

Reedley Senior News

January 2020

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January

Happy New Year

The Reedley Senior Services Office would like to wish you a very Happy New Year. We will be **closed** Wednesday, January 1 for New Year's Day and Monday, January 20 for Martin Luther King Jr. Day.

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 a great 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. Reservations must be made by 11:00 am the weekday before you plan to attend. Call 637-4207 to reserve your lunch.

Senores Y Senoras

La Ciudad 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 información y asistencia les podremos ayudar de 9:30-11:30 am los días de lunes a viernes. Note: if you know a Spanish speaking person please pass this information on to them and encourage them to join us for lunch daily at 11 am.

***Start the New Year by building
new friendships at the
Reedley Senior Center!!!***

Thank You

We are thankful for Sierra View Homes for their gracious support in our senior programs. The meals they provided for our Senior Luncheons in 2019 were delicious and our seniors truly appreciate Sierra View Homes generosity.



**Thank You to our Community
Partners and Sponsors for
your support to our
Senior Programs.**

Sierra View Homes

Dr. Luis Guzman

Reedley Senior Commission Inc.

Senior & Law Enforcement Together

Palm Village Retirement Community

Reedley YMCA Committee

Blossom Trail Photography

Reedley Lions Club

Reedley SaveMart

Reedley Rotary

Dycora

Senior Cinema Thursday

A monthly event where we screen a requested movie/film and serve theater style popcorn. Senior Cinema is January 16 at 12:30 pm. **A DOG'S JOURNEY** is this month's featured film. Bring a friend!



our next trip and want your input.....call or come by the senior center.

Happy Birthday!

Our January treasures.

Thelma Ichiyama
Carolyn Long
Barbara Jean Munoz
David Koop
Grace Thiessen
Ruth Friesen
Mary Carrillo
Becky Brown
Margaret Lopez
Sandra Tait

Carl Smith
Wayne Cornelson
Sam Casey
George Boardman
Setsuko Hironaka
Travis Turpin
Jean Cummins
Albert Kerner
Barbara Tapley

Bingo

Come join the seniors for lunch and bingo on Thursday January 30. We play Bingo after lunch until everyone wins. If you are interested in having lunch and playing bingo, call 637-42017 before 11:00am, Wednesday January 29.



ICE CREAM SOCIAL/Social de Halados

Come join us for ice cream social after lunch on Wednesday, January 29. You can build your own sundae with all the wonderful toppings available. Bring a friend!!

Thank you to Dycora for providing ice cream and toppings!

Gracias a Dycora por patrocinar nuestros sociales de helados

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 despues de lonche el miércoles 29 de enero en la Sala Principal Phil Hudson. Venga a refrescarse y disfrutar de la visita con los amigos.

Happy Anniversary!

Jack and Carol Clements

Celebration Cake

Come for lunch and help us celebrate January Birthdays and Anniversaries on Wednesday, January 22. Call for lunch reservations between 9-11 am by Tuesday, January 21.



Tachi Palace Casino Get-A-Way!

Our next trip to Tachi Palace Casino is on Thursday February, 27. Cost is \$20 and includes \$20 free play with a current photo ID.

Come to the Phil Hudson Senior Room weekdays 9:00am-12:00pm to pay and sign a waiver form. Payment is accepted by check or Money Order payable to City of Reedley. Sponsored by City of Reedley Community Services.



Where would you like to go next? I look forward to planning

Volunteer Opportunity

Help is needed for our senior lunch program. Monday – Friday. We have a federally funded hot lunch program for seniors. We need help with set up, serving, and clean up. You can pick the day you can come to help. If it is one day a week or more, we would appreciate your help. We couldn't provide all the services we do without our volunteers. Call Jodi at 637-4207 for more information



Healthy Corner

Dr. Guzman will be at the Senior Center on Wednesday, January 15 at 11:00 am.



Thank You

SAVEMART Bakery for donated items this past year. The support to our senior programs is greatly appreciated. Thank you also to the volunteers that pick up from the bakery.

Tai Chi Class

Come join Monday from 12:30 –1:30pm. Tai Chi will give you benefits for balance/fall prevention, increase your circulation and improve your mind and breathing. Plan to start the New Year with an activity that will improve you physically and mentally. Cost \$10 per month. Stop by the Community Center office to sign up and pay.

