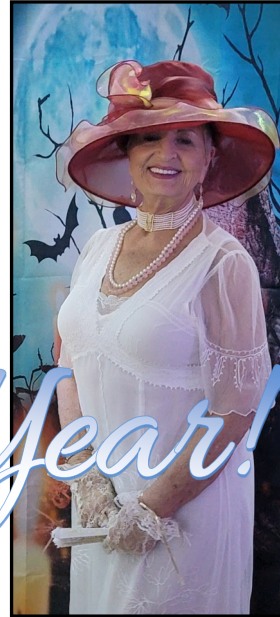




January 2024
Volume 34 - No. 1

The Scoop

The Monthly Newsletter of the Ukiah Senior Center
When you've got *The Scoop*, you're in the loop!



Photos by Fran



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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A New Flag Flies at the Center

The Ukiah Senior Center sincerely thanks those who took the initiative to replace our beautiful American flag; Don Burgess, Jeff Fowler of Ken Fowler Motors, Charlie and Jeff of Aaction Rents, and Paula of Allegiance Flag Company.

When Don recognized that the existing flag had become faded and worn, and the solar light was no longer in working order, he set about to correct that. With assistance from his partner, Mary, he successfully erected a gorgeous, new flag along with a new solar light and new rigging.



When asked what prompted him to start this project he stated, "As a Veteran I have always loved the Flag and the colors symbolizing this very great nation. The appearance of the flag, bright and well cared for evokes a feeling that our Nation it symbolizes is still well cared for!"

The first step was finding funding for this project. Upon hearing of our need, Jeff Fowler of Ken Fowler Motors immediately offered to fund the amount estimated for all the components. He followed up as promised with a check in the amount of \$300. Thank you so much, Jeff, for your generosity and prompt action!

Aaction Rents stepped up to offer a "lift" so that Don could safely replace the flag, solar lights and accoutrements. This huge flag could not have been erected without the lift. Thank you, Charlie and Jeff, for your help.

Please stop on your way in and out to view the finished result. The flag is 100% made in the U.S.A., "all-weather", heavy duty with embroidered stars, reinforced stitching and blazing colors from Allegiance Flag Company. Paula from Allegiance Flag Company donated the entire cost of the flag including shipping. Thank you, Paula for your generous donation.

With additional funds in the new "Flag Fund" Don was able to purchase the solar light and new rope/rigging to complete the project and make it all new again. The "Flag Fund" reserve will allow continued maintenance. Thank you, Don and Mary, for your initiative and successful installation.

Many thanks again to all who made this possible,
Lisa Silva, Interim Executive Director



Thank You Recent Angel Annual Donors!

Aaction Rents
Anonymous
Ace Barash
Kristin Bartolomei
Lucy Bayer
Beading Group
Edward Berry
Ralph Blanchard
Sharron Bland
Fred Blower
George Borecky
Susanna Bosrock
Laura Bowman
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Carrie and Thomas Brigham
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Donna Callander
LuJuanna Carlstedt
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Brian Carter
Lynda Christensen
Barbara Cole
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Shari Crew
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Bryan Crutcher
Gary DeCrona MD
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James Derickson
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Denise Doering
Gerald and Patricia
Thomas and Deborah Emmitt
Julie England
Sam and Zoe Fernandez
Dorene Foley
Roger Foote
Jeff Fowler

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Linda and Jack Gardner
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Coralee and Joel Hendrix
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Marian Hoyle
Cathy Hoyt
Charles Dabney Hurd
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Leila Kazimi
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Janice Kunzler
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Luella Lawrence
Margaret Leland
Marsha Lieberman
Lorraine Limbird
Marcia Lindstedt
Leta (Ruth) Linker

