



Office Use Only:  
 Card given? \_\_\_\_\_ Expires \_\_\_\_\_

Staff / Volunteer \_\_\_\_\_

## Ukiah Senior Center Membership Application Couple Membership

DATE: \_\_\_\_\_ **Membership Fee:**      Jan – Mar      Apr – Jun      July – Sep      Oct – Dec  
 \$50.00       \$37.50       \$25.00       \$12.50

**Renewal:** \_\_\_\_\_ **\$50.00 Couple Membership**  
 Due in December each year

Name: \_\_\_\_\_ Birth date: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

Name: \_\_\_\_\_ Birth date: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: H \_\_\_\_\_ W \_\_\_\_\_ Cell \_\_\_\_\_

Email address: \_\_\_\_\_

**Congratulations** on your membership to the Ukiah Senior Center! Whether you are a returning member or a new member, we are excited that you've decided to associate with us.

***The mission of the Ukiah Senior Center is to enhance and improve the quality of life for all greater Ukiah Area seniors, their families and caregivers, and to enable seniors to remain as independent as possible for as long as possible.***

**A privilege of membership is our monthly newsletter – *The Scoop*. This will be mailed to your residence at the first of every month.**

Please check the areas that interest you the most so we can make sure we supply you with information needed.

- Activities – Bingo, Dances, Exercise classes, Crafts, Card groups,
- Lunch – Daily noon time meal
- Adult Day Health Care Program – Health monitoring program for qualified seniors or disabled in need.
- Transportation Services – Provide local transportation with wheelchair accessible bus.
- Outreach Services – Help with money mgmt, information and referral, caregivers & general senior assistance
- Volunteering – Donating time in Thrift Store, Dining Room, ADHC, Kitchen, Computer training, etc...
- Joining to support the Ukiah Senior Center

## Ukiah Senior Center – Membership Information

**We want to extend the warmest welcome to you and your family.** Our slate of activities and programs are very exciting and we hope that you will participate. We also have many volunteer opportunities; just let us know your area of interest.

In January each year Membership dues are renewed for the coming year. Please remember that we do not send invoices for your renewal. We hope that you will include your Membership Renewal automatically when you make your New Year's Resolutions.

### Some of the PRIVILEGES OF MEMBERSHIP include:

- *The Scoop* – the monthly newsletter of the Ukiah Senior Center
- Special Luncheon on the second Thursday during the month of your birthday anniversary
- The right to vote for the Board of Directors
- The right to run for the Board of Directors
- Access to the Ukiah Senior Center, Bartlett Hall and Center programs and services

### Our Programs include

- **Adult Day Health Care Program** – Provides daily health monitoring from 9:00 a.m. – 1:00 p.m. in a professional environment to medically qualified seniors or adults with disabilities. Medi-Cal and private pay accepted.
- **Outreach Program** – One-on-one care with money management, housing, insurance, caregiver support and information and referral to other agencies in local area.
- **Transportation Program** – Door-through-Door assisted wheelchair accessible transportation. Appointment reminder calls, shopping, medical and social outings. Caregivers ride for free.
- **Lunch Program** – Lunch served Monday through Friday at 11:30 a.m. Reservations accepted the same day by 7:30 a.m. Call Bartlett Hall to make reservation at 468-9256.

### Activities include

#### Health

Senior Aerobics  
Tai Chi  
Health Screenings  
Blood Pressure

#### Informative

Women's Book Group  
Contemporary Chat Group  
Computer Lab  
Health & Informational Talks

#### Services

Income Tax Assistance  
Renter & Homeowner Assistance  
AARP

#### Special Events

Birthday Luncheons  
Ice Cream Social  
Special Dinners  
Christmas Bazaar

#### Dance

Saturday Night Dance  
Line Dancing  
Square Dancing

#### Creative

Piano Class  
Singing Group  
Knit & Crochet  
Autobiographical Writing

#### Games

Bingo  
Duplicate Bridge  
Pinochle  
Pool Table

#### Thrift Store

Volunteer operated store