Crochet/Knitting/ Ganchillo y el tejido

Come and join our group on Tuesdays from 12-3 pm in the Philip Hudson Senior Room. If you're a pro or want to learn, we have a place for you.

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

Fresno Madera Area Agency on Aging

The Reedley Senior Meal Programs are partially funded by grants and funds administered by FMAAA You may contact FMAAA by calling 1-800-510-2020

Newsletter Donations

Many thanks to those who donated to the newsletter-Jessie Corona-Cecilia Torres. (Please let me know if I left your name out.) your donations are very much appreciated. You may make a donation by sending a tax deductible check to: Reedley Senior Commission, Inc., P. O. Box 1940, Reedley, CA 93654. On be-

half of the Reedley Senior Commission, Thank you for your support!

Exercise Class

Join our exercise Class on Monday and Wednesday at 10 am in the California Room and the Friday exercise video class will meet at 10am. Thank you Shirley Festejo for instructing our class that is geared for seniors.

From the GLEANER Program

A special "Thank You" to all the growers who donated produce throughout the year to our Gleaners program. We could not provide fresh vegetables and fruit to our seniors without your generosity. Our seniors have come to depend on our weekly Gleaners program.

Thank you to our Gleaners supporters

*Sun Valley
Bravante Produce
Cecilia Packing
Hamilton's Packing
Huebert Packing
Sanger Citrus
Brandt Packing
Trinity Packing*

Gleaners

Reedley Residents 55+ can come to the Community Center on Wednesdays at 8:30 am for free fresh fruit, vegetables and bread.

Personas mayores de edad 55 años + vengan for frutas y verduras los miercoles a las 8:30am.



Tai Chi



MONTHLY FEE: \$10.⁰⁰

WHEN: MONDAYS AT 12:30 P.M.

WHERE: REEDLEY COMMUNITY CENTER

INSTRUCTOR: BILL TITUS

**Tai Chi will improve your balance while helping with overall better health.
It is an art form that can be enjoyed for a lifetime.**

*Tai Chi is a series of slow,
continuous movements to
strengthen the body and calm
the spirit.*

*Tai Chi is the most popular form
of exercise on the earth.*



*Tai Chi will help with balance,
strengthening the immune
system, arthritis, high blood
pressure and osteoporosis.*

*Tai Chi relieves stress and allows
for integration of your mind and
body.*

**City of Reedley
Community Services
559-637-4203**

OPEN TO ADULTS OF ALL AGES



**KISS
ME**

**LOVE
YOU**

**BE
MINE**

CITY OF REEDLEY SENIOR LUNCHEON

TUESDAY, FEBRUARY 11, 2020

JOIN US FOR FUN AND EXCITEMENT AT OUR SENIOR LUNCHEON!! (THANK YOU SIERRA VIEW HOMES FOR PROVIDING OUR MAIN AND SIDE DISH.) WE HAVE WONDERFUL DOOR PRIZES FOR YOU TO WIN. SEATING IS LIMITED. PLEASE CALL 637-4207 TO MAKE YOUR RESERVATION.

DOORS OPEN AT 10:30AM

SPONSORED BY SIERRA VIEW HOMES, RSCI AND THE CITY OF REEDLEY COMMUNITY SERVICES.

