



The Scoop

January 2017

Volume 27 - No. 1

THE MONTHLY NEWSLETTER OF THE UKIAH SENIOR CENTER



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

On the Cover...

A prosperous and happy 2017!

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Board of Directors

Sharon Marshall, President
Jason VanHousen, VP
Carolyn Welch, Treasurer
Carolyn Johnson, Secretary
Bruce Richard
Milli Hickey
Rosemarie Nelson
Tiffany Gibson
Dawn Long
Sue Bostwick

Activity Update...Saturday Night Dance

Marilyn DeFrange, Admin. Support

Wow...2017 already. How did that happen? In fact, how did the last twenty years happen? That's how long "yours truly" has been at our beloved Center. "The Center." It's a commonly used nickname for where we spend a good portion of our time. A very good name really, because it truly *is* the center of so many lives...we live here so to speak, with our family of friends, staff, seniors and volunteers.

I've seen many changes over the years and watched us grow. Pardon me for getting a little nostalgic at the end of the year, but I remember when I started my first days at the Center as a part-time bus driver. I was trained in Bus #4. Presently, we are up to Bus #18 with a fleet of three buses that bring service to seniors and disabled in need. It's an honor to be a part of this history. I'm amazed at our resilience and I'm proud of us.

Our activities have grown too. In our hours of operation, it's not uncommon for activities to fall one right after the other, even happening simultaneously...Some have lived on to grow into large groups and others have fallen by the wayside. We evolve and change along with the people who benefit and participate in those activities.

As good shepherds of the Center, we always want to make sure we "do right" by the Community and members who come here. Often, before making any decision to let go of anything that has fallen by the wayside, we let it continue just to be sure. Even if participants are down to two people and it's not too much of a financial drain, we will keep it afloat. As good shepherds of the Center, we need to protect and maintain a thriving atmosphere. It's all about evolution. It's all about taking a situation that is no longer thriving and giving it wings so it can.

Over the years we have watched the Saturday Night Dances decline in its numbers of participants. Because of the live music, the cost of utilities in Bartlett Hall and low attendance, the Center has lost money. And we are not talking about making a profit, we are talking about breaking even with what was put in to the effort. The Center can not afford this cost. This is not anyone's fault. This is evolution...what used to work before, does not work now. Change can feel like a loss but can also be a tremendous gain. And this is what we observed when we changed the dynamics of the last two Saturday Night dances at the Center.

Admin Staff

Diana Clarke
Executive Director
Marilyn DeFrange
Administrative Support / PR
Kathy Sheehy
Trans. / Dispatch Manager
Debbie Zimmerer
Bartlett Hall Manager
Volunteer Coordinator
Jan Franks
Accounting Manager

Lunch Bunch

Mary Ann Anderson
Lunch Bunch Coordinator
Linda Doty
Program Aid

Outreach

Heather Haydon,
Manager
David Christmas
Outreach Support

Transportation

Kathy Sheehy
Dispatch Manager
Vickie Blackburn
Dispatch Assistant
Mark Williams, Driver
Joyce Ward, Driver
Sarah Skyler, Driver

Thrift

Lea Rezentes, Manager
Carol Houps, Assistant

Continued page 11...

January Movie Matinee!

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



JANUARY 6 – Sully 2016]
Rating: PG 13 1 hr. 36 min.

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese.

Miraculously, all of the 155 passengers

and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation.



JANUARY 13 – The Dressmaker [2015]
Rating: R 1 hr. 59 min.

The story of the beautiful and talented Tilly Dunnage. After years working as a dressmaker in exclusive Parisian fashion houses, Tilly returns home to a town in the Australian outback to reconcile with her eccentric mother

Molly. She also falls in love with the pure-hearted Teddy, and armed with her sewing machine and haute couture style, Tilly transforms the women of the town, exacting sweet revenge on those who did her wrong.



JANUARY 20 – Chicago [2002] Rating:
PG-13 1 hr. 53 min.

Nightclub sensation Velma (Catherine Zeta-Jones) murders her philandering husband, and Chicago's slickest lawyer, Billy Flynn (Richard Gere), is set to defend her. But when Roxie (Renée Zellweger) also winds up in prison, Billy

takes on her case as well -- turning her into a media circus of headlines. Neither woman will be outdone in their fight against each other and the public for fame and celebrity.