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Jeffrey Little
Sylvia Lodge
Janice Lombardi
Patricia Longstreth
Aaron Lowell
Lucy Macleitch
Mardell Madill
Lloyd Mahan
Frank Martinez
John and Sandy Mayfield
Don McCallum
Andrea McCullough
Katherine McElwee
Irene McFarland
Patti McLeod
Rebecca Miller
Rex Minton
Emily Mitchell
Anne Montgomery
James Morgan
Trudy Morgan
Rose Mothershed
Martin Moyer
Carol Myer
Lynda Myers
Linda and Patrick Nagel
Roger Oeding
Corinne Olson
Raleigh Page-Russell
Dorothea Parsons
Pete and Flo Passof
Stephen Pasternak
Joanne Peaslee
Gema Perez
Clara Phillips
Frank Pickrell
Fabio Ponce
Francis Rains
Ulla Rand
George and Estela Rau
John Reardan
Redwood Empire Lions Club
Patty Reha
John and Debbie Rensen
Paula Rezendes-Kilgore
Reed Rinehart

Thank You Sustaining Donors

Community Foundation of Mendocino County

James M. Busch Trust

Eva Dunnebeck Estate Fund

Beverly Morby Estate Fund

George and Ruth Bradford Foundation

Mabel Albertson Fund

T.R. Eriksen Foundation

Ukiah Senior Center Endowment Fund

William H. Carter Trust

Angel Donors continued...

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Diane Rucker

Pauline Ruddick

Savings Bank of

Mendocino County

Carmen Saye

Fred and Lois Schaer

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Mary Schuette

Edward and Barbara

Schweitzer

Mary Serafini

Susan Sher

Marlene Shupe

Gay Sibley

Ellie and William Siegel

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Darlene Simmons

Leah Simmons-Davis

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Leon Springer

Molly Stegner

Jean Stirling

Steven Stout

Tony Summit

Catherine Tanaka

Marcella Tibbet

Dolores Toivonen

Rena and Richard

Trimble

Gail Walker

Mark Walker

Ruth Ward

Delores Watson

Teresa Wells

Marlene Werra

Christin Wharton

Catherine Woskow

Ross Young

Charlene Zanella

Gail Zettel

Membership Renewal

Some members may have noticed an old date close to their name label on *The Scoop*. This means your membership has expired. The Center appreciates those who keep their memberships current. To do this once a year plays a *huge* part in sustaining the Ukiah Senior Center.

Becoming a member provides support for the many programs, services and activities that we offer at little or no cost to local seniors. This enables the Center to keep its doors open. Membership benefits include meal ticket discounts for our popular Bartlett Hall Lunches, discounts for special events, discounts at the Thrift Store and copies of *The Scoop* monthly newsletter mailed to your door, sent to your personal e-mail, or both. Your memberships keep the Center vibrant and strong. Renew or become a member today!

Membership Form

Date: _____

☐ Renewal/s ☐ New Member/s (please check box)

\$40 per person _____ \$65 per household _____

Name: _____

Birth date: Month _____ Day _____ Year _____

Name: _____

Birth date: Month _____ Day _____ Year _____

Address: _____

City _____ State _____ Zip _____

Phone: Home _____ Cell _____

E-mail: _____

If you are joining as a new member, please enclose this form with your payment, or bring it with you when stopping by the Center to receive your Membership Card. Existing members do not need the form unless there is a change in information. Please make your checks payable to: Ukiah Senior Center and mail to: 499 Leslie Street, Ukiah CA 95482
We also accept Visa and MasterCard. We appreciate your membership!

