

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

Reedley Senior News

OCTOBER 2016

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



Resource Fair on Senior Patio

Come by the senior patio on October 19 from 11am—12:30 pm. Do you have or know someone with a hearing, vision, speech, mobility or memory impairment? CTAP will be here to answer questions on how to get a free specialized phone. We will also have Every Women Counts and Lock it Up Project with information on services they provide. Stop by and visit while enjoying a cup of coffee.

Senior Trip to Duarte Poinsettia Farm & Hilmar Cheese Factory

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) 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.**

Immunization Season!

Sorry, there will be NO Shingles vaccine at clinic. Fresno County Health Department Flu Shot Clinic will take place on Tuesday, October 4 from 3:00-6:00 pm in the California Room. Everyone 6 months and older are recommended they get vaccinated. This includes Pregnant women; persons of any age with certain chronic medical conditions; persons who live or care for those at high risk; persons who want to protect themselves and others. The cost for Flu and pneumonia shots will be \$6 charge. Medicare Part B or children's Medi-Cal card will be accepted.

Chukchansi Casino

The next trip to Chukchansi Casino will be on Friday, **October 21.** Cost is \$17 which includes \$10 e-cash and \$5 towards lunch buffet with photo ID. We have a few seats available. Come to the Phil Hudson Senior Room weekdays from 9-12 to pay and sign-up. Pay by check or Money Order.

Last casino trip until January 2017.

October Celebrations

Come celebrate your birthday or anniversary on Wednesday, October 12. Just call on or before Tuesday, October 11 by 11 am to register for lunch. Please call at 637-4207.

If you have a birthday in November or if we have missed your birthday, please contact us at 637-4207. We don't want to miss your special day. Thank you RSCI for sponsoring our monthly celebrations

Volunteer Appreciation Luncheon!

December 13 at 10:30 am.

What a way to say "Thank You" to our volunteers that help us with senior programs than honoring them with a special luncheon. We have a wonderful lunch, entertainment and a free drawing. We have a blast... Our luncheons are made possible thanks to Sierra View Homes which sponsors our main and side dish, RSCI and Reedley Community Services. Limited seating, please call 637-4207 or come by the Senior Center to sign up.

SALT - October 11 at 10:30 am

(Seniors & Law Enforcement Together)

What happens if you have an emergency? Learn on what to expect when you call 911 for help. Learn home safety tips and what to do to help keep yourself and home protected.

Dr. Guzman - Save the Date

Join Dr. Guzman on November 10 at 10:30 am in the Senior Room. Dr. Guzman will be talking about first aid while at home.

Tai Chi Class- NOW ON MONDAYS

Yes, we have a new Tai Chi Teacher, Bill Titus. Join the class on **Monday, 12:30-1:30** pm in the California Room. Register at Community Center Office. \$10 per month. Class is not just for seniors!

Blood Pressure

Seniors may have their blood pressure and weight checked on the first Wednesday of every month (October 5) from 10-11 am at the Senior Center. Thank you Golden Living Center for providing this free service to our seniors

Bingo

We are back to Bingo where everyone is a winner. Our next Bingo is on Thursday, October 27 following lunch. Call the day ahead by 11 am to make your lunch reservation. Stay and enjoy Bingo with friends and YES, you will win a prize!

Health Insurance Counseling and Advocacy Program (HICAP)

Open enrollment begins October 15 and ends December 7. HICAP is at the Senior Center Tuesdays from 9-11 am to help with question you have and assist you with choosing and/or enrolling in Prescription Drug Plans and Medicare Health Plans. HICAP provides personalized unbiased confidential individual counseling for Medicare beneficiaries. Call today for an appointment. 637-4207

Fresno Madera Area Agency on Aging

The Reedley Senior Meal programs are partially funded by grants and funds administered by the FMAAA. You may contact this agency by calling 1-800-510-2020 or 1-559-600-4405.

Newsletter Donations

If you would like to make a donation for the Reedley Senior News, you may do so by sending a tax deductible check to the attention of the Reedley Senior Commission, Inc (RSCI) at P.O. Box 1940 Reedley, CA. 93654. We would like to thank: Kiyoo Inn, Jose Criado, Bill & Billie Kanawyer, Wanda Goosen, Sue Kawamoto and Joe & Jessie Corona for their donations. Please accept my apology if I missed adding your name for donations.

