



The Scoop

February 2017

Volume 27 - No. 2

THE MONTHLY NEWSLETTER OF THE UKIAH SENIOR CENTER

Valentine's Dance Party!

Featuring Will Siegel and Friends

Special guest vocalist Marilyn DeFrango

Saturday, February 11 • Dance 7-10:00 p.m.

Bartlett Hall, 495 Leslie Street

Doors open 6:30 p.m. • \$20 in advance \$25 at door
USC Members \$15 advance (pre-purchase with card at USC)

Gourmet appetizer platter assortments with decadent desserts
Local Brews and Wine available ~ Raffle

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

www.ukiahseniorcenter.org

THANKS TO OUR GENEROUS SPONSORS !
Realty World Selzer Realty, Cost-Cutter, Party Creations, Rain Forest Fantasy, Mendocino Book Company.



Photos
Roger Franklin

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

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Valentine's Dance Party!

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Board of Directors

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FIRST WEEK MONTHLY DISCOUNTS

All Furniture 50 % off!

January 30 through February 4



**MYSTERY SATURDAY
CLEARANCE SPECIALS**

**Come in and find out what items are
drastically marked down for clearance.**

**NEVER THE SAME ITEMS
FROM WEEK TO WEEK!**

**Clip and bring this coupon for an additional 5% off !
1 per customer total purchase. Good through 2-4-2017
Online and Facebook ? USE CODE: SALE 2-417**

February Movie Matinee!

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



FEBRUARY 3 – Inferno (2016)
Rating: PG 13 2 hrs. 1 min.

In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on one of history's most enduring and mysterious literary masterpieces: Dante's Inferno.

When he wakes up in an Italian hospital with amnesia, he teams up with Sienna Brooks, a doctor he hopes will help him recover his memories. Against this backdrop, Langdon battles a chilling adversary and grapples with an ingenious riddle that pulls him into a landscape of classic art, secret passageways, and futuristic science.



FEBRUARY 10 – Julie and Julia (2009)
Rating: PG 13 2 hrs. 3 min.

Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French

Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter.



FEBRUARY 17 – The Lake House [2006]
Rating: PG 1 hr. 45 min.

The Lake House is a 2006 American romantic drama directed by Alejandro Agresti and starring Keanu Reeves, Sandra Bullock and Christopher Plummer. The story centers on an architect living in

2004 and a doctor living in 2006. The two meet via letters left in a mailbox at the lake house they have both lived in at separate points in time; they carry on correspondence over two years, remaining separated by their original difference of two years. For Alex the time goes from 2004 to 2006. For Kate the time goes from 2006 to 2008.



FEBRUARY 24 – Manchester by the Sea (2016) Rating: R 2 hrs. 17 min.

Lee Chandler is a brooding, irritable loner who works as a handyman for a Boston apartment block. One damp winter day he gets a call summoning him to his hometown, north of the city. His brother's heart has given out suddenly, and he's been named guardian to his 16-year-old nephew. As if losing his only sibling and doubts about raising a teenager weren't enough, his return to the past re-opens an unspeakable tragedy.



MONDAY, February 13

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

Welcome new Members!

Carlo Aggi

Vilma Macias

Sandra Wara de Baca

Sarah Schuyler

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:

"Prescription for Caregivers: Take Care of Yourself"

The video discusses the common issues of guilt, resentment, overwhelm and obstacles to self-care that challenge many caregivers. It is filmed in front of a live audience of family caregivers who contribute from their experiences. The value of self-care is stressed. A discussion will follow on setting realistic expectations for the caregiver and care-receiver, increasing emotional reserves through practical self-care, brainstorming realistic ways to prioritize self-care.

The next series will be held Wednesday, February 15, 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. Contact Marsha, (800) 834-1636 x100

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e-mail lgrayco@yahoo.com

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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:

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



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

*Roger Howard
Marcela Brosig*



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, February 4. 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!

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Debbie Holland	Parducci Mendocino
William Hoomalu	Wine Growers Assoc.
Charlotte Jacobs	Stephen Pasternak, DDS
Mike & Lois Jacobs	<i>(continued page 11...)</i>

Membership Matters

Join the Center in 2017!

USC will offer 18 months of membership at the discount rate of \$35 for singles and \$60 for couples ending March 1. 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!

