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

Spotlight

On the Cover ...

Community collaboration results in new stairs for a senior served through USC Outreach Program thanks to Plowshares, The Lions and Friedmans.

Pages 2, 3 and 5

In This Issue...

Page 5
Ice Cream Social
Page 6 & 7
Activities & Menu
Dink’s New Stairs

From David Christmas,
Outreach Support

I’ve been living in Ukiah a little over a year now. Before I moved here I had visited several times and knew how beautiful it is in these parts. It’s only since I’ve been living and working here at the Ukiah Senior Center, that I see how wonderful the people in this community are...how they come together to help each other out when they find folks who are in need of assistance.

It all began with an e-mail I received from Plowshares. Besides providing “in-house meals,” they also provide a much-needed service delivering hot meals to those who are homebound. We have asked their delivery people to keep an eye on their clients and if they see or hear anything a client might need help with, they call the Outreach Program at the Senior Center.

It turns out the delivery team that takes lunch to a fellow named Dink Hallman have noticed that his front porch stairs are very rickety and seriously in need of replacement.

So I drive out to Dink’s to take a look. He lives in a small yellow Victorian house that’s got to be over one hundred years old. Being a fan of HGTV, it’s not hard to see that this house has good bones and is a handsome example of the era – but it has obviously seen better days. The Meals on Wheels volunteers were right on this one. The porch and the stairs have serious issues.

I introduce myself to Dink and we talk. I learn that he came to Cloverdale as a young child from Alabama and has lived there most of his life. He became a bartender, married a woman from Ukiah and had two kids. He is a people person with a great sense of humor – perfect for the profession he picked, working at the old Grapevine in Cloverdale for years. Some of you old timers might remember him? He knows every bar in Mendocino County.

In 2002, he and his wife moved to Ukiah to be near his ailing father-in-law. After his father-in-law passed, Dink and his wife moved into the yellow Victorian where they lived for some years. Dink’s wife passed in 2011 and he continues living there with his dog Sparky.

Dink tells me that some years back a contractor gave him an estimate of $17,000 to fix his porch and stairs. We both laugh because on his fixed income there is no way he can pay for a new porch, but the stairs are definitely a possibility. My job is to find someone to fix them, but who?

(continued page 3)
The first organization I think of is the Lion's Club and the great work they do for our community. In fact, they helped one of my clients get a new pair of eye glasses last year. I e-mail Marlin Lorenzi at the Lion's, explaining Dink's dilemma. The feedback from Marlin at the Lion's is very positive.

Next, I go to Friedman's. I wonder if perhaps Friedman's might contribute the lumber needed for Dink's stairs. I ask and I'm told that there's a Community Relations Coordinator (Sue Sarno) at Friedman's in Santa Rosa. I e-mail Sue Sarno telling her the story of Dink and how the stairs will help him – and for that matter, anyone else coming to visit him. Including me! Within hours I receive an e-mail from Kirk Schutz at Friedman's in Ukiah, who has heard from Sue Sarno saying that there is a good possibility that they can help with this.

A few days later I receive another email from Marlin Lorenzi at the Lion's Club saying that he wants to meet at Dink's home with some of his fellow Lions including Fred Brown, the President of the Lions, to see just what is needed for this project. The meeting at Dink's takes place and Fred Brown agrees to draw up plans that I can send to Kirk at Friedman's to give him an idea of how much construction material will be needed for the project. Kirk, in turn, shoots the plans to Sue Sarno to get her okay on the project which she does and it's a done deal. Whew!

Now, Dink's stairs took about three weeks to get sorted out. Waiting to hear back from someone you've e-mailed can seem like eons when you're excited about a project and I was excited and I know Dink was looking forward to having his new stairs. But you could have blown me over with a feather when I arrived at Dink's house to take a before picture of his rickety stairs and there he was with a saw in one hand and lumber strewn all over the lawn.

"Dink, what are you doing?" I asked.

"Fixing the stairs – I'm tired of waiting." He answered with a laugh.

"Dink,' I said, "the Lions are coming sometime next week to build your new stairs. I know this has been a long process, but you have to be patient. And Dink, I gotta say that what you're doing is making your stairs even more dangerous." He mumbled something under his breath and began to roll up the power cord. Of course he was tired of waiting – so was I. But these things take time.

Then on a beautiful Sunday morning in March the Lions met at Dinks place to dig the holes for the footings of the stairs. The Lions arrived with four young high school fellows (known as the young Lions) to dig the holes. Fred told the guys where he wanted the footings dug and they commenced digging. With his latest plan, Fred pours the new footings. After they dry, he calls me to say that the following Sunday the stairs will be built. "I'll be there!" I exclaimed.

