



SIERRA SENIOR CENTER NEWS

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

Instagram: @sierraseniorcenter Facebook: @OakhurstSeniorCenter

Hi Guys!

As we move into September, I hope you are staying cool and comfortable! Don't forget SSC is open for social hours from 10:00 AM to 2:00 PM every Monday, Tuesday, and Wednesday. We're a perfect place to come enjoy some company, play a game, work on a puzzle, or just relax in the cool air. Please note: the center will be closed on Monday, September 1st for Labor Day.

We also want to remind you that our Senior Lunch Program is available Monday thru Friday. This program provides a healthy meal for little to no cost and is such a blessing for our senior community.

Looking ahead, we have a full and exciting calendar this month:

Music of the Night Fundraiser Committee Meeting – Tuesday, September 2 at 6:00 PM. If you'd like to help us prepare for this special October event, please join us!

General Membership Meeting – Thursday, September 4 at 11:00 AM. This is your chance to give input and stay informed about what's happening at the center.

Senior Resource Fair – Friday, September 12 at 1:30 PM. Door prizes, free sandwiches and chips, and lots of helpful information about living well in our mountain community.

Bunco – Sunday, September 14. Always a fun time! Come meet some new friends!

Dance Class – Thursday, September 18. Ballroom dance, Latin styles & more.

Pancake Breakfast – Saturday, September 20. Bring your friends and family for a delicious breakfast.

Food Preservation Class – Friday, September 19. Learn useful skills for keeping your harvest fresh.

Master Gardeners Meeting – Friday, Sept 26 at 1:00 PM. Come share ideas and plan our growing projects.

Potato Palooza – Sunday, September 28 at 4:00 PM. This was such a hit last year—don't miss it!

And don't forget, we have paint parties and creative classes coming up as well—check the calendar for details!

We love to see you here at the Senior Center. Whether you're attending a class, volunteering, sharing a meal, or just stopping in for a cool break and good company—you are part of what makes our community special.

Shannon Brimage

President





Sierra Senior Center



SEPTEMBER 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 11:30am 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 or 559-460-3431.

This program is funded by the federal government via a grant to the counties. Madera County provides additional funds to support the program.

<div>  SEPTEMBER 2025 SENIOR MENU  </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div>  <p>HAPPY LABOR DAY!</p>	<div>2</div> <p>Beef Pepper Steak w/ Gravy Broccoli Mashed Potatoes Pineapple Tidbits</p>	<div>3</div> <p>Hotdog Coleslaw Diced Peaches</p> 	<div>4</div> <p>Chicken Fajitas Onions & Bell Peppers Corn Flour Tortilla Cantaloupe Chunks</p>	<div>5</div> <p>Vegetable Chili Hi C Salad Wheat Dinner Roll Orange</p>
<div>8</div> <p>Tandoori Chicken Thigh Broccoli Quinoa Tropical Fruit</p>	<div>9</div> <p>Beef Meatloaf w/ Gravy California Mixed Veggies Egg Noodle Mandarin Oranges</p>	<div>10</div> <p>Tuna Sandwich Hi C Salad Pineapple Tidbits</p>	<div>11</div> <p>Beef Broccoli Sweet Potatoes Whole Grain Rice Orange</p>	<div>12</div> <p>Beef Country Fried Steak w/ Gravy Green Beans w/ Peppers Mashed Potatoes Wheat Dinner Roll Cantaloupe Chunks</p> 
<div>15</div> <p>Chicken Thigh w/ Mushroom Sauce Italian Veggies Barley Mandarin Oranges</p>	<div>16</div> <p>Swiss Beef Patty Hi C Salad Parsley Potatoes Wheat Dinner Roll Pineapple Tidbits</p>	<div>17</div> <p>BBQ Pork Sandwich Broccoli Salad Cantaloupe Chunks</p>	<div>18</div> <p>Ground Turkey Burrito Refried Beans Shredded Cheese Cabbage & Cilantro Honeydew Chunks</p>	<div>19</div> <p>Chicken Meatballs w/ Gravy California Mixed Veggies Egg Noodles Orange</p>
<div>22</div> <p>Chicken Patty w/ Gravy Broccoli Mashed Potatoes Wheat Dinner Roll Tropical Fruit</p>	<div>23</div> <p>Pork Chili Verde Green Beans w/ Peppers Whole Grain Tortilla Cantaloupe Chunks</p>	<div>24</div> <p>Orange Chicken Hi C Salad Wild Rice Mandarin Oranges</p>	<div>25</div> <p>Meat Stuffed Bell Pepper Corn Wheat Dinner Roll Apricots</p>	<div>26</div> <p>Baked Chicken Drumstick Italian Veggies Whole Grain Pasta w/ Marinara Orange</p>
<div>29</div> <p>Beef Salisbury Steak w/ Gravy Green Beans & Peppers Wheat Dinner Roll Mandarin Oranges</p>	<div>30</div> <p>Breaded Fish California Mixed Veggies Whole Grain Rice Blend Cantaloupe Chunks</p>	<p>Menu Is Subject To Change Without Notice</p>	<p>All Meals Include Low Fat Milk</p>	<p>High Sodium Meal</p> 

