



# The Scoop

THE MONTHLY NEWSLETTER OF THE UKIAH SENIOR CENTER

November 2016

Volume 26 - No. 11



## *Giving Thanks at the 12th Annual Meal*

### *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 independent as possible for as long as possible.

### *Get in Touch!*

499 Leslie Street, Ukiah

(707) 462-4343

[www.ukiahseniorcenter.org](http://www.ukiahseniorcenter.org)

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12th Annual

Thanksgiving Day Meal

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*Board of Directors*

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Lea Bouabid, Manager  
Carol Houps, Assistant

# Holiday Dance Party!

**Featuring Will Siegel and Friends**

**Special guest vocalist Marilyn DeFrange**

**Saturday, December 3**

**Dance 7-10:00 p.m.**

**Bartlett Hall, 495 Leslie Street**

**Doors open 6:30 p.m.**

**\$15 in advance \$20 at door**

**Gourmet appetizer platter assortments  
with decadent desserts included**

**Local Brews and Wine available ~ Raffle**

**Tickets at Mendocino Book Co., 102 S. School St.  
USC Administration., 499 Leslie St. 707 - 462 - 4343**

THANKS TO OUR GENEROUS SPONSORS !



# November Movie Matinee!

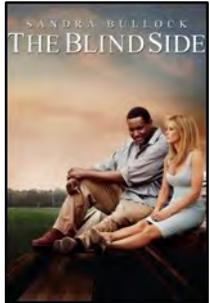
Fridays, 12:15 p.m., Bartlett Hall  
Donations Appreciated



NOVEMBER 4 – Saving Mr. Banks [2013] Rating: PG-13  
2 hrs. 6 min.

Spurred on by a promise he made to his daughters, Walt Disney (Tom Hanks)

embarks on what would become a 20-year quest to obtain the movie rights to "Mary Poppins." The author, P.L. Travers (Emma Thompson), proves to be an uncompromising curmudgeon who has no intention of letting her beloved characters become mangled in the Hollywood machine. However, when the books stop selling and she finds herself in need of money, Travers reluctantly agrees to consider Disney's proposition.



NOVEMBER 11 – The Blind Side [2009] Rating: PG-13 2 hrs. 9 min.

Michael Oher (Quinton Aaron), a homeless black teen, has drifted in and out of the school system for years. Then Leigh Anne Tuohy (Sandra Bullock) and her husband, Sean (Tim McGraw), take him in. The Tuohys

eventually become Michael's legal guardians, transforming both his life and theirs.

Michael's tremendous size and protective instincts make him a formidable force on the gridiron, and with help from his new family and devoted tutor, he realizes his potential as a student and football player.



NOVEMBER 18 – Calendar Girls [2003]: Rating: PG-13 1 hr. 48 min.

After the death of her best friend's husband from cancer, spirited Yorkshire housewife Chris Harper (Helen Mirren) hatches a scheme to raise money for a memorial to him. Utilizing a tradition from the hidebound

Woman's Institute Association, Chris encourages Annie (Julie Walters) and their friends to create a calendar with the novel detail of using the middle-aged women of their village as nude models. The idea stuns the husbands and a wary young photographer (Philip Glenister).

# Sunday Bingo Bash!

## November 13, 2016

Ukiah Senior Center Bartlett Hall  
495 Leslie Street

Ticket sales 10:00 a.m.

1:00 Games Begin

Minimum buy-in \$15, includes every game

Payout depends on attendance

Minimum payout \$35 every game

### 3 → \$250 Blackouts

Turkey, Mashed Potatoes, Gravy, Dressing,  
Cranberry Sauce, Roll \$5.00

Served 11:00 a.m. to 12:30 p.m.

Snack Bar open with Hamburgers, Hot dogs, Potato Salad  
Barbeque Chili Beans & Red Roasted Potatoes

Snack Bar open all day! Non-smoking, Any adult 18 years or older

Office 462-4343 ext. 107

# BUNKO

MONDAY, November 14  
5:30 - 8:30 P.M.

Bartlett Hall - 495 Leslie St.

\$12 per person includes Bunko Game, a great prize, fabulous food and beverages. Everyone wins a prize playing Bunko! Bring a new friend to Bunko and you and your friend will each receive an extra entry for the door prize drawing as well as \$2 off admission fee.

