Monthly Newsletter





Hi Guys,

As we move into fall, I'm excited about all the wonderful events we have planned to bring our community together! I wanted to take a moment to highlight a few of them.

First, we have our Senior Resource Fair coming up on October 25th from 1 to 4 PM. This will be a fantastic opportunity to gather important information and resources tailored to those of us in the over-50 community. I really hope to see you all there, it's going to be an informative and fun event and we will be serving free soup and bread at 3:30 to those who participate.

In addition to the fair, we have several great classes on the calendar this month, including cookie decorating, basket making, painting, and technology classes. Be sure to check out the calendar so you don't miss any of these opportunities to learn and connect.

Unfortunately, we have had to cancel our Masquerade fundraiser as we just were in too much of a time crunch to pull it off.

Looking ahead to November, we are hosting a Members-Only Free Pasta Dinner on November 3rd from 4 to 6 PM. This will be a great chance to enjoy a meal together and celebrate our wonderful community. While the dinner is free for members, if you'd like to bring a guest, there will be a small charge of \$7.50 for them.

I'm looking forward to seeing you at these upcoming events. Let's make this season a memorable one filled with laughter, learning, and connection!

Shannon Brimage SSC President

In this newsletter you can expect:

Ongoing Activities

Special Events

Volunteer Opportunties

October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE **ALL MEALS INCLUDE LOW FAT MILK **HIGH SODIUM MEAL	1 Beef & Vegetable Stew California Mixed Vegetables Wheat Dinner Roll Orange	2 BBQ Pork Sandwich on Wheat Bun Colesław Honeydew Chunks	3 Chicken Fajitas Shredded Cheese & Lettuce Whole Grain Flour Tortilla Pineapple Tidbits Pudding	4 Beef Meatloaf w/ Gravy Vegetable Medley Mashed Potatoes Wheat Dinner Roll Tropical Fruit
Baked Chicken Drumstick Steamed Carrots Brown Rice Pineapple Tidbits	8 Pork Chili Verde Hi C Salad Refried Beans Whole Grain Flour Tortilla Orange	9 Beef Pepper Steak w/ Gravy Onions & Bell Peppers California Mixed Vegetables Wheat Dinner Roll Tropical Fruit	10 Tuna Salad Sandwich on Wheat Bread Broccoli Salad Apricots	11 Stuffed Bell Pepper Vegetable Medley Wheat Dinner Roll Cantaloupe Chunks
24 Santa Fe Chicken Thigh Mashed Sweet Potatoes Wheat Dinner Roll Orange	15 Breaded Fish Peas & Carrots Brown Rice Tropical Fruit	16 Chicken Bowtie Pasta w/ Pesto Sauce Hi C Salad Sourdough Bread Apricots	17 Cheeseburger on Wheat Bun Tomato, Lettuce & Onion Coleslaw Honeydew Chunks	18 Beef Broccoli Brown Rice Pineapple Tidbits Pudding
21 Chicken Meatballs w/ Gravy California Mixed Vegetables Brown Rice Tropical Fruit	22 Beef Salisbury Steak w/ Gravy Vegetable Medley Mashed Potatoes Wheat Dinner Roll	23 Turkey & Cheese Sandwich Tomato, Lettuce & Onion Corn Chowder Cantaloupe Chunks	24 Hotdog on Wheat Bun Hi C Salad Macaroni Salad Apricots	25 Chicken Thigh w/ Mushroom Sauce Stearned Carrots Wheat Dinner Roll Tropical Fruit
28 Orange Chicken California Mixed Vegetables Brown Rice Pineapple Tidbits	29 Stuffed Bell Pepper Stearned Carrots Wheat Dinner Roll Honeydew Chunks	30 BBQ Pork Sandwich on Wheat Bun Hi C Salad Apricots	31 Polish Sausage w/ Onion & Bell Pepper Otato Salad Orange	Happy



October Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1 Yoga All-Level 5:30 PM - 6:30 PM	2 Social Senior H 10:00 AM - 10:00 SSC Board Me 10:00 AM - 10:00 Yoga, Chair (W 10:00 AM - 10:00	3 Exercise Class (10:00 AM - 10:00 SSC Membersh 11:00 AM - 11:00 Bingo Thursday 11:30 AM - 11:30	4	5 Bingo 1st Satur 11:00 AM - 11:00
6	7 Social Senior H 10:00 AM - 10:00 Tech Class - iP 12:00 PM - 1:00 PM	8 Social Senior H 10:00 AM - 10:00 Open Card Cra 10:15 AM - 10:15 10:15 AM - 10:15 Yoga All-Level 5:30 PM - 6:30 PM	9 Social Senior H 10:00 AM - 10:00 Yoga, Chair (W 10:00 AM - 10:00	10 Food Bank 10:00 AM - 12:00 Exercise Class (10:00 AM - 10:00 Bingo Thursday 11:30 AM - 11:30	11 Round Reed Ba 9:00 AM - 2:00 PM Paint Party - Mi 5:00 PM - 7:00 PM	12 Bingo 2nd Satu 11:00 AM - 4:00 PM Cookie Decora 5:00 PM - 8:00 PM
13 Bunco Afterno 2:00 PM - 4:00 PM	14 Social Senior H 10:00 AM - 10:00	15 Social Senior H 10:00 AM - 10:00 Brown Bag Pro 10:01 AM - 10:01 Yoga All-Level 5::30 PM - 6:30 PM	16 Social Senior H 10:00 AM - 10:00 Yoga, Chair (W 10:00 AM - 10:00	17 Exercise Class (10:00 AM - 10:00 Bingo Thursday 11:30 AM - 11:30	18 Kaiser - Meetin 9:00 AM - 12:00 PM	19 Pancake Breakf 9:00 AM - 11:00 AM
20	21 Social Senior H 10:00 AM - 10:00 Tech Class - An 12:00 PM - 1:00 PM	22 Social Senior H 10:00 AM - 10:00 Yoga All-Level 5:30 PM - 6:30 PM	23 Social Senior H 10:00 AM - 10:00 Yoga, Chair (W 10:00 AM - 10:00 Domino Day! 4 10:15 AM - 11:45	24 Exercise Class (10:00 AM - 10:00 Bingo Thursday 11:30 AM - 11:30 Mountain Ama 7:00 PM - 9:00 PM	25 Senior Resourc 1:30 PM - 4:30 PM	26 Bingo 4th Satu 11:00 AM - 11:00
27	28 Social Senior H 10:00 AM - 10:00	29 Social Senior H 10:00 AM - 10:00 Yoga All-Level 5:30 PM - 6:30 PM	30 Social Senior H 10:00 AM - 10:00 Yoga, Chair (W 10:00 AM - 10:00	31 Exercise Class (10:00 AM - 10:00 Bingo Thursday 11:30 AM - 11:30	1	2 Bingo 1st Satur 11:00 AM - 11:00



Social Seniors

Date: Mon, Tues, Wed Time: 10am to 2pm



Thursday Bingo

Date: Every Thursday Time: 10am



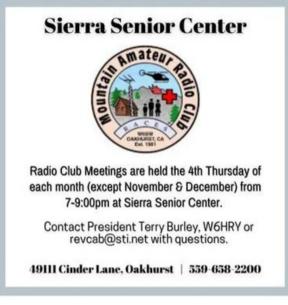
Date: Every Thursday Time: 10am - 11am

Sierra Senior Center



Chair Yoga

Date: Every Wednesday Time: 10am



Mountain Radio Club

Date: 4th Thursday Time: 7pm to 9pm



All Level Yoga

Date: Every Tuesday Time: 5:30 pm



Food Bank

Date: October 22 Time: 10am - 12pm





Pancake Breakfast

Date: October 19th Time: 9am to 11am







Bunco

Date: October 13th Time: 2pm - 4pm



Open Card Crafting

Date: 2nd Tuesday Time: 10am to 12pm



Technology Class

Date: Oct 7th, 21st Nov 4th, 18th Time: 12pm - 2pm





INSTRUCTOR: JILL GAMBLE

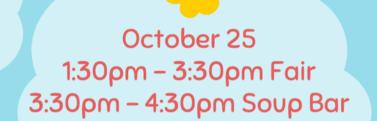
Call 559-346-8046 to RSVP or with any questions

LOCATION: SIERRA SENIOR CENTER

Sierra Senior Center 49111 Cinder Ln, Oakhurst, CA







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49111 CINDER LN, OAKHURST, CA

JOIN US FOR LOTS OF FUN!

- Madera County Social Services
- Sierra Ambulance
- Public Health Dept Camarena
- Kaiser
- Hicap
- Agency on Aging
- And More!

FREE ENTRY



Call or email, 510–499–4973 or <u>georgiakopelssc@gmail.com</u> for questions or info.



We're looking for volunteers! Check out the opportunities below.

Class Coordinator

Research speakers, class options and connect with possible instructors. Reserve the space. Provide necessary supplies/food/drinks, promotion. (Senior center would provide budget for coffee and donuts)

Senior Reporter/Photographer

Cover senior activities, take photos of activities, come up with possible articles and profiles to fill newsletter. Send details to Web Coordinator

Maintenance Committee

Yard work, facility maintenance and repairs, coordinate contractor work when required.

Community Organizer

Help directly with organizing and facilitating the fundraising and events. Help Promote with flyers, send details to Web Coordinator

On Call Event Volunteers

Show to events to help with set-up, break down/clean up and general event activities.

Contact Georgia Kopel if interested georgiakopelssc@gmail.com

Thank you for reading!





Did you know you can donate to the Sierra Senior Center, right on our webpage?

The Sierra Senior Society's purpose is to promote the health and well being of the senior citizens of Eastern Madera County by providing a place to gather, a nutrition program and uniting our members and general community in friendship, goodwill and mutual understanding. Now is your chance!

We have fun donation levels. Donate on the donation button below and be featured on our Thank you Wall!

Friend Level \$100-\$250 (One time donation)

Good Friend \$251-\$450 (One time donation)

Best Friend \$451-650 (One time donation)

Best Friend Forever - Come be our BFF!! (One time donation) \$650 and up!

Donate on the webpage here: https://sierraseniorcenter.com/donate

Thank you for reading!

