



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)

Hi Guys,

Wishing you a happy fourth! I hope this letter finds you well and staying cool as we dive into the heart of summer. July is a busy and exciting time here at the Sierra Senior Center, and I want to personally invite you to join us for some special events this month.

We're especially excited about our Christmas in July celebration! Come enjoy a fun and festive afternoon indoors in the comfort of our air conditioning—no need to brave the summer heat. On top of our vendors, we'll have:

- Popcorn
- Two tacos for \$5
- Taco plate with beans and rice for \$10
- Refreshing snow cones

It's a great chance to gather with friends, enjoy some great food, and get started on your holiday shopping—even in the middle of summer!

Of course, we'll still be hosting our regular activities, including bingo and bunco, so be sure to mark your calendars.

Please note that we will not be having our pancake breakfast this month, but we'll be back to flipping flapjacks in August.

We are also having a Member's Potluck and Games night on July 27th. Stay tuned for more details on this one!

Stay safe and take care during this busy tourist season in our little mountain community. Let's all look out for one another, lend a helping hand when needed, and enjoy the warmth of both the weather and our friendships.



Warm regards, Shannon President, Sierra Senior Center

Shannon Brimage

President, Sierra Senior Center


JULY 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 11:30a.m. every 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.

SENIOR IN-CENTER SALAD MENU JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 +Teriyaki (sauce 1 oz.) Grill Chicken (3 oz.@15g Pro) Salad Hi C (sld 5oz.) 1 c. ea. WG6" Flour Tortilla 1ea *Mandarin Orange ½ c. 1/2pt 1% White Milk 1ea.	2 +Chef Salad (3 oz. Turkey @15g Pro) Hi C (sld 5oz) 1 c. ea. WW Dinner Roll 1 ea. *Orange 1 ea. 1/2pt 1% White Milk 1ea.	3 +Tuna (3 oz. @20g Pro) Salad Entree Hi C (5 oz.) 1 c. ea. WW Bread 1 ea. +Cantaloupe Chunk ½ c. 1/2pt 1% White Milk 1ea.	4 Holiday
