

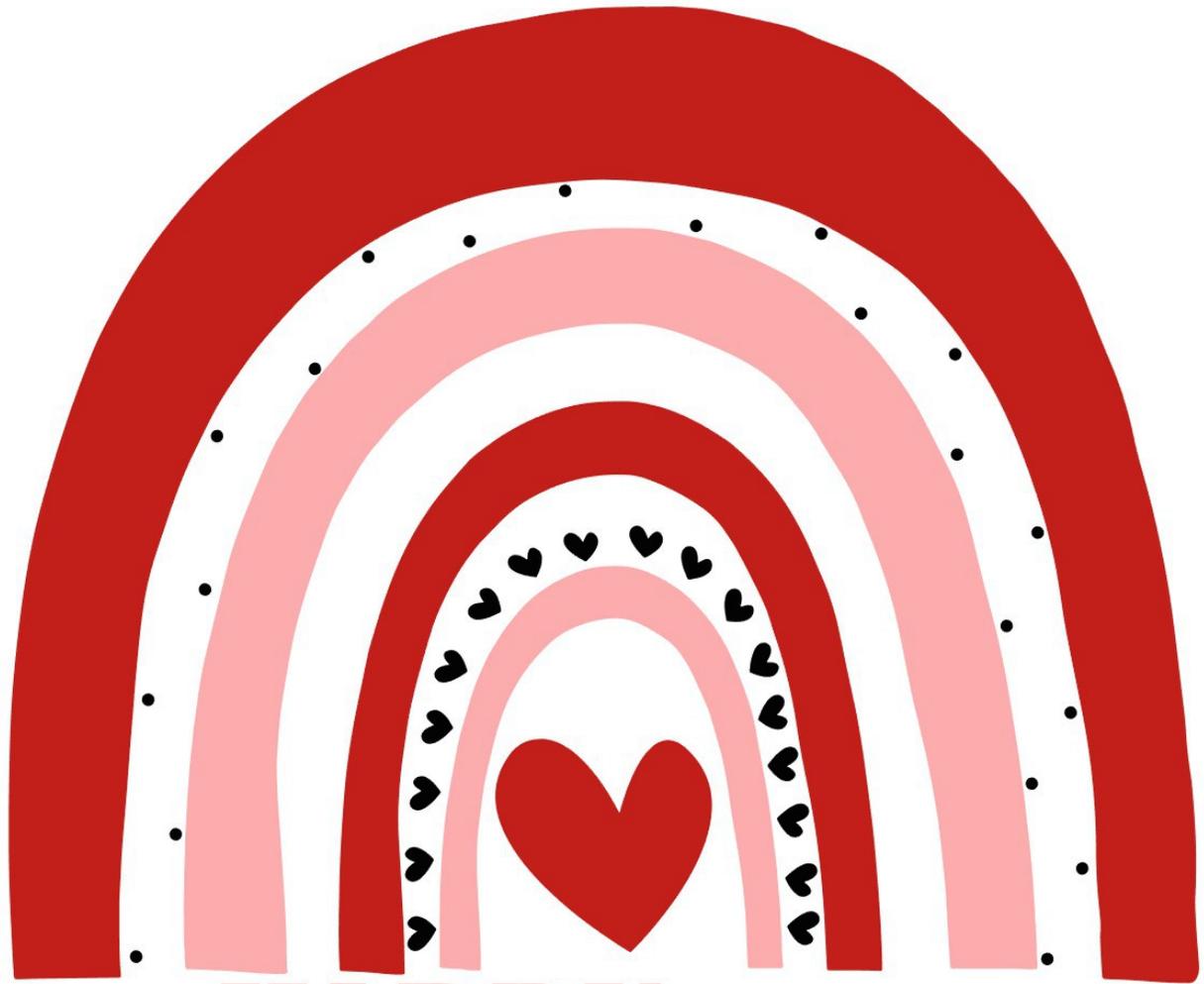


# SIERRA SENIOR CENTER NEWS

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

Instagram: [@sierraseniorcenter](#)

Facebook: [@OakhurstSeniorCenter](#)



