



SIERRA SENIOR CENTER NEWS

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

Instagram: [@sierraseniorcenter](https://www.instagram.com/sierraseniorcenter) Facebook: [@OakhurstSeniorCenter](https://www.facebook.com/OakhurstSeniorCenter)

Dear faithful members,

Wow! Can you believe another year has passed so very quickly? We have great news for you, in case you feel like time flew by and you missed a few events at the Senior Center.

This year, we are making a few changes we believe you will really appreciate. We are planning several new events this year and we have new members you may not have met. So, get ready for an amazing, fun-filled, event-filled year to celebrate life with other members of the Sierra Senior Center.

In the monthly newsletter, we will continue to share upcoming events. We will share all our current favorites, and, of course, we want to add in few new events. But the Sierra Senior Center Event Committee consists of only a few members, and we few realize that if we try to do too much, we won't be able to present as many events as we would like to see.

So, we have created a membership perk that we believe might help us AND you...savings you can receive by participating in the SSC event committee for an event or events. For example, if you sign up to be on the BBQ dinner committee, you will receive a FREE entrance to the BBQ dinner in exchange for your help with the event. We hope this will get our members to be more active with our center events, to perhaps make new friends, and to share more fun and fellowship.

In 2026, we will be presenting more Craft Fairs and more classes. It is our hope that every member will find an interest in at least several of our events and get involved!! And please remember we would LOVE to hear feedback from our members about ideas and future events you would like to see at SSC.

Please help us make 2026 our best year ever!!!



Sierra Senior Center Event Committee

Shenice Hendricks

Pat Handy

Patty James

Gorgia Kopel

Catie Kniess

Livia Wyant

January 2026 LUNCH MENU

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.

JANUARY 2026 SENIOR MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY new year				
5 Vegetable Chili Broccoli Wheat Dinner Roll Apricots	6 Pork Chili Verde Green Beans w/ Red Peppers Whole Grain Flour Tortilla Mandarin Oranges	7 Cheeseburger Tomato, Lettuce, & Onion Broccoli Salad Pineapple Tidbits	1 CLOSED	2 Baked Chicken Drumstick California Mixed Veggies Whole Grain Rice Orange
12 Chicken Patty w/ Gravy Zucchini Penne Pasta Mandarin Oranges	13 Tuna Salad Sandwich on Wheat Bread Minestrone Cantaloupe Chunks	14 Beef Meatloaf w/ Gravy Italian Veggies Egg Noodles Orange	8 Chicken Meatball w/ Gravy Hi C Salad Egg Noodles Mixed Fruit	9 Breaded Fish California Mixed Veggies Whole Grain Rice Orange
19  I HAVE A DREAM MARTIN LUTHER KING DAY	20 Chicken Fajitas Corn w/ Bell Pepper & Onions Whole Grain Flour Tortillas Mandarin Oranges	21 BBQ Pork Sandwich on Wheat Bread Coleslaw Pineapple Tidbits	22 Beef Salisbury Steak w/ Gravy Hi C Salad Red Potatoes Wheat Dinner Roll Diced Pears	16 Meat Stuffed Bell Peppers Peas & Carrots Quinoa Mixed Fruit
26 Swiss Beef Patty Italian Veggies Wheat Dinner Roll Mandarin Oranges	27 Tandoori Chicken Thigh California Mixed Veggies Black Rice Cantaloupe Chunks	28 Hot Dog Broccoli Salad Diced Peaches	29 Beef & Veggie Stew Hi C Salad Wheat Dinner Roll Orange	30 Breaded Fish Brussel Sprouts Whole Grain Rice Apricots

Funding provided by Fresno-Madera Area Agency on Aging Suggested Voluntary Contribution for Seniors 60 years+: \$3.50 Non-Senior Rate: \$9.46

