

City of Reedley, Senior Services, 100 N. East Ave., Reedley, CA. 93654

Reedley Senior News

November 2016

Phone: (559) 637-4207

email: christina.ontiveros@reedley.ca.gov

November

PLEASE REMEMBER TO THANK our Veterans and proudly display your flag this **Veterans Day, Friday, November 11**



What is a Veteran?

A veteran is someone who, at one point in his life wrote a blank check made payable to, The United States of America for an amount, up to and including his life.

Important Notice

The Reedley Senior Services Office will be CLOSED for four (4) days this month. The first date is Friday, November 11 in honor of Veterans Day. Thank you to the many men and women who have fought for our freedom and our country. The Senior center will be closed on Tuesday, November 15 for our Poinsettia Trip. The next two dates will be Thursday and Friday November 24 & 25 in observance of Thanksgiving. Please mark your calendars and have a wonderful holiday.

Poinsettia Trip Tuesday, November 15, 2016

Day of trip check in time 7 am at the Senior Center. Feel free to bring a snack for the trip.

Socks for Senior

Please help provide a smile on a seniors face with a nice new pair of socks. (Non-skid socks would be very much appreciated) Just imagine the joy a senior would have with a visit and a gift this Christmas. Stop by the senior center to leave your donation. All donations are very much appreciated.

Senior Volunteer Recognition Luncheon Tuesday, December 13th

Come and join your friends for the Senior Volunteer Appreciation Luncheon. **Event starts at 10:30 am.** We will be honoring our Senior Volunteers. Thank you to Sierra View Homes for providing a wonderful turkey meal. Seating is limited so please call 637-4207 to make your reservation. Sponsored by Sierra View Homes, RSCI and the City of Reedley Community Services.

Bingo

Come join the seniors for lunch and Bingo on Thursday, November 17. We play Bingo after lunch until everyone wins. If you are interested in having lunch and playing bingo, call 637-4207 by 11 am, Wednesday, November 16 to reserve your lunch for Thursday, November 17.

Dr. Guzman - Adventist Health

Please join Dr. Guzman on Thursday, November 10 at 10:30 am at the Senior Center for a presentation on first aid at home.

Come build new friendships at the Reedley Senior Center!!!

November Birthdays! What a great time to enjoy the changing of the seasons and to be thankful for our daily lives. All of our little November babies have brought joy and thankfulness to their families and friends:

Joan Hall	Bonnie Krum
Gabbie Abina	Ann Funston
Elmer Friesen	Natalie Jones
Jean Casey	Sally Gomez
Donna Dyck	Helen Harvin
Angel Ramirez	Angie Banuelos
Shelia King	Leonard Heinrichs
Earl Miles	

Anniversaries

Helen & Victor Huerta, Manny & Gabbie Abina, Michael & Cheri Lawrence, Ward & Lula Elms, and Mike & Florence La Rue.

We don't want to miss your birthday or anniversary, so please call and let us know the month before to be sure that your name is in the newsletter.

Celebration Cake!

Come celebrate your birthday or anniversary on Wednesday, November 9. Just call on or before Tuesday, November 8 by 11 am to register for lunch. Please give us a call at 637-4207

Senores Y Senoras

La Cuidad de Reedley les invita a visitar y participar en los programas de personas mayores. En el edificio del centro de la comunidad hay un cuarto especial para ustedes. Si tienen preguntas y necesitan informacion y asistencia les podremos ayudar de 9:30-11:30 am los dias de lunes a viernes. Please note: if you may know a Spanish speaking person, please pass this information and encourage them to join us for lunch.

Fresno/ Madera Area Agency on Aging

The Reedley Senior Meal Programs are partially funded by grants from the Agency on Aging. You may contact them by calling 1-800-510-2020

SET Your Clocks BACK

1 Hour before retiring on Saturday, November 5.

Twice a year, when Daylight Saving Time begins or ends make it a habit to not only change your clocks, but do a few other semi-annual tasks that will improve safety in your home.

