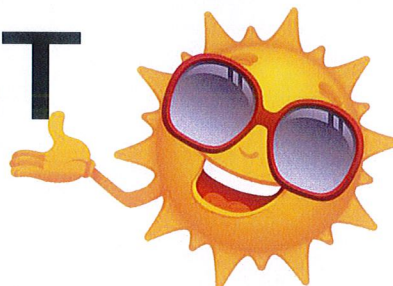


Reedley Senior News

AUGUST 2019

Phone: (559) 637-4207 email: christina.ontiveros@reedley.ca.gov

AUGUST



Senior Prom & Dinner

On Friday September 20, a special evening of dining and entertainment will be held for local seniors 55+. Limited seating is available.

Tickets will go on sale August 5-September 14.

Tickets cost \$10. Come by the Senior Center, Monday -Friday from 9 am-11:30 am to purchase.



Lunch at the Senior Center

Meals taste so much better when you can enjoy them in the company of others! Join us in the Phil Hudson Senior Room at the Community Center weekdays at 11:00 am (except holidays) for a nutritious lunch and good time. This program is partially funded by the Fresno-Madera Area Agency on Aging. If you are 60 or older, a suggested donation of \$2.00 is appreciated, however, not required. Guests under the age of 60 pay \$4.60 per meal. Reservations must be made by 11:00 am the weekday before you plan to attend. Call 637-4207 for your reservation today.

Transit Changes

MV Transportation is now the new Route and Dispatch service provider for Reedley Transit. Call 1-855-612-5184 to register as a passenger and to call for a ride. There are no changes to routes as a result of this transition.

Cambios de transito

MV Transportation sera el nuevo proveedor de servicios de Ruta y Despacho para Reedley Transit. Llame al 1-855-612-5184 para registrarse como pasajero y para solicitar transporte a partir del 1 de Julio. No habrá cambios en las rutas como resultado de esta transición.

Senores Y Senoras

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 senior please pass this information and encourage them to join us for lunch. We are a Spanish Speaking friendly senior center. Gracias!

Bingo

Come join the seniors for lunch and Senior Bingo. Everyone is a winner. The next monthly Bingo is scheduled for Thursday, August 22, following lunch and we play until everyone wins. If you are interested in having lunch and playing bingo, call 637-4207 by 11:00 am on Wednesday August 21.

Fresno-Madera Area Agency on Aging

FMAAA – The Reedley Senior Meal Programs are partially funded by grants from this agency. You may contact them by calling 1-800-510-2020.



Senior Exercise

The Senior Exercise Class will continue during the summer and it's **FREE**. The class is conducted by Shirley Festejo. Exercise meets at 10 am in the California Room on Mondays and Wednesdays and in the Redwood room on Fridays using an exercise video. Many seniors walk laps in the cool California Room before class.

Crochet/Knitting / Ganchillo y el tejido

We always have room for more to join our knitting/crocheting class. We have a great time and would love to have you join the group. Join us on Tuesdays from 12-3 pm.

Venga aprenda a tejer los martes de 12-3 pm. Nos encantaría que vengan y sean parte de nuestro centro para personas mayores.

Newsletter Donations

Many thanks to Jose Criado for his kind donation to the senior newsletter. If you would like to make a donation, you may send a tax-deductible check to the attention of the Reedley Senior Commission, Inc. at P.O. Box 1940, Reedley, CA 93654. On behalf of the Reedley Senior Commission Inc., we thank you for your support and thoughtfulness.

August Birthdays



Oh, how the August days of the valley last in our memories like the sizzling smiles and spirits of our hot little August babies:

Jose Criado
Dolores Edwards
Joella Reimer
Florence Siebert
George Avalos
Norine Lambdin
Ramona Moreno
Marjorie Rutherford
Roland Deaver

Janie Drew
Linda Wiebe
Gloria Torres
Merle Siebert
Manny Abina
Carroll Srader
Celia Fellows
Rachel Doerksen
Jovita Mendoza

August Anniversaries

Happy Anniversary to: Louie & Patsy Martinez, and Roland & Paulina Deaver.

ICE CREAM SOCIAL/Social de Helados

Come join us for delicious ice cream on Wednesday, August 28, following lunch. You can build your own sundae with a wonderful assortment of toppings to choose from. Call the senior center the day before to make a lunch reservation. Thank you to Golden Living Center for providing ice cream and toppings.

Ven u únite a nosotros para un Social de Helados. Todo lo que necesita es traer a ti mismo y un amigo. Proporcionaremos helado sin azúcar gratis, coberturas y golosinas. Este evento se llevará a cabo después de lonche el miércoles 29 de Agosto en la Sala Principal Phil Hudson. Venga a refrescarse y disfrutar de la visita con los amigos. Gracias al Oro Centro de Vida por patrocinar nuestros sociales de heladosociales.

A BIG "THANK YOU" to Angie Navarro for sponsoring our August celebration!



Join the fun at the 11th Annual

SENIOR FROM DINNER

Friday, September 20, 2019

SIERRA VIEW HOMES

Cost \$10 per person

Doors Open at 4:30 pm for pictures

Entertainment:

Ron Surabian



Ticket sales:
Aug 1— Sept 12
at the Senior Center

Sponsored by:
Reedley YMCA Committee
Sierra View Homes
Blossom Trail Photography
Reedley Senior Commission, Inc.
City of Reedley Community Services

For more information 637-4207

Ticket sales begin on August 1
LIMITED SEATING
Last day to purchase tickets—
September 12 at noon

Seniors 60 years and up

Free transportation

Sponsored by the City of Reedley

From the

Community Center to Sierra View Homes

4:30 pm - 5:30 pm

and back to the Community Center

7:30 pm - 8:30 pm.