7 +Teriyaki (sauce 1 oz.) Grill Chicken (3 oz.@15g Pro) Salad Hi C (sld 5oz.) 1 c. ea. WW Dinner Roll 1 ea. Tropical Fruit ½ c. 1/2pt 1% White Milk 1ea.	8 +WG Pasta Chicken (chick 3 oz.@15g Pro) Salad Hi C (sld 5oz.) 1 ½ c. ea. *Mandarin Orange ½ c. 1/2pt 1% White Milk 1ea.	9 +Tuna (3 oz. @20 Pro g.) Salad Entree Hi C (5 oz.) 1 c. ea. WW Bread 1 sl. Pineapple Tidbits ½ c. 1/2pt 1% White Milk 1ea.	10 Sesame Chicken (chick 3 oz.@15g Pro) WG Noodle Salad (sld. 5oz) 1 ½ c. ea. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.	11 +Chef Salad (3 oz. Turkey @15g Pro) Hi C (sld 5oz) 1 c. ea. WW Dinner Roll 1 ea. +Cantaloupe Chunk ½ c. 1/2pt 1% White Milk 1ea.
14 +WG Pasta Chicken (chick 3 oz.@15g Pro) Salad Hi C (sld 5oz.) 1 ½ c. ea. Tropical Fruit ½ c. 1/2pt 1% White Milk 1ea.	15 +Tuna (3 oz. @20 Pro g.) Salad Entree Hi C (5 oz.) 1 c. ea. WG6" Flour Tortilla 1ea *Mandarin Orange ½ c. 1/2pt 1% White Milk 1ea.	16 +Teriyaki (sauce 1 oz.) Grill Chicken (3 oz.@15g Pro) Salad Hi C (sld 5oz.) 1 c. ea. WW Bread 1 sl. **Apricots ½ c. 1/2pt 1% White Milk 1ea.	17 +Chef Salad (3 oz. Turkey @15g Pro) Hi C (sld 5oz) 1 c. ea. WW Dinner Roll 1 ea. +Cantaloupe Chunk ½ c. 1/2pt 1% White Milk 1ea.	18 Sesame Chicken (chick 3 oz.@15g Pro) WG Noodle Salad (sld. 5oz) 1 ½ c. ea. *Orange, Fresh 1 ea. 1/2pt 1% White Milk 1ea.
21 +Tuna (3 oz. @20 Pro g.) Salad Entree Hi C (5 oz.) 1 c. ea. WW Dinner Roll 1 ea *Mandarin Orange ½ c. 1/2pt 1% White Milk 1ea.	22 +WG Pasta Chicken (chick 3 oz.@15g Pro) Salad Hi C (sld 5oz.) 1 ½ c. ea. +Cantaloupe Chunk ½ c. 1/2pt 1% White Milk 1ea.	23 +Teriyaki (sauce 1 oz.) Grill Chicken (3 oz.@15g Pro) Salad Hi C (sld 5oz.) 1 c. ea. WG6" Flour Tortilla 1ea Pineapple Tidbits ½ c. 1/2pt 1% White Milk 1ea.	24 +Chef Salad (3 oz. Turkey @15g Pro) Hi C (sld 5oz) 1 c. ea. WW Dinner Roll 1 ea **Apricot ½ c.. 1/2pt 1% White Milk 1ea.	25 Sesame Chicken (chick 3 oz.@15g Pro) WG Noodle Salad (sld. 5oz) 1 ½ c. ea. *Orange Fresh 1 ea. 1/2pt 1% White Milk 1ea.
28 +WG Pasta Chicken (chick 3 oz.@15g Pro) Salad Hi C (sld 5oz.) 1 ½ c. ea. *Mandarin Orange ½ c. 1/2pt 1% White Milk 1ea.	29 +Teriyaki (sauce 1 oz.) Grill Chicken (3 oz.@15g Pro) Salad Hi C (sld 5oz.) 1 c. ea. WW Dinner Roll 1 ea. Pineapple Tidbits ½ c. 1/2pt 1% White Milk 1ea.	30 +Chef Salad (3 oz. Turkey @15g Pro) Hi C (sld 5oz) 1 c. ea. WW Bread 1 sl. +Cantaloupe Chunk ½ c. 1/2pt 1% White Milk 1ea.	31 + Tuna (3 oz. @20g Pro) Salad Entree Hi C (5 oz.) 1 c. ea. WW Dinner Roll 1 ea **Apricots ½ c. 1/2pt 1% White Milk 1ea.	