JANUARY 27- Money Monster (2016)
Rating: R 1 hrs. 39 min.

Lee Gates (George Clooney) is a Wall Street guru who picks hot stocks as host of the television show "Money Monster." Suddenly, during a live broadcast, disgruntled investor Kyle Budwell storms onto the set and takes Gates hostage. He tells Lee that he lost everything on one of his tips. As Gates tries to plead with Kyle, he's also using an earpiece to communicate with his longtime producer (Julia Roberts) in the control room. Together, they must figure out a way to defuse the situation and disarm the angry young man.

BUNKO

MONDAY, January 9
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 and \$2 off the admission fee. All proceeds benefit USC.

RSVP Jan Tipton • 462-0004

Sunday Bingo Bash!

January 8, 2017

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

Indian Tacos \$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

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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:

"Recognizing and responding to emotions in persons with Dementia and emotional conflicts in Dementia care"

The discussion will encompass avenues for interpreting non-verbal signals, keeping behavior in the context of emotional need and learning to let go of the idea that difficult behaviors are done on purpose. These videos teach caregivers to understand and decipher facial expressions, vocal signs, and body language in people with dementia and to use those cues to help interpret challenging behaviors.

Please note the change in meeting place. The next series will be held Wednesday, Jan 18 from 10:00 a.m. to 12:00 p.m. at the North Coast Opportunities bldg. (NCO), 413 North State St. Space is limited. Register with Redwood Caregiver Resource Center (800) 834-1636 x100 Marsha

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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, January 7. 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

Thank you Angel Donors!

| | |
|-------------------------|------------------------------|
| George Artemoff | Jim & Babbie Mayfield |
| Linda Bailey | James McAllister |
| Daniel Baldi | Irene McFarland |
| Ace Barash | Eva McGehee |
| Kathleen Barbera | Mendocino Bounty |
| Suzanne Bentley | Mendocino Book Company |
| Carrie & Thomas Brigham | Mendocino Optical Company |
| Inez Cake | Hilde Mueller |
| Willard Carlstedt | Janet Orsi |
| Bonnie Carter | Pamela's Products, |
| Eleanor Cayler | Pardini's Appliance |
| Jim Colling | Party Creations |
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| Freedman's | Matt Ruddick |
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| Dennis Gilbert | Mendocino County |
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| Evelyn Hiatt | Kathleen Sewell |
| William Hoomalu | Sheet Metal Works |
| Wilma Howard | Paul & Linda Shimmin |
| Gregory & Cathy Hoyt | Darleen Simmons |
| David & Lelsie Johnson | Starbuck's |
| Elizabeth Koledin | Steve's Service Center |
| Jan & Joseph Kunzler | Ginger Stromer |
| Mike Kura | Mary Thorton |
| Joanne LaCasse | Rober Tripathi |
| Bernard Lemke | Thelma Truman |
| Little Baker's Market | Ukiah Electric |
| Lindberg Lumber | Ukiah Natural Foods |
| Lucky's | Ukiah Rotary Club |
| Gayle MacArthur | Barbara Vaughn |
| Valerie Parker | Cheryl Wantland |
| George Pinnell | Windmill Café |
| Virginia Macintosh | Fred & Marilyn Worthley |

Membership Matters

Join the Center in 2017!

During January 2017, USC will offer 18 months of membership at the discount rate of \$35 for singles and \$60 for couples. Those memberships will run through June 2018. For existing members, this will be your renewal fee. Becoming a member provides support for the many programs, services and activities that are offered at little or no charge to local seniors and enables the Center to keep its doors open. Membership benefits in 2017 include ticket discounts to many popular events and copies of *The Scoop* monthly newsletter mailed to your door, sent to your personal-mail, or both. Your memberships keep the Center vibrant and strong. Become a member today!

2017 Member Renewal Form

Date: _____

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

\$35 per person _____ \$60 per couple _____

Name: _____

Birth date: Month _____ Day _____ Year _____

Address: _____

City _____ State _____ Zip _____

Phone: Home _____ Cell _____

E-mail: _____

If you are a **new** member, please enclose this form with your payment, or bring it with you when stopping by the Center to receive your 2017 Membership Card. Existing members do not need the form unless there is a change in information.

