



March 2024
Volume 34 - No. 3

The Scoop

Sons of Italy Presents "A Taste of Italy"

Dinner Benefit for The Ukiah Senior Center

Saturday - March 16

Bartlett Hall - 495 Leslie Street

*Spaghetti, Ricotta Stuffed Shells,
Salad, , Garlic Bread,
Wine, Dessert*

Doors open 5:30 p.m.

6:00 - 8:00 p.m.

With Vintage Vinyl music by:

Jonathan, The Vinyl Guy

Tickets : \$35 USC Members \$30

Tickets available for purchase at:

Bartlett Hall - Check, Cash, Credit Card

Mendocino Book Company - Check and Cash only

"50/50" Raffle

More Information: (707) 462-4343 Ext. 7009



Our Mission

**THE MISSION OF
THE UKIAH SENIOR
CENTER is to
enhance and improve
the quality of life for
all Ukiah seniors,
their families and
caregivers, and to
enable seniors to
remain as independ-
ent as possible for
as long as possible.**

Contact Us

(707) 462 - 4343

info@seniorctr.org

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Angels in Our Midst...

The Ukiah Senior Center would like to acknowledge and thank John Chan and Estok Menton for coming to the rescue when we needed some help. Amelia Rodriguez, Bartlett Hall Manager had been dealing with a leaky ceiling in her office and part of it collapsed in November of last year. John wrapped the leaky pipes and Estok repaired and painted the ceiling, donating their time to the Center! Now, it's like it never happened. They are truly local heroes! Bravo!



A Very Special Thank You!

Fran Roeber, a very talented and giving person has been donating her time to our Center. Staff are often busy with the events or activities and having a volunteer "at the ready" to cover documenting current happenings is a very valuable resource. Many of the photos you've seen in the recent editions of *The Scoop* have been her handiwork. Thank you Fran, for having your camera in hand and capturing some very special moments.



Check out her photos on page 11 of this edition and the link below on our Facebook pages. While you're there, if you haven't already, give the Center a like!

<https://www.facebook.com/UkiahSeniorCenter>

<https://www.facebook.com/ukiah.usc.7>

Fran has all the Senior Center pictures available for anyone to view. Just click on this link. <https://photosbyfrani.smugmug.com/Senior-Center>

Celebrating Brides and Babies...

Looking for an affordable venue to have a loved ones' bridal shower or wedding? How about a baby shower or Quinceanera? Ask our Bartlett Hall Manager, Amelia Rodriguez about booking your special event at Bartlett Hall!

Give Amelia a call:
707 - 462 - 4343
ext. 7003 for more information.



Thanks to our Event Sponsors and Recent Donors!

For "An Affair to Remember"

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Welcome

New Members!

Delbert Gutierrez
Lee Jones
Rice George
Mike McCulloch
Estok Menton
Lynne Whitfield
Glenn Whitfield
Susan King

Friday, March 1

10:00 a.m.

George, the Golden Doodle will visit Bartlett Hall to meet and greet his favorite seniors.

707 - 462 - 4343 EXT 7003

TUESDAY, MARCH 5

Bartlett Hall is a designated Mendocino County Polling Location for the Presidential Primary Election. Bring your Ballot on Election Day from 7:00 a.m. to 8:00 p.m.

If you have any questions, please call the Elections Office at 234-6819.



Wednesday, March 13

10:00 a.m.

Dr. Rosenfeld, who works with Dr. Rush-ton will give a presentation on how to care for your family member with Alzheimer's disease.

Tuesday, March 19

10:00 a.m.

California Connect will hold a presentation on specialized California phones. They are amplified, large button, portable mobile phone accessories with speech assist. There is NO cost or obligation or income requirement. This specialized phone makes it easier to hear, dial and call for seniors

Wednesday, March 20

10:00 a.m.

Rock Painting with Dora at 10:00 a.m. in Bartlett Hall. Supplies will be provided.

★ All month: INCOME TAX PREPARATION

The Executive Director of the Ukiah Senior Center is a full-time salaried position that includes benefits of medical, dental, vision, sick leave and paid vacation. Current salary range: \$66,560-\$82,560

The Executive Director represents the Center in the community and partners with other non-profits, local businesses, and government agencies to strengthen USC's programs and expand USC's community involvement.

Job description and applications are available at 499 Leslie Street, Ukiah CA 95482 or on the Senior Center website: www.ukiahseniorcenter.org See "Employment" under the "About Us" tab.. Call (707)462-4343 ext. 7002 for more information.

The next Ukiah Senior Center Board Meeting will take place on Wednesday, March 20 at 2:30 p.m. in the Lunch Bunch Room.

