



SIERRA SENIOR CENTER NEWS

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

Instagram: [@sierraseniorcenter](#)

Facebook: [@OakhurstSeniorCenter](#)



She is
STRONG.

SELFLESS.

LOVING.

WARM.







PATIENT.

FEARLESS.

mom

May 2026 Lunch Program

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. 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.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Suffed Bell Peppers Whole Grain Quinoa Zucchini Mixed Fruit Milk
4 Beef Patty w/ Gravy Whole Grain Egg Noodles Brussel Sprouts Pineapple Tidbits Milk	5  Whole Grain Flour Tortilla Chicken Fajita Strips Corn Saute w/ Peppers & Onions Mandarin Oranges Milk	6 BBQ Pork Rib Sandwich Whole Wheat Bun Coleslaw Diced Peaches Milk 	7 Beef Salisbury Steak Whole Wheat Dinner Roll Mashed Potato Hi C Salad Diced Pears Milk	8 Orange Chicken Whole Grain Wild Rice Broccoli Apricots Milk
11 Swiss Beef Patty Whole Wheat Dinner Roll Italian Vegetable Mandrin Orange Milk	12 Tandoori Chicken Thigh Black Rice California Mixed Vegetables Cantaloupe Chunks Milk	13 Frankfurter Whole Grain Hot Dog Bun Broccoli Salad Diced Peaches Milk 	14 Hearty Braised Beef Whole Wheat Dinner Roll Hi C Salad Orange Milk	15 Whole Grain Breaded Fish Whole Grain Quinoa Brussel Sprouts Apricots Milk
18 Pork Rib w/Gravy Whole Grain Egg Noodles Corn Saute w/ Pepper & Onions Mandarin Oranges Milk	19 Beef & Broccoli Black Rice Sweet Potato Mixed Fruit Milk	20 Build Your Own Burrito Whole Grain Flour Tortilla Shredd Beef Barbacoa w/ Peppers & Onions Shredded Cheese, Cabbage & Cilantro Tropical Fruit Milk	21 Tuna Sandwich on Whole Wheat Bread Minestrone Soup Orange Milk 	22 Chicken Breast w/Roasted Mushroom Sauce Whole Grain Barley Brussel Sprouts Dices Pears Milk
25  MEMORIAL DAY	26 Vegetable Chili Whole Wheat Dinner Roll Broccoli Apricots Milk	27 Beef Patty Hamburger Whole Grain Hamburger Bun Cheese, Tomato, Lettuce, Onion Coleslaw Pineapple Tidbits Milk	28 Baked Chicken Drumstick Whole Grain Wild Rice California Mixed Vegetables Orange Milk	29 Lentil Spinach Soup Whole Wheat Dinner Roll Hi C Salad Diced Peaches Milk



FUNDING THROUGH: FRESNO-MADERA AREA AGENCY ON AGING

SENIOR 60 YEARS AND OLDER
SUGGESTED CONTRIBUTION: \$3.50
NON-SENIOR RATE: \$9.46



May 2026 ACTIVITIES CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 11am Bingo 5pm – 7pm Paint Party
3 12pm Mountain Unitarian Universalist Church Svc	4 10am – 2pm Open Hours	5 10am – 2pm Open Hours 10am – 12pm Card Group 3pm – 5pm Hike Club	6 10am – 12pm SSC Board Meeting 10am – 2pm Open Hours 11am – 1pm Mahjong 1pm – 2pm Tai Chi 1pm – 2pm Tai Chi	7 10am – 11am Exercise 11am General Meeting 11:30am Bingo	8 5pm – 7pm PAINT PARTY	9 11am Bingo & \$5 Lunch
10 12pm Mountain Unitarian Universalist Church Svc	11 10am – 2pm Open Hours	12 10am – 2pm Open Hours 10am – 11am SSC Event Committee 10am – 12pm Card Group 3pm – 5pm Hike Club	13 10am – 2pm Open Hours 11am – 1pm Mahjong 1pm – 2pm Tai Chi	14 10am – 12pm Food Bank Distribution 10am – 11am Exercise 11am Bingo	15 9am – 12pm Kaiser Meeting 2pm – 5pm Master Food Preservation Class	16 9 – 10:30am Pancake Breakfast 1pm – 2pm Live Raptor Experience
17 12pm Mountain Unitarian Universalist Church Svc	18 10am – 2pm Open Hours	19 10am – 2pm Open Hours 10am – 12pm Brown Bag Distribution 10am – 12pm Card Group 3pm – 5pm Hike Club	20 10am – 2pm Open Hours 11am – 1pm Mahjong 1pm – 2pm Tai Chi	21 10am – 11am Exercise 11am Bingo	22 1pm – 2pm Master Gardener Workshop 5pm – 7pm PAINT PARTY	23 11am Bingo with Pizza Lunch
24 12pm Mountain Unitarian Universalist Church Svc	25 10am – 2pm Open Hours	26 10am – 2pm Open Hours 10am – 11am SSC Event Committee 10am – 12pm Card Group 3pm – 5pm Hike Club	27 10am – 2pm Open Hours 11am – 1pm Mahjong 1pm – 2pm Tai Chi	28 10am – 11am Exercise 11am Bingo 2pm – 4pm & 5:30 – 7:30pm Koffee & Kards 7pm – 9pm Mtn Amateur Radio	29	30 1pm – 3pm Queens Tea
31 12pm Mountain Unitarian Universalist Church Svc						