HAPPY ● ● ● ●  
VALENTINE'S  
day

# February 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.



| MONDAY                                                                                                | TUESDAY                                                                                     | WEDNESDAY                                                                                                         | THURSDAY                                                                                              | FRIDAY                                                                                      |
|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 2<br>Pork Rib-B-Q Patty w/ Gravy<br>Corn, Peppers & Onions<br>Whole Grain Noodles<br>Mandarin Oranges | 3<br>Beef Broccoli<br>Sweet Potato<br>Black Rice<br>Mixed Fruit                             | 4<br>Build Your Own Burrito<br>Turkey, Shredded Cheese,<br>Cabbage & Cilantro<br>Whole Grain Tortilla<br>Honeydew | 5<br>Navy Bean Soup<br>Hi C Salad<br>Barley<br>Pineapple                                              | 6<br>Baked Chicken Drumstick<br>California Mixed Veggies<br>Whole Grain Wild Rice<br>Orange |
| 9<br>Vegetable Chili<br>Broccoli<br>Wheat Dinner Roll<br>Apricots                                     | 10<br>Pork Chili Verde<br>Green Beans & Peppers<br>Whole Grain Tortilla<br>Mandarin Oranges | 11<br>Cheeseburger on Whole<br>Grain Bun<br>Tomato, Lettuce & Onion<br>Hi C Salad<br>Pineapple                    | 12<br>Roasted Chicken w/<br>Mushroom Sauce<br>Brussel Sprouts<br>Barley<br>Mixed Fruit                | 13<br>Breaded Fish<br>California Mixed Veggies<br>Whole Grain Rice<br>Orange                |
| 16<br><br>PRESIDENTS' DAY                                                                             | 17<br>Tuna Salad Sandwich on<br>Wheat Bread<br>Minestrone Soup<br>Cantaloupe                | 18<br>Beef Meatloaf w/ Gravy<br>Hi C Salad<br>Whole Grain Pasta<br>Apricots                                       | 19<br>Ranch Beans w/ Shredded<br>Cheese<br>Italian Veggies<br>Orange                                  | 20<br>Meat Stuffed Bell Pepper<br>Zucchini<br>Whole Grain Quinoa<br>Mixed Fruit             |
| 23<br>Beef Patty w/ Gravy<br>Brussel Sprouts<br>Whole Grain Pasta<br>Pineapple                        | 24<br>Chicken Fajitas<br>Corn, Peppers & Onions<br>Whole Grain Tortilla<br>Mandarin Oranges | 25<br>BBQ Pork Sandwich on<br>Wheat Bun<br>Coleslaw<br>Peaches                                                    | 26<br>Beef Salisbury Steak w/<br>Gravy<br>Hi C Salad<br>Mashed Potatoes<br>Wheat Dinner Roll<br>Pears | 27<br>Orange Chicken<br>Broccoli<br>Whole Grain Wild Rice<br>Apricots                       |



Funding provided by Fresno-Madera Area Agency on Aging Suggested Voluntary Contribution for Seniors 60 years+: \$3.50  
Non-Senior Rate: \$9.46

# February 2026 ACTIVITIES CALENDAR

| Sun                                                                                     | Mon                                                                | Tue                                                                                                                                       | Wed                                                                                                  | Thu                                                                                                                                | Fri                                                                                  | Sat                                                                        |
|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <b>1</b><br>12pm<br>Mountain<br>Unitarian<br>Universalist<br>Church Svc                 | <b>2</b><br>10am – 2pm<br>Open Hours                               | <b>3</b><br>10am – 2pm<br>Open Hours<br>10am – 12pm<br>Card Group                                                                         | <b>4</b><br>10am – 12pm<br>SSC Board<br>Meeting<br>10am – 2pm<br>Open Hours<br>11am – 1pm<br>Mahjong | <b>5</b><br>10am – 11am<br>Exercise<br>11am<br>General<br>Meeting<br>11:30am<br>Bingo                                              | <b>6</b><br>5pm-7pm<br>PAINT<br>PARTY                                                | <b>7</b><br>11am<br>Bingo                                                  |
| <b>8</b><br>12pm<br>Mountain<br>Unitarian<br>Universalist<br>Church Svc<br>6pm<br>Bunco | <b>9</b><br>10am – 2pm<br>Open Hours                               | <b>10</b><br>10am – 2pm<br>Open Hours<br>10am – 11am<br>SSC Event<br>Committee<br>10am – 12pm<br>Card Group                               | <b>11</b><br>10am – 2pm<br>Open Hours<br>11am – 1pm<br>Mahjong                                       | <b>12</b><br>10am – 12pm<br>Food Bank<br>Distribution<br>10am – 11am<br>Exercise<br>11am<br>Bingo                                  | <b>13</b>                                                                            | <b>14</b><br>11am<br>Bingo &<br>\$5 lunch<br>6pm<br>Sock Hop!              |
| <b>15</b><br>12pm<br>Mountain<br>Unitarian<br>Universalist<br>Church Svc                | <b>16</b><br>10am – 2pm<br>Open Hours<br>1pm<br>Dustin<br>Garrison | <b>17</b><br>10am – 2pm<br>Open Hours<br>10am – 12pm<br>Brown Bag<br>Distribution<br>10am – 12pm<br>Card Group<br>4pm – 8pm<br>HOW Dinner | <b>18</b><br>10am – 2pm<br>Open Hours<br>11am – 1pm<br>Mahjong                                       | <b>19</b><br>10am – 11am<br>Exercise<br>11am<br>Bingo                                                                              | <b>20</b><br>2pm – 4pm<br>Food<br>Preservation<br>Class<br>5pm-7pm<br>PAINT<br>PARTY | <b>21</b>                                                                  |
| <b>22</b><br>12pm<br>Mountain<br>Unitarian<br>Universalist<br>Church Svc                | <b>23</b><br>10am – 2pm<br>Open Hours                              | <b>24</b><br>10am – 2pm<br>Open Hours<br>10am – 11am<br>SSC Event<br>Committee<br>10am – 12pm<br>Card Group                               | <b>25</b><br>10am – 2pm<br>Open Hours<br>11am – 1pm<br>Mahjong                                       | <b>26</b><br>10am – 11am<br>Exercise<br>11am<br>Bingo<br>5:30 – 7:30pm<br>Koffee &<br>Kards<br>7pm<br>Mountain<br>Amateur<br>Radio | <b>27</b><br>1pm<br>Master<br>Gardener<br>Workshop                                   | <b>28</b><br>11am<br>Bingo &<br>Pizza Lunch<br>5:30pm<br>Tacos &<br>Trivia |

