April 2024
Volume 34 - No. 4

The Scoop

Chamber Mixer! Page 2...

50 YEARS ANNIVERSARY

UKIAH SENIOR Center

GREATER UKIAH CHAMBER OF COMMERCE

Our Mission

THE MISSION OF THE UKIAH SENIOR CENTER is to enhance and improve the quality of life for all Ukiah seniors, their families and caregivers, and to enable seniors to remain as independent as possible for as long as possible.

Contact Us

(707) 462 - 4343
info@seniorctr.org

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Devra Wolf

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Meal Program Assistant

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Bartlett Hall Manager
Kevin Kelley
Maintenance / Grounds

Thrift Store

Donna Hookins
Manager
Nancy Anderson
Assistant Manager

On the Cover...

The Ukiah Senior Center will host a Chamber Mixer on Tuesday, April 16th from 5:00 - 7:00 p.m. This is a very important platform to remind our local business community why we are here, and showcase all the services and activities offered. Information on our Thrift Store and Bartlett Hall will also be featured. A slide show will be presented and our very own Chef Lisa's famous appetizers will be served.

Making your Vote Count

These dedicated and professional women manned the polls in Bartlett last month.

Pictured left to right:

Loralee Mannix, Pat Mirata Linda McCallum, Suzanne Raymondsen and Leanne Thompson assured the day went smoothly.

Celebrating Saint Patrick's Day

Bartlett Hall was all aglow with the Luck of the Irish theme in March. The Center had a special sit-down traditional corned beef and cabbage lunch.
Pictured right to left are David Mondragon, Steve Lincoln and Larry Parker. These volunteers gave ten hours of their time building storage shelves for the Center. Thank you Kiwanis volunteers!

A beautifully themed birthday party was also celebrated in Bartlett Hall with whimsical "Pot O' Gold" party favors and other delicious goodies.

Sustaining Donors

Community Foundation
of Mendocino County
James M. Busch Trust
Eva Dunnebeck Estate Fund
Beverly Morby Estate Fund
George and Ruth Bradford Foundation
Mabel Albertson Fund
T.R. Eriksen Foundation
Ukiah Senior Center Endowment Fund
William H. Carter Trust
Mary Facklam Memorial Endowment Fund

Thank you Recent Donors

Irene McFarland
Gwyn Rones
David Cook
First Christian Church
Charles Hurd
Preceptor Iota Nu Beta Sigma Sorority
Dorleen McBride
Thurston Auto Plaza
David Mondragon

Thank You Sons of Italy!

Welcome New Members!

Debra Anderson
Rodney Anderson
David Bills
Rhonda Box
David Carter
Ralph Chairex
Inez Cooper
Jane Davis
Jim Donnelly
Judi Farmer
Kathryn Huese
Sherry Keys
Caro Lorber
Ann Parks
John Sakowicz
Beverly Theilen
Richard Theilen
Nan Thompson
Tommie Thompson
Mary Ann Villwock

The Ukiah Senior Center
expresses our heartfelt sympathy
to the friends, family and loved ones of...

Donna Silva

Edwin Katlas

Hank Bouillerce

James Busch

Bartlett Hall Activity News

BARTLETT HALL INFORMATION LINE
707 - 462 - 4343 EXT 7003

Wednesday, April 3

10:00 a.m.
Rock Painting with Dora. Supplies will be provided.

Thursday, April 4

9:00 a.m. - 1:00 p.m.
Vaccine Clinic. Flu, Shingles, Pneumonia, RSV&XBB Covid. Sign up in Bartlett Hall.

Saturday, April 6

Sons of Italy Polenta Feed.
6:00 p.m. - 10:00 p.m.

Wednesday, April 10

Cooking with Lisa Cooking Class
10:00 a.m.
Sign up in Bartlett. Room for 30 participants.

Tuesday, April 16

Chamber Mixer Hosted in Bartlett Hall.
5:00 p.m. - 7:00 p.m.

Wednesday, April 24

Cooking with Lisa Cooking Class
10:00 a.m.
Sign up in Bartlett. Room for 30 participants.

INCOME TAX PREPARATION

This is the last month for those needing assistance in filing their taxes.

The deadline and last day to file your tax return is April 15th. Don't wait to schedule an appointment!

For more information call:

707-462-4343 ext. 7009

Welcome Aboard!

