



SIERRA SENIOR CENTER NEWS

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

Instagram: [@sierraseniorcenter](#)

Facebook: [@OakhurstSeniorCenter](#)

Hi Guys!

Happy June from all of us at the Sierra Senior Center. As we move into the summer season, I want to remind you to check your calendars—there's a lot of great stuff coming up this month that you won't want to miss.

We're forming committees and groups to help with our new Community Garden project. Whether you're a seasoned gardener or just want to get involved in something meaningful, we'd love to have your help in building something beautiful and lasting for our entire community.

On **Friday, June 6 at 5pm**, we're also having our first planning committee for the *Music of the Night* fundraiser in October. This will be a major event for our center, and we're hoping to assemble a fun and enthusiastic team to help with everything from decorations to prizes. If you enjoy planning or just want to lend a hand, we'd love to have you join us.

On **Tuesday, June 10 at 2pm**, we'll gather at SSC to make handmade birthday cards for our members as part of the Sunshine Committee's efforts to brighten everyone's day. All materials will be provided—just bring your creativity and a smile!

As the weather heats up, please remember to take care of yourselves and stay cool. During our open hours, the Sierra Senior Center is a great place to beat the heat. It's always cool inside, and there are games, puzzles, and friendly faces waiting for you.

We hope to see you soon—whether it's in the garden, at the card-making table, or simply enjoying some air-conditioned fun with friends.

Stay safe and stay connected,
Shannon Brimage
President, Sierra Senior Center



JUNE 2025 LUNCH

The Senior Lunch Program offers a different hot meal every weekday. Meals must be ordered by 11:30am PRIOR to the day you plan to attend; contact emrap.seniorlunch@gmail.com.



JUNE 2025 SENIOR SALAD MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Teriyaki Hi C Salad Wheat Dinner Roll Tropical Fruit	3 Chicken Pasta Hi C Salad Mandarin Oranges	4 Hi C Tuna Salad Wheat Bread Pineapple Tidbits	5 Sesame Chicken Noodle Salad Orange	6 Hi C Chef Salad w/ Turkey Wheat Dinner Roll Cantaloupe Chunks
9 Chicken Pasta Hi C Salad Tropical Fruit	10 Hi C Tuna Salad Whole Grain Flour Tortilla Mandarin Oranges	11 Hi C Chef Salad w/ Turkey Wheat Bread Apricots	12 Chicken Teriyaki Hi C Salad Wheat Dinner Roll Cantaloupe Chunks	13 Sesame Chicken Noodle Salad Orange
16 Hi C Tuna Salad Wheat Dinner Roll Mandarin Oranges	17 Chicken Pasta Hi C Salad Cantaloupe Chunks	18 Hi C Chef Salad w/ Turkey Wheat Bread Pineapple Tidbits	19 Chicken Teriyaki Hi C Salad Whole Grain Flour Tortilla Apricots JUNE TEENTH	20 Sesame Chicken Noodle Salad Orange
23 Chicken Teriyaki Hi C Salad Wheat Dinner Roll Tropical Fruit	24 Chicken Pasta Hi C Salad Pineapple Tidbits	25 Hi C Chef Salad w/ Turkey Wheat Bread Cantaloupe Chunks	26 Sesame Chicken Noodle Salad Orange	27 Hi C Tuna Salad Wheat Dinner Roll Apricots
30 Chicken Pasta Hi C Salad Tropical Fruit	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	ALL MEALS SERVED WITH LOW FAT MILK	HIGH SODIUM MEAL 	

FUNDING THROUGH: FRESNO-MADERA AREA AGENCY ON AGING
 SENIORS 60 YEARS & OLDER SUGGESTED CONTRIBUTION: \$2.50 NON-SENIOR RATE: \$7.95