January 2026 ACTIVITIES CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1  CLOSED FOR NEW YEAR!	2	3 11am Bingo
4 12pm Mountain Unitarian Universalist Church Svc	5 10am – 2pm Open Hours	6 10am – 2pm Open Hours	7 10am – 12pm SSC Board Meeting 10am – 2pm Open Hours 11am – 1pm Mahjong	8 10am – 12pm Food Bank Distribution 10am – 11am Exercise 11am Bingo	9 5pm-7pm PAINT PARTY	10 11am Bingo & \$5 lunch
11 12pm Mountain Unitarian Universalist Church Svc 2pm BUNCO	12 10am – 2pm Open Hours	13 10am – 2pm Open Hours 10am – 11am SSC Event Committee 4pm – 8pm HOW Dinner	14 10am – 2pm Open Hours 11am – 1pm Mahjong	15 10am – 11am Exercise 11am Bingo	16 2pm – 4pm Food Preservation Class	17
18 12pm Mountain Unitarian Universalist Church Svc	19 10am – 2pm Open Hours	20 10am – 12pm Brown Bag Distribution 10am – 2pm Open Hours	21 10am – 2pm Open Hours 11am – 1pm Mahjong	22 10am – 11am Exercise 11am Bingo 5:30pm – 7:30pm Koffee & Kards	23 1pm -- 2pm Master Gardener Workshop 5pm-7pm PAINT PARTY	24 11am Bingo & Pizza Lunch
25 12pm Mountain Unitarian Universalist Church Svc	26 10am – 2pm Open Hours	27 10am – 11am SSC Event Committee 10am – 2pm Open Hours	28 10am – 2pm Open Hours 11am – 1pm Mahjong	29 10am – 11am Exercise 11am Bingo	30	31 11am – 1pm Member Recognition Lunch

JANUARY 2025 Events & Activities

HAPPY
NEW
Year!

The SSC Board and Event Committee
look forward to working with you in
2026!

 **Sierra Senior Center**

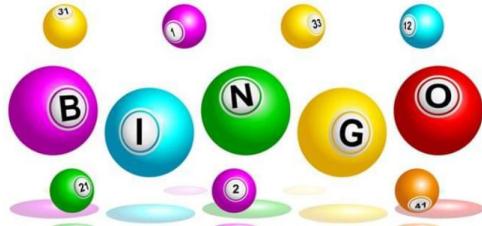
SOCIAL SENIORS
Monday, Tuesday & Wednesday
10am to 2pm



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

Sierra Senior Center January 3, 2026

• 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

 **Sierra
Senior
Center**

**Board of
Directors
Meeting**

10am Wednesday
January 7, 2026
Senior Center Library

Guests welcome!



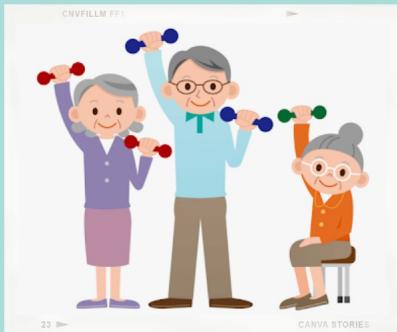
Sierra Senior Center

General Membership Meeting

THURSDAY
January 8, 2026
11:00am

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

Sierra Senior Center Exercise Class



Every Thursday 10am-11am

49111 Cinder Lane, Oakhurst
559-658-2200

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:
Michelle Ruiz: 559-674-1482

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](http://SierraSeniorCenter.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](http://SierraSeniorCenter.com)

FRIDAY
5:00-7:00PM

9 PAINT PARTY!

January

All Ages Welcome!

14x11
Canvas



Ronnie the Raccoon

\$5 off for Senior Center Members

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

LOCATION:
Sierra Senior Center
49111 Cinder Ln,
Oakhurst, CA 93644

\$ 25

SIGN UP
HERE

Non-Member - <https://square.link/u/26aPcBe0>
Member - <https://square.link/u/etDRr2It>

© All Rights Reserved. October 2024

Bingo & Lunch

Lunch
Only
\$5

January 10, 2026

Corn Chowder, Prime rib/Barley Soup, 5 bean salad, fresh
baked bread

- 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.



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

January 11, 2026

LET THE GOOD TIMES ROLL

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

CASH PRIZES!
Must be 18 to play.

49111
Cinder
Lane
Oakhurst

pay at the door!

\$15

RSVP to
Kathy Chisum
530-440-2213
or just show up!

Sierra Senior Center
A Vibrant Community for life after 50
Connect, Engage, Thrive

SSC Event Committee

Interested in getting involved with your fellow seniors? Join the SSC Event committee. The committee meets the second & fourth Tuesdays in the Senior Center library at 10:00 a.m. We have great events planned for 2026 but we need **YOUR** help! Please consider volunteering with SSC.