We'd like to welcome and introduce you to our two newest Board Members.

Kathy Sheehy worked for the State of California for over 36 years, retiring as Office Manager of the Petaluma DMV Office. After taking a year off, she became bored and connected with the Ukiah Senior Center. Kathy has worked in several areas of the Center these past 10 years, including Transportation (bus driver and manager), Outreach and assisting in the Kitchen. Kathy also volunteers at all major events and is interested in the Fundraising Committee. She is the dedicated owner of three dogs known affectionately as "Hazel and the Hooligans." She is an avid supporter of the Center and has lived in Ukiah since 1998 and has one son.

Devra Wolf became familiar with the Ukiah Senior Center through a colleague. Her experience with seniors is directly related to her relationship with her mother who is 80+ years young. She has become very familiar with the issues her mom faces on a daily basis and the concerns of seniors as they face new challenges. Devra comes to the Board with over 13+ years heading up risk assessment and compliance for the Savings Bank of Mendocino County. She also holds an academic master's degree in Marriage and Family Counseling and a bachelor's degree in psychology. Devra is also a musician and led the SBMC Holiday Choir for many years before COVID, including entertaining at USC's Bartlett Hall for several years. Devra is also a former board member on the Mendocino College Community Foundation Board.

The next Ukiah Senior Center Board Meeting will take place on Wednesday, April 17 at 2:30 p.m. in the Lunch Bunch Room.

April Lunch Menu

To reserve a meal, call (707) 462-4343 ext. 7009. Indoor seating now available.

- MEAL RESERVATIONS ARE GUARANTEED IF MADE BY 3 p.m. THE PRIOR BUSINESS DAY
- To go meals available for pickup at 11:30 a.m. Additional $1.00 charge for containers.
- To go meals for our Center members are $8. Meal cards can be purchased for $40.

Sit-down meals are $7 each for USC Members or purchase a 5 meal lunch card for $35.
Non-member meal cost is $8 each Dine in Monday through Friday. To go for non-members, $9 each.
Meals are prepared by Ukiah Senior Center Chef Lisa and Staff.

All meals include seasonal fruit or dessert and are subject to change based on availability.
Gluten Free meals marked GF or GF option are by request. Vegetarian by request option available.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti with Meat Sauce Veggie Garlic Bread	2 Egg Salad Sandwich Chicken Veggie Soup	3 Chicken Piccata With Lemon Caper Sauce Linguine Garden Salad	4 Liver and Onions OR Shrimp Louie Salad GF	5 Club Sandwich Split Pea Soup
8 Baked BBQ Chicken Homemade Potato Salad Sauteed Garlic Spinach GF	9 Chicken Enchiladas With all the Fixings GF	10 BBQ Pulled Pork Sandwich Corn Salad Baked Stuffed Potato	11 Rueben Sandwich Potato Salad Fruit	12 Salisbury Steak Mashed Potatoes Veggie GF
15 Italian Pot Roast Smashed Potatoes Braised Brussel Sprouts GF	16 Beef Teriyaki Steamed Rice Broccoli with Red Pepper GF	17 Curried Turkey with Yams Mixed Grain Ginger Mango Slaw GF	Birthday Lunch 18 Chili Verde Chili Relleno Casserole Beans and Rice GF	19 Chicken Pesto Pizza Green Salad With Ranch Dressing
22 BBQ Tri Tip Party Potatoes Salad GF	23 Moroccan Fruited Chicken Coconut Lime Rice Steamed Carrots GF	24 Thai Chicken Wings Rice Zucchini GF	25 Pork Chops Baked Beans Veggie Apple Crisp	26 Chicken Salad Sandwich On Cranberry Walnut Bread Fruit Salad
29 Cheese Burger with Fixings Potato Salad Fruit GFO	30 BBQ Ribs Mac Salad Veggie GFO			

