



# SIERRA SENIOR CENTER NEWS

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

Instagram: @sierraseniorcenter

Facebook: @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

*Sheri'e Hendricks*

*Pat Handy*

*Patty James*

*Margia 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](mailto:emrap.seniorlunch@gmail.com) or 559-460-3431.

## JANUARY 2026 SENIOR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1  CLOSED	2 Baked Chicken Drumstick California Mixed Veggies Whole Grain Rice Orange
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	8 Chicken Meatball w/ Gravy Hi C Salad Egg Noodles Mixed Fruit	9 Breaded Fish California Mixed Veggies Whole Grain Rice Orange
12 Chicken Patty w/ Gravy Zucchini Penne Pasta Mandarin Oranges	13 Tuna Salad Sandwhich on Wheat Bread Minestrone Cantaloupe Chunks	14 Beef Meatloaf w/ Gravy Italian Veggies Egg Noodles Orange	15 Ranch Beans w/ Cheese Broccoli Barley Apricots	16 Meat Stuffed Bell Peppers Peas & Carrots Quinoa Mixed Fruit
19  I HAVE A DREAM <b>MARTIN LUTHER</b> KING DAY	20 Chicken Fajitas Corn w/ Bell Pepper & Onions Whole Grain Flour Tortillas Mandarin Oranges	21 BBQ Pork Sandwhich on Wheat Bread Coleslaw Pineapple Tidbits	22 Beef Salisbury Steak w/ Gravy Hi C Salad Red Potatoes Wheat Dinner Roll Diced Pears	23 Orange Chicken Broccoli Whole Grain Rice Apricots
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		Thu	Fri	Sat
				<b>1</b>  <b>CLOSED FOR NEW YEAR!</b>	<b>2</b>	<b>3</b> 11am <b>Bingo</b>
<b>4</b> 12pm <b>Mountain Unitarian Universalist Church Svc</b>	<b>5</b> 10am – 2pm <b>Open Hours</b>	<b>6</b> 10am – 2pm <b>Open Hours</b>	<b>7</b> 10am – 12pm <b>SSC Board Meeting</b> 10am – 2pm <b>Open Hours</b> 11am – 1pm <b>Mahjong</b>	<b>8</b> 10am – 12pm <b>Food Bank Distribution</b> 10am – 11am <b>Exercise</b> 11am <b>Bingo</b>	<b>9</b> 5pm-7pm <b>PAINT PARTY</b>	<b>10</b> 11am <b>Bingo &amp; \$5 lunch</b>
<b>11</b> 12pm <b>Mountain Unitarian Universalist Church Svc</b> 2pm <b>BUNCO</b>	<b>12</b> 10am – 2pm <b>Open Hours</b>	<b>13</b> 10am – 2pm <b>Open Hours</b> 10am – 11am <b>SSC Event Committee</b> 4pm – 8pm <b>HOW Dinner</b>	<b>14</b> 10am – 2pm <b>Open Hours</b> 11am – 1pm <b>Mahjong</b>	<b>15</b> 10am – 11am <b>Exercise</b> 11am <b>Bingo</b>	<b>16</b> 2pm – 4pm <b>Food Preservation Class</b>	<b>17</b>
<b>18</b> 12pm <b>Mountain Unitarian Universalist Church Svc</b>	<b>19</b> 10am – 2pm <b>Open Hours</b>	<b>20</b> 10am – 12pm <b>Brown Bag Distribution</b> 10am – 2pm <b>Open Hours</b>	<b>21</b> 10am – 2pm <b>Open Hours</b> 11am – 1pm <b>Mahjong</b>	<b>22</b> 10am – 11am <b>Exercise</b> 11am <b>Bingo</b> 5:30pm – 7:30pm <b>Koffee &amp; Kards</b>	<b>23</b> 1pm -- 2pm <b>Master Gardener Workshop</b> 5pm-7pm <b>PAINT PARTY</b>	<b>24</b> 11am <b>Bingo &amp; Pizza Lunch</b>
<b>25</b> 12pm <b>Mountain Unitarian Universalist Church Svc</b>	<b>26</b> 10am – 2pm <b>Open Hours</b>	<b>27</b> 10am – 11am <b>SSC Event Committee</b> 10am – 2pm <b>Open Hours</b>	<b>28</b> 10am – 2pm <b>Open Hours</b> 11am – 1pm <b>Mahjong</b>	<b>29</b> 10am – 11am <b>Exercise</b> 11am <b>Bingo</b>	<b>30</b>	<b>31</b> 11am – 1pm <b>Member Recognition Lunch</b>



# JANUARY 2025 Events & Activities

HAPPY  
NEW  
Year!