On behalf of the Reedley Senior Commission, Inc., we appreciate your kindness.

Ice Cream Social/Social de Helados

This month we will be having delicious BANANA SPLITS. Don't miss out!!! Join us on Wednesday, October 26 following lunch. All you need to bring is yourself and a friend. Call the day before by 11 am for your 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 despues de lonche, miércoles 26 de octubre 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 helados.

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 9:00 - 11:00 am los dias de lunes a viernes. Please note: if you may know a Spanish speaking person please pass this information on to them. Thank You!

Happy Birthday

Halloween is just around the corner and the cute little pumpkin babies have a lot to celebrate:

- | | |
|-----------------|------------------|
| Joyce Davis | Jean Cummins |
| Irma Patte | Louie Martinez |
| Ruth Gwaltney | Michael Lawrence |
| Robert Enriquez | Pedro Tumaneng |

Happy Anniversary

- Joe and Jessie Corona 68 years
- JC and Rachel Boldt
- George & Margie Boardman

Updating Newsletter Mailing List

We are in the process of updating our newsletter mailing list. If you would like to continue to receive our newsletter please call our office at 637-4207 by December 15, 2016 to keep you name on the mailing list and to continue to receive the newsletter.

Thank you!

FREE Senior Day at the Big Fresno Fair: Monday October 10th

OCTOBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Senior Walk 9:30 am Senior Exercise 10 am Tai Chi 12:30 pm Computer Classes Beginning 1 pm Advanced 3 pm</p>	<p>4 HICAP 9-11 am Billiards 9-11 am Hobby Time 12-3 pm Flu Clinic 3-6 pm</p>	<p>5 Gleaners 8:30 am Billiards 9-11 am Senior Exercise 10 am Blood Pressure 10-11 am</p>	<p>6 Billiards 9-11 am</p>	<p>7 <i>Diaper Derby at Sierra Yken Thomas</i> Billiards 9-11 am Exercise Video 10 am</p>
<p>10 <i>Fresno Fair Senior Day</i> Senior Walk 9:30 am Senior Exercise 10 am Tai Chi 12:30 pm Computer Classes Beginning 1 pm Advanced 3 pm</p>	<p>11 HICAP 9-11 am Billiards 9-11 am SALT 10:30 am Hobby Time 12-3 pm</p>	<p>12 Gleaners 8:30 am Billiards 9-11 am Senior Exercise 10 am Celebration Cake</p>	<p>13 Billiards 9-11 am</p>	<p>14 Billiards 9-11 am Exercise Video 10 am</p>
<p>17 Senior Walk 9:30 am Senior Exercise 10 am Tai Chi 12:30 pm Computer Classes Beginning 1 pm Advanced 3 pm</p>	<p>18 HICAP 9-11 am Billiards 9-11 am Hobby Time 12-3 pm</p>	<p>19 Gleaners 8:30 am Billiards 9-11 am Senior Exercise 10 am <i>Resource Fair on Senior Patio 11:00am</i></p>	<p>20 Billiards 9-11 am</p>	<p>21 Center Closed Chukchansi Casino</p>
<p>24 Senior Walk 9:30 am Senior Exercise 10 am Tai Chi 12:30 pm Computer Classes Beginning 1 pm Advanced 3 pm</p>	<p>25 HICAP 9-11 am Billiards 9-11 am Hobby Time 12-3 pm</p>	<p>26 Gleaners 8:30 am Billiards 9-11 am Senior Exercise 10 am Ice Cream Social following lunch</p>	<p>27 Billiards 9-11 am Bingo following lunch</p>	<p>28 Billiards 9-11 am Exercise Video 10 am</p>
<p>31 <i>Staffweek!!!</i> Senior Walk 9:30 am Senior Exercise 10 am Tai Chi 12:30 pm Computer Classes Beginning 1 pm Advanced 3 pm</p>				<p><i>Open Afternoon for Scheduled Activities</i></p>

Senior Services open Monday through Friday 9am – 12 pm

Phone 637-4207

Department of Public Health

Tuesday, October 4, 2016 3 – 6 pm



Community Center

100 North East Ave.

California Room

Bring your Medicare Card (Accepts Medicare Part B)
Bring your Childs Medi-Cal Card

Flu Vaccine \$6

Pneumonia Vaccine \$6



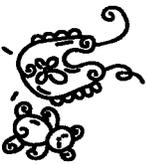
Who Should Get a Seasonal Flu Vaccine?