All proceeds benefit Ukiah Senior Center.

RSVP Jan Tipton • 462-0004

## Caregiver Support Series

Redwood Caregiver Resource Center will present a training on Alzheimer's for family members and professionals. Facilitator, Alexis Glidewell, MSW, will show and discuss the video:

*"Managing and understanding behavior problems in Alzheimer's disease and related disorders"*

These Video clips introduce the ABC approach to managing difficult behaviors. This approach identifies where caregivers have control and where they do not and can help frustrated caregivers gain a sense of empowerment.

Discussion: Viewing all behavior as an attempt to fill an unmet need, becoming a "detective" to identify needs that difficult behaviors may be seeking to fill, noticing environmental triggers to behavior, practicing the ABC approach to managing difficult behaviors.

**The next series will be held** Wednesday, November 16 from 10:00 a.m. to 12:00 p.m. at the Ukiah Senior Center Admin. Bldg., 499 Leslie Street in the RCHDC Conference Room, #8. Space is limited. Register with Redwood Caregiver Resource Center (800) 834-1636 x110 Marsha

The Ukiah Senior Center expresses our heartfelt sympathy to the friends, family and loved ones of...

*Grant Ellroy Limbird*

*Jim Fisher*



## Sponsor a Senior

Would you like to provide a meal, transportation, or both for needy seniors participating in our programs?

Just check the box for your donation of choice, cut out this coupon and include it with a check made payable to:

The Ukiah Senior Center  
499 Leslie Street  
Ukiah, CA 95482

You may also come to the office and drop off your donation with this coupon.

Good for 1 free meal \$7

Good for 1 roundtrip ride \$7



## Death Café

Meeting monthly, *The Death Café* will be held at the Ukiah Senior Center's Lunch Bunch Room located in the back Administration Building behind Bartlett Hall, 499 Leslie St.

Join with other community members in sharing experiences and insights of this most challenging and inspiring life transition. The group is open to all and isn't based on a particular belief or philosophy. Participants share personal experiences, insights or concerns about the end of life.

Meeting time is 2:00 p.m. to 3:30 p.m. The next meeting will be held on Saturday, November 5. Please call or e-mail to RSVP: Seating is limited. **Miriam Raphael** 456-9151, mirigel@pacific.net

For more information visit the website .  
[www.deathcafe.com](http://www.deathcafe.com)

## *Thank you Angel Donors*

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Ukiah Paper Supply, Inc.  
Wine Country Medical Billing Services

## *The Lunch Bunch*

Providing respite for family members and caregivers in the care of their loved ones. Walk-ins welcome with 24 hour notice. Music, crafts, lunch and socialization with others.

Would you like to support us?  
Our needs for this month are:

**Decaf coffee, green tea, sugar-free hot chocolate napkins, kleenex, paper towels**

Thanks to those who support our activity!  
Your donations keep us running and our participants happy!



**Mary Ann Anderson, Coordinator**  
707-462-4343 ext.121  
lunchbunch@ukiahseniorcenter.org  
Have a special talent to share?  
Please give us a call!