SENIOR IN-CENTER JULY LUNCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Thigh 1ea (4oz.@19g Pro.) w/Mushroom Sauce WG Brown Rice 1c. Greenbeans w/red peppers 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	2 BBQ Pork Rib-B-Q Sand. (2.5oz@2oz Meat Eq.) On Whole Wheat Bun 1 ea. Corn 1/2c *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	3  Sandwich, Tuna (2oz @13g Pro.) & (.5 oz egg & 2oz veg.) @1/2 c. ea. WG Bread 2 sl. **Minestrone Soup 6oz. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	4 Holiday
7 Swiss Bf.Patty1ea. (2.25oz. @2oz Meat Eq.) WWDinner Roll 1 ea. Parsley Potato 1/4c. *Broccoli 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	8 Tandoori Chicken Thigh 1 ea. (4oz.@19g Pro.) WG Brown Rice, Cilantro Lime 1c. Greenbeans w/red peppers 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	9  WW Chicken (3 oz@16g Pro) Bowtie (2oz) Bowtie w/pesto sauce@2/3 c. ea. +Hi C Salad 1 Cup Sourdough Bread 1sl Margarine 1ea. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	10 Build Your Own Burrito WG 6" Flour Tortilla 1ea Refried beans (Pinto 14 Pro g.) @1c. ea. Shred. Cheese 1/2 oz. +Cabbage and Cilantro 1/2c *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.	11 Beef (2.5oz.@15g Pro.) Broccoli (4oz) @ 6oz ea. WG Brown Rice 1c. **Sliced Carrots 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.
14 Chicken Patty 1 ea. (3.29oz. @2 oz. Meat Eq. & 1 oz. Grain Eq.) w/ grv. Mashed Potato 1/4c. WWDinner Roll 1 ea. *Broccoli 1/2c. Tropical Fruit 1/2c. 1/2pt 1%White Milk 1 ea.	15 Pork (2.4oz@16gm Pro) Chili Verde 1/2 c. WG 6" Flour Tortilla 1ea Greenbeans w/red peppers 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	16 WGBeef & Bean (pinto) Burrito 1 ea. (2oz. M/A Eq. & 2oz. Grain Eq.) +Hi C Salad 1 Cup **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	17 * Stuffed Bell Pepper 1ea. (Beef 50% & Pork 50% 2.5 oz Meat@9g Pro.) WWDinner Roll 1 ea. **Sliced Carrots 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	18 WGBrd.Fish 1ea. (3.6oz.@2 oz. Meat Eq. & 1 oz. Grain Eq.) WG Brown Rice Cilantro Lime 1c. **Calif. Mix Veg. 1/2c. *Orange, Fresh 1 ea. 1/2pt 1%WhiteMilk 1 ea.
21 Beef SalisburySteak1ea (3 oz.@16 Pro g.) w/ gravy 1 oz WWDinner Roll 1 ea. Margarine 1ea. Corn 1/2c *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	22 Bk Chicken Drum 2 ea. (8 oz.@42g Pro.) WG Penne Pasta 1/2 c. w/ Marinara 2oz. **Sliced Carrots 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	23 **Hearty Braised Beef (2.56oz@15g Pro) & Veg. (4.5 oz.) @1 cup ea. WG Brown Rice 3/4C. +Hi C Salad 1 Cup Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	24 Hamburger on Bun Hamburger, Beef Patty (2.3oz. @2oz Meat Eq.) on a WG Bun w/ cheese 1 sl. Tomato, Lettuce, Onion 1 ea. *Broccoli Salad 1/2c. **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	25 Roasted Turkey Breast 2oz. (8g. Pro.) w/ grv.1 oz WWDinner Roll 1 ea. Mashed Potato 1/4c. **Calif. Mix Veg. 1/2c. *Orange, Fresh 1 ea. 1/2pt 1%White Milk 1 ea.
28 Orange Chicken (3.6 oz.@2 oz. Meat Eq (#10 scoop) WG Brown Rice 1c. Greenbeans w/red peppers 1/2c. *Mandarin Oranges 1/2c 1/2pt 1%White Milk 1 ea.	29 Pepper Steak 1ea (2.25oz. @2oz Meat Eq.) w/gravy 1oz. WWDinner Roll 1 ea. Margarine 1ea. Mashed Potato 1/4c. *Broccoli 1/2c. Pineapple Tidbits 1/2c. 1/2pt 1%White Milk 1 ea.	30 Chicken Meatballs 3ea. (3 oz. Chicken @ 2.25 Meat Eq.) WG Egg Noodle 3/4 c. **Calif. Mix Veg. 1/2c. +Cantaloupe Chunks 1/2 cup 1/2pt 1%White Milk 1 ea.	31  Frankfurter 1ea (Beef 2 oz. Meat Eq) on WGHotdog Bun1 ea. +Coleslaw 3/4 c. Ketchup 1 ea. Mustard 1 ea. **Apricots 1/2c. 1/2pt 1%White Milk 1 ea.	