Do these things every 6 months when you reset your clocks:

1. Check and replace the batteries in your smoke and carbon monoxide (CO) alarms. Replace any smoke alarms older than ten years. Replace any CO alarms older than five years.

2. Prepare a disaster supply kit for your house (water, food, flashlights, batteries, blankets).

Once you've created your home disaster kit, use the semi-annual time change to check its contents (including testing/replacing flashlight batteries).

3. Check and discard expired medications - those dates really DO have meaning - some very common over-the-counter medications can cause *serious* problems due to change through aging.



Health Insurance Counseling and Advocacy Program (HICAP)

Open enrollment begins October 15th and ends December 7th. This is the time to review your current drug and health plan coverage. New prescription drug and health plan choices are offered every year. You could save money, get better coverage, or both. **Be sure to make any changes by December 7, 2016.** If your Medicare Advantage plan is being discontinued, you will have more time to select a replacement plan. HICAP provides personalized counseling. HICAP is at the Senior Center Tuesday mornings. Call 637-4207 for an appointment.

Newsletter Donations

Thank you to Jose Criado, Donna Lively and Earl Miles. If you would like to make a donation for the Reedley Senior News, you may do so by sending a tax deductible check to: Reedley Senior Commission, Inc. (or R.S.C.I.) at P. O. Box 1940, Reedley, CA. 93654 My apologies to anyone I missed, your donations are very much appreciated!!

Duarte Poinsettia Farm

Hilmar Cheese Factory

Tuesday, November 15

Only a few seat left!!!!

Join us on Tuesday, November 15 for a trip to Duarte Poinsettia Farm and see the variety of poinsettia plants and other unique items with an option to purchase. Then off to Hilmar Cheese Factory for a wonderful lunch and tour of the facility. Cost \$40. (Includes catered lunch) Come to the Community Center office to pay and sign waiver form. Payment accepted by check or Money Order payable to RSCI. Sponsored by The Reedley Senior Commission Inc. and The City of Reedley Community Services.



Day of trip be at the Senior Center by 7:00 am and will return around 4:30 pm.

Duarte Poinsettia Farm accepts CASH or CHECKS ONLY.



NOVEMBER 2016 SENIOR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Salisbury Steak W/Gravy Mashed Potato Wheat Bread Tropical Fruit	2 BBQ Pork Sandwich Broccoli Normandy Pineapple Bits	3 Beef & Vegetable Stew Brown Rice Hi C Salad Wheat Bread Peaches	4 ****Macaroni & Cheese Mixed Vegetables Diced Pears Butterscotch Pudding
7 ****Polish Sausage Dog W/ Onions & Peppers Peas & Carrots Tropical Fruit	8 BBQ Chicken Thigh Sweet Potato Wheat Bread Pears	9 Fettuccini Chicken Alfredo Hi C Salad Applesauce	10 Breaded Fish Tossed Salad Dinner Roll Mixed Fruit	11 Closed Veterans Day
14 Meatballs in Gravy Mashed Potatoes Wheat Bread Apricots	15 Center Closed	16 Italian Chicken Thigh Mixed Vegetables Wheat Bread Diced Peaches	17 Salisbury Steak W/Gravy Baked Potato Wheat Bread Pineapple Bits	18 Chicken Soft Taco Hi C Salad Applesauce
21 Meatloaf W/Gravy Mashed Potato Mixed Vegetables Wheat Roll Diced Peaches	22 Cheeseburger Potato Wedges Tropical Fruit	23 Turkey Pot Roast Cornbread Stuffing Sweet Potato Mixed Fruit, Cookies	24 Closed Happy Thanksgiving	25 Closed Holiday
28 Chicken Thigh in Mushroom Sauce Mixed Vegetables Dinner Roll Tropical Fruit	29 Spaghetti & Meatballs Hi C Salad Raisins	30 Enchilada Casserole Green Salad Fruited Jell-O	Funding through: Fresno-Madera Area Agency on Aging All meals include Low Fat Milk Senior Suggested Donation: \$1.50 Non-Senior Rate: \$3.50 **High Sodium Meal Menu Subject To Change Without Notice	