May 2026 Events & Activities



PAINT PARTY

SATURDAY
MAY
2nd

5:00 pm
to
7:00 pm



\$40
per Canvas

LOCATION

Sierra Senior Center
49111 Cinder Lane, Oakhurst

SIGN UP
HERE

Instructor: RHIANA JONES
rhianajones@handmadejoybyrhi.com
Facebook.com/handmadejoybyrhi

<https://square.link/u/fJPwKLHh>



Sierra Senior Center May 2, 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

SOCIAL SENIORS

Monday, Tuesday & Wednesday
10am to 2pm



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

Strengthen Mind, Body, and Soul

TAI CHI

Class

\$10
PER
CLASS

NEW INSTRUCTOR
Chris Marie Brown

I have practiced tai chi for forty years and have taught for most of that time. I learned the art when I moved to Fresno and was practicing law for the poor. Stress reduction drew me to it. Eventually I left law and taught gifted children in Dinuba and am now retired. Tai chi helps me release stress, balance better, and keep moving with ease as I age.

I hope you will join us.

Every Wednesday at 1pm

Sierra Senior Center
49111 Cinder Ln,
Oakhurst, CA



CLASSIC HEARTS

Playing Cards on Tuesdays from
10AM to noon. Mainly playing Hearts
but open to other tables of games

A Wilderness Community for Life after 50
SSC
Sierra Senior Center

HIKE CLUB

— TUESDAYS 3-5PM

MEET YOUR LEADER
KAI NELSON

Kai is currently training for a professional hike guiding role in Yosemite and is a certified Wilderness First Responder, bringing both passion and safety expertise to every adventure.

Having recently moved to Oakhurst, Kai is excited to connect with the community, meet new people, and explore the outdoors together—making the hiking club the perfect way to do just that.

MODERATE 2-6 MILE HIKES

NEW LOCATION EVERY WEEK

**TEXT: 719-459-5441
TO GET ON TEXT LIST**

A Wilderness Community for Life after 50
SSC
Sierra Senior Center

Sierra Senior Center

Board of Directors Meeting

10am Wednesday
May 6, 2026
Senior Center Library

Guests welcome!



JUNK JOURNALING

APRIL 29TH AND MAY 6TH
6:00 PM - 8:00 PM

CALL OR TEXT BEVERLY
 TO HOLD YOUR SPACE
 559-246-4262

49111 Cinder Ln Oakhurst, CA



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

Sierra Senior Center
Exercise Class



Every Thursday 10am-11am

49111 Cinder Lane, Oakhurst
 559-658-2200

Sierra Senior Center

General Membership Meeting

THURSDAY
 May 7, 2026
 11:00am



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

Sierra Senior Center



EVERY THURSDAY
12:00pm

Bingo & Lunch



May 9, 2026

Tri-Tip sandwiches, "Cowboy Beans" and Homemade Mac & Cheese

must be 18 years old to play.

- Lunch served at 11:00a.
- Bingo sales close at 11:30a.
- Play begins at 12:00p sharp.



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

11:00am sharp, lunches sell out quickly!



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

FRIDAY
5:00-7:00PM

8
May

Paint Party!

Rockstar

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

LOCATION:
Sierra Senior Ctr
41139 CA-41,
Oakhurst, CA

11x14 Canvas
\$25

SIGN UP HERE → Non-Members: <https://square.link/u/CyD28Oxk>
Members: <https://square.link/u/y1UequA9>

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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.



Madera County Library- OAKHURST BRANCH
Free in-person classes
Held at the Sierra Senior Center



DIGITAL LITERACY CLASSES

Wednesdays 10:00am - 12:00pm



Windows 11 Basics- April 8th
Android Basics- May 13th

- Learn how to navigate PC and Mac operating systems (OS).
- Learn to navigate your smartphone.
- Personal devices are welcome.
- Led by Oakhurst Branch Librarian.

