March 2024
Volume 34 - No. 3

The Scoop

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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Angels in Our Midst...

The Ukiah Senior Center would like to acknowledge and thank John Chan and Estok Menton for coming to the rescue when we needed some help. Amelia Rodriguez, Bartlett Hall Manager had been dealing with a leaky ceiling in her office and part of it collapsed in November of last year. John wrapped the leaky pipes and Estok repaired and painted the ceiling, donating their time to the Center! Now, it's like it never happened. They are truly local heroes! Bravo!

A Very Special Thank You!

Fran Roeber, a very talented and giving person has been donating her time to our Center. Staff are often busy with the events or activities and having a volunteer "at the ready" to cover documenting current happenings is a very valuable resource. Many of the photos you've seen in the recent editions of *The Scoop* have been her handiwork. Thank you Fran, for having your camera in hand and capturing some very special moments.

Check out her photos on page 11 of this edition and the link below on our Facebook pages. While you're there, if you haven't already, give the Center a like!
https://www.facebook.com/UkiahSeniorCenter https://www.facebook.com/ukiah.usc.7

Fran has all the Senior Center pictures available for anyone to view. Just click on this link. https://photosbyfrani.smugmug.com/Senior-Center

Celebrating Brides and Babies...

Looking for an affordable venue to have a loved ones' bridal shower or wedding? How about a baby shower or Quinceanera? Ask our Bartlett Hall Manager, Amelia Rodriguez about booking your special event at Bartlett Hall!

Give Amelia a call: 707 - 462 - 4343 ext. 7003 for more information.

Thanks to our Event Sponsors and Recent Donors!

For "An Affair to Remember"

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Welcome New Members!

Delbert Gutierrez
Lee Jones
Rice George
Mike McCulloch
Estok Menton
Lynne Whitfield
Glenn Whitfield
Susan King

Bartlett Hall Activity News

Friday, March 1

10:00 a.m.

George, the Golden Doodle will visit Bartlett Hall to meet and greet his favorite seniors.

707 - 462 - 4343 EXT 7003

TUESDAY, MARCH 5

Bartlett Hall is a designated Mendocino County Polling Location for the Presidential Primary Election. Bring your Ballot on Election Day from 7:00 a.m. to 8:00 p.m.
If you have any questions, please call the Elections Office at 234-6819.

Wednesday, March 13

10:00 a.m.

Dr. Rosenfeld, who works with Dr. Rushton will give a presentation on how to care for your family member with Alzheimer's disease.

Tuesday, March 19

10:00 a.m.

California Connect will hold a presentation on specialized California phones. They are amplified, large button, portable mobile phone accessories with speech assist. There is NO cost or obligation or income requirement. This specialized phone makes it easier to hear, dial and call for seniors

Wednesday, March 20

10:00 a.m.

Rock Painting with Dora at 10:00 a.m. in Bartlett Hall. Supplies will be provided.

All month: INCOME TAX PREPARATION

Job Opening

The **Executive Director** of the Ukiah Senior Center is a full-time salaried position that includes benefits of medical, dental, vision, sick leave and paid vacation. Current salary range: $66,560-$82,560

The Executive Director represents the Center in the community and partners with other non-profits, local businesses, and government agencies to strengthen USC's programs and expand USC's community involvement.

Job description and applications are available at 499 Leslie Street, Ukiah CA 95482 or on the Senior Center website: www.ukiahseniorcenter.org See "Employment" under the "About Us" tab.. Call (707)462-4343 ext. 7002 for more information.

The next Ukiah Senior Center Board Meeting will take place on Wednesday, March 20 at 2:30 p.m. in the Lunch Bunch Room.

Volunteer at the Center

Volunteers of all kinds and skills are needed to work at Ukiah Senior Center. Prospective volunteers who may want to serve as receptionists, servers, custodian assistant, kitchen help or food bank pickup in Bartlett Hall or work sorting, pricing or clerking in the Thrift Store a few hours a day or a few days a week are encouraged to contact our Volunteer Coordinator. The Center hosts a variety of events throughout the year including dances, holiday dinners and special sales that also need volunteers. We could not continue to provide programs, activities and events without our valued volunteers. Contact volunteer Coordinator, Amelia Rodriguez, 707-462-4343 x 7003 for more information.