November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Open Afternoon for Scheduled Activities</i></p>	<p>1 Billiards 9-11am Hobby Time 12 -3 pm Texas Hold-Em Knitting/Crochet Billiards Puzzle Table</p>	<p>2 Gleaners 8:30 am Billiards 9-11 am Senior Exercise 10 am Blood Pressure 10-11 am</p>	<p>3 Billiards 9-11 am</p>	<p>4 Billiards 9-11am Exercise Video 10 am</p>
<p>7 Senior Walk 9:30 am Senior Exercise 10 am Tai Chi 12:30 pm Computer Classes Beginning 1 pm Advanced 3 pm</p>	<p>8 Billiards 9-11am Hobby Time 12 -3 pm Texas Hold-Em Knitting/Crochet Billiards Puzzle Table</p>	<p>9 Gleaners 8:30 am Billiards 9-11 am Senior Exercise 10 am Celebration Cake</p>	<p>10 Billiards 9-11 am Dr. Guzman 10:30 am</p>	<p>11 VETERANS DAY Honor Our Veterans CLOSED</p>
<p>14 Senior Walk 9:30 am Senior Exercise 10 am Tai Chi 12:30pm Computer Classes Beginning 1 pm Advanced 3 pm</p>	<p>15 Center Closed <i>Senior Trip</i> <i>Duarte Poinsettia Farm</i> <i>Hilmar Cheese Factory</i></p>	<p>16 Gleaners 8:30 am Billiards 9-11 am Senior Exercise 10 am</p>	<p>17 Billiards 9-11 am Bingo following lunch</p>	<p>18 Billiards 9-11am Exercise Video 10 am</p>
<p>21 Senior Walk 9:30 am Senior Exercise 10 am Tai Chi 12:30pm No Computer Class</p>	<p>22 Billiards 9-11am Hobby Time 12 -3 pm Texas Hold-Em Knitting/Crochet Billiards Puzzle Table</p>	<p>23 Gleaners 8:30 am Billiards 9-11 am Senior Exercise 10 am</p>	<p>24 CLOSED </p>	<p>25 CLOSED </p>
<p>28 Senior Walk 9:30 am Senior Exercise 10 am Tai Chi 12:30 pm Computer Classes Beginning 1 pm Advanced 3 pm</p>	<p>29 Billiards 9-11am Hobby Time 12 -3 pm Texas Hold-Em Knitting/Crochet Billiards Puzzle Table</p>	<p>30 Gleaners 8:30 am Billiards 9-11 am Senior Exercise 10 am Ice Cream Social following lunch</p>	<p>Daylight Savings Time Change on Sunday, November 6</p>	<p>Move you clock back one hour before you go to bed on Saturday, November 5.</p>

Senior Services open Monday through Friday 9am – 12 pm Phone 637-4207

November

G D D Q Y W X X P R F Y D Y U
R N C R A N B E R R Y A X E F
G F I R E C A P K O Z D F K L
C R N V I S I I C Y C S E R I
L O A D I L S S D E L N A U J
R L A V G G E I I N G A S T E
W R A R Y V S P N H I R T N H
B E I F A S N K U G W E U E G
B M V E L I P A N L Q T F T I
I G L H K N R O C A H E F O X
P H O P Q V H P P Y H V I V E
I I M J O P M A K Z W T N Q G
N U L M G E T Z W D N Y G P O
P Q Y L I M A F S Y M G C S C
G O U R D S C S L D H M K Q A

CIDAR
DRESSING
FEAST
INDIAN
PUMPKINPIE
TURKEY

CORN
FALL
GOURDS
LEAVES
STUFFING
VETERANS DAY

CRANBERRY
FAMILY
GRAVY
PILGRIM
THANKSGIVING
VOTE

