

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 Opportunities

October Lunch Menu

OCTOBER 2024 SENIOR MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p> <p>**ALL MEALS INCLUDE LOW FAT MILK</p> <p>**HIGH SODIUM MEAL</p>	<p>1 Beef & Vegetable Stew California Mixed Vegetables Wheat Dinner Roll Orange</p>	<p>2 BBQ Pork Sandwich on Wheat Bun Coleslaw Honeydew Chunks</p>	<p>3 Chicken Fajitas Shredded Cheese & Lettuce Whole Grain Flour Tortilla Pineapple Tidbits Pudding</p>	<p>4 Beef Meatloaf w/ Gravy Vegetable Medley Mashed Potatoes Wheat Dinner Roll Tropical Fruit</p>
<p>7 Baked Chicken Drumstick Steamed Carrots Brown Rice Pineapple Tidbits</p>	<p>8 Pork Chili Verde Hi C Salad Refried Beans Whole Grain Flour Tortilla Orange</p>	<p>9 Beef Pepper Steak w/ Gravy Onions & Bell Peppers California Mixed Vegetables Wheat Dinner Roll Tropical Fruit</p>	<p>10 Tuna Salad Sandwich on Wheat Bread Broccoli Salad Apricots</p>	<p>11 Stuffed Bell Pepper Vegetable Medley Wheat Dinner Roll Cantaloupe Chunks</p>
<p>14 Santa Fe Chicken Thigh Mashed Sweet Potatoes Wheat Dinner Roll Orange</p>	<p>15 Breaded Fish Peas & Carrots Brown Rice Tropical Fruit</p>	<p>16 Chicken Bowtie Pasta w/ Pesto Sauce Hi C Salad Sourdough Bread Apricots</p>	<p>17 Cheeseburger on Wheat Bun Tomato, Lettuce & Onion Coleslaw Honeydew Chunks</p>	<p>18 Beef Broccoli Brown Rice Pineapple Tidbits Pudding</p>
<p>21 Chicken Meatballs w/ Gravy California Mixed Vegetables Brown Rice Tropical Fruit</p>	<p>22 Beef Salisbury Steak w/ Gravy Vegetable Medley Mashed Potatoes Wheat Dinner Roll</p>	<p>23 Turkey & Cheese Sandwich Tomato, Lettuce & Onion Corn Chowder Cantaloupe Chunks</p>	<p>24 Hotdog on Wheat Bun Hi C Salad Macaroni Salad Apricots</p>	<p>25 Chicken Thigh w/ Mushroom Sauce Steamed Carrots Wheat Dinner Roll Tropical Fruit</p>
<p>28 Orange Chicken California Mixed Vegetables Brown Rice Pineapple Tidbits</p>	<p>29 Stuffed Bell Pepper Steamed Carrots Wheat Dinner Roll Honeydew Chunks</p>	<p>30 BBQ Pork Sandwich on Wheat Bun Hi C Salad Apricots</p>	<p>31 Polish Sausage w/ Onion & Bell Pepper Potato Salad Orange</p>	

Funding through: Fresno-Madera Area Agency on Aging
Seniors 60 years & older suggested contribution: \$2.50 Non-Senior Rate: \$7.95



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 ... 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 ...

On-Going Activities



Social Seniors

Date: Mon, Tues, Wed

Time: 10am to 2pm

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

Thursday Bingo

Date: Every Thursday

Time: 10am



Thursday Exercise

Date: Every Thursday

Time: 10am - 11am



Chair Yoga

Date: Every Wednesday

Time: 10am

On-Going Activities

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

Mountain Radio Club

Date: 4th Thursday

Time: 7pm to 9pm

MADERA COUNTY
FOOD BANK
THE  OF COMMUNITY MATTERS

Sierra Senior Center



Brown Bag Tuesday Program

2024 Schedule

January 16	April 16	July 16	October 22
February 20	May 21	August 20	November 19
March 19	June 18	September 17	December 17

Food Bank

Date: October 22

Time: 10am - 12pm



Book Online 

Classes appropriate for ages 14+

FIND YOUR BALANCE

ALL LEVEL YOGA

TUESDAYS 5:30PM

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

Sierra Senior Center
49111 Cinder Lane, Oakhurst

*Sierra Senior Center Member Pricing Available

For Details:
559-460-3431
Eastermaderarec@gmail.com

 

All Level Yoga

Date: Every Tuesday

Time: 5:30 pm



On-Going Activities



Pancake Breakfast
FUNDRAISER

Come out and support the Sierra Senior Center with a delicious stack of pancakes, eggs, bacon, sausage, fruit, orange juice, and coffee!