March 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 **Pork Schnitzel** **w/ Gravy** **Mashed Potatoes** **Veggie** **GF**
4 **Chicken Salad Croissant** **Soup** **Fruit**	**5** **Pulled Pork** **Roasted Potatoes** **Cole Slaw** **GFO**	**6** **Salisbury Steak** **Pasta** **Veggie**	**7** **Liver and Onions** **OR** **Napa Cabbage Salad** **Chicken** **Sweet Soy Dressing** **GF**	**8** **Ham Sandwich** **Macaroni Salad**
11 **Polish Cheese Dog** **Chili Beans** **Fruit**	**12** **Baked Cod** **French Fries** **Cauliflower and** **Pea Salad**	**13** **Chef Salad** **Minestrone Soup** **GF**	*Birthday Lunch* **14** **Meatloaf** **Baked Potatoes** **Garden Veggie Salad** **GF**	**15** **Corned Beef Cabbage** **w/Veggie** **Irish Soda Bread** **GFO**
18 **Baked Chicken** **Mashed Potatoes** **Corn** **GF**	**19** **Spaghetti** **w/Meatballs** **Garlic Bread** **Salad**	**20** **Beef Enchiladas** **W/ Mole Sauce** **Rice and Beans** **GF**	**21** **BBQ Country Pork Ribs** **Potatoes** **Candied Carrots** **GF**	**22** **Chicken and Biscuits** **W/Sausage Gravy** **Apple Slaw**
25 **French Toast** **Scrambled Eggs** **Bacon** **GFO**	**26** **Beef Burrito** **Beans** **Corn Salad**	**27** **Chicken A la King** **Rice** **Veggies** **GF**	**28** **Soft Veggie Taco** **Rice and Beans** **GF**	**29** **Beefy Tamale Pie** **Green Salad** **GF**

March 2024 Activities

ACTIVITIES INFORMATION LINE
707 - 462 - 4343 X 7003

Monday	Tuesday	Wednesday	Thursday	Friday
	Tuesday, March 5 **ALL ACTIVITIES EXCEPT LUNCH CANCELLED.** **BARTLETT HALL VOTING POLLING PLACE.** **7:00 am. - 8:00 p.m.**			**1** 10:00 Board/Card games 10:00 George dog visit ★ 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee *Operation Mincemeat* 4:30 - 5:30 Loteria
4 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Group 10:00 - 12:00 Quilters Group 12:30 - 4:30 Duplicate Bridge		**6** 9:00 - 11:00 Computer Lab 10:00 Walking Group at Todd Grove Park 2:00 - 3:00 Line Dancing Beginners 1:00	**7** 1:30 - 3:30 Card Table Bingo	**8** 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee *Super Intelligence* 4:30 - 5:30 Loteria
11 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 ★	**12** 9:00 - 11:00 Computer Lab 11:30 - 1:45 Singing 2:00 - 3:00 Senior Aerobics *Creative Movement* 6:00 - 9:00 Bingo	**13** 9:00 - 11:00 Computer Lab 9:00 - 12:00 Women's Book Group 10:00 Alzheimer presentation ★ 10:00 Walking Group at Todd Grove Park 2:00 - 3:00 Line Dancing Beginners 1:00	**14** 1:30 - 3:30 Card Table Bingo	**15** 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee *Neither Confirm nor Deny* 4:30 - 5:30 Loteria
18 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Group 10:00 - 12:00 Quilters Group 12:30 - 4:30 Duplicate Bridge	**19** 9:00 - 11:00 Computer Lab 10:00 Phone presentation ★ 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	**20** 9:00 - 11:00 Computer Lab 10:00 Rock Painting with Dora ★ 10:00 Walking Group at Todd Grove Park 2:00 - 3:00 Line Dancing Beginners 1:00	**21** 1:30 - 3:30 Card Table Bingo	**22** 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee *Senior Moment* 4:30 - 5:30 Loteria
25 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 ★	**26** 9:00 - 11:00 Computer Lab 11:30 - 1:45 Singing 2:00 - 3:00 Senior Aerobics *Creative Movement* 6:00 - 9:00 Bingo	**27** 9:00 - 11:00 Computer Lab 10:00 Walking Group at Todd Grove Park 2:00 - 3:00 Line Dancing Beginners 1:00	**28** 1:30 - 3:30 Card Table Bingo	**29** 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee *The Legend of Tarzan* 4:30 - 5:30 Loteria

SUNDAY BASH!

March 10

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.

Beefy Enchilada, Rice and Beans

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

MONDAY, March 11

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

RSVP with Jan Tipton (707) 462 - 0004

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

March Movie Matinee!

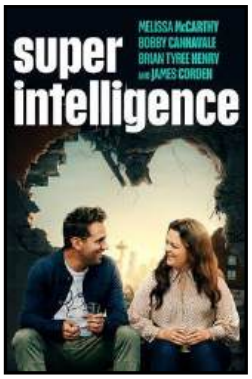
MPLC
Motion Picture Licensing Corporation
Lic. 503995364

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

March 1 - *Operation Mincemeat*

(2021) PG-13 2 hr. 8 min.

Operation Mincemeat is set in 1943 as the Allies are determined to launch an all-out assault on Fortress Europe. But they face an impossible challenge - to protect a massive invasion force from entrenched German firepower and avert a potential massacre.



March 8 - Superintelligence

(2020) PG 1 hr. 46 min.

When a powerful superintelligence chooses to study Carol, the most average person on Earth, the fate of the world hangs in the balance. As the AI decides whether to enslave, save or destroy humanity, it's up to Carol to prove people are worth saving.