Stop by the Reedley Senior Center to sign up

Make checks or money orders payable to: RSCI

4:30 pm Pictures

*One Complimentary photo per person/ couple
by Denny Mason
of Blossom Trail Photography*




5:00-5:30 pm Appetizers

5:45 pm Dinner

7:00 pm Entertainment



AUGUST 2019 SENIOR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 5 Chicken Thigh in Mushroom Sauce Peas & Carrots Wheat Bread Tropical Fruit	 6 Ham & Cheese Sandwich Tomato/Lettuce/Onion Navy Bean Soup Sliced Apples Pudding	7 Salisbury Steak Baked Potato w/Sour Cream Wheat Roll Cantaloupe	1 Seasoned Beef & Bean Burrito Tossed Salad w/Broccoli Diced Peaches	2 Cheese Lasagna Sourdough Bread Carrot Raisin Salad Tropical Fruit
12 Pork Chili Verde Refried Beans Tropical Fruit	13 Southwest Chicken and Rice Bowl Tossed Salad Honeydew Pudding	14 Cheeseburger Lettuce/Tomato/Onion Pork & Beans Cantaloupe	15 Beef Stroganoff Pea & Carrots Sourdough Bread Sliced Apples	16 Beef & Vegetable Stew Wild Rice Hi C salad Diced Peaches
19 Hot Meatball Sandwich Baby Carrots Tropical Fruit	20 Breaded Fish Sandwich Coleslaw Honeydew	21 Pepper Steak Mashed Potatoes Caesar Salad Pineapple Bits	22 Chicken Fettuccini Alfredo Hi C Salad Sourdough Bread San Joaquin Dessert	23  Chili Cheese Dog Pickled Beets Sliced Apples
26 Taco Salad Seasoned Beef, Beans, Cheese and Tortilla Chips Cabbage/Cilantro Diced Peas	27 Tandoori Chicken Thigh Basmati Rice Peas & Carrots Tropical Fruit	28 Spaghetti w/Meatsauce Caesar Salad Sourdough Bread Diced Peaches	29 Albacore Tuna Sandwich on Wheat Bread Vegetable Soup Cantaloupe	30 Cheeseburger Lettuce/Tomato/Onion Potato Salad Sliced Apples

Funding through: Fresno-Madera Agency on Aging

Non Senior Rate \$ 4.60

All meals include low fat milk

Suggested donation \$2.00

Menu is Subject to Change Without Notice



High Sodium Meal

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Senior Walk in the Park Weather Permitting California Room is available for walking</i></p>	<p><i>Open Afternoon for Scheduled Activities</i></p>		<p>1 Billiards 9-11 am</p>	<p>2 Billiards 9-11 am Senior Walk in the Park 9:30am Exercise Video 10</p>
<p>5 Senior Walk in the Park 9:30am Senior Exercise 10 am Tai Chi 12:30 pm Prom Ticket Sales</p>	<p>6 Billiards 9-11am Hobby Time 12-3 pm Texas Hold-Em Knitting/Crochet Billiards Puzzle Table</p>	<p>7 Gleaners 8:30 am Billiards 9-11am Senior Walk in the Park 9:30am Senior Exercise 10 am Celebration Cake</p>	<p>8 Billiards 9-11 am</p>	<p>9 Billiards 9-11am Senior Walk in the Park 9:30am Exercise Video 10 am</p>
<p>12 Senior Walk in the Park 9:30am Senior Exercise 10 am Tai Chi 12:30 pm</p>	<p>13 Billiards 9-11am Hobby Time 12-3 pm Texas Hold-Em Knitting/Crochet Billiards Puzzle Table</p>	<p>14 Gleaners 8:30 am Billiards 9-11am Senior Walk in the Park 9:30am Senior Exercise 10 am</p>	<p>15 Billiards 9-11 am</p>	<p>16 Billiards 9-11 am Senior Walk in the Park 9:30am Exercise Video 10 am</p>
<p>19 Senior Walk in the Park 9:30am Senior Exercise 10 am Tai Chi 12:30 pm</p>	<p>20 Billiards 9-11am Hobby Time 12-3 pm Texas Hold-Em Knitting/Crochet Billiards Puzzle Table</p>	<p>21 Gleaners 8:30 am Billiards 9-11am Senior Walk in the Park 9:30am Senior Exercise 10 am</p>	<p>22 Billiards 9-11am Bingo following lunch</p>	<p>23 Billiards 9-11 am Senior Walk in the Park 9:30am Exercise Video 10 am</p>
<p>26 Senior Walk in the Park 9:30am Senior Exercise 10 am Tai Chi 12:30 pm</p>	<p>27 Billiards 9-11am Hobby Time 12-3 pm Texas Hold-Em Knitting/Crochet Billiards Puzzle Table</p>	<p>28 Gleaners 8:30 am Billiards 9-11am Senior Walk in the Park 9:30am Senior Exercise 10 am Ice Cream Social following lunch</p>	<p>29 Billiards 9-11 am</p>	<p>30 Billiards 9-11 am Senior Walk in the Park 9:30am Exercise Video 10 am</p>

Senior Services open Monday through Friday 9am – 12 pm

Phone 637-4207