Volunteer at the Center

Volunteers of all kinds and skills are needed to work at Ukiah Senior Center. Prospective volunteers who may want to serve as receptionists, servers, custodian assistant, kitchen help or food bank pickup in Bartlett Hall or work sorting, pricing or clerking in the Thrift Store a few hours a day or a few days a week are encouraged to contact our Volunteer Coordinator. The Center hosts a variety of events throughout the year including dances, holiday dinners and special sales that also need volunteers. We could not continue to provide programs, activities and events without our valued volunteers. Contact volunteer Coordinator, Amelia Rodriguez, 707-462-4343 x 7003 for more information.

March Lunch Menu

To reserve a meal, call (707) 462-4343 ext. 7009. Indoor seating now available.

- MEAL RESERVATIONS ARE GUARANTEED IF MADE BY 3 p.m. THE PRIOR BUSINESS DAY
- To go meals available for pickup at 11:30 a.m. Additional \$1.00 charge for containers.
- To go meals for our Center members are \$8. Meal cards can be purchased for \$40.


Sit-down meals are \$7 each for USC Members or purchase a 5 meal lunch card for \$35.

Non-member meal cost is \$8 each Dine in Monday through Friday. To go for non-members, \$9 each.

Meals are prepared by Ukiah Senior Center Chef Lisa and Staff.


All meals include seasonal fruit or dessert and are subject to change based on availability.

Gluten Free meals marked GF or GF option are by request. Vegetarian by request option available.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pork Schnitzel w/ Gravy Mashed Potatoes Veggie GF
4 Chicken Salad Croissant Soup Fruit	5 Pulled Pork Roasted Potatoes Cole Slaw GFO	6 Salisbury Steak Pasta Veggie	7 Liver and Onions OR Napa Cabbage Salad Chicken Sweet Soy Dressing GF	8 Ham Sandwich Macaroni Salad
11 Polish Cheese Dog Chili Beans Fruit	12 Baked Cod French Fries Cauliflower and Pea Salad	13 Chef Salad Minestrone Soup GF	<i>Birthday Lunch</i> 14  Meatloaf Baked Potatoes Garden Veggie Salad GF	15 Corned Beef Cabbage w/Veggie Irish Soda Bread GFO
18 Baked Chicken Mashed Potatoes Corn GF	19 Spaghetti w/Meatballs Garlic Bread Salad	20 Beef Enchiladas W/ Mole Sauce Rice and Beans GF	21 BBQ Country Pork Ribs Potatoes Candied Carrots GF	22 Chicken and Biscuits W/Sausage Gravy Apple Slaw
25 French Toast Scrambled Eggs Bacon GFO	26 Beef Burrito Beans Corn Salad	27 Chicken A la King Rice Veggies GF	28 Soft Veggie Taco Rice and Beans GF	29 Beefy Tamale Pie Green Salad GF

March 2024 Activities

ACTIVITIES INFORMATION LINE
707 - 462 - 4343 X 7003

Monday	Tuesday	Wednesday	Thursday	Friday
	Tuesday, March 5 ALL ACTIVITIES EXCEPT LUNCH CANCELLED.  BARTLETT HALL VOTING POLLING PLACE. 7:00 am. - 8:00 p.m.			1 10:00 Board/Card games 10:00 George dog visit ★ 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee <i>Operation Mincemeat</i> 4:30 - 5:30 Loteria
4 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Group 10:00 - 12:00 Quilters Group 12:30 - 4:30 Duplicate Bridge		6 9:00 - 11:00 Computer Lab 10:00 Walking Group at Todd Grove Park 2:00 - 3:00 Line Dancing Beginners 1:00	7 1:30 - 3:30 Card Table Bingo	8 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee <i>Super Intelligence</i> 4:30 - 5:30 Loteria
11 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Group 10:00 - 12:00 Quilters Group 12:30 - 4:30 Duplicate Bridge 5:30 - 8:30 Bunko ★	12 9:00 - 11:00 Computer Lab 11:30 - 1:45 Singing 2:00 - 3:00 Senior Aerobics <i>Creative Movement</i> 6:00 - 9:00 Bingo	13 9:00 - 11:00 Computer Lab 9:00 - 12:00 Women's Book Group 10:00 Alzheimer presentation ★ 10:00 Walking Group at Todd Grove Park 2:00 - 3:00 Line Dancing Beginners 1:00	14 1:30 - 3:30 Card Table Bingo	15 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee <i>Neither Confirm nor Deny</i> 4:30 - 5:30 Loteria
18 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Group 10:00 - 12:00 Quilters Group 12:30 - 4:30 Duplicate Bridge	19 9:00 - 11:00 Computer Lab 10:00 Phone presentation ★ 11:30 - 1:45 Singing 2:00 Write it Down! Room 5 2:00 - 3:00 Senior Aerobics <i>Creative Movement</i> 6:00 - 9:00 Bingo	20 9:00 - 11:00 Computer Lab 10:00 Rock Painting with Dora ★ 10:00 Walking Group at Todd Grove Park 2:00 - 3:00 Line Dancing Beginners 1:00	21 1:30 - 3:30 Card Table Bingo	22 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee <i>Senior Moment</i> 4:30 - 5:30 Loteria
25 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Group 10:00 - 12:00 Quilters Group 2:00 - 3:00 Ice Cream Social ★	26 9:00 - 11:00 Computer Lab 11:30 - 1:45 Singing 2:00 - 3:00 Senior Aerobics <i>Creative Movement</i> 6:00 - 9:00 Bingo	27 9:00 - 11:00 Computer Lab 10:00 Walking Group at Todd Grove Park 2:00 - 3:00 Line Dancing Beginners 1:00	28 1:30 - 3:30 Card Table Bingo	29 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee <i>The Legend of Tarzan</i> 4:30 - 5:30 Loteria