Please make checks payable to: Ukiah Senior Center and mail to: 499 Leslie Street, Ukiah CA 95482

Visa and MasterCard are also accepted.

We appreciate your membership!

January Bartlett Hall Activities

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|
|  <p style="text-align: center;">2 REGULAR OPERATIONS CLOSED</p> | <p style="text-align: center;">3</p> <p>11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo</p> | <p style="text-align: center;">4</p> <p>1:00-4:00 Pinochle 4:30-5:30 Line Dancing <i>all levels</i></p> | <p style="text-align: center;">5</p> <p>1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance 7:00-9:30 Square Dance</p> | <p style="text-align: center;">6</p> <p>9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance</p> | <p style="text-align: center;">January 8 ★ SUNDAY BINGO BASH! 1:00 GAMES BEGIN</p> |
| <p style="text-align: center;">9</p> <p>8:00-11:30 Piano 9:00-10:30 Cribbage and other Games 1:00-4:30 Bridge Duplicate 5:30-8:30 BUNKO ★</p> | <p style="text-align: center;">10</p> <p>[11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo</p> | <p style="text-align: center;">11</p> <p>1:00-4:00 Pinochle 4:30-5:30 Line Dancing <i>all levels</i></p> | <p style="text-align: center;">12</p> <p>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</p> | <p style="text-align: center;">13</p> <p>9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance</p> | 14 |
| <p style="text-align: center;">16</p> <p>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</p> | <p style="text-align: center;">17</p> <p>11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo</p> | <p style="text-align: center;">18</p> <p>1:00-4:00 Pinochle [10:00-11:30 Computer Lab] ★ 4:30-5:30 Line Dancing <i>all levels</i></p> | <p style="text-align: center;">19</p> <p>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</p> | <p style="text-align: center;">20</p> <p>9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance</p> | <p style="text-align: center;">Board Meeting Tuesday, January 24 2:30 - 3:30 p.m. Administration Building, Lunch Bunch Room</p> |
| <p style="text-align: center;">23</p> <p>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</p> | <p style="text-align: center;">24</p> <p>11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo</p> | <p style="text-align: center;">25</p> <p>12:30-4:00 Bridge Duplicate 4:30-5:30 Line Dancing <i>all levels</i></p> | <p style="text-align: center;">26</p> <p>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</p> | <p style="text-align: center;">27</p> <p>9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance</p> | 28 |
| <p style="text-align: center;">30</p> <p>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</p> | <p style="text-align: center;">31</p> <p>11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo</p> | | | | |

Activity Room C

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--------|----------|
|  <p style="text-align: center;">2 REGULAR OPERATIONS CLOSED</p> | <p style="text-align: center;">3</p> <p>10:00-11:30 Computer Lab</p> | <p style="text-align: center;">4</p> <p>10:00-11:30 Computer Lab</p> | <p style="text-align: center;">5</p> <p>9:00-4:00 Original Quilters</p> | 6 | 7 |
| <p style="text-align: center;">9</p> <p>1:00-3:30 Peer Counseling</p> | <p style="text-align: center;">10</p> <p>10:00-11:30 Computer Lab 2:30-3:30 Bible Study</p> | <p style="text-align: center;">11</p> <p>10:00-11:30 Computer Lab</p> | <p style="text-align: center;">12</p> <p>9:00-4:00 Original Quilters</p> | 13 | 14 |
| 16 | <p style="text-align: center;">17</p> <p>10:00-11:30 Computer Lab</p> | <p style="text-align: center;">18</p> <p>10:00-12:00 Women's Book Group</p> | <p style="text-align: center;">19</p> <p>9:00-4:00 Original Quilters</p> | 20 | 21 |
| <p style="text-align: center;">23</p> <p>1:00-3:30 Peer Counseling</p> | <p style="text-align: center;">24</p> <p>10:00-11:30 Computer Lab 2:30-3:30 Bible Study</p> | <p style="text-align: center;">25</p> <p>10:00-11:30 Computer Lab</p> | <p style="text-align: center;">26</p> <p>9:00-4:00 Original Quilters</p> | 27 | 28 |
| 30 | <p style="text-align: center;">31</p> <p>10:00-11:30 Computer Lab</p> | | | | |