- All people age 6 months and older
- People at high risk for severe flu complications
- Women who will be pregnant during the influenza season
- Anyone who takes care of infants under 6 months of age
- Persons aged 50 years or older
- Persons of any age with certain chronic medical conditions
- Residents of nursing homes and other long-term care facilities
- Anyone who lives with or cares for people at high risk for flu-related complications. This includes household contacts
- Healthcare personnel
- Anyone who wants to protect themselves and others
- If your child is between 6 months and 8 years of age (up to their 9th birthday), and this is their FIRST flu shot, it is strongly recommended to receive 2 shots (four weeks apart).

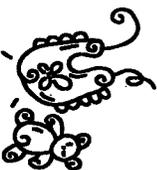
No one will be turned away for inability to pay



Ready...Set...Crawl



Reedley Fiesta



Diaper Derby

Friday, October 7, 2016

at

Sierra View Homes

1155 East Springfield Avenue

Registration Begins at 9:30 am

Race Starts at 10:00 am



Two age categories available!

CRAWLERS ONLY!!

1st, 2nd & 3rd places

Cash prizes

Sponsored by:

Reedley Senior Commission Inc. and Sierra View Homes

For more information contact: Reedley Senior Services at 637-4207



OCTOBER 2016 SENIOR MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Funding through: Fresno-Madera Agency on Aging

All meals include low fat milk

Suggested donation \$1.50

Non Senior Rate \$ 3.50

Menu is subject to change without notice

*** High Sodium Meal

3	BBQ Chicken Thigh Baked Sweet Potato Wheat Bread Diced Pears	4	Breaded Fish Filet Salad W/Broccoli Dinner Roll Applesauce	5	*** Polish Sausage Dog Peas & Carrots Tropical Fruit	6	Fettuccini Chicken Alfredo Hi C Salad Applesauce	7	Tuna Salad Sandwich Vegetable Soup Fruited Jello
10	Salisbury Steak W/Gravy Baked Potato Wheat Bread Pineapple Tidbits	11	Meatballs in Gravy Mashed Potatoes Wheat Bread Apricots	12	*** Salami & Cheese Sandwich Salad W/Carrots Honeydew	13	Chicken Soft Taco Hi C Salad Pineapple Tidbits	14	Pepper Steak W/Gravy Mixed Veggies Wheat Bread Diced Peaches
17	Hot Dog on a Wheat Bun *** Chili Beans Sliced Apples	18	Cheeseburger Potato Wedges Tropical Fruit	19	Beef Soft Taco Cali Mixed Veggies Diced Peaches	20	Italian Chicken Thigh Baked Sweet Potato Hi C Salad Wheat bread Pineapple Tidbits	21	Center Closed
24	Swiss Beef Patty Mashed Potatoes Wheat Bread Apricots	25	Tuna Salad Sandwich Potato Soup Cantaloupe	26	Chicken Thigh in Mushroom Sauce Mixed Veggies Dinner Roll Tropical Fruit	27	Enchilada Casserole Green Salad Fruited Jello	28	Spaghetti W/Meatballs Hi C Salad Raisins
31	Seasoned Chicken Thigh Baked Potato Wheat Bread Mixed Fruit								



Halloween



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

APPLES
 BATS
 BLACK CAT
 BROOMSTICK
 CANDLE
 CANDY
 CEMETERY
 COFFIN

COSTUME
 DRACULA
 FRIGHTENING
 FULL MOON
 GHOSTS
 GHOULS
 GOBLINS
 GRAVEYARD



JACK O
 LANTERN
 MASK
 MUMMY
 NIGHT
 PUMPKIN
 SCARECROW
 SCARY

SKELETON
 SKULL
 SPIDERS
 TOMBSTONE
 VAMPIRE
 WEREWOLF
 WITCHES
 ZOMBIE