# November Bartlett Hall Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PLEASE NOTE: THERE WILL BE NO BOARD MEETING IN NOVEMBER BECAUSE OF THE HOLIDAY.</b>	1 8:00-11:30 Pinochle 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	2 4:30-5:30 Line Dancing <i>all levels</i> 6:00-9:00 Pinochle	3 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance 7:00-9:30 Square Dance	4 9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance 6:00-9:00 Pinochle	5 Saturday Night Dance High Notes 7:00-10:00
	7 8:00-11:30 Piano 9:00-10:30 Cribbage and other Games 1:00-4:30 Bridge Duplicate 5:00-6:00 Line Dance	8 8:00-11:30 Pinochle 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	9 1:00 ANNUAL MEETING ★ 4:30-5:30 Line Dancing <i>all levels</i> 6:00-9:00 Pinochle	10 9:30 SAVINGS BANK PRESENTATION ★ 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance 7:00-9:30 Square Dance	11 9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance 6:00-9:00 Pinochle
14 8:00-11:30 Piano 9:00-10:30 Cribbage and other Games 1:00-4:30 Bridge Duplicate 5:30-8:30 <b>BUNKO</b> ★	15 8:00-11:30 Pinochle 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	16 4:30-5:30 Line Dancing <i>all levels</i> 6:00-9:00 Pinochle [10:00-11:30 Computer Lab]	17 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance <i>intermediate/advanced</i> 7:00-9:30 Square Dance	18 9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance 6:00-9:00 Pinochle	19
21 8:00-11:30 Piano 9:00-10:30 Cribbage and other Games 1:00-4:30 Bridge Duplicate 5:00-6:00 Line Dance	22 8:00-11:30 Pinochle [10:00-11:30 Computer Lab] 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	23 4:30-5:30 Line Dancing <i>all levels</i> 6:00-9:00 Pinochle	24 REGULAR OPERATIONS CLOSED 	25 REGULAR OPERATIONS CLOSED 	26
28 8:00-11:30 Piano 9:00-10:30 Cribbage and other Games 2:00-3:00 Ice Cream Social 5:00-6:00 Line Dance	29 8:00-11:30 Pinochle [10:00-11:30 Computer Lab] 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	30 [10:00-11:30 Computer Lab] 4:30-5:30 Line Dancing <i>all levels</i> 6:00-9:00 Pinochle 12:30-3:30 Bridge Duplicate			

## Room C Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00-11:30 Computer Lab	2 10:00-11:30 Computer Lab	3 9:00-4:00 Original Quilters	4	5
7	8 10:00-11:30 Computer Lab 2:30-3:30 Bible Study	9 10:00-11:30 Computer Lab	10 9:00-4:00 Original Quilters	11	12
14 1:00-3:30 Peer Counseling	15 10:00-11:30 Computer Lab	16 10:00-12:00 Women's Book Group	17 9:00-4:00 Original Quilters	18	19

### Activity Room C and The Thrift Store will be closed

beginning November 21 through the 26th for inventory and to prepare for the annual Christmas Room. The Christmas Room and Thrift store will be open on Monday, November 28 and remain open through Dec. 23.

The Computer Lab will be held in Bartlett Hall during this time. All other groups please contact your group leaders or Debbie Zimmerer at 462-4343 ext. 107





# November Dining Room Lunch Menu

Lunch by Zack's Catering served Monday - Friday at 11:30 a.m. • \$7.00

Reservations required by 7:30 a.m. • Main reservation number (707) 468-9256.

Once a month: Jan's Birthday Lunch at 11:30 a.m. • \$7.00

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Chicken Teriyaki Rice Vegetable Roll Dessert	<b>2</b> Liver & Onions Rice Vegetable Garlic Bread Dessert	<b>3</b> Roast Turkey Stuffing with Gravy Vegetable Roll Dessert	<b>4</b> Beef Stroganoff with Noodles Soup Roll Dessert
<b>7</b> Corned Beef & Cabbage Soup Roll Dessert	<b>8</b> BBQ Chicken Baked Potato Salad Roll Dessert	<b>9</b> Fried Fish Rice Clam Chowder Roll Dessert	<b>10</b> Lasagna With Meat Sauce Salad Garlic Bread Dessert	<b>11</b> Meat Loaf Mashed Potatoes with Gravy Vegetable Roll Dessert
<b>14</b> Spaghetti with Meat Sauce Salad Roll Dessert	<b>15</b> Hamburger with Bun and fixings Chili Macaroni Salad Dessert	<b>16</b> Chicken Enchiladas Rice Refried Beans Salad Dessert	 <b>17</b> <i>Jan's</i> <b>Birthday Lunch</b> Baby-Back ribs Baked Beans Salad Dessert	<b>18</b> Pot Roast Mashed Potatoes with Gravy Soup Roll Dessert
<b>21</b> Shepherd's Pie Soup Roll Dessert	<b>22</b> Chicken Parmesan Vegetable Garlic Bread Roll Dessert	<b>23</b> Club Sandwich Cole Slaw Soup Dessert	<b>24</b> REGULAR OPERATIONS CLOSED 	<b>25</b> REGULAR OPERATIONS CLOSED 
<b>28</b> Sloppy Joe Bun Roasted Potatoes Salad Dessert	<b>29</b> Pork Roast Baked Potato Soup Roll Dessert	<b>30</b> Macaroni & Cheese Ham Steak Soup Roll Dessert		

Dining Room Coordinator  
 for Volunteers  
 Debbie Zimmerer  
 (707) 462-4343 ext. 107  
 Please **do not** leave lunch  
 reservations at this number.