JULY 2025 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<u>1</u> 10am – 2pm Open Hours	<u>2</u> 10am – 11am Chair Yoga 10am – 2pm Open Hours 10am-12pm SSC Board Meeting	<u>3</u> 10am – 11am Exercise 11am General Member Mtg 11am Bingo	<u>4</u> CLOSED FOR JULY 4th	<u>5</u> 11am Bingo
<u>6</u> 12pm Mountain Unitarian Universalist Church Svc	<u>7</u> 10am – 2pm Open Hours 4pm – 6pm Beginning Watercolor	<u>8</u> 10am – 2pm Open Hours 10am – 12pm SSC Event Committee 10:15am Card Making	<u>9</u> 10am – 11am Chair Yoga 10am – 2pm Open Hours	<u>10</u> 10am – 11am Exercise 10am – 12pm Food Bank Distribution 11am Bingo	<u>11</u>	<u>12</u> 11am Bingo & \$5 Lunch
<u>13</u> 12pm Mountain Unitarian Universalist Church Svc 2pm – 4pm Bunco!	<u>14</u> 10am – 2pm Open Hours 4pm – 6pm Beginning Watercolor	<u>15</u> 10am – 11am Kaiser Senior Advantage Meeting 8am – 10am Brown Bag 10am – 2pm Open Hours	<u>16</u> 10-10:30am Chair Yoga 10am – 2pm Open Hours 4pm – 8pm HOW Dinner	<u>17</u> 10am – 11am Exercise 11am Bingo	<u>18</u>	<u>19</u> 9am – 1pm Christmas in July! 5pm – 9pm Loteria
<u>20</u> 12pm Mountain Unitarian Universalist Church Svc	<u>21</u> 10am – 2pm Open Hours 4pm – 6pm Beginning Watercolor	<u>22</u> 10am – 2pm Open Hours 10am – 12pm SSC Event Committee	<u>23</u> 10-10:30am Chair Yoga 10am – 2pm Open Hours	<u>24</u> 10am-11am Exercise 11am Bingo 7pm – 9pm Radio Club	<u>25</u> 1pm – 2pm Garden Club	<u>26</u> 11am Bingo with Pizza Lunch
<u>27</u> 12pm Mountain Unitarian Universalist Church Svc 4pm – 6pm Member Potluck & Games	<u>28</u> 10am – 2pm Open Hours	<u>29</u> 10am – 2pm Open Hours	<u>30</u> 10am – 2pm Open Hours			

JULY 2025 Events & Activities



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+

**\$40 for 4 sessions *
\$15 for drop-ins**

Sierra Senior Center
49111 Cinder Lane, Oakhurst

*Sierra Senior Center Member Pricing Available

Register Online Here



559-460-3431

Easternmaderarec@gmail.com



Sierra Senior Center

Board of Directors Meeting

10am Wednesday
July 2, 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
July 3, 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

Sierra Senior Center JULY 5, 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

OPEN CARD



crafting



2nd 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

SSC Event Committee

Interested in getting involved with your fellow seniors? Come on down and join the SSC Event committee. The committee meets every other Tuesday in the library of the Sierra Senior Center at 10:00 a.m. We have great events planned for 2025 and beyond but we need YOUR help! We look forward to working with you!

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!