January 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
<p>Regular Operations Closed January 1st through the 5th.</p> <p>Happy New Year!</p>				
<p>8</p> <p>Hamburger Steak Onion Soup Fettuccini Veggie</p> <p>GF OPT.</p>	<p>9</p> <p>Beef Tips over Noodles with Gravy Veggie Salad</p>	<p>10</p> <p>Chili Verde with Beans and Rice Tortillas</p> <p>GF</p>	<p>11</p> <p>Country Fried Chicken Steak with Buttermilk Gravy Mashed Potatoes Veggies</p>	<p>12</p> <p>Chicken Salad Sandwich Split Pea Soup</p> <p>GF OPT.</p>
<p>15</p> <p>Turkey Ala King over Rice Fruit</p> <p>GF</p>	<p>16</p> <p>Stuffed Pork Chops Potatoes and Gravy Apple Crisp</p> <p>GF</p>	<p>17</p> <p>Turkey Sandwich Citrus Salad</p> <p>GF OPT.</p>	<p><i>Birthday Lunch</i> 18 Baked Salmon with Apricot Glaze Rice, Veggies Clam Chowder GF OPT.</p> 	<p>19</p> <p>Chicken and Dumplings Garden Salad</p>
<p>22</p> <p>Spaghetti with Meat Sauce Garlic Bread Garden Salad</p> <p>GF OPT.</p>	<p>23</p> <p>Korean BBQ Chicken Very Veggie Stir Fry Pork Fried Rice</p> <p>GF</p>	<p>24</p> <p>Lasagna Veggies Garlic Bread Green Salad</p> <p>GF OPT.</p>	<p>25</p> <p>Oriental Cashew Chicken Salad with Honey Mustard Dressing Won Ton Soup</p> <p>GF OPT.</p>	<p>26</p> <p>Fried Chicken Mac and Cheese Green Salad</p>
<p>29</p> <p>Chicken Teriyaki Chow Mein Pot Stickers</p>	<p>30</p> <p>Patty Melt Potato Soup Fruit</p>	<p>31</p> <p>Pot Roast over Noodles Veggies Roll</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
Regular Operations Closed January 1st through the 5th. Happy New Year!				
8 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Class 10:00 - 12:00 Quilters Group 12:30 - 4:30 Duplicate Bridge	9 9:00 - 11:00 Computer Lab 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	10 9:00 - 11:00 Computer Lab 9:00 Walking Group at Todd Grove Park 9:30 Costco Outing ★ 2:00 - 3:00 Line Dancing Beginners 1:00	11 1:30 - 3:30 Card Table Bingo	12 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee <i>My Sailor, My Love</i> 4:30 - 5:30 Loteria
15 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Class 10:00 - 12:00 Quilters Group 12:30 - 4:30 Duplicate Bridge 5:30 - 8:30 Bunko ★	16 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	17 9:00 - 11:00 Computer Lab 9:00 - 12:00 Women's Book Group 9:00 Walking Group at Todd Grove Park 2:00 - 3:00 Line Dancing Beginners 1:00	18 1:30 - 3:30 Card Table Bingo	19 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee <i>Uncharted</i> 4:30 - 5:30 Loteria
22 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Class 10:00 - 12:00 Quilters Group 2:00 - 3:00 Ice Cream Social ★	23 9:00 - 11:00 Computer Lab 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	24 9:00 - 11:00 Computer Lab 9:00 Walking Group at Todd Grove Park 10:00 Rock Painting ★ 2:00 - 3:00 Line Dancing Beginners 1:00	25 1:30 - 3:30 Card Table Bingo	26 10:00 Board/Card games 1:00 - 2:00 CalFresh Q&A 2:00 Movie Matinee <i>The Guernsey Literary and Potato Peel Pie Society</i> 4:30 - 5:30 Loteria
29 9:30 - 10:30 Card Games 9:30 - 12:00 Beading Class 10:00 - 12:00 Quilters Group 10:30 Nutrition Presentation ★ 12:30 - 4:30 Duplicate Bridge	30 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	31 9:00 - 11:00 Computer Lab 9:00 Walking Group at Todd Grove Park 2:00 - 3:00 Line Dancing Beginners 1:00		

SUNDAY BASH!

January 14



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.

**Chicken Fried Steak with Gravy,
Mac and Cheese, Veggies**

Snack Bar with Hot Dogs and Potato Salad,
Chips, Soda, open all day! Non-smoking.
Any adult 18 years and older.



MONDAY, January 8

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.

January Movie Matinee!

Fridays, 2:00 p.m. Bartlett Hall

Donations Appreciated!