April 2024 Activities

ACTIVITIES INFORMATION LINE
707 - 462 - 4343 X 7003

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Group 10:00 - 12:00 Quilters Group 12:30 - 4:30 Duplicate Bridge	**2** 9:00 - 11:00 Computer Lab 11:30 - 1:45 Singing 2:00 - 3:00 Senior Aerobics *Creative Movement* 6:00 - 9:00 Bingo	**3** 9:00 - 11:00 Computer Lab 10:00 Walking Group at Todd Grove Park 10:00 Rock Painting with Dora ★ 2:00 - 3:00 Line Dancing Beginners 1:00	**4** 9:00 - 1:00 VACCINE CLINIC ★ 1:30 - 3:30 Card Table Bingo	**5** 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee *The Boys in The Boat* 5:00 English as a second Language
8 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Group 10:00 - 12:00 Quilters Group 12:30 - 4:30 Duplicate Bridge 5:30 - 8:30 Bunko ★	**9** 9:00 - 11:00 Computer Lab 11:30 - 1:45 Singing 2:00 Write it Down! Room 5 2:00 - 3:00 Senior Aerobics *Creative Movement* 6:00 - 9:00 Bingo	**10** 9:00 - 11:00 Computer Lab 10:00 Walking Group at Todd Grove Park 10:00 Cooking with Lisa ★ Sign up required 2:00 - 3:00 Line Dancing Beginners 1:00	**11** 1:30 - 3:30 Card Table Bingo	**12** 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee *Golda* 5:00 English as a second Language
15 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Group 10:00 - 12:00 Quilters Group 12:30 - 4:30 Duplicate Bridge	**16** 9:00 - 11:00 Computer Lab 11:30 - 1:45 Singing 5:00 - 7:00 CHAMBER MIXER	**17** 9:00 - 11:00 Computer Lab 9:00 - 12:00 Women's Book Group 10:00 Walking Group at Todd Grove Park 2:00 - 3:00 Line Dancing Beginners 1:00	**18** 1:30 - 3:30 Card Table Bingo	**19** 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee *Wonka* 5:00 English as a second Language
22 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Group 10:00 - 12:00 Quilters Group 2:00 - 3:00 Ice Cream Social ★	**23** 9:00 - 11:00 Computer Lab 11:30 - 1:45 Singing 2:00 Write it Down! Room 5 2:00 - 3:00 Senior Aerobics *Creative Movement* 6:00 - 9:00 Bingo	**24** 9:00 - 11:00 Computer Lab 10:00 Walking Group at Todd Grove Park 10:00 Cooking with Lisa ★ Sign up required 2:00 - 3:00 Line Dancing Beginners 1:00	**25** 1:30 - 3:30 Card Table Bingo	**26** 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee *Driveways* 5:00 English as a second Language
29 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Group 10:00 - 12:00 Quilters Group 12:30 - 4:30 Duplicate Bridge	**30** 9:00 - 11:00 Computer Lab 11:30 - 1:45 Singing 2:00 - 3:00 Senior Aerobics *Creative Movement* 6:00 - 9:00 Bingo	**Thrift Store Spring Special!** **Monday April 1st through Saturday April 6th.** **Stuff a bag for $7.00!**		

SUNDAY BASH!

April 14

495 Leslie Street

Ticket sales 10:30 a.m. - 1:00 p.m. Games Begin 1:00

Minimum buy in $15, includes every game
Payout depends on attendance
Minimum payout $35 every game
A chance at 3 - $250 BLACKOUTS

$6.00 Lunch Served 11:00 a.m. to 12:30 p.m.

Ham, Baked Potatoes, Veggie

Snack Bar with Hamburger, Chili and Beans, Chips, Soda, open all day! Non-smoking.
Any adult 18 years and older.

MONDAY, April 8

Held at Bartlett Hall, 495 Leslie St.
5:30 p.m. - 8:30 p.m.
Raffle Prizes

$12 per person includes: Door Prizes, Buffet, Bunko Game and Bunko prize

Please RSVP Claudia at (707) 468-8174

Open to the Community. Any adult 18 years and older. Proceeds benefit The Ukiah Senior Center.

April Movie Matinee!

Fridays, 2:00 p.m. Bartlett Hall
Donations Appreciated!

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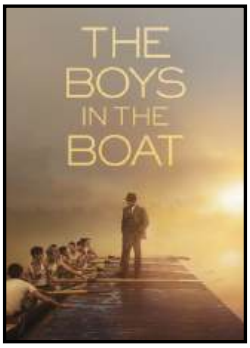
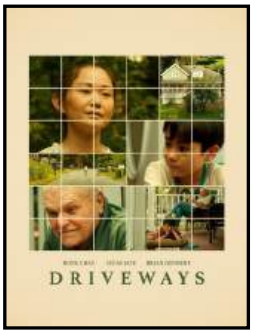


April 5 - The Boys in the Boat

(2023) PG-13 2 hr. 4 min.