Funding is provided by Fresno-Madera Area Agency on Aging
Suggest Contribution for Qualified Seniors 60+: \$3.50 Non-Senior Rate: \$9.46

SEPTEMBER 2025 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>1</u> CLOSED FOR LABOR DAY 	<u>2</u> 10am – 2pm Open Hours	<u>3</u> 10am – 2pm Open Hours 10am-12pm SSC Board Meeting	<u>4</u> 10am Exercise 11am General Member Mtg 11:30am Bingo	<u>5</u>	<u>6</u> 11am Bingo
<u>7</u> 12pm Mountain Unitarian Universalist Church Svc	<u>8</u> 10am – 2pm Open Hours	<u>9</u> 10am – 2pm Open Hours 10am–12pm SSC Event Committee	<u>10</u> 10am – 2pm Open Hours	<u>11</u> 10am – 12pm Food Bank Distribution 10am Exercise 11:30am Bingo	<u>12</u> 1:30pm – 4:30pm Senior Resource Fair 6pm – 8pm Sunflower Paint Party	<u>13</u> 11am Bingo & \$5 Lunch
<u>14</u> 12pm Mountain Unitarian Universalist Church Svc 2pm – 4pm Bunco!	<u>15</u> 10am – 2pm Open Hours	<u>16</u> 10am – 2pm Open Hours 10am – 12pm Brown Bag Tuesday	<u>17</u> 10am – 2pm Open Hours 1pm – 3pm Kaiser Meeting	<u>18</u> 10am Exercise 11am Bingo 6pm – 7pm Dance Class	<u>19</u> 2pm Food Preservation Class – Refrigerator Pickles!	<u>20</u> 9am Pancake Breakfast
<u>21</u> 12pm Mountain Unitarian Universalist Church Svc	<u>22</u> 10am – 2pm Open Hours	<u>23</u> 10am – 2pm Open Hours 10am–12pm SSC Event Committee	<u>24</u> 10am – 2pm Open Hours	<u>25</u> 10am Exercise 11am Bingo 7pm – 9pm Mountain Amateur Radio Club	<u>26</u> 1pm – 2pm Master Gardener's Meeting 5pm Hello Fall Paint Party	<u>27</u> 11am Bingo with Pizza Lunch
<u>28</u> 12pm Mountain Unitarian Universalist Church Svc 4pm – 6pm Potato Palooza	<u>29</u> 10am – 2pm Open Hours	<u>30</u> 10am – 2pm Open Hours				

SEPTEMBER 2025 Events & Activities



SSC is CLOSED on Monday,
Sept 1st - Safe celebrations!



