



SIERRA SENIOR CENTER NEWS

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

Instagram: @sierraseniorcenter

Facebook: @OakhurstSeniorCenter



Happy Birthday America!

July 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.

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

- This program serves seniors 60 and over. If you are a caregiver or spouse of a senior who is attending, you may enroll as well.
- You must order a meal by 11:30am the day before you are attending – in person, via email, or by phone.
- Your meal is free; there is a suggested donation of \$2.50. It is voluntary and no eligible individual will be denied services. This contribution supports the ongoing costs of the program.

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.

(No meal calendar was available at the time of this newsletter's publication. Please visit the Sierra Senior Center to obtain a copy.)

JULY 2026 ACTIVITIES CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10am – 12pm SSC Board Mtg 11am – 1pm Mahjong 1pm – 2pm Tai Chi	2 10am – 11am Exercise 11am General Meeting 11am Bingo	3	4 CLOSED FOR JULY 4TH!
5 12pm Mountain Unitarian Universalist Church Svc	6	7 10am – 12pm Card Group 10am – 11am Event Committee 3pm – 5pm Hike Club	8 11am – 1pm Mahjong 1pm – 2pm Tai Chi	9 10am – 12pm Food Bank Distribution 10am – 11am Exercise 11am Bingo	10 4pm – 7pm Donkey Paint Party	11 11am Bingo
12 12pm Mountain Unitarian Universalist Church Svc 2pm Bunco	13	14 10am – 12pm Brown Bag 10am – 12pm Card Group 3pm – 5pm Hike Club	15 11am – 1pm Mahjong 1pm – 2pm Tai Chi	16 10am – 11am Exercise 11am Bingo	17 12pm – 5pm Food Preservation Class	18 9 – 10:30am Pancake Breakfast
19 12pm Mountain Unitarian Universalist Church Svc 12:30-3:30 Outside Picnic Area Reserved for Private Party	20	21 10am – 12pm Card Group 10am – 11am Event Comm 1 – 3:30pm Kaiser Meeting 3pm – 5pm Hike Club	22 11am – 1pm Mahjong 1pm – 2pm Tai Chi	23 10am – 11am Exercise 11am Bingo 2pm – 4pm & 5:30-7:30pm Koffee Kookies & Kards 7pm – 9pm Mtn Amateur Radio Club	24 1pm – 2pm Master Gardener Meeting	25 11am Bingo & Pizza Lunch
26 12pm Mountain Unitarian Universalist Church Svc 2:30 – 4:30 Ice Cream Social	27	28 10am – 12pm Card Group 3pm – 5pm Hike Club	29 11am – 1pm Mahjong 1pm – 2pm Tai Chi	30 10am – 11am Exercise 11am Bingo	31	

July 2026 Events & Activities



Sierra Senior Center

Board of Directors Meeting

10am Wednesday
July 1, 2026
Senior Center Library

Guests welcome!



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



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



Sierra Senior Center Exercise Class



Every Thursday 10am-11am

49111 Cinder Lane, Oakhurst
559-658-2200

Sierra Senior Center

General Membership Meeting

THURSDAY
July 2, 2026
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

**CLOSED
FOR
JULY
4th**



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



HIKE CLUB

TUESDAYS 3-5PM

 **MODERATE 2-6 MILE HIKES**

 **NEW LOCATION EVERY WEEK**

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

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.

MADERA COUNTY
FOOD BANK
THE ♥ OF COMMUNITY MATTERS

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



JULY
10 FRI
5-7PM

\$25

PAINT PARTY

INSTRUCTOR: RHIANA JONES

facebook.com/handmadejoybyrhi.com
rhianajones@handmadejoybyrhi.com

LOCATION:

49111 Cinder Ln,
Oakhurst, CA

Non-Members: <https://square.link/u/DJ7U6N6g>

Members: <https://square.link/u/g6yFIRsq>

Bingo & Lunch

Lunch
Only
\$5

July 11, 2026

"Texas Roadhouse Roadkill" aka Individual deluxe meatloaves
Garlic-roasted potatoes, Summer Pasta Salad

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!



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



Sierra Senior Center
Presents

Bunco

July 12, 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.

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

49111
Cinder
Lane
Oakhurst



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.



UC Master Food Preserver
University of California
Agriculture & Natural Resources

SUMMER FREEZER TREATS: Ice Cream, Toppings & More

The UC Master Food Preserver Program provides education & outreach sharing research-based information on home food safety and preservation! Learn best practices for preserving by FREEZING! We will make some dairy and non-dairy 'ice-cream' plus some toppings including freezer jam!



Fri. July 17th, 2026 / 2 - 5 pm



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

\$20 per person - Registration required!
contact Barbara 559-448-7178

Bring apron, wear closed toed shoes & hair back!

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!