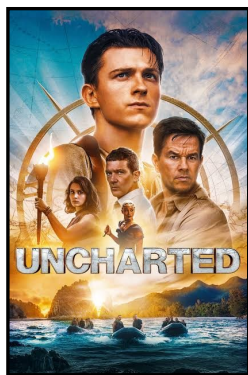
MPLC
Motion Picture Licensing Corporation
Lic. 503995364



January 12 - *My Sailor, My Love*

(2022) PG-13 1 hr. 43 min.

A retired sea captain embarks on a new romantic relationship with a widowed housekeeper, leading his daughter to reevaluate their tense relationship.

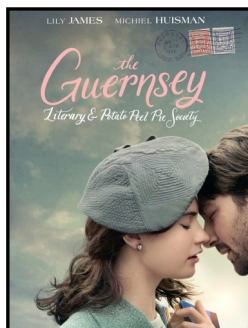


January 19 - *Uncharted*

(2022) PG-13 1 hr. 56 min.

Treasure hunter Victor "Sully" Sullivan recruits street-smart Nathan Drake to help him recover a 500-year-old lost fortune amassed by explorer Ferdinand Magellan. What

starts out as a heist soon becomes a globe-trotting, white-knuckle race to reach the prize before the ruthless Santiago Moncada can get his hands on it.



January 26 - *The Guernsey Literary and Potato Peel Pie Society*

(2018) NR 2 hr. 4 min.

In 1946, a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-

occupied during WWII. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation. ticket of a lifetime.

Board News

Hiring of New Executive Director

The Board will begin its recruitment process for an Executive Director in January 2024.

Salary Range: \$66,560-\$82,560 Job description and applications can be found on our website: ukiahseniorcenter.org or at Admin. Office. 499 Leslie Street in Ukiah. For more information, call (707) 462-4343 ext. 7002

The Board wishes to thank Lisa Silva for her willingness to act as Interim Executive Director these past six months.

Board Member Recruitment:

Board member recruitment will take place in the Spring after the new Executive Director is hired.

Next Board Meeting:

January's regular Board Meeting will take place on Wednesday, January 17 at 2:30pm in the Lunch Bunch Room.

Bartlett Hall Activity News

Wednesday, January 10

A Costco Outing will meet at 9:30 a.m. in Bartlett Hall. For transportation sign up, please call the Center. Seating is limited. 707 - 462 - 4343 EXT 7003

Wednesday, January 24

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

Monday, January 29

Linda Ayette, dietician, will present an informative talk on nutrition. 10:30 a.m. in Bartlett Hall.



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(707) 468-1015

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.



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Email: charlieg@aactionrents.com



Happy January Birthday to You!



Susan Boling-Guhlke	Norma Marks
Marie Bolstad	Ralph McDill
Brian Burke	Irene McFarland
Janette Bylund	Lucy Nofi-Pacini
Donna Callander	Frank Palacio
Gail Cargile	Dorothea Parsons
Ginevra Chandler	Dannie Pearson
Tom Coddington	Lois Pitman
Marilyn Cowen	David Reveles
Ginny Detzel	Tim Rotermund
Carolyn Foutz Whitmire	Barbara Rovera
Janice Franks	Shah P Sayed
Sandie Galindo	Josey Shun
Judith Goldman	Chris Slotte
Larry Hartley	Dennis Smart
Sarah Hollister	Don Smith
Janet Kelly	Theresa Staber
Marie Lindberg	Robert Sturges
Daniel Lockart	Eloise Twining
Katie Macias	Peggy White

Ice Cream Social

The Ice Cream Social will be held on Monday, January 22, from 2:00-3:00 p.m. Entertainment will be provided by Patrick Nagel.

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, Erin Corely.

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 !*



SAFEWAY 



Transportation Update

We want to make sure you know that our transportation program has brought back the Wednesday bus and van service. Beginning in January 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.

Welcome New Members!