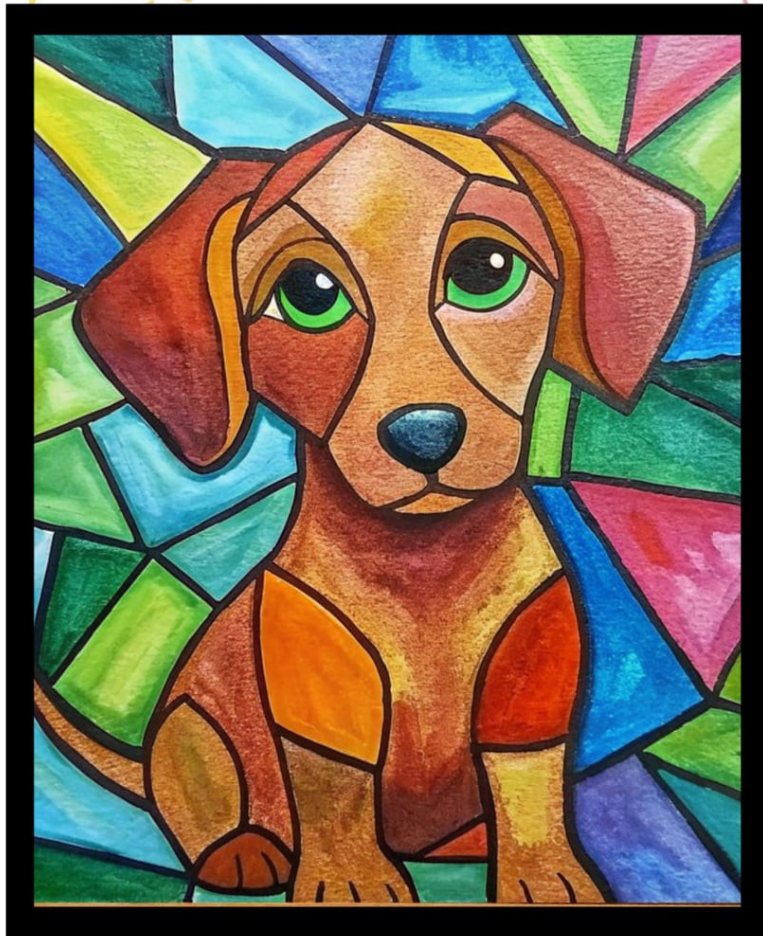
49111 Cinder Ln, Oakhurst | (559) 658-2200
www.SierraSeniorCenter.com

FRIDAY
5:00-700PM

11
JULY

Paint Party!

\$5 Discount for Senior Center Members



11X14
Canvas

STAINED GLASS PUPPY

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

LOCATION:
49111 Cinder Ln,
Oakhurst, CA

\$25

SIGN UP
HERE

Members: <https://square.link/u/imkgMW86>
Non-Members: <https://square.link/u/SHzvfRjY>

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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

**Lunch
Only
\$5**

SATURDAY, JULY 12

- 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.



Pulled pork & chicken sandwiches, French fries, Coleslaw

11:00am sharp, lunches sell out quickly!

LUNCH OPEN TO THE PUBLIC



49111 Cinder Lane

Oakhurst, California 93644

www.SierraSeniorCenter.com



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



Sierra Senior Center
Presents

Bunco

July 13, 2025

LET THE GOOD TIMES ROLL!!

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

pay at the door!

\$15

RSVP to
Kathy Chisum
530-440-2213

CASH PRIZES!

Must be 18 to play.



Sierra Senior Center

4911 Cinder Ln, Oakhurst

Sierra Senior Center

Christmas in July Craft Fair



Get an early start on Your
Christmas shopping!

**FREE
ENTRY**

**SNOW
CONES**

**2
TACOS
FOR \$5**

**TACO
PLATE
\$10**

**COTTON
CANDY**

**PHOTO
WITH
SANTA**

**FACE
PAINTING**

POPCORN

Beat the heat!

9AM – 1PM – July 19

49111 Cinder Ln, Oakhurst, CA 93644



FRIDAY
5:00-7:00PM

25

JULY

Paint Party!

\$5 Discount for Senior Center Members




SUNSET
Palm

↖
11X14
Canvas

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

LOCATION:
149111 Cinder Ln,
Oakhurst, CA

\$25

**SIGN UP
HERE**

Members: <https://square.link/u/imkgMW86>
Non-Members: <https://square.link/u/SHzvfRjY>

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Sierra Senior Center



Bingo & PIZZA*

4th SATURDAY
OF EACH MONTH

*free pizza for bingo players
served at 11am

SATURDAY
JULY 26, 2025

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

49111 Cinder Ln, Oakhurst
559-658-2200 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>



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.