**Join us as we celebrate
love in the sweetest way!**



**CHARM
ME**

**YOU &
ME**

**TRUE
LOVE**




JANUARY 2020 SENIOR MENU



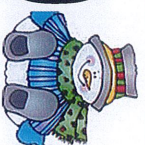
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
6 Chili Cheese Dog Pickled Beets Sliced Apples	7 Beef Pepper Steak W/Gravy Mashed Potatoes Caesar Salad Wheat Roll W/Butter Mixed Fruit	8 Closed Happy New Years! 	2 Beef & Vegetable Stew Egg Noodles Mixed Vegetables Diced Peaches	3 Cheeseburger Lettuce/Tomato/Onion Three Bean Salad Cantaloupe
13 Taco Salad Seasoned Beef, Beans, Cheese and Cabbage & Chips Pineapple Bits	14  BBQ Chicken Thigh Macaroni & Cheese Peas & Carrots Tropical Fruit	15 Cheeseburger Lettuce/Tomato/Onion Potato Salad Sliced Apples Pudding	9 Chicken Fettuccini Alfredo Hi C Salad Sourdough Bread W/Butter San Joaquin Dessert	10 Seasoned Chicken Drumstick Steamed Carrots Wheat Bread W/Butter Mandarin Orange & Pineapple
20 Closed 	21 Meatloaf W/Gravy Mashed Potatoes Wheat Roll W/Butter Pineapple Bits	22 BBQ Pork Rib Sandwich Coleslaw Grapes	16 Spaghetti W/Meatsauce Caesar Salad Sourdough Bread W/Butter Diced Peaches	17 Albacore Tuna Sandwich Minestrone Soup Cantaloupe
27 Beef Enchilada Casserole Fiesta Corn Fruited Jello	28  Polish Sausage Dog W/ Peppers & Onions Potato Salad Diced Peaches	23 Chinese Chicken Stir Fry Rice Cantaloupe Lemon Pudding	24 Cheese Lasagna Carrot/Raisin Salad Sourdough Bread W/Butter Mandarin Orange & Pineapple	31 Tandoori Chicken Thigh Peas & Carrots Wheat Bread Tropical Fruit
29 Salisbury Steak Baked Potato W/Sour Cream Dinner Roll W/Butter Cantaloupe	30 Chicken Salad Sandwich Lettuce, Tomato & Onion Corn Chowder Sliced Apples Tapioca Pudding			


Funding through: Fresno-Madera Area Agency on Aging

 All meals include Low Fat Milk
High Sodium Meals

Suggested Donation: \$2.00 Non-Senior Rate: \$4.60

January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
	Senior Center open afternoons for scheduled activities.	1 Happy New Years Day!  Center Closed	2 Billiards 9-11am	3 Billiards 9-11am Exercise Video 10 am
6 Senior Exercise 10 am Tai Chi 12:30 pm	7 Billiards 9-11am Hobby Time 12 -3 pm Texas Hold-Em Knitting/Crochet Billiards Puzzle Table	8 Gleaners 8:30 am Billiards 9-11am Senior Exercise 10 am Paint Afternoon 1 pm	9 Billiards 9-11am	10 Billiards 9-11am Exercise Video 10 am
13 Senior Exercise 10 am Tai Chi 12:30 pm	14 Billiards 9-11am Hobby Time 12 -3 pm Texas Hold-Em Knitting/Crochet Billiards Puzzle Table	15 Gleaners 8:30 am Billiards 9-11am Senior Exercise 10 am Healthy Corner with Dr.Guzman following Lunch	16 Billiards 9-11am Movie 12:30pm (A Dog's Journey)	17 Billiards 9-11am Exercise Video 10 am
20 Martin Luther King Jr. Day Center Closed	21 Billiards 9-11am Hobby Time 12 -3 pm Texas Hold-Em Knitting/Crochet Billiards Puzzle Table	22 Gleaners 8:30 am Billiards 9-11am Senior Exercise 10 am Celebration Cake with Lunch	23 Billiards 9-11am Bingo Following Lunch	24 Billiards 9-11am Exercise Video 10 am
27 Senior Exercise 10 am Tai Chi 12:30 pm	28 Billiards 9-11am Hobby Time 12 -3 pm Texas Hold-Em Knitting/Crochet Billiards Puzzle Table	29 Gleaners 8:30 am Billiards 9-11am Senior Exercise 10 am Ice Cream Social Following Lunch	30 Billiards 9-11am	31 Billiards 9-11am Exercise Video 10 am

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

RETURN SERVICE REQUESTED

JANUARY

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BABIES	EVENTS	HOLIDAY	PARTY																		
BALLOONS	FAMILY	HORNS	PUNCH																		
BANNERS	FATHER TIME	KISS	RESOLUTIONS																		
BUFFET	FEAST	MIDNIGHT	SINGING																		
CELEBRATE	FESTIVITIES	MUSIC	STREAMERS																		
CHAMPAGNE	FIREWORKS	NEWYEARSEVE	WINE																		
CONFETTI	FRIENDS	DANCE	NOISEMAKERS																		
	OCCASION																				