For more information, visit the Oakhurst Branch Library or call 559-683-4838

49111 Cinder Ln, Oakhurst, CA 93644



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



UC Master Food Preserver
University of California
Agriculture & Natural Resources

Low Sugar Strawberry Jam

Make & Take low sugar strawberry jam. preserved with boiling water canner and steam canner methods.



With UC Master Food Preserver
Barbara Mattice

Fri. May 15th, 2026 / 2 - 5 pm



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



\$20 per person - Registration required!
<https://link.ucanr.edu/lowsugarstrawberryjam>
or contact Barbara 559-448-7178
Clean apron / closed toed shoes / hair back!



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.

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!

May 16, 2025
9am - 10:30am

\$10.00
PER ADULT
\$5.00
CHILDREN
UNDER 10



Sierra Senior Ctr
49111 Cinder Ln
Oakhurst



FREE
ADMISSION!!



NATURE OF WILDWORKS LIVE RAPTOR EXPERIENCE



*Cutie! Photo: Nature of Wildworks

Brought to you by the
Yosemite Area Audubon Society

SATURDAY, MAY 16, 2026
1:00 pm
SIERRA SENIOR CENTER
49111 CINDER LANE
OAKHURST

Learn about raptors by
meeting them in person!

All ages welcome!!!

More information: www.yosemiteaudubon.org
email us: info@yosemiteaudubon.org

MADERA COUNTY
FOOD BANK
THE ♥ OF COMMUNITY MATTERS

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



UC Master Gardener
University of California
Agriculture & Natural Resources

PREPARING FOR FIRE SEASON!

PRACTICAL SOLUTIONS TO REDUCE WILDFIRE RISK
Home Hardening and Simple, Low-cost Actions For Protection

FRI. April 24, 2026 - 1:00 - 2p.m.



Sierra Senior Center
9111 Cinder Lane, Oakhurst

Open to the public and FREE OF CHARGE

SPEAKER ALISON DEAK

is the UC Fire Advisor for Mariposa, Madera, and Fresno Counties. She focuses on improving wildfire resilience and community preparedness and promotes safe and effective prescribed burning practices, largely with the Yosemite Gateway Prescribed Burn Cooperative. Alison provides education, technical support, and guidance to help reduce wildfire risk and restore landscapes through beneficial fire.



Questions or to get on email list:
(559) 365-6342 or graceaces@sti.net
<https://link.ucanr.edu/maderamg>
[facebook/MaderaMasterGardeners](https://facebook.com/MaderaMasterGardeners)



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. Or UCCE, Madera County (559) 675-7879.

FRIDAY
5:00-7:00PM

22

May

Paint Party!



Country Barn

11x14
Canvas

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

LOCATION:
Sierra Senior Ctr
41139 CA-41,
Oakhurst, CA

\$25

**SIGN UP
HERE**

Non-Members: <https://square.link/u/sbnqsWmO>
Members: <https://square.link/u/5ihwJ7IR>

Sierra Senior Center



Bingo & PIZZA*

4th SATURDAY
OF EACH MONTH

*free pizza for bingo players
served at 11am

SATURDAY May 23, 2026

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

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

IRENE'S KREATE AND KRAFT PRESENTS

Kookies AND Kards

WHEN:
March 26th
April 23rd
May 28th
Session 1: 2:00 till 4:00
Session 2: 5:30 till 7:30

WHERE:
Sierra Senior Center
49111 Cinder Lane Oakhurst

COST:
\$25.00 INCLUDES ALL SUPPLIES
(MOST KITS MAKE 8 CARDS)
DIFFERENT THEMES AVAILABLE...YOU PICK!
NO SKILLS NEEDED
PLEASE RSVP: IRENE GUADAGNINI 559-760-7147

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

CONGRATULATIONS

MAY 2026

player of the
month

Lori Howard



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



49111 Cinder Lane, Oakhurst | 559-658-2200

ALL AGES!!

QUEENS TEA



*Join us for our Queens Tea
and Fancy Hat Contest 2026*

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

Bring your most outrageous homemade
hat and be prepared to model it. Winner
will be chosen by secret ballot.

May 30
1pm-3pm

**Sierra Senior Center
49111 Cinder Ln,
Oakhurst, CA 93644**

\$25
per person

<https://tinyurl.com/Queenstea2026>

May 2026 SENIOR SPOTLIGHT

SHANNON BRIMAGE

Born February 25, 1967, in Norco, Shannon Brimage has spent a lifetime proving that creativity, community, and family can all go hand in hand. Whether she's redesigning a local senior center, painting intricate nail art, sewing handmade creations, or cheering on her grandchildren, Shannon has become one of those unforgettable personalities whose energy seems impossible to slow down.