3rd Saturday of the Month

9am - 11am

Sign up online!
tinyurl.com/PancakeBfstSSC



\$10.00 PER PERSON



Sierra Senior Ctr
4911 Cinder Ln
Oakhurst



Pancake Breakfast

Date: October 19th

Time: 9am to 11am



Sierra Senior Center
Presents
Bunco

LET THE GOOD TIMES ROLL!!

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

\$15

CASH PRIZES!
Must be 18 to play.

<http://tinyurl.com/BuncoJan2024>
or RSVP to Kathy Chisum to pay
at the door.
530-440-2213



4911 Cinder Ln, Oakhurst

Bunco

Date: October 13th

Time: 2pm - 4pm

On-Going Activities



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

 49111 Cinder Ln,
Oakhurst, CA 93644

Open Card Crafting

Date: 2nd Tuesday

Time: 10am to 12pm



 49111 Cinder Lane, Oakhurst

BEGINNERS TECHNOLOGY CLASS
Oct. and Nov. Classes

The details:

- ✓ Oct 7th - iPhone Level 2
- ✓ Oct 21st - Android Level 2
- ✓ Nov 4th - How to Quit Social Media
- ✓ Nov 18th - Security awareness- open source investigation

12PM - 2PM

Cost is FREE!
Instructor: Phil Blas

For questions please contact: Georgia at 510-499-4973 or georgiakopelssc@gmail.com

Technology Class

Date: Oct 7th, 21st

Nov 4th, 18th

Time: 12pm - 2pm

hello
OCTOBER

Special Activities in October!

ROUND REED BASKET MAKING

October 11th
9am - 2pm

(Hurry only 10 spots available!)



Only
\$45!

**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

Special Activities in October!

FRIDAY
5PM - 7PM
11
OCTOBER

Paint Party!



\$5 Senior Center Member Discount!



Midnight Harvest

11x14 Canvas

\$25

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

LOCATION:
4911 Cinder Ln,
Oakhurst, CA

NON-MEMBER LINK <https://square.link/u/ykcNYn3v>

MEMBER LINK <https://square.link/u/pljj6q50>

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Special Activities in October!

HALLOWEEN COOKIE DECORATING CLASS

only 35.00

Instructor: Deanna Agnone

Limited Space Available
Pre Pay & Register Here

Deanna Agnone
@Deanna-Agnone



All ages Encouraged
Sierra Senior Center

Saturday Oct. 12th
5:00 - 8:00 pm
49111 Cinder Lane
Oakhurst, Ca

\$5.00 Senior
Center
Discount

Special Activities in October!



The poster features a light blue background with a banner at the top that reads "SENIOR RESOURCE FAIR". Below the banner, a yellow flower is positioned above the date and time information. The date is "October 25", the fair time is "1:30pm - 3:30pm", and the soup bar time is "3:30pm - 4:30pm". The location is "4911 CINDER LN, OAKHURST, CA". A list of participating organizations is provided, including Madera County Social Services, Sierra Ambulance, Public Health Dept Camarena, Kaiser, Hicap, Agency on Aging, and And More!. A red banner with "FREE ENTRY" is located to the right of the list. At the bottom left, there is an illustration of four diverse senior citizens. At the bottom right, the Sierra Senior Center logo, featuring five green pine trees, is displayed above the text "Sierra Senior Center". The bottom of the poster has a green grassy area with contact information.

SENIOR RESOURCE FAIR

October 25
1:30pm – 3:30pm Fair
3:30pm – 4:30pm Soup Bar
4911 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


Sierra Senior Center

Call or email, 510-499-4973 or georgiakopelssc@gmail.com 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!



Sierra Senior Center



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!



Sierra Senior Center