# February 2026 Events & Activities



## 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)



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



## Sierra Senior Center

### Board of Directors Meeting

10am Wednesday  
February 4, 2026  
Senior Center Library

*Guests welcome!*



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  
February 5, 2026  
11:00am



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

**6**

**February**

# Paint Party!

\$5 Discount for SSC Members



↻ 11 x 14  
canvas

## Puppy Love

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

**LOCATION:**  
4911 Cinder  
Lane, Oakhurst

**\$25**

**SIGN UP  
HERE** ▶

Non-Member: <https://square.link/u/xsSGYPG7>

Member: <https://square.link/u/BTF9kpk7>

# Sierra Senior Center February 7, 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

# 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.

Sierra Senior Center  
Presents  
**Bunco**  
**February 8, 2026**  
LET THE GOOD TIMES ROLL!!

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

pay at the door!  
**\$15**

**CASH PRIZES!**  
Must be 18 to play.

49111 Cinder Lane  
Oakhurst

RSVP to  
Kathy Chisum  
530-440-2213  
or just show up!

# Bingo & Lunch

**Lunch Only \$5**

February 14, 2026

Chicken Enchiladas, Cole Slaw, Homemade Frijoles

- 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



PLEASE JOIN US AT THE SIERRA  
SENIOR CENTER FOR A

# Valentine Sock Hop



**Feb. 14th**  
**6pm - 8pm**

**FOOD**  
**MUSIC**  
**DANCE**

**Appetizers, Punch and Costume Contest!**

**\$15 single**

**\$25 for a couple**

**<https://tinyurl.com/sockhop2026>**

Yosemite Area  
Audubon Society  
Free Community  
Presentation

Yosemite National Park  
wildlife biologist  
Dustin Garrison  
will share his  
experience working  
with Great Gray Owls  
in Yosemite

**HOOTING  
DEMONSTRATION!**

**ALL AGES WELCOME!!**

Monday, February 16th  
1:00pm - 3:00pm  
Sierra Senior Center  
49111 Cinder Ln  
Oakhurst



- Topics include:**
- Natural History
  - Photography/Owling Ethics
  - Vehicle Collisions
  - Fire Ecology
  - Time for questions & answers

For more information check out the  
Yosemite Audubon Society website  
[www.yosemiteaudubon.org](http://www.yosemiteaudubon.org)





# 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 |



**UC Master Food Preserver**  
University of California  
Agriculture & Natural Resources

# Making Lemon Curd

UC Master Food Preserver Barbara Mattice

**Fri. Feb. 20<sup>th</sup> 2026 / 2:00 - 5:00 pm**



\$20 per person - Registration required!

<https://link.ucanr.edu/makinglemoncurd>

Please register online or call Barbara

Wear apron & closed toed shoes, hair back!



**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/mfos-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/anstaff/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.