Sierra Senior Center

SOCIAL SENIORS

Monday, Tuesday & Wednesday
10am to 2pm





Sierra Senior Center

Sierra Senior Center

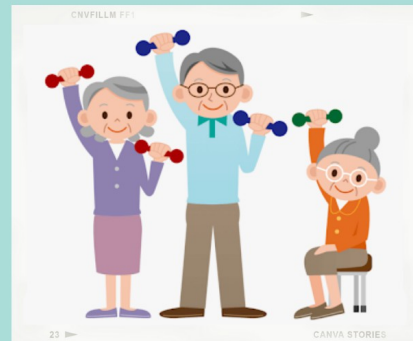
Board of Directors Meeting

10am Wednesday
September 3, 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
Sept 4, 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 SEPT 6, 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



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

SENIOR RESOURCE FAIR

SEPTEMBER 12th
1:30pm – 3:30pm Fair
3:30pm – 4:30pm
Financial Abuse Workshop
49111 CINDER LN, OAKHURST, CA

SANDWICHES AND CHIPS INCLUDED!

- Mariposa Gazette
- Mobile Health Van – blood pressure, sugar levels and BMI tests
- HiCAP (insurance advocacy)
- Social Services
- Sierra Ambulance
- Canines for Christ
- Area Agency on Aging
- .Clearsafe California
- Yosemite Art Group
- Visitors Center
- Camarena Health
- Sierra News Online
- Cal-Fire
- TOPS
- Kaiser

FREE ENTRY AND RAFFLE PRIZES!



Call or email, 510-499-4973 or
georgiakopelssc@gmail.com for questions or info.

FRIDAY
6:00-8:00PM

12
SEPTEMBER

Paint Party!

***\$5 Discount for Senior Center Members**



14x11
Canvas

Sunflower Night



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

Location:
Sierra Senior Ctr
49111 Cinder Ln,
Oakhurst, CA

\$25

SIGN UP
HERE

Member Price \$20: <https://square.link/u/8mniFc80>
Non-Member Price \$25: <https://square.link/u/osQsik0w>



Sierra Senior Center
Presents

Bunco

September 14, 2025

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.

RSVP to
Kathy Chisum
530-440-2213

49111
Cinder
Lane
Oakhurst





49111 Cinder Ln,
Oakhurst, CA

**NO
PARTNER
NO
PROBLEM**



DANCE CLASSES

Teaching both American and Latin styles:
Swing, Fox Trot, Cha Cha and salsa.!

**EVERY TWO WEEKS ON THURSDAY
STARTING SEPTEMBER 18TH
AT 6PM**

INSTRUCTOR: ED BAILEY

FREE for Members/ \$5 non-members
Pay at the door or via the link below:
<https://tinyurl.com/sscdanceclass>





Sierra Senior Center



Brown Bag Program

2025 Schedule

January 21
February 18
March 18

April 22
May 20
June 17

July 22
August 19
September 16

October 21
November 18
December 16



***UC Master Food Preservers of
Fresno, Madera and Merced Counties Present:***
Quick Refrigerator Pickles

In this hands-on workshop you will make and take
zucchini refrigerator pickles.

Friday, September 19, 2025

2:00 pm to 4:00 pm

\$20 per person

Pre-Reservations required

(Click QR Code for Payment & Registration)



**★On the day of workshop★
wear apron and closed toe shoes**



Sierra Senior Center

49111 Cinder Lane, Oakhurst, CA

Visit our website: <https://ucanr.edu/site/ucce-master-food-preservers-fresno-madera-and-merced>



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.

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!

September 20, 2025
9am - 10:30am

tinyurl.com/SSCPancakeBfast

\$10.00

PER ADULT

\$5.00

CHILDREN
UNDER 10



Sierra Senior Ctr
4911 Cinder Ln
Oakhurst



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



SEED SAVING AND BECOMING A MASTER GARDENER

What does it mean to be a Master Gardener? Find out what the UC Master Gardener Program is all about, and the many free resources available. Something valuable for any level gardener, or wanna-be gardener!!



Presented by Local Master Gardeners

UC Master Gardeners are trained representatives of the University of California Cooperative Extension who provide research-based information.

Friday, Sept. 26th, 2025

1:00p.m. – 2:00 p.m.