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.



April 26 - *Driveways*

(2019) NR 1hr. 25 min.

A lonely boy goes with his mother to help clean out his late aunt's house and forms an unlikely friendship with the neighbor who is a war veteran.

April 12 - Golda

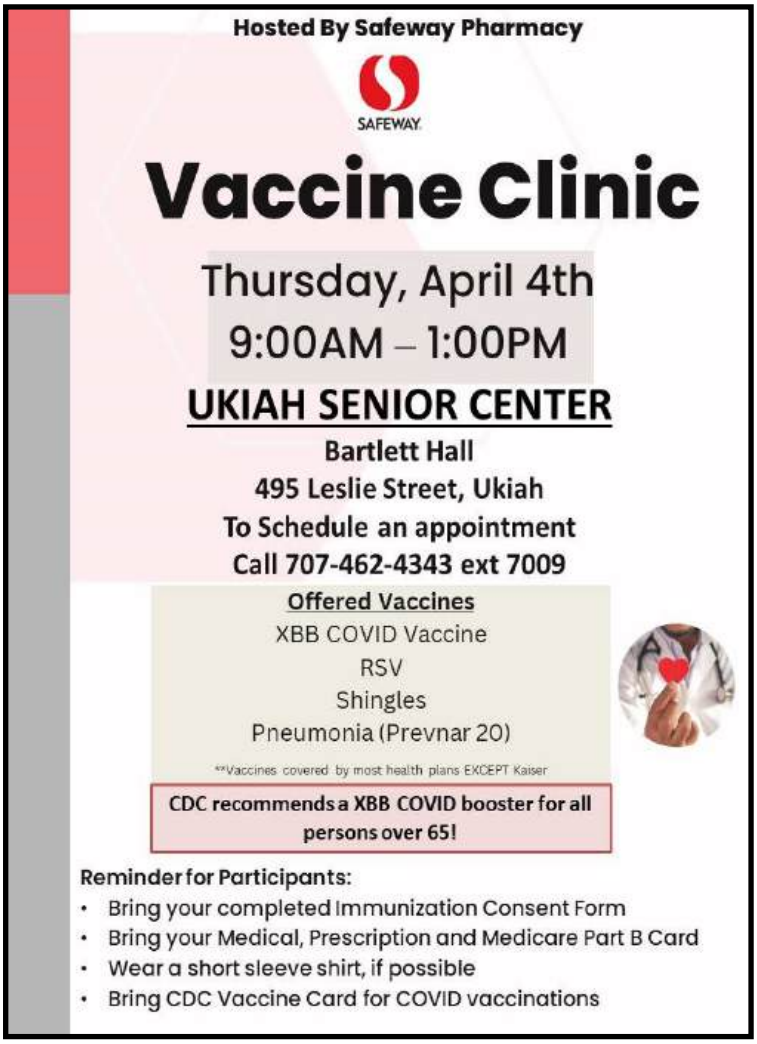
(2023) PG-13 1 hr. 40 min.

Faced with the potential of Israel's complete destruction, Prime Minister Golda Meir must navigate overwhelming odds, a skeptical cabinet and a complex relationship with U.S. Secretary of State Henry Kissinger as millions of lives hang in the balance during the tense 19 days of the Yom Kippur War in 1973.

April 19 - Wonka

(2023) PG 1 hr. 56 min.

Armed with nothing but a hatful of dreams, young chocolatier Willy Wonka manages to change the world, one delectable bite at a time.



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Heather Haydon
Outreach Manager
(707) 462 - 4343
ext.7006
outreach@ukiahseniorcenter.org
Information representative for CalFresh
Heather will be available to answer your questions in Bartlett Hall, from 1:00 p.m.

CalFresh

The Mendocino County COAST
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Happy April Birthday to You!