January 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 |
|--|--|--|--|--|
| 2 REGULAR OPERATIONS CLOSED  | 3 Pot Roast Mashed Potatoes with Gravy Vegetable Roll Dessert | 4 Sweet & Sour Pork Rice Salad Dessert | 5 Chicken Noodle Casserole Soup Roll Dessert | 6 Spaghetti with Meat Sauce Salad Garlic Bread Dessert |
| 9 Beef Stroganoff Buttered Noodles Veggies Roll Dessert | 10 Ham Steak Yams Vegetable soup Roll Dessert | 11 Chicken Enchilada With Salsa Verde Rice, Beans, Tortilla Salad Dessert | 12 Country Fried Steak Mashed Potatoes Gravy Vegetables Roll Dessert | 13 Hot Roast Beef Sandwich with Gravy Roasted Potatoes Salad Dessert |
| 16 Polish Dog on Bun Chili Beans Sour Kraut Dessert | 17 Pork Roast Scalloped Potatoes Vegetable Soup Roll Dessert | 18 Fried Fish Rice Clam Chowder Roll Dessert |  19 <i>Jan's</i> Birthday Lunch Meat Loaf Cream of Broccoli Soup Roasted Taters Roll Dessert | 20 Lasagna with Meat Sauce Garlic Bread Salad Dessert |
| 23 Corned Beef and Cabbage Soup Roll Dessert | 24 BBQ Chicken Baked Potato Cole Slaw Roll Dessert | 25 Liver and Onions Rice Salad Garlic Bread Dessert | 26 Chicken Parmesan Vegetable Garlic Bread Salad Dessert | 27 Swiss Steak Buttered Noodles Vegetable Soup Roll Dessert |
| 30 Hamburger with Bun Lettuce, Tomato, Pickle, Onion Chili French Fries Dessert | 31 Pork Chops Roasted Potatoes Apple Sauce Vegetable Roll Dessert | <p align="center">CORRECTION for article in <i>The Scoop</i></p> <p align="center">In the October 2016 issue of <i>The Scoop</i> it was stated that "Painting donations were given by Sue Bostwick, Virginia Fitch's daughter."</p> <p align="center">The paintings were donated by Virginia's daughter Kathy Mouat and son, Steve Fitch. Sue Bostwick, no relation to Fitch, helped to facilitate the donations.</p> | | |



Save the Date! Valentine's Dance Party - February 11 with Will Siegel and Friends.

Tickets available January 6 at Ukiah Senior Center Administration, Mendocino Book Company, and at our website, ukiahseniorcenter.org

Members advance ticket purchase - \$15 • Non-members \$20
 \$25 Pay at the door

Please note: Members purchasing tickets must show membership card at USC or call office to receive the discounted price.

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so you can keep doing what
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Volunteers

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

During November our volunteers donated 1,594 hours to the Center. If paid at minimum wage, the dollar value would be \$15,594! Thank you Volunteers!

Ukiah Senior Center AARP Tax-Aide 2017 Call for volunteers

Would you be interested being a volunteer, helping prepare tax returns free of charge as a public service? Or, even if you are not interested, would you give some thought as to who among your friends and acquaintances might like to join this effort? Some of the important points about the program are listed below.

Reasons for becoming a volunteer to assist people with the preparation of their taxes:

- * Those people who receive help are very appreciative and will support and promote the program and the Ukiah Senior Center.
- * Learning to help others is challenging and helps hone and use one's mental capacities.
- * Serving on a team dedicated to this worthwhile effort provides a sense of supporting and giving back to the community.
- * It's both enjoyable and satisfying. Lifelong learning is a part of keeping active and involved socially as well as giving meaning to one's endeavors.

Volunteers interested in tax preparation should be comfortable using computers, and, of course must have interest in learning basic tax law, which applies to most individuals who normally are involved in preparing their own returns. Training for the upcoming season will take place January 16 thru January 19, 2017 from 9:00 to 4:00 with a break for lunch. Experienced instructors lead the training; all training materials and supplies are provided. Volunteers will prepare returns Wednesday and Friday mornings from February 1 through April 14, but do not have to work each day.

