



Office Use Only:
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Staff / Volunteer _____

Ukiah Senior Center Membership Application

DATE: _____ **New Member ONLY:** Jan – Mar Apr – Jun July – Sep Oct – Dec
 \$25.00 \$18.75 \$12.50 \$6.25

Renewal: _____ **\$25.00 Per Person** – Due in December each 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