We meet on the appointed Sunday (in April now). The same young Lions are there and ready for work (as soon as they wipe the sleep from their eyes). With Fred Brown, the president of the Lions, doing, showing, and teaching, the young Lions go to work. As the day moves from morning to afternoon so the stairs grow from a cement slab to a real set of steps and they rise to completion.

(continued page 5)
The Ukiah Senior Center expresses our heartfelt sympathy to the friends, family and loved ones of

Arleen Emma Shippey
John Walker

The Lunch Bunch

Thanks to those who support our activity. Your donations keep us running and our participants happy! We’d love to have you stop by to see how we are doing.

This month our needs are:
Paper Towels • Kleenex • Napkins • Clorox Wipes, Green Tea • Sugar-free Hot Chocolate, Tomato Juice • Pineapple and Cranberry Juices.

Do you have a special talent to share? Musicians and performers are a joy to our participants. Please call if you would like to volunteer to share your talents with us!

Mary Ann Anderson, Coordinator
707-462-4343 ext.121
lunchbunch@ukiahseniorcenter.org

Caregiver Support Series

Redwood Caregiver Resource Center will present a training on Alzheimer’s for family members and professionals. Facilitator, Alexis Glidewell, MSW, will present a discussion on “Exploring Placement Options.” The discussion will address the complicated feelings that arise in making a decision to place a loved one in a long-term care facility, selecting a facility that meets your family’s needs and the determining factors that may contribute to a decision to place.

When: Wednesday, June 17
10:00 a.m. to 12:00 p.m.

Where: Ukiah Senior Center Administration
RCHDC Conference Room
499 Leslie Street
Space is limited. Register with Redwood Caregiver Resource Center 542-0282 x10
(800) 834-1636 x10 Marsha

Talk about Death and Dying over Tea and Cake

Meeting monthly, The Death Cafe will be at the Ukiah Senior Center’s Lunch Bunch Room located in the back Administration Building behind Bartlett Hall. Seating is limited. Meeting time is 2:00 p.m. to 4:00 p.m. The next meeting will be held on June 6. Please call or e-mail to RSVP.

Margo Frank 462-1877 • margo@margofrank.com
Miriam Raphael 456-9151 • mirigel@pacific.net

Margo Frank LCSW

Individual Psychotherapy and Coaching
Crossing into Elderhood Programs
Eldercare Consultation

www.margofrank.com 707.462.1877
I want to tell you who these young Lions are: (Pictured above, left to right) Dane Stevenson, Brenden Saylor, Josh Preissler and Ryan Malberg. They worked hard for a great cause and learned a lot. And a call out to Fred Brown (seated, front cover) a master wood worker and Marlin Lorenzi who got this project going – both big Lions. Bravo to all of you.

And a big thank you to Sue Samo, Community Relations Coordinator and Kirk Schutz, Contractor, Outside Sales at Friedman’s. They contributed the cement, wood, and screws, everything that we needed to get this community project done. We couldn’t have done this without Friedman’s help.

Did you Know?

Outreach programs and staff are largely supported through funds provided by Mendocino County’s Health and Human Services Department, which contracts with the Ukiah Senior Center to offer services and information to local seniors. Services supported by these County funds include money management and representative payee assistance, information on accessing various programs for low-income seniors such as “Cal Fresh,” caregiver referrals and special transportation needs. Without the support and funding provided by Mendocino County, the Center’s Outreach Program could not continue to assist our local seniors.

Outreach

Money Management Services

Otho and Letha Teague came to the Center as a referral from APS (Adult Protective Services), another example of how our Community works together to benefit seniors. The bank alerted APS, concerned about a suspected scam that was draining the couple of their money. They had caught poor Letha, hook line and sinker. She was very emotional and upset by the time APS had suggested the Senior Center’s Outreach Program help with the finances.

Once Heather Haydon, Outreach Manager, learned that Otho and Letha were having difficulty budgeting their monthly finances and were delighted at the prospect of the Center stepping in, she began to help the couple take back their lives. In the beginning, there was quite a bit of debt and accumulated past-due bills. Letha takes care of her husband Otho, and was very overwhelmed.