Shannon's story began in Southern California before her family relocated to Yuma when she was just 3 years old. She lived there until age 10 before returning to her hometown of Norco, where she attended junior high and later Norco Senior High School. After graduation, Shannon explored a variety of college classes, including art and interior design...subjects that would later become a lifelong passion reflected in nearly every project she touched.

Even as a teenager, Shannon's adventurous spirit was already shining through. At just 15 years old, she worked as a trail guide leading horse trail rides "mostly for fun," a fitting job for someone raised around horses and outdoor life. She later worked at Miller's Outpost during high school for about a year before briefly joining Toys 'R' Us.



Life eventually took Shannon to San Luis Obispo, where she worked as a cashier at an auto shop — and where fate introduced her to her future husband, Donnie. The two married in 1988 and settled in Atascadero, where Shannon worked various jobs before becoming a mother. Today, Shannon is the proud mom of two daughters and one son and an even prouder grandmother to seven granddaughters and one grandson, ranging in age from 2 to 14 years old. Ask Shannon what matters most, and family will always top the list.

In 2003, Shannon moved to Oakhurst, where her love for design and creativity found a perfect fit at Carolyn's Carpet. Retail and interior design remained favorite fields for Shannon, but her creative interests stretched far beyond flooring and décor. "She's either tried it or she will," friends often joke when describing Shannon's endless list of hobbies. From sewing and paper crafts to woodworking, watercolor painting, acrylics, and countless artistic ventures, Shannon thrives on learning new skills and diving into fresh creative projects. That same curiosity would later lead her to yet another unexpected career path.

During the COVID era, Shannon earned her nail technician license and launched her business, Shannon B Nails, where she has worked since 2020. Known for detailed nail art and her eagerness to master new techniques, Shannon says one of her favorite things is continuing to learn and grow creatively through her work.

But Shannon's impact reaches far beyond business. For years, she has devoted herself to volunteer work and community service throughout the mountain area. Deeply civic-minded, Shannon served on multiple horse-related boards, including paint horse organizations and coordinating committees throughout California. She handled point-keeping duties at large horse shows and even showed Appaloosas herself.

Locally, Shannon became heavily involved with the senior community, volunteering at the senior center first as a board member and later serving three years as President. What started as teaching painting and craft classes soon turned into something much larger.

Shannon saw potential where others saw an aging building. She envisioned a more welcoming, vibrant community space and then helped make it happen. The painted walls, murals, updated décor, and inviting atmosphere many visitors now admire at the Sierra Senior Center were all part of Shannon's vision to modernize the facility and create a place people genuinely wanted to gather. Her vision of the "park" is coming to life with the help of the community and current board. "She made it feel alive," one community member shared.

"Without her ideas, it probably would have stayed plain and outdated."

Shannon also volunteered with Fresno Flats Historical Park, helping with events and cleanup efforts while continuing to support community activities whenever possible.

Outside of work and volunteering, Shannon enjoys spending time with friends, beach walks, scenic drives through the mountains, karaoke nights, and especially time with her grandchildren. Though she says she doesn't travel as often as she would like, she loves road trips and has

explored much of California. One of her favorite travel memories was a two-week adventure to Oklahoma for her daughter's graduation, with stops through Yellowstone National Park, Grand Teton National Park, Utah, and Colorado along the way. She once loved whitewater rafting but has since traded rapids for more relaxed mountain day trips.

At home, Shannon enjoys binge-watching shows like *Falling Skies* and still considers *The Rocky Horror Picture Show* her all-time favorite movie; one she has seen "too many times to count" and will happily go watch anytime it appears at a local theater.

When asked about the best birthday present she ever received, her answer comes instantly: her granddaughter being born just two days before her birthday. "That was the best gift I could've ever asked for."

And if Shannon ever hits the lottery? Her dream is simple: a family compound with room for all her children, grandchildren, animals, gardening, and plenty of space for everyone to gather together. "But first," she says, "I'd make sure all my family was taken care of."

For someone who has spent her life taking care of others, creating beauty wherever she goes, and building stronger community connections, that answer seems perfectly fitting.

As Shannon continues building her business, supporting her community and creating lasting memories with family and friends, one thing is clear; her story is far from finished. Shannon has spent a lifetime turning creativity into connection. With her bubbly attitude, she leaves a little color everywhere she goes. If you are fortunate enough to see her out and about in town be sure to say a friendly hello.

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

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: _____

JOIN OUR



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!

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.