NOW! Earn free event admission for your help!
Talk to any committee member for details.



UC Master Food Preserver
University of California
Agriculture & Natural Resources

HONEY ORANGE SLICES

Canning oranges
while they are ripe
from the trees!



Fri. Jan. 16th 2026 - 2:00 to 5:00 pm

\$20 per person - Registration required!

Wear apron & closed toed shoes & hair back!

For reservations or more information:

Call or text Barbara at (559) 448-7178



**LOCATION: Sierra Senior Center
49111 Cinder Lane, Oakhurst, CA 93644**

**Join us in
facebook.**

To be added to the email list:
(559) 365-6342 or graceaces@sti.net
<https://link.ucanr.edu/mfps-fresnomaderamerced>
UC Master Food Preservers of Fresno/Madera/Merced Counties



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/anrstaff/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



Brown Bag Program

2026 Schedule

January 20

February 17

March 17

April 21

May 19

June 16

July 21

August 18

September 15

October 20

November 17

December 15

The cost is \$60.00 a year. These funds go toward the program expenses (freight charges, food costs, and warehousing).

*No restrictions on monthly income to qualify.

To register or for additional information contact:

Michelle Gallardo,
Operations Manager/Program Coordinator
559-674-1482
mg.maderafoodbank@gmail.com

Master Gardener Club

Meets Monthly
on 4th Friday

1-2pm

SSC
49111 Cinder Ln
Oakhurst



FRIDAY
5:00-7:00PM

23

January

PAINT PARTY!

All Ages Welcome!



**11x14
Canvas**



Enchanted Winter Night

\$5 off for Senior Center Members

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

LOCATION:
Sierra Senior Center
49111 Cinder Ln,
Oakhurst, CA 93644

\$25

**SIGN UP
HERE**

Non-Member - <https://square.link/u/PlMLgDpF>
Member - <https://square.link/u/IO6ViK6H>

Sierra Senior Center



Bingo & PIZZA*

4th SATURDAY
OF EACH MONTH

*free pizza for bingo players
served at 11am

SATURDAY
December 24, 2026

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

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

Sierra Senior Center

CONGRATULATIONS



JANUARY
2026

*player of the
month*

Randy V.

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



49111 Cinder Lane, Oakhurst | 559-658-2200

CHEERS FOR OUR AMAZING Volunteers!