SUNDAY BASH!

March 10



495
Leslie Street

Ticket sales 10:30 a.m. - 1:00 p.m. Games Begin 1:00

Minimum buy in \$15, includes every game

Payout depends on attendance

Minimum payout \$35 every game

A chance at 3 - \$250 BLACKOUTS

\$6.00 Lunch Served 11:00 a.m. to 12:30 p.m.

Beefy Enchilada, Rice and Beans

Snack Bar with Hot Dogs and Chili Beans,
Chips, Soda, open all day! Non-smoking.

Any adult 18 years and older.



MONDAY, March 11

Held at Bartlett Hall, 495 Leslie St.

5:30 p.m. - 8:30 p.m.

Raffle Prizes

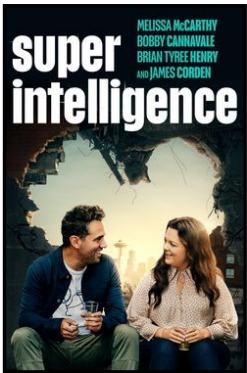
\$12 per person includes: Door Prizes,
Buffet, Bunko Game and Bunko prize

RSVP with Jan Tipton (707) 462 - 0004

Open to the Community. Any adult 18 years and
older. Proceeds benefit The Ukiah Senior Center.



March 1 - *Operation Mincemeat*
(2021) PG-13 2 hr. 8 min.
Operation Mincemeat is set in 1943 as the Allies are determined to launch an all-out assault on Fortress Europe. But they face an impossible challenge - to protect a massive invasion force from entrenched German firepower and avert a potential massacre.



March 8 - *Superintelligence*
(2020) PG 1 hr. 46 min.
When a powerful superintelligence chooses to study Carol, the most average person on Earth, the fate of the world hangs in the balance. As the AI decides whether to enslave, save or destroy humanity, it's up to Carol to prove people are worth saving.



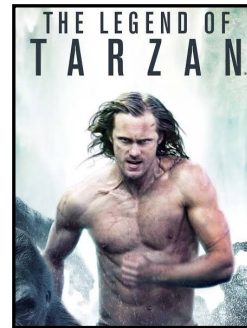
March 13 - *Neither Confirm Nor Deny*
(2020) NR 1 hr. 30 min.
During the Cold War, the CIA secretly raised a sunken Soviet nuclear submarine from the depths of the Pacific Ocean. Drawing on declassified documents and never-before-seen interviews, the filmmaker reveals the truth of the operation.



March Movie Matinee!
Fridays, 2:00 p.m. Bartlett Hall
Donations Appreciated!



March 22 - *Senior Moment*
(2021) NR 1hr. 32 min.
After drag racing his vintage convertible around Palm Springs, Calif., a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again.



March 29 - *The Legend of Tarzan*
(2016) PG 13 1hr. 50min.
It's been nearly a decade since Tarzan (Alexander Skarsgård), also known as John Clayton III, left Africa to live in Victorian England with his wife Jane.

Danger lurks on the horizon as Leon Rom (Christoph Waltz), a treacherous envoy for King Leopold, devises a scheme that lures the couple to the Congo. Rom plans to capture Tarzan and deliver him to an old enemy in exchange for diamonds. When Jane becomes a pawn in his devious plot, Tarzan must return to the jungle to save the woman he loves.



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Kiwanis
CLUB OF UKIAH

Ukiah Kiwanis Drive Through Crab Feed Dinner

March 23 2024

Pick up 4:00 pm.-6:00 p.m.