Gina Cannon
Donna Don Smith
Renee Comte
Randall Ballard
Ellen Chinn
Vincent Corcoran
Doretta Lampi
Mike Woodward
Jim Beatty
Dorleen McBride
Barbara Willey
Dot Colling
Rosalie Tibbetts
Judith Burdon
Lynn Kirch
Carolyn Madole
Linda Pardini
Gail Dammuller
Patricia Hani
Jackie Clevenger-Gandee
Dave Dickey
Lois Steliga
Nancy Horrocks
Harry Vance
Christy Bengston
James Holcomb

Susan Mitchell
Mac Morris
Yvonne Coren
Marilyn (Lynn) Edwards
Sharon Marshall
Eileen Bostwick
Bryan Crutcher
Edwina Niderost
Lyn Blacklock
Nadine Baldwin
Danette Fitch
Don Clark
JoAnn Findley
Miskel Menton
Jim Bartch
Paula McAvoy
Dorinda Miller
Bob Hennigan
Leanne Thompson
Rob Tripathi
Keith Leland
Viki Chaudrue
Kathy Hodges
James Pitman
Eleanor Witter
Bill Hook
Nan Thompson
Carol Larson

Congratulations to April Centenarians!

Gina Cannon and Lois Steliga

Ice Cream Social

The Ice Cream Social will be held on Monday, April 22nd, from 2:00-3:00 p.m.

Entertainment will be provided by Boogie-Woogie piano player, Ed Reinhart.

The Ice Cream Social is a community event and all are welcome to come and enjoy a dish of ice cream with toppings and pie or cake for $3.00. Members over 90 years old or those coming to the Social in their birthday month will enjoy free admission. This event has a $50 raffle grand prize sponsored by this month's Selzer realtor, Rosie Gonzalez. Door prizes will include a breakfast for two at Windmills Café! Thanks to the donors and volunteers who set up and serve for the Ice Cream Social held in Bartlett Hall, (707) 462-4343.

Thank You for supporting our Dining Room and Ice Cream Socials !

WINDMILLS Cafe
Breakfast
Lunch & Dinner

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SAFEWAY

Ukiah Senior Center Financial Update

This fiscal year has been an extremely challenging one for the Center. We have faced these financial road-blocks in the past but this year we hit a major "pothole."

Our Annual Pledge drive occurs in early November each year and generates donations from our steadfast donors of approximately $80K-$90K. This year, pledge mailing went out a week earlier than usual and only generated $33K. This is a hit to our budget of $47,000 that we anticipated as income to operate but did not receive.

Interim Executive Director, Lisa Silva, met with her team of employees who brainstormed ways to save money. Ideas included reduced operating hours and a reduction in working hours for a majority of staff. These efforts on the part of staff are commended but doesn't bridge that "financial gap." USC doesn't want to cut its program and services any further. You can HELP!

The Board and staff of the Center strongly urge you to donate to our Annual Pledge if you haven't already done so. Checks, cash, and credit card donations can be processed in Bartlett Hall, Monday through Friday, between 10:00 a.m. – 4:00 p.m.
You may also mail your pledge to: Ukiah Senior Center, 499 Leslie Street, Ukiah, CA 95482

Thank you for your continued support of the Ukiah Senior Center and its mission to ensure that all seniors and disabled adults in the Greater Ukiah Area have the opportunity to engage, thrive and "be as independent as possible for as long as possible."

Respectfully submitted,
Kristin Kelly, Board Treasurer

Sponsor a Senior Meal or Ride

Meal cards and Bus passes are also available to purchase for a senior.

☐ # Meals X $8.00 = _____

☐ # Rides X $6.00 = _____

Mail your donation with this coupon to:
Ukiah Senior Center
499 Leslie Street
Ukiah, CA 95482
or...
Bring to Bartlett Hall Monday - Friday
9:00 a.m. - 5:00 p.m.

Sponsor a Senior Health Ride

Help a senior with transportation to medical appointments, locally or out of town.

☐ Ukiah $6.00

☐ Willits $30.00

☐ Santa Rosa $70.00

☐ Other _____

Donations can also be made online at:

www.ukiahseniorcenter.org

NOW WELCOMING AND ACCEPTING NEW PARTICIPANTS!

The Lunch Bunch Care and Activity Program

Providing respite for caregivers and family members in the care of their loved ones. Music, crafts, lunch, games, gentle movement and fun socialization.

Socialization and Sharing

Coordination Game Challenge

Mild Exercise

Lunch with Friends

Music and Dancing

Bus Transportation

Fun Games

Need more information? Just give us a call to join the program. Drop-ins are welcome with 24-hour notice.

Mary Ann Anderson
Manager

Ann Tucker, Volunteer Assistant

(707) 462 - 4343 ext.7005
lunchbunch@ukiahseniorcenter.org

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Ukiah, CA 95482-5506

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