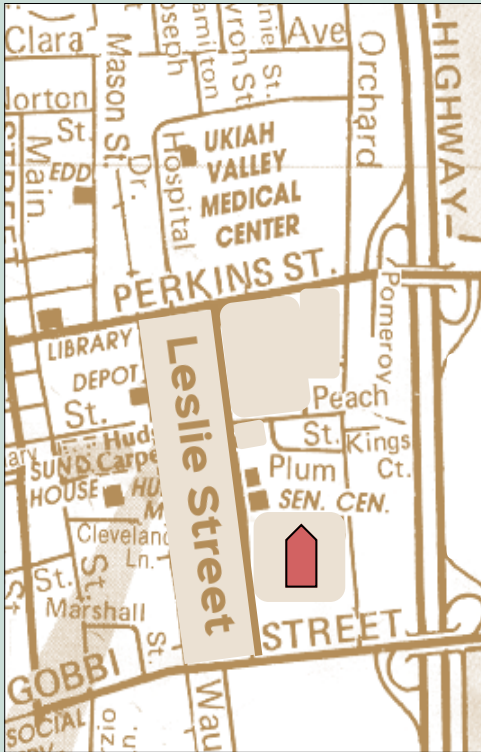


# UKIAH SENIOR Center

We're located at:  
499 Leslie Street in Ukiah.  
Visit our website for directions  
[www.ukiahseniorcenter.org](http://www.ukiahseniorcenter.org)



Ukiah Senior Center  
499 Leslie St.  
Ukiah, CA 95482

Address Service Requested



## Lunch Bunch



Call  
(707)462-4343

# Lunch Bunch

The Lunch Bunch provides a welcoming and structured environment for seniors with dementia or those who need a little extra personal attention.

We provide Transportation to and from the program, lunch, games, light exercise and entertainment.

The Lunch bunch is a safe, friendly place for your loved ones to feel connected, develop a routine, to gather with peers and re-gain purpose in life.

The seniors look forward to attending and truly enjoy the familiarity of other participants, as well as the caring staff.

Caregivers need to recharge their batteries, and this program provides the break they need. Without some personal down time, caregivers often develop serious illnesses due to the unending demands of being on call.



The Lunch Bunch mascot, "Jezzy" is often on cuddle duty.

## *We're Open...*

**Monday, Tuesday,  
Thursday and Friday**

**11:00 a.m. - 2:00 p.m.**



**Mary Ann Anderson**  
*Lunch Bunch Coordinator*

[lunchbunch@ukiahseniorcenter.org](mailto:lunchbunch@ukiahseniorcenter.org)

**Linda Doty**  
*Program Aid*

For more information  
**Call 462-4343 ext.121**

**Find out more...**

[www.ukiahseniorcenter.org](http://www.ukiahseniorcenter.org)

