



SIERRA SENIOR CENTER NEWS

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

Instagram: @sierraseniorcenter

Facebook: @OakhurstSeniorCenter



April 2024

SENIOR LUNCH PROGRAM MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Salisbury Steak w/ Gravy California Mixed Vegetables Whole Wheat Dinner Roll Pineapple Tidbits	2 Chicken Thigh w/Mushroom Sauce Hi C Salad Brown Rice Cantaloupe Chunks	3 BBQ Pork Sandwich on Wheat Bun Steamed Carrots Coleslaw Tropical Fruits	4 Turkey & Cheese Sandwich on Wheat Bread Tomato, Lettuce & Onion Corn Chowder Orange	5 Polish Sausage w/ Onion & Bell Peppers on Wheat Bun Ketchup & Mustard Potato Salad Pineapple Tidbits
8 Baked Chicken Drumstick California Mixed Vegetables Brown Rice Tropical Fruits	9 Breaded Fish Peas & Carrots Wheat Dinner Roll Honeydew Chunks Pudding	10 Pork Chili Verde Hi C Salad Whole Grain Tortilla Refried Beans Pineapple Tidbits	11 Chicken Fajitas Shredded Lettuce & Cheese Whole Grain Tortilla Corn Chowder Orange	12 Beef Meatloaf w/ Gravy Vegetable Medley Mashed Potatoes Wheat Dinner Roll Tropical Fruit
15 Chicken Stir Fry Onion, Broccoli, Carrot & Bell Peppers Brown Rice Pineapple Tidbits Pudding	16 Beef & Vegetable Stew Hi C Salad Wheat Dinner Roll Cantaloupe Chunks	17 Chicken Bowtie w/ Pesto Sauce Vegetable Medley Sourdough Bread Orange	18 Cheeseburger on Whole Grain Bun Tomato, Lettuce & Onion California Mixed Vegetables Macaroni Salad Tropical Fruit	19 Tuna Salad Sandwich On Wheat Bread Steamed Carrots Pineapple Tidbits
22 Beef Pepper Steak w/ Gravy Onions & Bell Peppers Mashed Potatoes Wheat Dinner Roll Orange	23 Vegetable Chili Peas & Carrots Corn Muffin Pineapple Tidbits	24 Santa Fe Chicken Thigh Mashed Sweet Potatoes Wheat Dinner Roll Tropical Fruit	25 Turkey & Cheese Sandwich on Wheat Bread Tomato, Lettuce & Onion Potato Salad Honeydew Chunks Pudding	26 Hot Dog on Wheat Bun Ketchup & Mustard Steamed Carrots Pineapple Tidbits
29 Chicken Meatballs w/ Gravy California Mixed Vegetables Brown Rice Orange	30 Beef Salisbury Steak w/ Gravy Vegetable Medley Wheat Dinner Roll Tropical Fruit	ALL MEALS INCLUDE LOW FAT MILK	HIGH SODIUM MEAL	*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Meals must be ordered by 11:30am PRIOR to the day you plan to attend.
Seniors 60+ suggested contribution \$2.50
Non-Senior Rate \$7.50

Funding through Fresno-Madera Agency on Aging.

APRIL 2024 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10am – 2pm Open Hours	2 10am – 2pm Open Hours 5:30p-6:30p All-Level Yoga	3 10am – 2pm Open Hours 10a-10:30a Chair Yoga 10a – 12p SSC Board	4 10am-11am Exercise 11pm-11:45am Gen'l Meeting 11:30am Bingo	5	6 11am Bingo
7	8 10am – 2pm Open Hours	9 10am – 2pm Open Hours 5:30p-6:30p All-Level Yoga	10 10am – 2pm Open Hours 10a-10:30a Chair Yoga	11 10am-11am Exercise 10am-12pm Food Bank 11:30am Bingo	12	13 11am Bingo & Lunch
14 2pm BUNCO	15 10am - 2pm Open Hours	16 10am – 2pm Open Hours 10am-12pm Brown Bag 10am – 2pm Open Hours: CARDMAKING CLASS 5:30p-6:30p All-Level Yoga	17 10am – 2pm Open Hours 10a-10:30a Chair Yoga 5pm Gold Dust Dancers	18 10am-11am Exercise 11:30am Bingo	19	20
21 5pm DINNER IN THE DARK	22 10am - 2pm Open Hours	23 10am – 2pm Open Hours 5:30p-6:30p All-Level Yoga	24 10am – 2pm Open Hours 10a-10:30a Chair Yoga	25 10am-11am Exercise 11:30am Bingo 7pm-9pm Radio Club	26	27 10am-11am SOCIAL SECURITY PRESENTATION 12pm Bingo & Pizza
28 1pm QUEEN'S TEA & Hat Contest	29 10am – 2pm Open Hours	30 10a6 – 2pm Open Hours				