(NO COST TO ATTEND WORKSHOP)

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



For more info contact Barbara Mattice - Text or Voicemail: 559-448-7178

Join us at: facebook.com/MaderaMasterGardeners



Scan QR code for website



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FRIDAY
5:00-7:00PM
26
SEPTEMBER

PAINT PARTY



**14x11
Canvas**

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

Location:
Sierra Senior Ctr
4911 Cinder Ln,
Oakhurst, CA

\$25

**SIGN UP
HERE**

Member Price \$20: <https://square.link/u/DaRxsgaZ>
Non-Member Price \$25: <https://square.link/u/ikxtf7Zx>

Sierra Senior Center



Bingo & PIZZA*

4th SATURDAY
OF EACH MONTH

*free pizza for bingo players
served at 11am

SATURDAY
September 27, 2025

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

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



Potato PALOOZA

Sierra Senior Center Fundraiser

Please join us for our fundraising baked potato luncheon! We will have tickets for an opportunity drawing available at the luncheon!

09/28/2025 4PM - 6PM

FOOD WILL BE SERVED BETWEEN 4 - 4:30PM

49111 CINDER LN, OAKHURST

MENU

****Taco Tater-** shredded cheese, lettuce and tomato with salsa

****Classic tater-** butter, sour cream, bacon bits and green onion

****Texas two step tater-** chili and shredded cheddar

Salad, bread and dessert included!

**\$15 PER INDIVIDUAL
\$80 RESERVED TABLE OF 6**

Register Here

<https://tinyurl.com/potatosscc2025>





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.

September 2025 - CHEERS TO YOU!

Welcome to 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 Phil Meadows

There is nothing very glamorous about being a number 2 (child that is), but Phil was the only boy surrounded by 3 sisters. Born in Oklahoma City, Phil and family moved to the Northern California Napa/Vallejo region when he was eleven years old.

Phil had a decent childhood, but didn't thrive within the general public education system. He found that he was good with his hands and able to build and construct, but general education eluded him.

He found work for awhile after tenth grade, but floundered a bit until his father suggested he join the U.S. Army. Taking his father's advice, he did just that. Phil spent three years with the Army in France (oo-la la!), never picking up a taste for frog legs, escargot, or the language, but completing his service.

After the army, odd jobs and important personal times (the new television shows!) were carved out in his life. By chance,



Phil happened to meet his future wife (Pat) at the local Drive-Thru where she worked. It may have been “love at first sight,” but when he asked if he could drive her home from work that day, she had to wait for him to come pick her up because he had to watch “The Rifleman” before he could come get her. (Writer's note: amazing...even without a VCR this marriage happened and is still working...)

So, marriage and two kids later, Phil worked 32 years in the Vallejo region at General Mills, 7Up, and the City of Vallejo Water District. He was able to complete his GED (to graduate from high school), buy a house and live there for 35 years, and provide well for his family.



Pat and Phil retired and moved to Oakhurst in 2001 (following a friend who also moved this way).

Hobbies vary from person to person... some people collect stamps, others coins... Phil collects old cars. One such car was a 55 Chevy that he built from the motor up! He sold it several years later, then had the chance to buy back again (at a

significantly higher price, but with a lot of work done on it). He has had the opportunity to buy and sell several other cars, and has given them safe haven in a large garage he built specifically for their care.

Phil and Pat are members of an old car club called Mountain Road Rattlers, which has been around the Eastern Madera County region for about 10 years.

At the age of 80+, on a hot August morning, Phil decided to climb a ladder onto the roof of his house to clear the drainpipe that flows backwards to the swamp cooler. I'm sure he had done it a thousand times before, but as he climbed to the top of the ladder, the bottom of the ladder shifted, and Phil found himself (and the ladder) falling in slow motion from the roof to the ground below.

911 was called, and Phil is very lucky to be with us today, but even though Phil has always been in good health... it has been a long (recovery) haul!

I asked if he had any "pearls of wisdom" for others (over Medicare age) considering climbing a ladder. He simply said "Save your money and hire it out- DON'T CLIMB ON LADDERS!!!! - Stay in good health."

I say, when you are 6'3" tall and you ask your 4'11" wife to spot you when you get on the roof, you are lucky she was there to call the paramedics!!! There may also be a reason that that humans were given two feet and no wings... something to think about next time you think about climbing a ladder.

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

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: _____

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.