JUNE 2025 SENIOR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swiss Beef Patty Broccoli Parsley Potatoes Wheat Dinner Roll Tropical Fruit	3 Tandoori Chicken Green Beans w/ Peppers Cilantro Brown Rice Mandarin Oranges	4 Chicken Bowtie Pasta w/Pesto Sauce Hi C Salad Sourdough Bread Pineapple Tidbits	5 Build Your Own Burrito Refried Beans Cheese, Cabbage & Cilantro Whole Grain Flour Tortilla Orange	6 Broccoli Beef Sliced Carrots Brown Rice Cantaloupe Chunks
9 Chicken Patty w/ Gravy Broccoli Mashed Potatoes Wheat Dinner Roll Tropical Fruit	10 Pork Chili Verde Green Beans w/ Peppers Whole Grain Flour Tortilla Mandarin Oranges	11 Beef & Bean Burrito Hi C Salad Apricots	12 Meat Stuffed Bell Pepper Carrots Wheat Dinner Roll Cantaloupe Chunks	13 Breaded Fish California Mixed Vegetables Cilantro Brown Rice Orange
16 Beef Salisbury Steak w/ gravy Corn Wheat Dinner Roll Mandarin Oranges	17 Baked Chicken Drumstick Carrots Penne Pasta w/ Marinara Cantaloupe Chunks	18 Beef & Vegetable Stew Hi C Salad Brown Rice Pineapple Tidbits	19 Cheeseburger Tomato, Lettuce & Onion Broccoli Salad Apricots JUNE TEENTH	20 Roasted Turkey w/ Gravy California Mixed Vegetables Mashed Potatoes Wheat Dinner Roll Orange
23 Orange Chicken Green Beans w/ Peppers Cilantro Brown Rice Tropical Fruit	24 Pepper Steak w/ Gravy Broccoli Mashed Potatoes Wheat Dinner Roll Pineapple Tidbits	25 Chicken Meatballs California Mixed Vegetables Egg Noodles Cantaloupe Chunks	26 Hot Dog on Wheat Bun Coleslaw Orange	27 Hi C Tuna Salad Wheat Dinner Roll Apricots
30 Beef Meatloaf w/ Gravy Broccoli Egg Noodles Tropical Fruit	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	ALL MEALS SERVED WITH LOW FAT MILK	HIGH SODIUM MEAL	

FUNDING THROUGH: FRESNO-MADERA AREA AGENCY ON AGING
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JUNE 2025 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>1</u> 12pm Mountain Unitarian Universalist Church Svc	<u>2</u> 10am–2pm Open Hours 4pm-6pm Beginner Watercolor	<u>3</u> 10am–2pm Open Hours 6pm-8pm Community Garden Mtg	<u>4</u> 10am–2pm Open Hours 10–10:30am Chair Yoga 10am – 2pm Board Mtg 5:45pm MUU Meditation	<u>5</u> 10am – 2pm Exercise Class 11am General Mtg 11am Bingo	<u>6</u> 5pm-6pm <i>Music of the Night</i> Committee Meeting	<u>7</u> 11am Bingo
<u>8</u> 12pm Unitarian Universalist Church Svc 2pm-4pm BUNCO!	<u>9</u> 10am–2pm Open Hours 4pm-6pm Beginner Watercolor	<u>10</u> 10am–2pm Open Hours 2pm-4pm SSC Cardmaking Group	<u>11</u> 10am–2pm Open Hours 10–10:30am Chair Yoga 5:45pm MUU Meditation	<u>12</u> 10am–2pm Exercise Class 10am–12pm Food Bank Distribution 11am Bingo 5pm-7pm PAINT PARTY	<u>13</u>	<u>14</u> 11am Bingo & \$5 Lunch
<u>15</u> 12pm Unitarian Universalist Church Svc	<u>16</u> 10am–2pm Open Hours 4pm-6pm Beginner Watercolor	<u>17</u> 10am–2pm Open Hours 10am-12pm Brown Bag Distribution	<u>18</u> 10am–2pm Open Hours 10–10:30am Chair Yoga 5:45pm MUU Meditation	<u>19</u> 10am – 2pm Exercise Class 11am Bingo	<u>20</u> 3pm-5pm Financial Abuse Workshop	<u>21</u> 9-11 PANCAKE BFEST 2pm-11pm Reserved for Private Event
<u>22</u> 12pm Unitarian Universalist Church Svc	<u>23</u> 10am–2pm Open Hours 4pm-6pm Beginner Watercolor	<u>24</u> 10am–2pm Open Hours	<u>25</u> 10am–2pm Open Hours 10–10:30am Chair Yoga 5:45pm MUU Meditation	<u>26</u> 10am – 2pm Exercise Class 11am Bingo 7pm-9pm Radio Club	<u>27</u> 1pm-2pm Garden Club Meeting 5pm-7pm PAINT PARTY	<u>28</u> 11am Bingo & Pizza Lunch
<u>29</u> 12pm Unitarian Universalist Church Svc	<u>30</u> 10am–2pm Open Hours 4pm-6pm Beginner Watercolor					

JUNE 2025 Events & Activities

Beginning Watercolor

Learn the basics of Watercolor from artist Dorella Troup! Lesson's are continuous, come in the beginning so you don't miss anything.