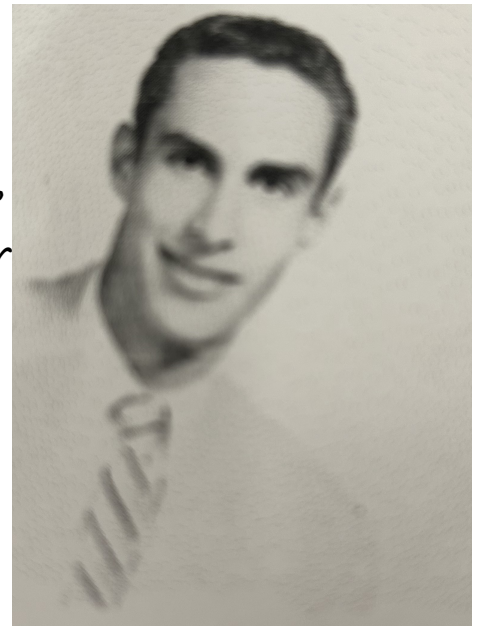
July 2025 - CHEERS TO YOU!

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 Alan Gil!

This month's Cheers To You centers around the life and times of Alan Gil and the amazing Ham Radio...

Alan was born in Bakersfield California some 84 years ago and enjoyed what most would consider a normal childhood. During his High School years, Alan had a chance opportunity to help a neighbor study and pass the license exam to be an amateur ham radio operator. It was at that time that Alan thought “Well, if I can do this for him, why don't I do it for myself?” So Alan took (and passed) the Ham radio operator exam and with that grew an appreciation for Electronics in general.



Alan began picking up Spanish speaking stations on his Ham radio during his High School years and found them educational. He started teaching himself Spanish, and found that he liked the Spanish language and was fascinated with the culture.

During college, Alan majored in Electronic Engineering (Thank you – Ham Radio!) at Cal Poly San Louis Obispo, married his lovely college sweetheart, and went directly to work for Goodyear Aerospace. His first job at Goodyear was developing the side-looking radar-(which looked into enemy territory up to 200 miles from the side view). It was a great job until he heard about another opportunity.



On 6/6/66 (an interesting date engraved in his head) Alan moved his employment to General Electric (G.E.) in San Jose, CA, with an interesting method to his employment “switch madness.” He'd heard that G.E. was investing in a nuclear division in Mexico with the CFE Mexican utility. There was a desire to build a nuclear plant in

Mexico, and Alan wanted to be part of it.

Needless to say, Alan and his wife and 2 children (my how time flies...) were lived in Mexico for 2½ years in CFE utility-owned homes right on the beach! Alan, (the only Spanish speaker, thanks to his High school Ham Radio Days!!!) would translate for his boss along with using his electronic skills. Now THAT is taking a hobby to a full-fledged skill set!

Alan loves his electronics, Ham radio and family, and when retirement came, a friend introduced him to our lovely, mountain region... and he brought everything he could with him.

You can find Alan every morning at 7:00am as he gets out and uses his repeater to transmit on his call sign, #W6LSU (which stands for “loose-saggy-underwear”...yep, you heard it here first...describing the guy next to him, I’m sure.) The messages go out to the top of Deadwood Mountain, on to most of the state of California, and can be picked up even as far as to one old friend in Alabama each morning! Who needs a Coffee club when you have a mug of hot-Joe and a Ham Radio at your disposal?



Alan has enjoyed and benefited from the use of the mighty Ham radio. Hikers and lost or injured people have benefited by requesting assistance through these less used airwaves.

The Mountain Amateur radio Club meets the 4th Thursday of each month 7pm (check SSC calendar) at the Oakhurst Senior Center and welcomes anyone interested in Ham radio to come visit and/or join in on the fun.

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.