**FRIDAY**  
5:00-7:00PM

**20**

**February**

# Paint Party!

\$5 Discount for SSC Members



11 x 14  
canvas

## Little Mouse

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

**LOCATION:**  
49111 Cinder  
Lane, Oakhurst

**\$25**

**SIGN UP  
HERE**

Non-Member: <https://square.link/u/XQVWrfEY>  
Member: <https://square.link/u/Ow55RXrs>

**IRENE'S KREATE AND KRAFT  
PRESENTS**



**KOFFEE  
KOOKIES  
AND KARDS**



**WHEN:**

- JANUARY 22
- FEBRUARY 26
- MARCH 26



**WHERE: SIERRA SENIOR CENTER**  
49111 Cinder Lane Oakhurst

**COST: \$25.00 INCLUDES ALL SUPPLIES**  
(MOST KITS MAKE 8 CARDS)

**DIFFERENT THEMES AVAILABLE...YOU PICK**  
**COME AND HAVE SOME FUN AND FELLOWSHIP**

**PLEASE RSVP: IRENE GUADAGNINI**  
**559-760-4147**

## **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](mailto:revcab@sti.net) with questions.

**49111 Cinder Lane, Oakhurst | 559-658-2200**



**UC Master Gardener**  
University of California  
Agriculture & Natural Resources

## **STARTING SEEDS FOR YOUR GARDEN**

LEARN how to SELECT, STORE & START SEEDS for your garden, plus PLANTING TIPS for starts, how to HARVEST SEEDS, and MORE

Taught by Master Gardener Randy Thomson



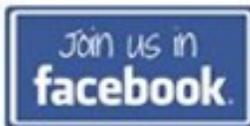
**FRIDAY, Feb. 28<sup>th</sup>, 2026**

**1:00 - 2:00 p.m.**

Workshops are open to the public  
and FREE OF CHARGE. Hope to see you there!



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



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



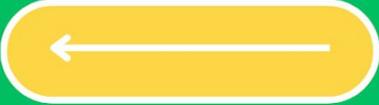
It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>). 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.



# TACOS & TRIVIA



**\$20 Online or \$25 at the door**

**FRIDAY**   
**FEB 27 2026**

Compete for a cash prize, have some fun, and show off your smarts! Bring your friends and your brain power for an unforgettable night of trivia.

**5:30-8PM**



49111 Cinder Ln, Oakhurst

<https://tinyurl.com/Tacos2026>

# Sierra Senior Center



## Bingo & PIZZA\*

4th SATURDAY  
OF EACH MONTH

\*free pizza for bingo players  
served at 11am

SATURDAY  
February 28, 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



FEBRUARY  
2026

player of the  
month

Charlotte  
Craig

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



49111 Cinder Lane, Oakhurst | 559-658-2200

# February 2026 SENIOR SPOTLIGHT

## JUDY SMITH

Judy Smith was born on November 12, 1942, in Hanford, California, continuing a family legacy rooted deeply in the same town where both of her parents were also born. Not long after, her life shifted to Oakhurst, a place that would shape her spirit, her resilience, and her lifelong connection to the land. In 1946, when Judy moved here, Oakhurst had a population of just 200 people. Her driveway sat near what is now known as the Hangman Tree, and the land along what later became Road 426, the local high school, and surrounding housing developments once served as pasture for her family's 17 horses.



Judy's childhood was actually kind of interesting. One of her most cherished memories is riding across the Sierras on horseback at just three years old. Her grandmother regularly took Judy and other children on pack trips that lasted anywhere from two weeks to an entire month, experiences that instilled independence, confidence, and a lifelong love of horses. That love never faded. When asked about her spirit animal, Judy didn't hesitate: a horse. Not only because of her love for them but also due to them being strong, loyal, and free just like the life she's lived.

Her education reflected both simplicity and perseverance. Judy attended Echo Valley Elementary School from first through seventh grade, a tiny schoolhouse with eight grades, six students total, and just one teacher. For eighth grade, she lived with her grandparents so she could attend Armona Union Academy in Madera. High school brought an even greater test of endurance, a 135-mile round-trip daily bus ride to Sierra High School near Tollhouse. The long commute had a good side; it excused her from several household chores, including milking the cows.