PLEASE JOIN US FOR AN

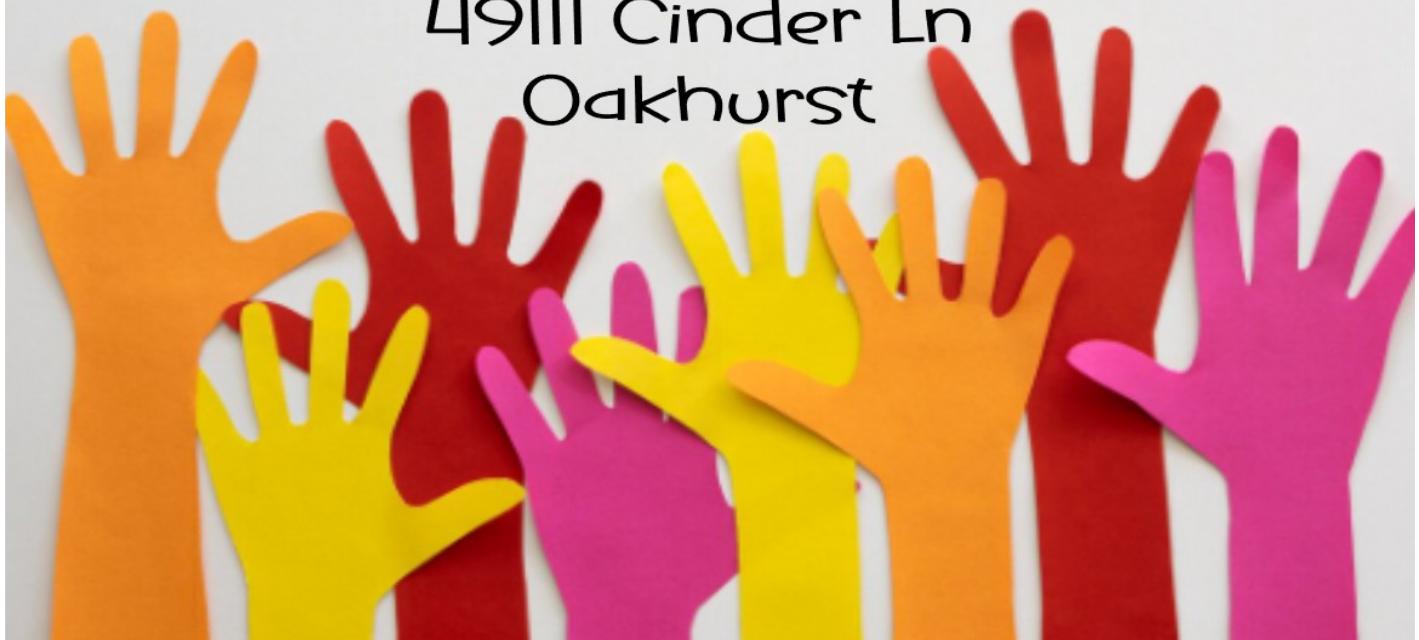
APPRECIATION LUNCHEON

SATURDAY, JANUARY 31 11:00AM

SIERRA SENIOR CENTER

49111 Cinder Ln

Oakhurst



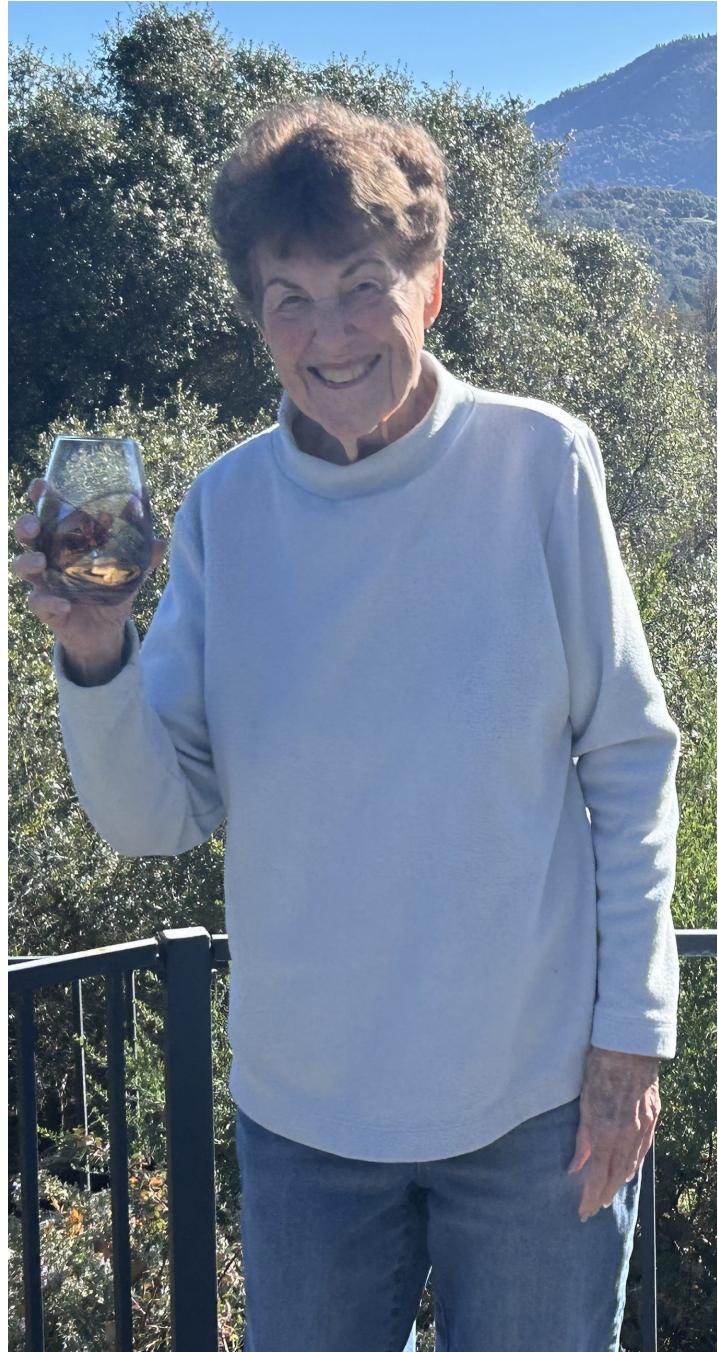
January 2026 SENIOR SPOTLIGHT

KAREN GREGERSON

If you grew up anywhere near Redondo Beach in the 1940s, chances are you saw a determined little girl zipping around the dirt roads on her bike, sprinting across a dusty baseball field, or lugging a cello around. That little girl might have been Karen Gregerson - born in Santa Monica in 1941 and raised just a few sandy steps from the beach with her younger sister, where childhood came with sunshine, scraped knees, and plenty of places to explore.

By the time Karen graduated High School in 1958, she had already packed her resume with accomplishments: active in the Girls Athletic Association (GAA), playing multiple sports, and performing in the school band as a cellist, because why choose between sports and music when you can do both?

She started her higher education at El Camino College in Torrance before heading inland to the University of Redlands, where she earned a



Bachelor's degree in Business Administration. Her first real job after several small ones was at a plating company office, where she not only learned the ropes of the office life but also met Rodger- the man who would later become her husband. After just a year of knowing each other they married in 1963 and went on to enjoy 52 years together before his passing in 2016. Together they raised two sons, Mark and Doug, who are now 56 and 51 years old.

Professionally, Karen made her mark at Hughes Aircraft Company in Los Angeles. She began as a secretary, moved up to executive secretary, then transitioned into computer programming. Over her 33 year career, she became an IT manager supervising a team of 90 employees. She retired in 1996, satisfied and probably a little amazed at how far she had come from those early dirt road bike rides.

Family life grew right along with her career. Karen now celebrates 5 grand-kids, two step grand-kids, a two-year-old great granddaughter, and looks forward to welcoming a great-grandson in February!

Karen's adventures didn't end at retirement. She and Rodger traveled the country in their motor home, venturing from Canada all the way across the U.S. Much to Karen's disappointment, a planned stop in New Orleans was canceled due to Hurricane Katrina but they made up for it with cruises to Alaska, Mexico, Hawaii, the Caribbean, Panama Canal and Canada. Her biggest and most memorable trip was a once in a lifetime journey to China with the local Chamber of Commerce group.