February Bartlett Hall Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 NEW BINGO BENEFIT! FEB. 12, PAGE 11	Board Meeting Tuesday February 28 2:30 - 3:30 p.m. Administration Building, Lunch Bunch Room	1 8:30-11:30 Taxes 1:00-4:00 Pinochle 3:00-4:00 Line Dancing <i>all levels</i>	2 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance 7:00-9:30 Square Dance	3 8:30-11:30 Taxes 9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance	4
6 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	7 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	8 8:30-11:30 Taxes 1:00-4:00 Pinochle 3:00-4:00 Line Dancing <i>all levels</i>	9 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	10 8:30-11:30 Taxes 9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance	Valentine's Dance Party Will Siegel & Friends February 11 ON THE COVER
13 8:00-11:30 Piano 9:00-10:30 Cribbage and other Games 1:00-4:30 Bridge Duplicate 5:30-8:30 <i>BUNKO</i> ★	14 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	15 8:30-11:30 Taxes 1:00-4:00 Pinochle [10:00-11:30 Computer Lab] ★ 3:00-4:00 Line Dancing <i>all levels</i>	16 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	17 8:30-11:30 Taxes 9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance	
20 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	21 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	22 8:30-11:30 Taxes 1:00-4:00 Pinochle 3:00-4:00 Line Dancing <i>all levels</i>	23 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	24 8:30-11:30 Taxes 9:30-10:30 Tai Chi 12:15 Movie Matinee 2:30 Line Dance	
27 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	28 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				

Activity Room C

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00-11:30 Computer Lab	2 9:00-4:00 Original Quilters	3	4
6	7 10:00-11:30 Computer Lab	8 10:00-11:30 Computer Lab	9 9:00-4:00 Original Quilters	10	11
13 1:00-3:30 Peer Counseling	14 10:00-11:30 Computer Lab 2:30-3:30 Bible Study	15 10:00-12:00 Women's Book Group	16 9:00-4:00 Original Quilters	17	18
20	21 10:00-11:30 Computer Lab	22 10:00-11:30 Computer Lab	23 9:00-4:00 Original Quilters	24	25
27 1:00-3:30 Peer Counseling	28 10:00-11:30 Computer Lab 2:30-3:30 Bible Study				



February 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
		1 Chicken and Dumplings Roll Salad Dessert	2 Pot Roast Roasted Potatoes Vegetable Salad Roll Dessert	3 Spaghetti with Meat Sauce Salad Garlic Bread Dessert
6 Chicken Teryaki Fried Rice Soup Roll Dessert	7 Stuffed Pork Roast Baked Potato Salad Roll Dessert	8 Chicken Enchilada Spanish Rice Refried Beans Soup Dessert	9 Beef Tips over Noodles Vegetables Roll Dessert	10 Roast Turkey Stuffing Gravy Vegetable Roll Dessert
13 Hot Roast Beef Sandwich With Gravy Roasted Potatoes Salad Dessert	14 BBQ Chicken Roasted Potatoes Vegetable Roll  Dessert Hershey Kisses	15 Breaded Pork Chops Scalloped Potatoes Salad Roll Dessert	16 <i>Jan's Birthday Lunch</i> Steak Kabab Herbed Rice Salad Roll Dessert	17 Lasagna with Meat Sauce Garlic Bread Salad Dessert
20 Country Fried Steak Gravy Vegetable Roll Dessert	21 Hamburger with Bun Lettuce & Tomato Chili Tater Tots Dessert	22 Ham Steak Pinto Beans Yams Salad Roll Dessert	23 Turkey A-la King Buttered Noodles Soup Roll Dessert	24 Swiss Steak Scalloped Potatoes Salad Roll Dessert
27 Fried Chicken Baked Potato Gravy Cole Slaw Roll Dessert	28 Salisbury Steak Rice Vegetable Roll Dessert	Dining Room Coordinator for Volunteers Debbie Zimmerer (707) 462-4343 ext. 107 <i>Please do not leave lunch reservations at this number.</i>		



Valentine's Dance Party - February 11 with Will Siegel and Friends.

Tickets available at Ukiah Senior Center Administration, Mendocino Book Company, and at our website, www.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. See front cover of *The Scoop* for more information.

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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.

Want 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



HILLSIDE HEALTH CENTER

333 Laws Avenue, Ukiah
(707) 468-1010
hillsidehealthcenter.org

MCHC is an equal opportunity provider and employer.

Refuse to act your age!

FREE MEDICARE ANNUAL WELLNESS VISITS

We'll help you develop a personalized wellness program so you can keep doing what you love to do.

Volunteers

Ashley Adamski	Joyce Hill	Bobbi Ryan
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	Robert 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
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Santiago Gonzalez	Rhea Pitchard	Bill Wester
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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 December our volunteers donated 1,404 hours to the Center. If paid at minimum wage, the dollar value would be \$14,040! Thank you Volunteers!

Tax Time...