July 18, 2025
9am - 10:30am

\$10.00
PER ADULT
\$5.00
CHILDREN
UNDER 10



Sierra Senior Ctr
49111 Cinder Ln
Oakhurst



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

IRENE'S KREATE AND KRAFT PRESENTS

Kookies AND Kards

WHEN:
 May 28th
 June 25th
 July 23rd

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 559-760-4147

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 with questions.

49111 Cinder Lane, Oakhurst | 559-658-2200



UC Master Gardener
 University of California
 Agriculture & Natural Resources

BARN OWLS IN THE GARDEN

NATURE'S RODENT CONTROL!

A Class for Healthier Gardens, Naturally!

JOIN US TO LEARN:

- Barn Owl Biology & amazing adaptations
- How owls naturally control rodents
- Owl pellets & prey identification
- Nest box: build, location & installation
- Box build no-nos & best practices!
- Did you know that a family of barn owls can eat up to 1,000 rodents in one nesting season?
- Barn Owls are a great nature-based pest control solution to pesky gopher, vole and mice damage in your garden!

Taught by Master Gardener Rich Gilman.



Fri. July 24, 2026, 1:00-2:30 p.m.

Workshops are open to the public & FREE



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

Sierra Senior Center



Bingo & PIZZA*

4th SATURDAY
 OF EACH MONTH

*free pizza for bingo players
 served at 11am

SATURDAY
July 25, 2026

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

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



Sundae Fun Day!



JOIN US FOR A SWEET AFTERNOON OF FUN!



**SUNDAY
JULY 26**



**2:30 PM -
4:30 PM**

49111 Cinder Ln, Oakhurst, CA

**ICE CREAM
SOCIAL**



Enjoy delicious
ice cream with
friends!

**ROCK
PAINTING**



Get creative
and paint
something fun
to take home!

**WATER
BALLOON
FUN**



Cool off and
have a splash
of a good time!

**MAKE YOUR
OWN SUNDAE**



Build your
perfect sundae
just the way
you like it!

**CAKE
WALK!**



Try your luck
and win a
sweet treat!

**\$10
ENTRY FEE
PER PERSON**

Pay your \$10 entry fee here:

<https://tinyurl.com/sundaessc>

OR

Pay at the door if you prefer!



**All ages
welcome!**

Bring your family, bring your friends,
and come make some **SWEET MEMORIES!**

We can't wait to
see you there!



July 2026 SENIOR SPOTLIGHT

PAULA KAPILOFF

If you've ever received a birthday card from the Senior Center that arrived right on time with a thoughtful message inside, chances are you've experienced a little bit of Paula Kapiloff's magic.

Known affectionately as the Center's "Sunshine Girl," Paula has spent more than 30 years volunteering, making her the longest-serving volunteer at the Senior Center. Whether she's organizing birthday cards, baking delicious desserts, helping cook for special events, or simply sharing a smile, Paula has become one of those rare people who makes everyone feel like family.



Born on April 4, 1959, in Topeka, Kansas, Paula's family eventually settled in Anaheim, California, where she attended school from elementary through high school. After graduation, she spent four months at Fullerton College studying clerical skills and mastering the art of the 10-key calculator—a talent that launched a lifelong career in office work.

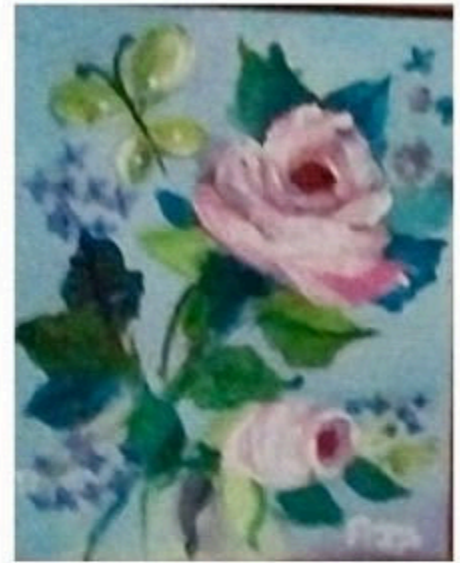
Her very first job was in a hospital emergency room. While she worked behind the scenes doing clerical work, she often had opportunities to help in the front office as well. That experience set the stage for a career built around helping others and making people feel welcome.

Family has always been one of Paula's greatest joys. She's the proud mother of two children, a daughter, 43, and a son, 41—and an even prouder grandmother to three grandchildren, ages 18, 13, and a brand-new four-month-old bundle of joy. May was especially exciting as Paula traveled to Arkansas to meet her newest grandbaby before heading to Reno, Nevada, to spend time with her son. While her daughter and grandchildren call Arkansas home, Paula makes every visit count. Paula also happily shares her life with two loving cats.

Those who know Paula know she simply loves people. "I just love being around people," she says with a smile. Friends, family, neighbors, it doesn't matter. If there's laughter and conversation, Paula is right at home.

That warm personality is one reason she's become such a beloved fixture at the Senior Center. She doesn't volunteer because she has to, but because she genuinely enjoys making someone's day a little brighter.