## SATURDAY NIGHT DANCE

Enjoy an evening of music and dance with The High Notes from 7:00 to 10:00 p.m. in Bartlett Hall on Saturday, November 5. No reservations are required. Admission is \$10 at the door. 462-4343.

Joyce ward  
Owner  
jjbob46@gmail.com

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Redwood Valley, ca 95470

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# Volunteers

Ashley Adamski	Ed Howe	Rashell Sanchez
Lavonne Abella	Eileen Jimenez	Denise Satterfield
Vertie Baylie	Jean Johnson	Sally Schill
Karen Bone	Stephen Jungwirth	Obaline Schindler
William Bray	Bernice Kam	Anne Schuierer
Myrna Bryant	Dexter Keehn	Traci Selner
Jim Busch	Nadine Kidd	Judy Shaw
Georgie Bush	Roberta King	Donna Smith
Inez Cake	June Knipping	Tish Solomon
Colleen Caldes	Floyd Knox	Camella Swanson
Donna Callander	Claryssa Koehn	Lois Talbot
Gail Cargile	Oni LaGioia	Emi Taylor
Mary Champion	Janet Layton	Diane Thomas
Pat Champion	Ruthe Linker	Rosalie Tibbetts
Earline Claunch	Julia Lolich	Mary Tindall
Dot Colling	Jofrid Lolonis	Jan Tipton
Jim Colling	Dawn Long	Gretel Townsend
Liz Crook	Ginny Love	Bill Traina
Gayleen Desroches	Vincent Madixon	Maureen Troller
Tom Desroches	Sharon Marshall	Connie Trouette
Velma Dockins	Eva McGehee	Ann Tucker
Sharon Dory	Patricia Mckinno	Roylene Tucker
Peter Elder	Myrle Miles	Billye Turk
Dana Ellard	Patsy Munger	Marie Ullrich
DiAnn Eustis	Sandy Nelson	Emily Valentine
Sue Everett	Janet Olsen	Janice VanHatten
Norma Exley	Lillian Pacini	Emma Villotti
Lillian Fisher	Valerie Parker	Jane Wakeland
Jan Franks	Anna Peterson	Joyce Ward
Jim Franks	Shelia Pinola	Ruth Ward
Laura German	Judy Pinto	Fran Warga
Santiago Gonzalez	Rhea Pitchard	Carolyn Welch
Mark Grover	Gladys Rasmusen	Pat Welch
Char Gustafson	Joyce Reed	Wally Wellman
Olga Halverson	Katy Richardson	Bill Wester
Lois Hargraves	Del Riedlinger	Marlys White
Gayle Harris	Priscilla Riedlinger	Ruth Whittington
Roberta Heath	Ann Robinson	David Williams
Milli Hickey	Patricia Rowden	Milt Wilson
Joyce Hill	Raleigh Page-	Janet Woodward
Loretta Horn	Russell	Shirley Wright
Edna Housman	Bobbi Ryan	Geneva York
Wilma Howard	Carlos Sanchez	

During September our volunteers donated 1,640 hours to the Center. If paid at minimum wage, the dollar value would be \$16,640! Thank you Volunteers!



**HILLSIDE  
HEALTH CENTER**

333 Laws Avenue, Ukiah  
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**For assistance and inquiries  
call us at (707) 462-3227**

# Happy Birthday to You!



2. Alec Rorabaugh
7. Mary Ondov
8. Lillian Nieskoski
9. Donna Cook
10. Margaret Chapman
11. Bob Swan
13. Susan Era
14. Jeanne Johnson
15. Barbara Boyer
16. Erdeen Stahl, Billye Turk
17. Samantha Burkey, Bernice Kam
21. Roberta Frasier, Donna Glass
23. Arlene Byers, Maria Lucero
25. Doris Chapman, Barbara Fries
26. Maxine Eden
27. Geri West
28. David Branson, Lee Davis
30. Don Willis

Congratulations to this month's Centenarian!