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

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



## Sierra Senior Center

### SOCIAL SENIORS

Monday, Tuesday & Wednesday  
10am to 2pm



49111 Cinder Lane, Oakhurst | (559) 658-2200  
[www.SierraSeniorCenter.com](http://www.SierraSeniorCenter.com)



## Sierra Senior Center

### Board of Directors Meeting

10am Wednesday  
January 7, 2026  
Senior Center Library

*Guests welcome!*





**Learn / Play  
Mahjong!**  
at SSC  
**Wednesday  
11am-1pm**



## Sierra Senior Center

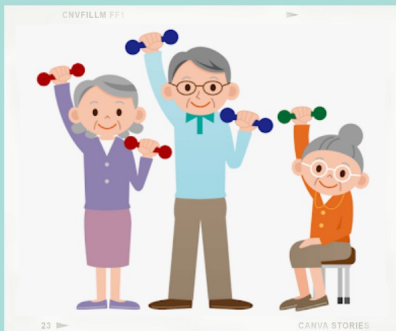
### General Membership Meeting

**THURSDAY**  
**January 8, 2026**  
**11:00am**



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

## Sierra Senior Center Exercise Class



**Every Thursday 10am-11am**

49111 Cinder Lane, Oakhurst  
559-658-2200



## 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](http://OakhurstSierraSeniorCenter.com)  
[www.SierraSeniorCenter.com](http://www.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://www.SierraSeniorCenter.com)

FRIDAY  
5:00-7:00PM

# 9

January

## PAINT PARTY!

**All Ages Welcome!**

14x11  
Canvas



### Ronnie the Raccoon

\$5 off for Senior Center Members

**INSTRUCTOR:** Rhiana Jones  
[rhianajones@handmadejoybyrhi.com](mailto: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/26aPcBe0>

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

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# 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](http://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!

An illustration of three dice stacked on top of each other, showing different faces with dots.

# 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. 16<sup>th</sup> 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**



To be added to the email list:

(559) 365-6342 or [graceaces@sti.net](mailto: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	April 21	July 21	October 20
February 17	May 19	August 18	November 17
March 17	June 16	September 15	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](mailto:mg.maderafoodbank@gmail.com)**



The background is a repeating pattern of various gardening items on a light beige background. These include blue watering cans, purple and pink hand trowels, blue and pink garden forks, pink and blue garden gloves, small potted plants with green leaves and pink or blue flowers, and vegetable labels like 'Carrot' and 'Spinach' on small wooden stakes. There are also some small blue and pink pots and a pair of red-handled scissors.

# Master Gardener Club

Meets Monthly  
on 4th Friday  
1-2pm

SSC  
49111 Cinder Ln  
Oakhurst



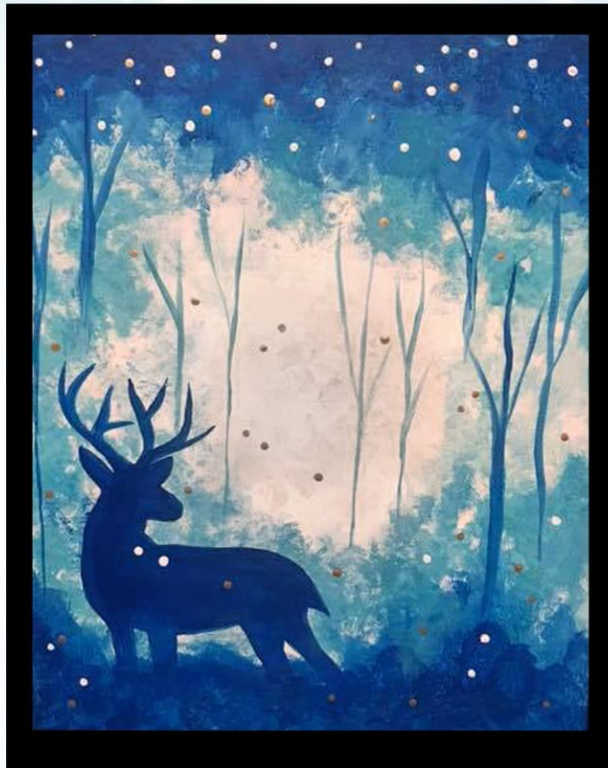
FRIDAY  
5:00-7:00PM

**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

**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 oakhurstsierraseniorcenter@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