Sports Attic 2

247 East Perkins Street, Ukiah

**Crab, Coleslaw, Clam Chowder,
Rolls and Desserts**

Dinner for 2 - \$120.00

Single - \$60.00

For tickets contact:

Jordis 707-972-5966

Jeanne 707-489-4018

Lynn 707-972-6396

Ukiah Kiwanis Raffle Ticket

\$5 each or 6 for \$25

**1st prize- Two Night Stay, Two People at
Vichy Springs Resort, Ukiah Value \$776**



**2nd prize - 90 minute massage from
Attune Massage, Ukiah - Value \$150**

Heather Haydon
Outreach Manager
(707) 462 - 4343
ext.7006

outreach@ukiahseniorcenter.org

Information representative for CalFresh
Heather will be available to answer your
questions in Bartlett Hall, from 1:00 p.m.
to 2:00 p.m. on Fridays.



Happy March Birthday to You!



James Busch	Cynthia Hansen
James Denham	Lizbeth MacMillan
Jones Lee	Shirley Pedrotti
Lucy Haynes	Helen Sizemore
Brenda Holcomb	Lynn Burns
Richard Hincker	Leeya Thompson
Clara Lehman	Samia Whitmarsh
Phyllis Smith	Mark Price
Dave Minsinger	Priscilla Riedlinger
Cottie Morrison	Elizabeth Koledin
Susan Pollesel	David Marks
Patty Soto-Putnam	JoAnn Schneider
William Maruna	Patty Morgan
Tish Warren	Jan Pedrol
Mariea Kubanis	Garry Thompson
Frances Owen	Laura Gerrard
Rebecca Sankovich	Ingrid Johnson
Leslie Feldman	Ingrid Johnson
Charles Hudson	William Smith
Dave Bengston	Paula Kvasnicka
Robert Roth	Marlene Shupe
Betty Ustick	Janice Wilber
Bruce Richard	Martin Kimmel
Tyler Hoey	Ginny Reynolds
Victoria Patterson	James Hatfield
Wilma Pribyl	Beth Best
Leota MacMillan	Mary Schuette
Willard Carlstedt	

Ice Cream Social

The Ice Cream Social will be held on Monday, March 25, from 2:00-3:00 p.m. Entertainment will be provided by Community Talent. Do you have a special talent to share? We'd love to see what you can do! The Ice Cream Social will be holding a Talent Show this month! Participate with a friend or group...sing, dance, read a poem, play an instrument or tell a joke. We encourage all who would like to participate to sign up at the front desk in Bartlett Hall. Groups are welcome. Your name, phone number and talent are all that is needed to sign up! The Ice Cream Social is a community event and all are welcome to come and enjoy a dish of ice cream with toppings and pie or cake for \$3.00. Members over 90 years old or those coming to the Social in their birthday month will enjoy free admission.

This event has a \$50 raffle grand prize sponsored by this month's Selzer realtor, Alex McMillen. Door prizes will include a breakfast for two at Windmills Café! Thanks to the donors and volunteers who set up and serve for the Ice Cream Social held in Bartlett Hall, (707) 462-4343.

*Thank You for supporting our
Dining Room and Ice Cream Socials !*



Saint Patrick's Day Special Lunch

Friday - March 15, 2024

Eat in or to-go Meal

Members \$7.00 - To go \$8.00

Non Members \$8.00 -To go \$9.00

Come in to pick up your order:

Corned Beef, Cabbage,

Potatoes, Irish Soda Bread,
Dessert

Ukiah Senior Center 's Bartlett Hall
495 Leslie Street

Reserve early. Limited meals available
707-462-4343 extension 7009

Transportation

We want to make sure you know that our transportation program has brought back the Wednesday bus and van service. We've expanded our service area to include Hopland on Wednesday only. We are so excited to be able to meet the needs of our passengers who have been requesting door - through - door assisted senior and disabled service on Wednesdays. The hours are just like the other days of service in the week, first pick up at 8:15 a.m. and last drop off at 4:30 p.m.

Call and make your reservation for shopping, medical or beauty appointments, coming to the Center, or visiting friends and we will be happy to take care of your transportation needs! For more information and to schedule a ride call us at 707-462-4343 extension 7004. Our drivers are happy to help. Please limit your bags to 3 per passenger.

Sponsor a Senior Meal or Ride

Meal cards and Bus passes are also available to purchase for a senior.

☐ # Meals X \$8.00 = _____

☐ # Rides X \$6.00 = _____

Mail your donation with this coupon to:
Ukiah Senior Center
499 Leslie Street
Ukiah, CA 95482
or...



Bring to Bartlett Hall Monday - Friday
9:00 a.m. - 5:00 p.m.

Sponsor a Senior Health Ride

Help a senior with transportation to medical appointments, locally or out of town.

☐ Ukiah \$6.00

☐ Willits \$30.00

☐ Santa Rosa \$70.00

☐ Other _____

Donations can also be made online at:
www.ukiahseniorcenter.org

It Was An Affair to Remember!





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