Once the bills were under control, Heather found that they had plenty of money to make ends meet and even to begin putting a small amount aside for a new stove. Letha had told her that their stove hadn’t worked for years. With the money Heather helped them save, they were able to purchase a very nice, fully functional stove.
**June Bartlett Hall Activities**

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<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>1 9:00-10:30 Cribbage and other Games 1:00-4:30 Bridge Duplicate 5:00-6:00 Line Dance all levels</td>
<td>2 8:00-11:30 Pinochle 10:00-11:00 Blood Pressure 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo</td>
<td>3 1:00-4:30 Bridge 1:00-3:00 Knit-Crochet 4:30-5:30 Line Dancing all levels 6:00-9:00 Pinochle</td>
<td>4 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance intermediate/advanced 7:00-9:30 Square Dance</td>
<td>5 9:30-10:30 Tai Chi 1:30-2:30 Line Dance intermediate/advanced 2:30-3:30 Beginners 6:00-9:00 Pinochle</td>
<td>6 Saturday Night Dance The Country Boys 7:00-10:00</td>
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<tr>
<td>8 9:00-10:30 Cribbage and other Games 1:00-4:30 Bridge Duplicate 5:00-6:00 Line Dance all levels</td>
<td>9 8:00-11:30 Pinochle 10:00-11:00 Blood Pressure 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo</td>
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<td>11 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance intermediate/advanced 7:00-9:30 Square Dance</td>
<td>12 9:30-10:30 Tai Chi 1:30-2:30 Line Dance intermediate/advanced 2:30-3:30 Beginners 6:00-9:00 Pinochle</td>
<td>13</td>
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<td>15 9:00-10:30 Cribbage and other Games 1:00-4:30 Bridge Duplicate 5:00-6:00 Line Dance all levels</td>
<td>16 8:00-11:30 Pinochle 10:00-11:00 Blood Pressure 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo</td>
<td>17 1:00-4:30 Bridge 1:00-3:00 Knit-Crochet 4:30-5:30 Line Dancing all levels 6:00-9:00 Pinochle</td>
<td>18 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance intermediate/advanced 7:00-9:30 Square Dance</td>
<td>19 9:30-10:30 Tai Chi 2:00-3:00 SENIOR LAW PRESENTATION 6:00-9:00 Pinochle</td>
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<tr>
<td>22 9:00-10:30 Cribbage and other Games 2:00-3:00 Ice Cream Social 5:00-6:00 Line Dance all levels</td>
<td>23 8:00-11:30 Pinochle 10:00-11:00 Blood Pressure 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo</td>
<td>24 1:00-4:30 Bridge 1:00-3:00 Knit-Crochet 4:30-5:30 Line Dancing all levels 6:00-9:00 Pinochle</td>
<td>25 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance intermediate/advanced 7:00-9:30 Square Dance</td>
<td>26 9:30-10:30 Tai Chi 1:30-2:30 Line Dance intermediate/advanced 2:30-3:30 Beginners 6:00-9:00 Pinochle</td>
<td>27 SUNDAY NICKLE BINGO June 7, 14, 21, 28</td>
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<tr>
<td>29 9:00-10:30 Cribbage and other Games 1:00-4:30 Bridge Duplicate 5:00-6:00 Line Dance all levels</td>
<td>30 8:00-11:30 Pinochle 10:00-11:00 Blood Pressure 11:30-2:00 Singing Group 2:15-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo</td>
<td>Board Meeting June 30 1:00 - 2:30 p.m. Administration Building, RCHDC Conference Room</td>
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<tr>
<td>1 8:30-12:00 Piano Class</td>
<td>2 1:00-3:00 Vision Loss Support Group 10:00-11:30 Computer Lab</td>
<td>3 10:00-11:30 Computer Lab</td>
<td>4 9:00-4:00 Original Quilters</td>
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<td>8 8:30-12:00 Piano Class</td>
<td>9 10:00-11:30 Computer Lab 2:30-3:30 Bible Study</td>
<td>10 10:00-11:30 Computer Lab 1:00-3:30 Peer Counseling</td>
<td>11 9:00-4:00 Original Quilters</td>
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<td>15 8:30-12:00 Piano Class</td>
<td>16 10:00-11:30 Computer Lab</td>
<td>17 10:00-11:30 Computer Lab (Bartlett Hall) 10:00-12:00 Women’s Book Group</td>
<td>18 9:00-4:00 Original Quilters</td>
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<td>22 8:30-12:00 Piano Class</td>
<td>23 10:00-11:30 Computer Lab 2:30-3:30 Bible Study</td>
<td>24 10:00-11:30 Computer Lab 1:00-3:30 Peer Counseling</td>
<td>25 9:00-4:00 Original Quilters</td>
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<td>29 8:30-12:00 Piano Class</td>
<td>30 10:00-11:30 Computer Lab</td>
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**COMPUTER LAB INSTRUCTOR NEEDED FOR FRIDAYS**
Contact Debbie Zimmerer 462-4343 ext.107

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**Notes:**
- BUNKO
- Saturday Night Dance
- The Country Boys
- June 7, 14, 21, 28