Closer to home, Karen has dedicated herself to community service. She has served on the Sierra Senior Society board for 15 years, including 13 years as treasurer. She currently chairs the board and says it has

been her pleasure to serve and looks forward to doing so for many more years.

One of Karen's greatest personal achievements was losing a total of 152 pounds through TOPS (Take Off Pounds Sensibly). She continues to be an active member of KOPS (Keep Off Pounds Sensibly), proving that dedication isn't something she left behind at Hughes. Oh, did I mention she is currently the Treasurer of this organization as well?

These days, Karen enjoys quieter but equally satisfying hobbies including but not limited to working on jigsaw puzzles, watching Golden State Warriors games, relaxing on her deck with a glass of wine, playing computer solitaire and sampling and impressive mix of TV shows.

Speaking of the Warriors, she does have one item left on her bucket list that she would like to check off - attending a game at their new arena, with her sons joining her for the fun, their treat of course.

After a life filled with family, career milestones, travel adventures, community service and more accomplishments than most people fit in to lifetimes, one thing is certain: Karen Gregerson knows how to make every chapter count and does so with heart, humor, and just the right amount of competitive spirit. Hats off to Karen for a life well played.

If you know of someone who would be a great (local) senior to write about, contact Georgia Kopel at 510-499-4973.

Coming in FEBRUARY 2026



valentine's Day Sock Hop

February 14, 2026

6-8pm

Details to come!

Sierra Senior Center 49111 Cinder Ln Oakhurst

Help the SIERRA 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: _____

JOIN OUR



SENIOR COMMUNITY

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.



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>

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!

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



MCC

Eastern Madera County **SENIOR BUS**



For Reservations Call
(559) 263-8080
or
(800) 325-7433

www.maderacounty.com/government/public-works/transportation



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
Lpoz@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.