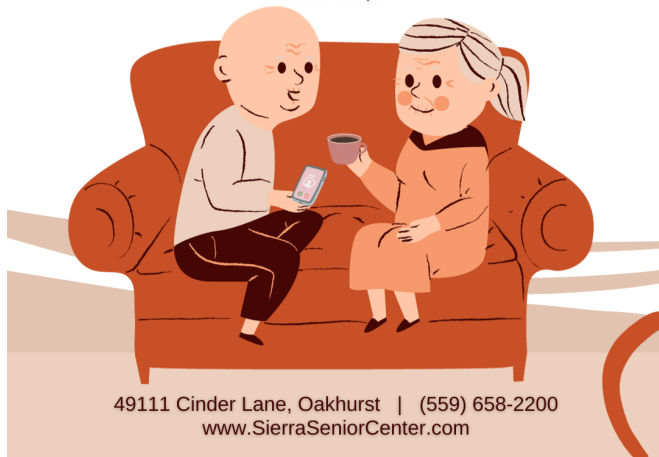
April Events and Activities



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!

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
Easternmaderarec@gmail.com

scan HEALTH PLAN

independence at home A SCAN COMMUNITY SERVICE

NEW! NEW! NEW!

Sierra Senior Center

Sierra Senior Center

Board of Directors Meeting

10am Wednesday
April 3, 2024
Senior Center Library

Guests welcome!

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

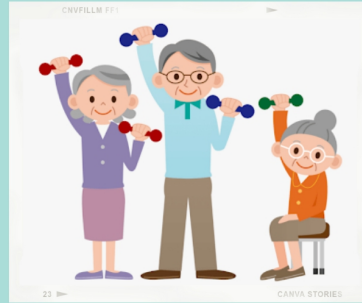
Sierra Senior Center
49111 Cinder Lane, Oakhurst

*Sierra Senior Center Member Pricing Available



Sierra Senior Center

Exercise Class



Every Thursday 10am-11am

49111 Cinder Lane, Oakhurst
559-658-2200

Sierra Senior Center

General Membership Meeting

THURSDAY
APRIL 4th
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 APRIL 6TH

• 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



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, April 13th

- 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.



Ham & Turkey Pinwheels
With bean salad, coleslaw & deviled eggs.
Dessert served at break.



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.



Sierra Senior Center

49111 Cinder Ln, Oakhurst

RSVP to
Kathy Chisum
530-440-2213

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
Lions
Club**

presents



What is dining like when you are blind? Join us for a unique sensory experience and find out!

Smoked chicken thighs, rice pilaf, spring greens salad, roll
or
Sweet & Sour Mixed Vegetables, tofu, rice pilaf
Drink and Dessert options available

To register, send your name, number, and email to jamesroyhagen@gmail.com or call 559-307-5844

All proceeds go back to the community

Join us at the Sierra Senior Center, 49111 Cinder Ln, Oakhurst

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

Cooking with Friends

Friday, April 26th
2:00-4:00pm



Special Cooking Class Simple Asian Fusion

\$30 per person

From Thailand, Sumptuous Summer Rolls with peanut and sweet chili sauces. From China, Chinese Vegetables with oyster sauce. From Japan, Japanese Yakitori...and more...

Come prepared to cook & eat! Bring a container to take your yummys home with you.

Maximum 12 cooks in this kitchen!



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



49111 Cinder Lane, Oakhurst

Checks can be
dropped off at the
center Mon-Wed.

Make optimal Social Security decisions



The average household loses over \$110,000 in potential income by making the wrong Social Security claiming decisions. Get the money you have earned and are entitled to with help from an RSSA.

Important Questions to Ask:

- When should I claim?
- Can I get benefits from my ex?
- What if I'm self-employed?
- Can my children get benefits?
- What about dependents with disabilities?
- How will my pension impact my benefits?



Married?

You may be able to collect up to one-half of your spouse's benefit.



Disabled?

You may qualify for Social Security Disability Insurance benefits.



Self-employed?

You may decrease your payroll taxes and still receive maximum Social Security.



Divorced?

You may qualify to receive Social Security benefits from your ex-spouse.



Widowed?

You may qualify to receive survivor benefits that are greater than your own.



Immigrant?

If you're a lawful permanent resident, you may qualify for Social Security.

in the Sierra Senior Center Library

Make the best decisions to optimize your benefits.

Get Social Security help from a Registered Social Security Analyst.

Sierra Senior Center



Bingo & PIZZA

*4th SATURDAY
OF EACH MONTH

*free pizza for bingo players
served at 11am

SATURDAY, APRIL 27

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

50

FUN FACT

Fun fact about Sierra Senior Center!
The minimum age to join is only 50.
What are you waiting for?
Sign up today!

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



KINDLY JOIN US FOR A

Queens Tea

AND

Fancy Hat Contest

1 p.m.

April 28th

\$20

Full queens tea with everything from tea, clotted cream, lemon curd, finger sandwiches and other tea dainties.

Bring most beautiful/outrageous hat, home decorated, and be prepared to model it. Secret ballot vote for the hat winner!

<http://tinyurl.com/SSCHighTea>



Sierra Senior Center
49111 Cinder Ln Oakhurst

COMING NEXT MONTH!

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

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