Dates: June 2nd thru July 21st (8 classes in total)

Time: 4pm - 6pm

Location: Sierra Senior Ctr
49111 Cinder Lane, Oakhurst

Pay via Venmo:
@Dorella-Troup

\$15 a class if you pay for all 8 classes together. \$20 if you drop in.



In this class, you'll explore fun techniques and the basics of watercolor painting. Rather than focusing on completing a specific painting each session, you'll build skills that will let your creativity shine! To get the most out of the course, try to join us for all 8 sessions—we'd love to have you there!"



WE NEED YOU FOR THE COMMUNITY GARDEN

We're building a community garden
and we need your help! A Committee,
volunteer gardeners and supply
donations are needed!

**Join Us us to develop the garden
committee**

**June
3rd**

**6pm to
8pm**

**49111 Cinder Ln,
Oakhurst,**



- We also need volunteers to build and fill raised garden beds.
- Donations of wood, screws, soil, compost, fencing and tools.

Contact Georgia Kopel with any questions.
510-499-4973 or georgiakopelssc@gmail.com



Sierra Senior Center

SOCIAL SENIORS

Monday, Tuesday & Wednesday
10am to 2pm



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

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

Board of Directors Meeting

10am Wednesday
June 4, 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
June 5, 2025
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



DO YOU LOVE PHANTOM OF
THE OPERA?
JOIN THE COMMITTEE

MUSIC

OF THE NIGHT
FUNDRAISER

INTERESTED IN PLANNING OUR
OCTOBER FUNDRAISER? JOIN US FOR
OUR FIRST COMMITTEE MEETING

06.06.2025 5:00PM

SIERRA SENIOR CENTER
49111 CINDER LN, OAKHURST



Sierra Senior Center JUNE 7, 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



pay at the door!

\$15

RSVP to
Kathy Chisum
530-440-2213

Sierra Senior Center
Presents

Bunco

May 8, 2025

LET THE GOOD TIMES ROLL!!

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

CASH PRIZES!

Must be 18 to play.



Sierra Senior Center

4911 Cinder Ln, Oakhurst



We need handmade birthday cards for our Sunshine Club. Please join us in making some (all materials supplied).
June 10th 2-4pm

MADERA COUNTY
FOOD BANK
 THE ♥ 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

THURSDAY
5:00-7:00PM

12
JUNE

Paint Party!

\$5 off for SSC Members

MYSTIC MOON

12 x 12 Canvas

Instructor: Rhiana Jones
rhianajones@handmadejoybyrhi.com
[Facebook.com/rhianajones](https://www.facebook.com/rhianajones)

LOCATION:
 49111 Cinder Ln,
 Oakhurst, CA

\$25

SIGN UP HERE

SCC Member Price: <https://square.link/u/2anx8nqr>
 General Price All Ages: <https://square.link/u/NteoJe7b>

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Bingo & Lunch



SATURDAY, JUNE 14

- 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.



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



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

MADERA COUNTY
FOOD BANK
THE ♥ OF COMMUNITY MATTERS

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

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

9am - 11am

tinyurl.com/SSCPancakeBfast25

\$10.00 PER PERSON

Sierra Senior Ctr
 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



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

UC Master Gardener Program
Madera County

MONTHLY MASTER GARDENER CLASSES

FREE WORKSHOP SERIES IN OAKHURST

You are invited attend a one-hour Master Gardener presentation every month on the fourth Friday at 1:00pm at the Sierra Senior Center. The list of talks is filling up, but if you have suggestions for topics, please contact Randy Thomson at lacmgrst@gmail.com

May 23rd, 2025 1-2pm, Reading Pesticide Labels

June 27th, 2025 1-2pm TBD



Location: Sierra Senior Center

49111 Cinder Lane, Oakhurst, CA 93644



More information: (559) 675-7879 or email dhcuendett@ucanr.edu

Visit our website: <http://ucanr.edu/maderamg>

Join us at: facebook.com/MaderaMasterGardeners



Scan code for more info



It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/ansrstaff/files/215244.pdf>). Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397. For local inquiries, call UCCE Madera County (559) 675-7879.