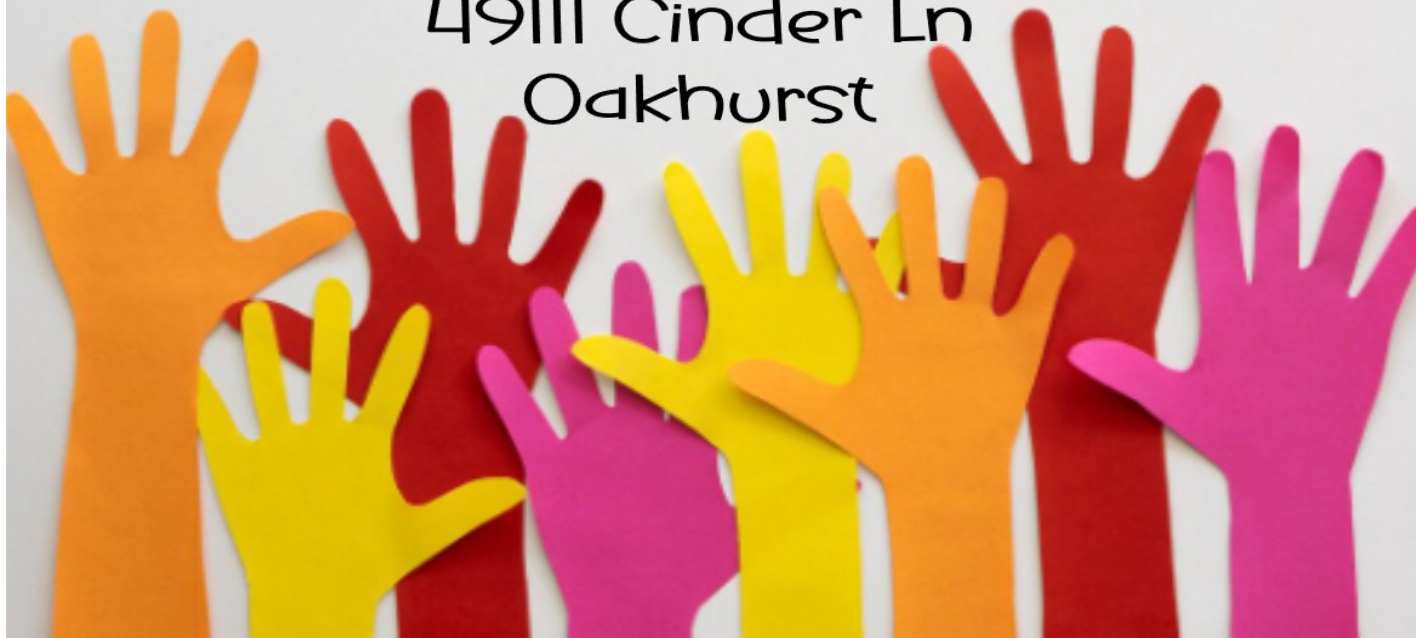
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SATURDAY, JANUARY 31 11:00AM

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?

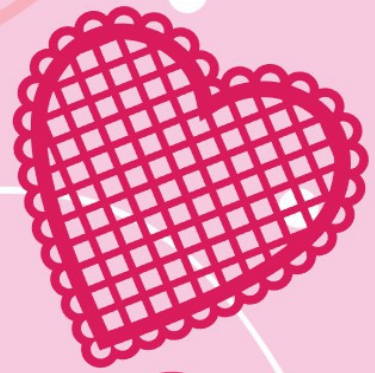
These days, Karen enjoys quieter but equally satisfying hobbies including but not limited to working on jigsaw puzzles, watching Golden State Warriors games, relaxing on her deck with a glass of wine, playing computer solitaire and sampling an impressive mix of TV shows.

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?

<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 (exercise, dance, art, 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: \_\_\_\_\_



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](https://tinyurl.com/SSCMembershipSSC) to join or renew.



Questions? Ask any board member or email us at [OakhurstSierraSeniorCenter@gmail.com](mailto: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 5<sup>th</sup> 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](mailto: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](http://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

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*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](mailto: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.