When she's not volunteering, you might find Paula with a paintbrush in her hand or playing Bingo. Her love of art began as a child. She laughs while remembering how every painting she created ended up hanging somewhere in the house, turning it into her own personal art gallery. In fact, she still owns paintings she created when she was only 12 years old.



Flowers, Halloween cats, scenic landscapes, even a painting of a bum have all found their way onto her canvases over the years. Painting remains one of her greatest passions, alongside Bingo and just about any creative project she can get her hands on.

Her adventurous spirit also appeared early in life. At just 15 years old, Paula traveled to Europe, creating memories she'll never forget. Today, one of her favorite family outings is visiting the San Diego Zoo.

When asked what kind of business she'd open if money weren't an issue, Paula answered without even taking a second to think. "A flower shop!" The funny part? She freely admits she knows absolutely nothing about flowers. "I just think they're fun," she says, shrugging her shoulders. Her favorite bloom is the delicate violet, with the cheerful daffodil coming in a close second.

Although she dreams of living by the beach again someday, Paula admits she isn't much of an ocean swimmer. After nearly drowning as a child, she's perfectly happy enjoying the view from the sand. After retiring, she lived near the beach for about 15 years and spent nearly every weekend there, often bringing her boyfriend's children along to enjoy the sunshine and surf.

Purple is Paula's favorite color, but surprisingly, she rarely wears it. "I like looking at it more than wearing it," she jokes.

When asked what accomplishment she's most proud of, Paula's answer wasn't about work, travel, or awards. "I'm proud that I'm not selfish." Those simple words describe the woman everyone already knows. She gives freely. She expects nothing in return. She celebrates birthdays, bakes desserts, lends a helping hand, shares a laugh, and makes people feel remembered.

In a world that often celebrates the loudest voices, Paula quietly reminds us that kindness, generosity, and friendship can leave the biggest impression. The Senior Center may officially call her the Sunshine Girl, but to everyone who knows her, she's been spreading sunshine for nearly her entire life, and the community is brighter because of it. So when you see Paula, wave at her and see what happens. You are more than likely to get a fully raised arm in the air wave and a fun smile.

“THE COLOR OF SHADE”

Would you like to be part of something BIG?

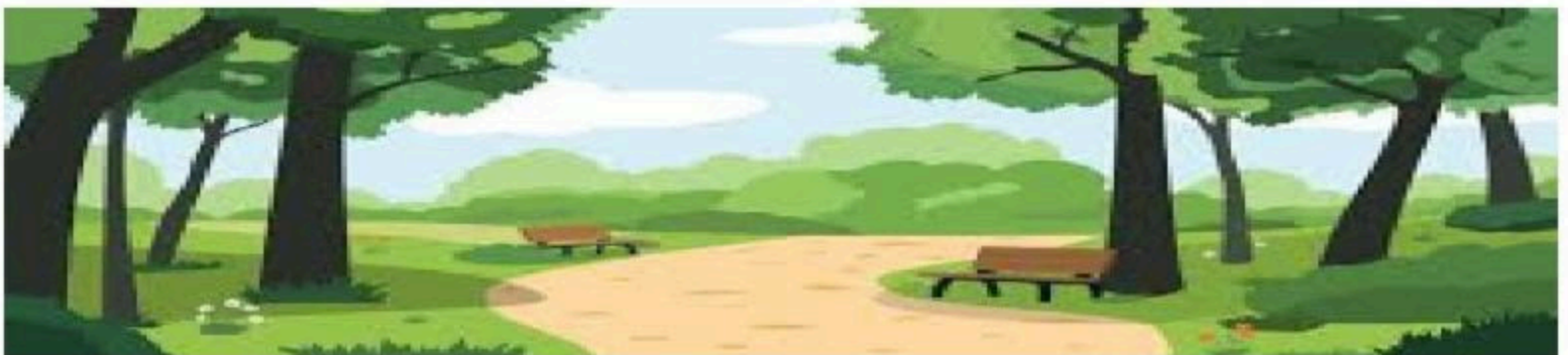
The Sierra Senior Center is holding a FUNDRAISER. Join us in painting a tile mural to be placed in the park area to be seen by everyone. Yep, your artwork will be on display to be admired for years to come. Don't miss out on this opportunity.

Paint any design or picture (no words or letters) on a 4"x4" square that will be part of a 6x11-foot mural. Once all the tiles are completed, they will be placed on the outside wall of our park restroom to reveal a colorful mosaic tile painted mural.

Keep in mind this is a FUNDRAISER. All proceeds go directly to the Sierra Senior Center to continue to keep it up and running for the community. So bring lots of friends and family and be a part of our amazing community to make the park area beautiful and enjoyable.

PRICE

\$15 per tile. All ages welcome to paint. All tiles will be painted in coordinated colors per an outlined graph of the mural. All supplies provided. Tiles MUST be completed at the center. To set a time and date to paint a tile (bring a group of friends!!), call the senior center and leave a message for Sher're.



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: _____



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.

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.