Tax preparedness service will continue to be offered February 1 at the Ukiah Senior Center on a first-come, first-served basis on Wednesdays and Fridays from 8:30 to 11:30 a.m. in Bartlett Hall and ending on April 14, 2017. Be sure to bring a photo identification and the following items with you:

- Proof of identification (photo ID)
- Copy of last year's income tax return(s) and packet
- Property tax statement including parcel number with dollar amount
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc..) showing interest and/or dividends and documentation showing original purchase price of sold assets
- Wage and earning, pension or other retirement income statements (Forms W-2, W-2G, 1099-R, 1099-Misc) from all employers/payers
- Interest and dividend statements from banks (Forms 1099-INT and-DIV) All Brokerage statements
- Health Insurance Exemption Certificate, if received
- Total paid for daycare provider and day care information (name, employer, ID, Social Security number)
- Forms 1095-A B or C, Affordable Health care Statements
- All receipts or canceled checks if itemizing deductions
- A blank check for proof of bank account routing and account numbers for direct deposit.
- Social Security cards or other official documentation for yourself and for all dependents. Birth dates for you, your spouse and dependents on tax return.
- Your Tax Records envelope with this year's federal and state returns and other tax documents.
- Note: We electronically file tax returns and both spouses must be present to sign the required forms on a married-filing-joint return.

We're here to help low-to moderate-income taxpayers, especially those 60 and older.

Even if you don't have enough income to require you to file, the Internal Revenue Service recommends you file in order to prevent identity theft and possible fraud.



Happy Birthday to You!



1. Lillian Fisher, Ann Gallegos, Denver Smith, Nicole Willis
2. Ginny Love
4. Lujuanna Carlstedt, Erika Strong
5. Edith Ceccarelli, Ann Hershberger
7. Camella Swanson
9. Norma Frassinello, Virginia Meadows
10. Richard Bailey, Theresa Lackey
11. Belinda Schafer
12. Grace Brodjeski, Norma Exley, Barbara King
14. Bonnie Thornton, Shirley Valentini
15. Kathryn Schapmire
16. Linda Houston, Lavonna Schrock
17. Janet Martin, Anna Peterson, Diana Ratliff
18. Ralph Gates, Polly McKibbin, Marilyn Saegert
19. Sandy Severson
20. Diana Clarke
21. Linda Homler Taylor, Tom Kirsch
22. Betty Boltz
23. Beverly Gates
24. Valerie Parker
26. Gladys Rasmussen
28. William Ferguson

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, February 27 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 singer and entertainer, Kat Avery. Kat grabs your attention with her sultry voice and performs all those favorites we remember and love to sing along with.

The donor for the much sought-after "red ticket" \$50 door prize and Celebrity Scooper is Drew Grebil from Triple S Tire & Brake.

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.

Bingo News 2017!

From Valerie Parker, Bingo Volunteer

The bingo program at the Ukiah Senior Center has been a mainstay for many years. The regular programs continue to bring in a diverse crowd of people of all ages.

There are currently weekly bingo sessions every Tuesday night starting at 6:00 p.m. and a nickel-a-card bingo session every Thursday afternoon starting at 1:00 p.m.

Our biggest bingo attraction is the Bingo Bash that is held every odd month on the second Sunday of each of those months.

Our bingo equipment is beginning to fail and it has become harder to find parts to repair it. Since bingo is one of the highest attended regular activities at the Center, it has become apparent that something needs to be done to make sure that our equipment continues to work properly.

In anticipation of the possibility of a future new Senior Center building, making sure that our bingo equipment is up to date and ready to move forward with it takes on a greater importance.

To accomplish this goal, we are going to add a new bingo session on the even months (February, April, June, August, October, December) on the second Sunday of each of these months starting on Sunday, February 12, 2017.

(Continued page 11...)

Thank you Angel Donors!

Justin Peterson	Elena Stone
Kenneth Peterson	Jerry Stutsman
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NEW BINGO BENEFIT !

Proceeds will go toward the purchase
of **NEW BINGO EQUIPMENT**
in Bartlett Hall.

FEBRUARY 12

TICKET SALES 10:00 A.M.

1:00 GAMES BEGIN

Lasagna, salad, garlic bread \$5.00
Served 11:00 a.m. to 12:30 p.m.

Snack Bar open all day!

Hot Dogs, Nachos, Chips, Candy,
Desserts, Sodas

Non-smoking, any adult 18 years or older

Office 462-4343 est.107

Bingo News 2017 ! Continued

At the "New Bingo Benefit," there will be one full card jackpot that guarantees a \$50 payout during each session. There will be another full card jackpot that starts at 50 numbers and \$100 and increases each session by a number and \$10 until won. We will also have a "Pick a Pet" special during this session.

Pricing for this new session will be the same as the Bingo Bash - \$10 for the first pack of regular games, \$5 for each additional pack. The specials (both jackpot games, Double Action, and Pick a Pet) will be \$1 each or 6 for \$5.

Volunteers who would be willing to help tend our snack bar would be greatly appreciated. Please contact Debbie Zimmerer at 462-4343 x 107 if you are interested in helping us at these events.

We appreciate the support of everyone (including all our current bingo players as well as the Senior Center staff and volunteers) who help us make it happen! We are looking forward to working toward this new goal and invite everyone to come and support our bingo program and the Ukiah Senior Center.



Ukiah Senior Center
 499 Leslie Street
 Ukiah, CA 95482-5506

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