia to reserve a booth
georgiakopelssc@gmail.com**



SOS



SUPPORT OUR SENIORS

Join us in making a meaningful difference in the lives of our community's seniors by donating to the Sierra Senior Center. Your generous contributions directly support programs and services that enhance the well-being and quality of life for our community members.

Your donation helps us maintain and expand services, ensuring that seniors have access to resources and support necessary to lead fulfilling and independent lives.

DONATE TODAY—MAKE A DIFFERENCE IN THE LIVES OF OUR SENIORS!

<https://tinyurl.com/SSCSOS>



The Sierra Senior Center would like to publicly thank our current members for their ongoing support of the Sierra Senior Center. With your help, we have worked to bring our center back to life and to present more one-time and on-going events.

Support your Senior Center by joining our community or renewing your membership. A single membership is \$20 annually; a couple membership is \$30 annually. Once you register or renew, our automated system will remind you when your membership is about to expire. How simple is that?

Scan the code or visit tinyurl.com/SSCMembershipSSC to join or renew.



Questions? Ask any board member or email us at OakhurstSierraSeniorCenter@gmail.com.

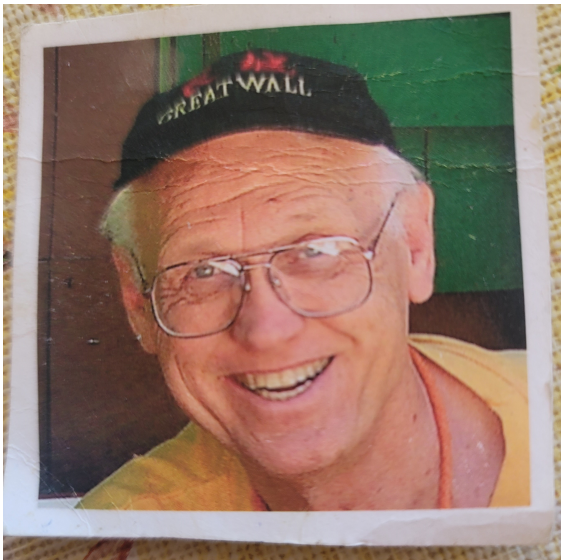
October 2025 - CHEERS TO YOU!

Welcome to a column where YOU are spotlighted, treasured, and looked at in a whole new light! No longer are you the “invisible senior,” but rather the whole person that came before the person we see today.

Cheers To You

In Memorium Parkes Johnson

By Kathy Connolly and Lori Howard



In writing about our local seniors, I generally take readers through the life and times of our celebrated “senior of the month” by highlighting their early years, their work, retirement, and what brought them to our foothills. In this case, it is the closing of Parkes life that can give us all a lesson on humanity, humility, and the value

of community. Rest in peace, Parkes Johnson, and thank you for this simple reminder of our goodness.

Reverend Parkes Johnson devoted 35 years as a minister at several churches in the United States, ending up in the San Francisco Bay area for many years. In retirement, Parkes became an adult education teacher. Kathy, Parkes' wife of 28 years, was also an adult education teacher, as well as a Director at four different bay area Senior Centers. Their lives were full and challenging.

When retirement rolled around, Kathy and Parkes had the opportunity to move closer to their favorite place, Yosemite. Oakhurst was perfect for the new life they were craving. They spent their early retirement time camping and skiing, joined a local hiking group, and taught English as a Second Language classes at the Oakhurst Library. Frequent house guests and the love of world cruises rounded out their busy retirement.



Caretaking entered their lives when they brought Kathy's mother to Oakhurst to live with them. This gift of time with mom brought joy to their lives, but also unintentionally limited their ability to enjoy their new community and maintain local friendships. Then Covid and lockdowns hit, and Parkes began showing signs of dementia. Life got smaller for awhile.



When the Oakhurst Sierra Senior Center (SSC) and the Senior Lunch Program reopened after Covid, Kathy and Parkes became lunchtime regulars at SSC. All it took was that first call to reserve their

lunches for the next day. No credit card, no questions, nutritionally balanced lunches, and other active seniors to meet and enjoy. Kathy says they felt instantly welcomed, and everyone accepted Parkes'

obvious signs of dementia with grace. Kathy got the freedom to chat with many different people and share meals with Parkes and new friends without worrying so much about Parkes.

These lunch gatherings became a large part of Parkes' every day enjoyment until he passed in August 2025, and remain an important support group for Kathy. She relishes meeting people who have had similar experiences and who can be a valuable resource for community information and activities.



As Kathy says, "We're here to support each other along the way." People need people, and she wants you to know that SSC is here for you. Come visit – it can make a difference in your life and other senior lives.

For more information regarding the Eastern Madera County Lunch program please email emrap.seniorlunch@gmail.com or call 559-460-3431. You will be glad you did.

If you know of someone who would be a great (local) senior to write about, let me know
Lori Howard (559) 683-7650.

VOLUNTEER WITH THE SENIOR CENTER



Volunteer Coordinator:
Georgia Kopel
georgiakopelssc@gmail.com
510-499-4973

Volunteer Application

Please print clearly!

Personal Contact Information

Date: _____ Name: _____

Address: _____

Cell Phone: _____ Home Phone: _____

Email: _____

Emergency Contact Information

Name: _____ Relationship to you: _____

Cell Phone: _____ Home Phone: _____

Email: _____

Interests and Qualifications

What areas are you interested in volunteering for?

☐ Fundraising	☐ Administrative Support
☐ Event Planning	☐ Social Media / Marketing
☐ Baking for Events and/or Bingo	☐ Yard Work
☐ Phone calling	☐ Teach classes (exercise, dance, art, etc)
☐ Start a club (hiking, Scrabble, bicycling, etc)	☐ Event set-up / prep / clean-up

Your special training, skills, hobbies: _____

Language (s): ☐ English ☐ Other: _____

Any physical or medical limitations: _____

I recognize that the opportunity to participate as a volunteer at the Sierra Senior may carry a risk of personal injury and I hereby agree to assume all risks that may be associated with my participation. I hereby release, discharge, waive and relinquish all claims, liabilities and damages I may sustain from bodily injury, personal injury or property damage and hold harmless the Sierra Senior Center, its officers, directors, employees and agents.

Volunteer Signature: _____ Date: _____

Print Name: _____

COMMUNITY SERVICES



Please fill out Brown Bag Application and mail it in to our office. To ensure you receive your brown bag, please submit your application and fee by the 5th of the month. Here is the break down for **pro - rated** months.

Please note: Calendar dates are subject to change.

January – December	\$60.00	July – December	\$30.00
February – December	\$55.00	August – December	\$25.00
March – December	\$50.00	September – December	\$20.00
April – December	\$45.00	October – December	\$15.00
May – December	\$40.00	November – December	\$10.00
June – December	\$35.00	December	\$5.00

Calendar	Tuesday	2025
Month	Day	Year
January	21	2025
February	18	2025
March	18	2025
April	22	2025
May	20	2025
June	17	2025
July	22	2025
August	19	2025
September	16	2025
October	21	2025
November	18	2025
December	16	2025

For application, contact mruiz.maderafoodbank@gmail.com or call 559-674-1482.



CalFresh Program

Who is it for?

CalFresh is for people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table.

Visit www.cdss.ca.gov/calfresh to apply online or call the CalFresh Benefits Hotline at 877-847-3663





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](https://maderacounty.com/mobilehealth)
OR SCAN THE QR CODE.