Doris Chapman

Please let us know if your birthdate is not listed correctly. 462-4343 ext. 115

*Our apologies to Kathleen Bray whose September 4 birthday was inadvertently omitted from the list.*

## Ice Cream Social

Breakfast for two at Windmills Café

NAME \_\_\_\_\_

**Don't forget to bring this coupon with you to the social.**

## The Christmas Room

Every year, the USC elves are hard at work preparing for the holiday season with the Christmas Room. All those items needed for a happy Christmas will be available in the Thrift Store Christmas Room...gifts for all ages, decorations for the home, wrapping items and often something unique or special. This year the elves are very generous with their handiwork, offering everything in the Christmas Room at 50% off while supplies last! Santa will officially open the room on November 28. The last day to take advantage of this festive bargain is December 23.

## The Ice Cream Social

The Ice Cream Social will be held in Bartlett Hall on Monday, November 28 from 2:00-3:00 p.m. Enjoy a dish of ice cream with toppings and pie or cake for \$2.00. Members over 90 years old or those coming to the Social in their birthday month will enjoy free admission. But all are welcome to come and enjoy! Entertainment will be provided by the very popular King of Boogie Woogie Piano, Ed Reinhart. The Celebrity Scooper is Dr. David Park and the donor for the much sought-after "red ticket" \$50 door prize is Gilbreath & Park Optometry. Thanks to the donors and helpers for the Ice Cream Social: Greg Van Dyke, Lucky's, Safeway, Windmills Cafe, Wilma Howard, Marlys White, Jim Busch, Gretel Townsend, Ann Creekmore, and USC volunteers. The Ice Cream Social is a Community event.



## Happenings of Interest

### November 9

An annual meeting of the Ukiah Senior Center will take place in Bartlett Hall, 495 Leslie Street at 1:00 p.m. on Wednesday, November 9. The USC will announce the findings from the survey, update the public on future plans of the Center and welcome input from members.

### November 10

The Savings Bank of Mendocino County will present a "Savings Bank Safe -Tea Social" on Thursday, November 10, at 9:30 a.m. in Bartlett Hall.

Did you know that older Americans lose \$2.9 billion each year to fraud? The Savings Bank of Mendocino County is participating in the American Bankers Association Foundation's Safe Banking for Seniors campaign in a nationwide effort to help older customers and their financial caregivers understand the risks of fraud and financial abuse and how to protect themselves and their loved ones.

### December 1

AT&T will present a technology training workshop introduction to tablets. Those who participate will learn the basics of using a tablet in a hands-on course covering touchscreen basics, surfing the web, taking and sharing photos, downloading apps and more.

This course is intended for beginners. Tablets (Apple iPads) are provided for hands-on practice during the workshop.

The workshop will take place at the Ukiah Senior Center Administration Bldg., 499 Leslie Street, RCHDC conference room from 9:30-11:00 a.m. on Thursday, December 1.

Please RSVP to Debbie Zimmerer by calling 707 - 462 - 4343 ext 107, or email [debbie@ukiahseniorcenter.org](mailto:debbie@ukiahseniorcenter.org) to reserve a seat.

## Thanksgiving Day Meal

The Ukiah Senior Center will serve a traditional



Thanksgiving Day meal with Turkey,

Stuffing, Gravy, Sweet and Mashed Potatoes, Green Beans, Salad, Roll, Cranberry Sauce, Pumpkin Pie and Beverage on Thursday, November 24, at 12:00 p.m. The cost is \$8 per person. USC Meal cards may be used to purchase a meal, but reservations *in advance* are still required.

Tickets are available at the Administration Office, 499 Leslie St. 707-462-4343

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## Understanding *Your* MEDICARE

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9:00 a.m.  
Bartlett Hall, 495 Leslie Street  
(Open enrollment ends Dec 7)

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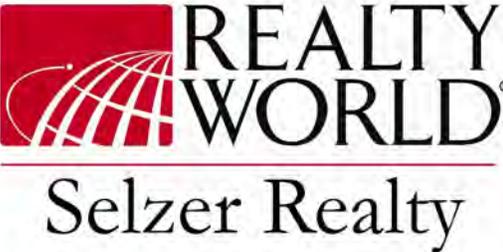
This publication was supported by the Area Agency on Aging in partnership with Senior Advocacy Services and financial assistance, in whole or in part, through a grant from the Administration for Community Living and the California Department of Aging.



Ukiah Senior Center  
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