If you do not possess the skills/interest in tax preparation, you can still volunteer as a member of the support staff on the team. In that capacity you would be interviewing those clients asking for assistance, and performing other non-technical support duties.

Please contact Vince Madison, 707-462-1535. Thank you!



Happy Birthday to You!



1. Lillian Hoika
2. Carl Bloching, Gail Cargile, Marilyn Cowan
3. Rosalie Reynolds, Barbara Rovera
4. Tom Coddington, Dorothea Parsons
5. Bette Fairbairn, David Scheffey, Emil Koledin
7. Janette Bylund
8. Anna Robinson
11. Freeda Cabezut, Roger Howard, Lewis Martinelli
14. Don Pagano
18. Jane Scott, Peggy White
19. Marie Bolstad, Paul Conrado, Lucy Nofi-Pacini
20. Lona Saunders
22. Colleen Caldes
23. Irene McFarland
25. Susan Stewart
26. Donna Callander
28. Patricia Shoemaker
30. Marie Lindberg

Congratulations to this months centenarian!
Rosalie Reynolds

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



Ice Cream Social
Breakfast for two at Windmills Café

NAME _____

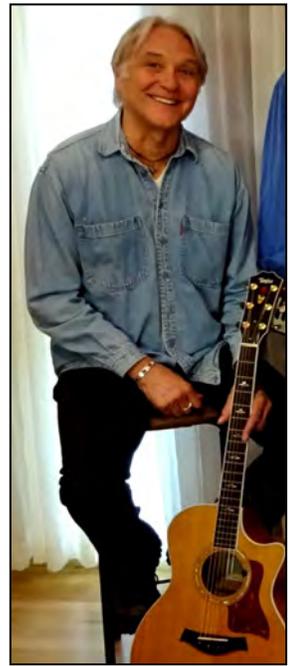
**Don't forget to bring this coupon
with you to the social.**

The Ice Cream Social

The Ice Cream Social will be held in Bartlett Hall on Monday, January 23 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 local favorite, singer-musician Les Boek.

The donors for the much sought-after "red ticket" \$50 door prize are Wilma Howard and Marlys White.

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.



It's because of YOU that we are able to continue doing what we cherish and love the most.

To all the generous donors, volunteers, members and staff who have shown support with your donations, time and talents, The Ukiah Senior Center is blessed to receive your gifts. With sincere appreciation and gratitude, we...

Thank you

Saturday Night Dances continued...

What we observed is that attendance was greatly improved and participants seemed genuinely happy with the new format. Our focus has been directed to bringing in the kind of bands that draw a following while creating a mood that is fun and atmospheric. We provide good food to “graze” on in an informal way and give dancers plenty of room to enjoy themselves. For just fifteen dollars, five dollars more than the former dances, people are getting a lot more fun out of their “evening out on the town” and thoroughly enjoying it.

We seem to have found a formula that is working for the present and is embraced by many. Most importantly, this is bringing new faces to the Center, potential members, donors, volunteers and supporters.

In 2017, we will continue to offer our new “Dance Party Series”. Look for them on the even months of the year. On February 11, USC presents a Valentine’s Dance Party with Will Siegel and Friends.

In parting, I would like to thank those volunteers who paved the way for the dances at the Center in years past...Bob and Wanda Sloan, Eula and Harold Wolf, Bob and Margaret Karger, Pete Benville, Shirley Wright, Dale and Connie Gutierrez, Jim and Dot Colling, and Rosalie Tibbets. Our most sincere appreciation for your dedication and hard work over the years. We look forward to seeing you at the next dance!



Susan Schrock (left) and Frances Owen (right) enjoying the dance.



Pictured left to right, staff and volunteers, Linda Doty, Mary Ann Anderson, Gretel Townsend, Marlys White, Bobbi Ryan

Will Siegel and Friends (below) performed for a sold-out Dance Party event on Dec. 3 in Bartlett Hall.

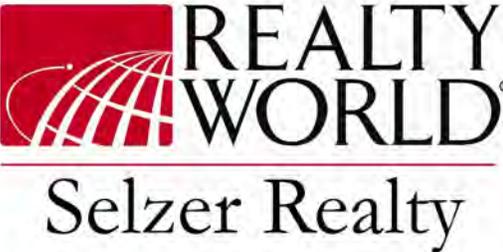




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