Sierra Senior Center



Bingo & PIZZA*

4th SATURDAY
OF EACH MONTH

*free pizza for bingo players
served at 11am

SATURDAY
JUNE 28, 2025

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

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



Department of Social Services

EMPOWER SENIORS THROUGH KNOWLEDGE

PROTECT YOUR FINANCES

Join the Department of Social Services for a crucial information session focused on how seniors, dependent adults, and caregivers can ensure their safety and protect their financial well-being.

Lunch
Included

Location:

Where: Sierra Senior Center

When: June 20, 2025 3:00PM

Register Today!

Call the Sierra Senior Center

☎ (559) 658-2200

tinyurl.com/protectfinances

Raffle
Prizes

For more information:

(559) 662-2600 ☎

maderacounty.com 🌐

FRIDAY
5:00-7:00PM

27

JUNE

Paint Party!

\$5 off for SSC Members



**12 x 12
Canvas**

Instructor: Rhiana Jones
rhianajones@handmadejoybyrhi.com
[Facebook.com/rhianajones](https://www.facebook.com/rhianajones)

LOCATION:
49111 Cinder Ln,
Oakhurst, CA

\$25

**SIGN UP
HERE**

SCC Member Price: <https://square.link/u/dNXnny5d>
General Price All Ages: <https://square.link/u/DKhDTBfi>

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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.

June 2025 - CHEERS TO YOU!

Welcome to a New Year and a new 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 Rosemary Rodden and Patty James!

It's hard to write about the wonderful life of one inspiring woman without the input and memories of another, so today I'm choosing to write about two lovely ladies who have lived in Central California their whole lives and contributed to each community from Fresno to Bass Lake along their way: Rosemary Rodden and Patty James!



Rosemary was born in the OLD Saint Agnes Hospital in downtown Fresno on August 22nd, 1922. She was one of ten children and the oldest of 4 girls. Each of the girls in Rosemary's family had some degree of post-high school education. The boys in the family generally entered various trades with their successes in life.

Rosemary went to Fresno Junior College and took secretarial courses. She worked for a short time at a doctors' office and did something that

totally surprised her family – she applied for, and received, a Gottchalks' credit card! Unheard of at age 18, let alone “a mere girl, but Rosemary had already proven her good credit and sensibility even at that age! Most everything Rosemary worked at, she did well.

Now, Patty tells the story of how her parents chanced to meet... It seems that poor Rosemary had been bored silly up at Bass Lake for 1 full week with not “a male in sight!” It was one lousy vacation if you were to ask her! So, on her last day there, she went swimming in the lake and went to Ducey's to hear what the music was all about, and there were all of these good looking service guys shipping off to India, Burma and China the next day... and her mom (of course) looking like a drowned rat!

After a few dances and 2 years of great correspondence, Rosemary and Patty's Dad were married, the bad hair day was forgiven and Ducey's became an important part of their family life.

Rosemary's 30+ year dream job came when she went to work at Fresno State University in the Deans' office. One of the biggest honors she had



was putting together what is now known as the West Coast Relay or the “Mini Olympics” with American track and field 8th grade-college and even amateur events.

In 1981, following an amazing tenure with Fresno State University Rosemary was the first

woman ever to be inducted into the Track Hall of Fame @ Fresno State University. By putting together this event and running it year after year, Rosemary created quite a reputation for her skill and event planning excellence.

As what would be a natural “transition in life,” Rosemary, now with the help of daughter Patty, moved into the family Bass Lake vacation home that had become so much a part of their family’s love of life. Both ladies became anything but retired. They joined Happy Hikers, Lady Elks, Mountain Community Women and yes... the Sierra Senior Center!!!



Football season never had bigger fans than these 2 ladies, and I am sure every 49er touchdown was heard from here to the appropriate football stadium.

Although Rosemary has been gone now for almost a year, she made it to 102 years old, and she had stories to offer the world. Rosemary had a special event to leave behind and to have made all of our lives just a little bit richer... but most of all, we’re so lucky to have Patty who still gives (tirelessly) to the Senior Center and carries that same “can do spirit” as her mother before her.

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

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?

<input type="checkbox"/>	Fundraising	<input type="checkbox"/>	Administrative Support
<input type="checkbox"/>	Event Planning	<input type="checkbox"/>	Social Media/Marketing
<input type="checkbox"/>	Baking for Events and/or Bingo	<input type="checkbox"/>	Yard Work
<input type="checkbox"/>	Phone calling	<input type="checkbox"/>	Teach Classes (cooking, exercise, dance, etc)
<input type="checkbox"/>	Start a club (hiking, scrabble, bicycling, etc)	<input type="checkbox"/>	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.