Lisa Bregger

Hellen Brostoff

Brian Burke

Viki Chaudrue

Joe Ferraiuolo

Leota Garner

Judith Goldman

Faye Hefte

Allen Janusz

Dan Jaynes

Diana Josephson

Langley

Anita McAvoy

David Mondragon

AliDaryl Rust

Steve Vanderhorst

Barbara Vaughn

Charles Vaughn

Cathleen Waraner

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

An Affair to Remember...

The band, *Decades*, sold out our Valentine's Dance Party in 2023, and this year we are taking the dance to a new level in a larger venue. This is a major fundraiser for the Center. It will be held at the Redwood Empire Fairgrounds in Carl Purdy Hall on Saturday, February 10th.

Guests will enjoy a no-host full service bar and appetizers by Chef Lisa, while socializing and viewing silent auction items. The Dinner menu includes Prawns and Tri Tip, Baked Potatoes, Salad and Rolls with Garlic Rosemary butter prepared by Redwood Empire Lions Club. A dessert auction will immediately follow dinner. Tickets will go on sale January 8, 2024. Ukiah Senior Center members cost is \$65.00 Non Members \$75.00 Tickets will be available at Bartlett Hall - Check, Cash, Credit Card or at Mendocino Book Company - Check and Cash only and online at [eventbrite.com](https://www.eventbrite.com) Information: (707) 462-4343 ext.7009 We hope you will be able to attend or be one of our major sponsors. To find out more about the event sponsorships

in support of the Center, call Sheryl Mitcham (707) 391-2485.

Since 2010, *Decades* (based in Chico, CA) have been working (and rocking) around the clock to learn material spanning from the 1940's (Glenn Miller's Orchestra's "In The Mood") to today (Bruno Mars & Mark Ronson's "Uptown Funk"). The band has played over 1000 shows all along the West Coast, and are well on their way to booking another 100+ shows for 2024, earning their place as one of California's most in-demand bands. Throughout a single show, they'll swap between several instruments (including saxophone, harmonica, penny whistle, accordion, and trumpet to name a few) and belt out four-part harmonies, showcasing each

members' musical versatility, while continuing to put on a highly energetic live show.

Members of the *Decades* band are:

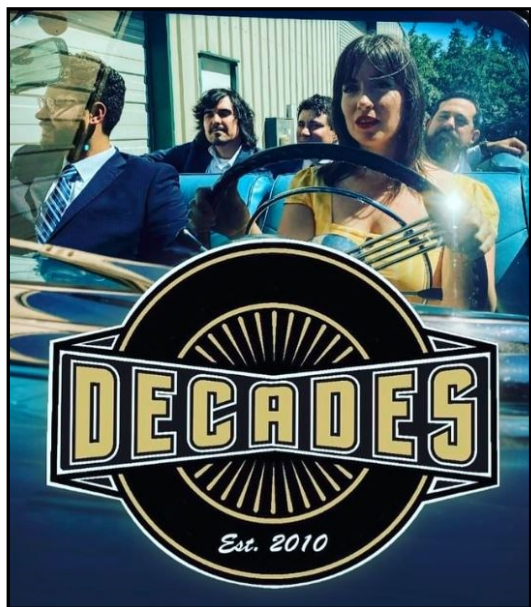
Jennifer Benoit - Vocals, Penny Whistle,
Harmonica, Accordion, Keys, Bass

Tobias Brooks - Bass, Trumpet, Vocals

Billy DiBono - Drums

Webster Moore - Vocals, Keyboards, Synth,
Rhythm Guitar

Will Watje - Lead Guitar, Saxophone,
Slide Guitar, Keys, Vocals

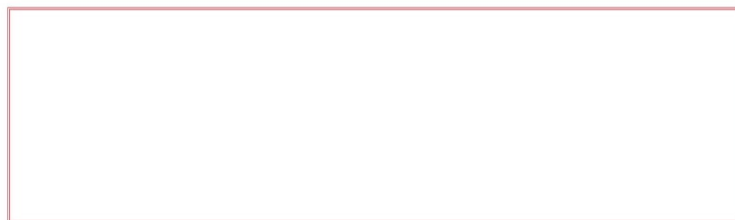




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