Judy's work life was defined by grit, versatility, and trailblazing determination. She held a wide range of jobs including being a bartender, a truck driver, a cattle ranch worker, and graveyard-shift employee at a truck stop. Her favorite job was working at the cattle ranch, where she could board her horse for free, combining work with what she loved most. Her most historic role, however, came during her 26-year career with the post office. Judy became the first female regular mail carrier in the San Joaquin Central Valley. At a time when women's uniforms didn't exist, she wore men's clothing and carried mail entirely on foot, walking four to five miles daily and one route that stretched to an astonishing eleven miles a day.

Alongside work, Judy pursued a variety of interests. As a young woman, she collected stamps, so successfully that she eventually owned all of the stamps everyone wanted and sold the collection for what was likely a substantial sum or a "pretty penny." She rode horses for many years and though she no longer rides, she says she would happily climb back into the saddle given the chance. Today her hobbies include playing bingo (never more than four cards, preferably three) and camping in

the Tamarack Creek area of the Sierra Nevada mountains, where she can enjoy a shallow swimming hole that is safe for her grandchildren to play in. Fishing has also been a constant joy, from streams to lakes, especially Tamarack Creek before fire changed the landscape.

Judy's sense of adventure carried her far beyond California. She has traveled to Mexico, Canada, and all 50 U.S. states. She has driven to every one of them except Hawaii of course. Alaska stood out to her for its rich World War II history, but Judy's favorite destination remains Baltimore, where her daughter and her two grandchildren ages 12 and 18 reside. Judy plans to return to Maryland again in May, doing some fishing while she is there as she still holds a valid Maryland fishing license. After leaving Maryland she will be driving through Boston and Tacoma visiting friends before coming home.

Judy's memories of Oakhurst remain vivid: a three-unit motel, a gas station, and a single building that served as a post office, bar, and grocery store. She recalls a restaurant called the French Poodle that was nicknamed the "Dirty Dog" by locals and a meadow at the corner of Highways 49 and 41 filled with Buttercups and Palomino horses. She also remembers the power of nature firsthand. Judy was working at the pack station during the Harlow Fire of 1961. She and other workers raced home through Central Camp and arrived just in time to watch Deadwood burn in just three and a half seconds. The fire, driven by fierce winds, burned 20,000 acres in a single day. Judy took a moment to remember some good friends that unfortunately perished that day, friends who were loved dearly and will never be forgotten. (May the Kipps forever rest in peace.)

Judy's curiosity extended into higher education as well. She attended Reedley College where she earned a degree in Commercial Arts and a minor in Biological Science. At one point, she considered a career performing autopsies, an interest that sparked while volunteering briefly with the Madera County Sheriff's Office Search and Rescue team on horseback, where she assisted in what some times led to body recoveries. Her personal life included a short first marriage to a man she met while working at a bank in Madera, and later a marriage to her retired military husband who has since passed.

Through every chapter: work, travel, hardship, and joy, Judy Smith has lived with resilience, independence, and quiet strength. Her life tells the story of a woman shaped by horses, hard work, and open roads, who made history simply by showing up every day and doing what needed to be done. Hats off to Judy!

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

**Coming in MARCH 2026**



**FEB 4TH AND 18TH**

**6:00 PM - 8:00 PM**

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

**BRING TWO SHEETS OF  
12X12 PAPER ANY PATTERN**

**49111 Cinder Ln Oakhurst, CA**



# Pancake Breakfast

Join us at SSC for a delicious stack of pancakes, eggs, bacon, sausage, fruit, orange juice, and coffee

March 11, 2026  
9am - 10:30am

[tinyurl.com/SSCPancakeBfast](https://tinyurl.com/SSCPancakeBfast)

**\$10.00**  
PER ADULT

**\$5.00**  
CHILDREN  
UNDER 10



Sierra Senior Ctr  
4911 Cinder Ln  
Oakhurst



Get ready for a  
**Taste of International Cuisine**  
March 27 2026



Join us for a celebration of culture, community, and food! We invite participants to sign up to bring a dish inspired by their heritage, culture, or a place that's meaningful to them. Each dish will be featured at a themed food station, allowing attendees to sample a small taste from each table and experience flavors from around the world. Come share your story through food—and enjoy discovering everyone else's!

**Click QR code above to sign up online**

# 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?

|                                                 |                                           |
|-------------------------------------------------|-------------------------------------------|
| Fundraising                                     | Administrative Support                    |
| Event Planning                                  | Social Media / Marketing                  |
| Baking for Events and/or Bingo                  | Yard Work                                 |
| Phone calling                                   | Teach classes (exercise, dance, art, etc) |
| Start a club (hiking, Scrabble, bicycling, etc) | 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!*

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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://www.maderacounty.com/mobilehealth)  
OR SCAN THE QR CODE.