March 13 - Neither Confirm Nor Deny

(2020) NR 1 hr. 30 min.

During the Cold War, the CIA secretly raised a sunken Soviet nuclear submarine from the depths of the Pacific Ocean. Drawing on declassified documents and never-before-seen interviews, the filmmaker reveals the truth of the operation.

March 22 - *Senior Moment*

(2021) NR 1hr. 32 min.

After drag racing his vintage convertible around Palm Springs, Calif., a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again.

March 29 - *The Legend of Tarzan*

(2016) PG 13 1hr. 50min.

It's been nearly a decade since Tarzan (Alexander Skarsgård), also known as John Clayton III, left Africa to live in Victorian England with his wife Jane. Danger lurks on the horizon as Leon Rom (Christoph Waltz), a treacherous envoy for King Leopold, devises a scheme that lures the couple to the Congo. Rom plans to capture Tarzan and deliver him to an old enemy in exchange for diamonds. When Jane becomes a pawn in his devious plot, Tarzan must return to the jungle to save the woman he loves.

Kiwanis
CLUB OF UKIAH

Ukiah Kiwanis Drive Through
Crab Feed Dinner

March 23 2024

Pick up 4:00 pm.-6:00 p.m.

Sports Attic 2
247 East Perkins Street, Ukiah

Crab, Coleslaw, Clam Chowder, Rolls and Desserts

Dinner for 2 - $120.00

Single - $60.00

For tickets contact:

Jordis 707-972-5966
Jeanne 707-489-4018
Lynn 707-972-6396

Ukiah Kiwanis Raffle Ticket
$5 each or 6 for $25
1st prize- Two Night Stay, Two People at Vichy Springs Resort, Ukiah Value $776

2nd prize - 90 minute massage from Attune Massage, Ukiah - Value $150

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. to 2:00 p.m. on Fridays.

CalFresh

Happy March Birthday to You!

James Busch
James Denham
Jones Lee
Lucy Haynes
Brenda Holcomb
Richard Hincker
Clara Lehman
Phyllis Smith
Dave Minsinger
Cottie Morrison
Susan Pollesel
Patty Soto-Putnam
William Maruna
Tish Warren
Mariea Kubanis
Frances Owen
Rebecca Sankovich
Leslie Feldman
Charles Hudson
Dave Bengston
Robert Roth
Betty Ustick
Bruce Richard
Tyler Hoey
Victoria Patterson
Wilma Pribyl
Leota MacMillan
Willard Carlstedt

Cynthia Hansen
Lizbeth MacMillan
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Lynn Burns
Leeya Thompson
Samia Whitmarsh
Mark Price
Priscilla Riedlinger
Elizabeth Koledin
David Marks
JoAnn Schneiter
Patty Morgan
Jan Pedrol
Garry Thompson
Laura Gerrard
Ingrid Johnson
Ingrid Johnson
William Smith
Paula Kvasnicka
Marlene Shupe
Janice Wilber
Martin Kimmel
Ginny Reynolds
James Hatfield
Beth Best
Mary Schuette

Ice Cream Social

The Ice Cream Social will be held on Monday, March 25, from 2:00-3:00 p.m. Entertainment will be provided by Community Talent. Do you have a special talent to share? We'd love to see what you can do! The Ice Cream Social will be holding a Talent Show this month! Participate with a friend or group...sing, dance, read a poem, play an instrument or tell a joke. We encourage all who would like to participate to sign up at the front desk in Bartlett Hall. Groups are welcome. Your name, phone number and talent are all that is needed to sign up! 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, Alex McMillen. 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

SAFEWAY

Lucky
MEANS LOW PRICES
est. 1935

Saint Patrick's Day Special Lunch

Friday - March 15, 2024

Eat in or to-go Meal

Members $7.00 - To go $8.00

Non Members $8.00 -To go $9.00

Come in to pick up your order:

Corned Beef, Cabbage,

Potatoes, Irish Soda Bread,
Dessert

Ukiah Senior Center 's Bartlett Hall

495 Leslie Street

Reserve early. Limited meals available

707-462-4343 extension 7009

Transportation

We want to make sure you know that our transportation program has brought back the Wednesday bus and van service. We've expanded our service area to include Hopland on **Wednesday only**. We are so excited to be able to meet the needs of our passengers who have been requesting door - through - door assisted senior and disabled service on Wednesdays. The hours are just like the other days of service in the week, first pick up at 8:15 a.m. and last drop off at 4:30 p.m.

Call and make your reservation for shopping, medical or beauty appointments, coming to the Center, or visiting friends and we will be happy to take care of your transportation needs! For more information and to schedule a ride call us at 707-462-4343 extension 7004. Our drivers are happy to help. Please limit your bags to 3 per passenger.

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

It Was An Affair to Remember!

Ukiah Senior Center
499 Leslie Street
Ukiah, CA 95482-5506

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