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**Contact Information:**

**COMPUTER LAB INSTRUCTOR NEEDED FOR FRIDAYS**
Contact Debbie Zimmerer 462-4343 ext.107

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**Board Meeting**
June 30
1:00 - 2:30 p.m.
Administration Building, RCHDC Conference Room

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**SUNDAY NICKLE BINGO**
June 7, 14, 21, 28
## June Dining Room Lunch Menu

Lunch by Zack’s Catering served Monday - Friday at 11:30 a.m.  
Reservations required by 7:30 a.m. -- main reservation number (707) 468-9256.  
Once a month: Annie B’s lunch at 11:30 a.m. ($6.00 eat in/$7.00 to go)

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<tr>
<td>1 Hot Dogs</td>
<td>2 Salisbury Steak</td>
<td>3 Roast Turkey</td>
<td>4 Baked Ham</td>
<td>5 Fried Fish</td>
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<tr>
<td>Green Salad</td>
<td>Roasted Potatoes</td>
<td>Gravy, Stuffing Salad</td>
<td>Scalloped Potatoes</td>
<td>Clam Chowder</td>
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<td>Chili Beans</td>
<td>Soup</td>
<td>Salad Roll</td>
<td>Vegetable Roll</td>
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<td>Buns</td>
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<td>8 Spaghetti with Meat Sauce</td>
<td>9 Pot Roast</td>
<td>10 Pork Roast</td>
<td>11 Corned Beef and Vegetable</td>
<td>12 Breast of Chicken W/ Chardonnay Sauce</td>
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<tr>
<td>Salad</td>
<td>Mashed Potatoes</td>
<td>Dressing</td>
<td>Cabbage Roll</td>
<td>Rice</td>
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<td>Garlic Bread</td>
<td>Gravy</td>
<td>Gray</td>
<td>Soup Roll</td>
<td>Vegetable Roll</td>
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<td>Dessert</td>
<td>Salad</td>
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<td>15 BBQ Chicken</td>
<td>16 Sweet &amp; Sour Pork</td>
<td>17 Chicken Fried Steak</td>
<td>18 Annie B’s BIRTHDAY LUNCH</td>
<td>19 Chicken Cordon Bleu</td>
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<tr>
<td>Baked Potato</td>
<td>Rice</td>
<td>Mashed Potatoes</td>
<td>BBQ Hamburger</td>
<td>Rice</td>
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<tr>
<td>Soup</td>
<td>Salad</td>
<td>Gravy</td>
<td>Potato Salad</td>
<td>Vegetable Roll</td>
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<td>Bread</td>
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<td>Baked Beans</td>
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<td>Dessert</td>
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<td>Strawberry Shortcake</td>
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<td>22 Pork Chops</td>
<td>23 Swiss Steak</td>
<td>24 Chicken and Dumplings</td>
<td>25 Baked Ham</td>
<td>26 Chicken Enchiladas</td>
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<tr>
<td>Roasted Red Potatoes</td>
<td>Mashed Potatoes</td>
<td>Salad</td>
<td>Scalloped Potatoes</td>
<td>Spanish Rice</td>
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<td>Soup</td>
<td>Soup</td>
<td>Gravy</td>
<td>Salad</td>
<td>Refried Beans</td>
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<td>29 Beef Tips over Noodles</td>
<td>30 Stuffed Pork Loin</td>
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<td>Salad</td>
<td>Rice, Gravy</td>
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Although we make every effort to keep our luncheon meal costs reasonable, it will become necessary to raise the Bartlett luncheon meals from $6.00 to $7.00 beginning July 1st.

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**SATURDAY NIGHT DANCE**

Enjoy an evening of music and dance with The Country Boys from 7:00 to 10:00 p.m. in Bartlett Hall on Saturday, June 6.  
No reservations are required. Admission is $10 at the door.  
462-4343.
**BUNKO**
**MONDAY, June 8**
6:00 - 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!

Now on the second Monday of the month!
RSVP Jan Tipton • 462-0004

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119 West 1st Street • 707-894-9310
Open Tues. - Sat. 10:00 a.m. - 4:00 p.m.
Crafts, Stamping, Fabrics, Yarn & More!
Proceeds benefit Cloverdale Senior Center
All donated supplies are gently used or new.
Reuse & Recycle!

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www.lintottwills.com • mlintott@att.net • (707) 463-3800 (707) 468-5477

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**Mendocino County**
The COAST
FM 95.3/95.9 KOZT.com mobile
Volunteers


Thanks to Our Volunteers!

During April our volunteers donated 1,741 hours to the Center. If paid at minimum wage, the dollar value would be $13,928!

Thank you for your dedication in the spirit of giving! Please remember to report your volunteer hours in the R.S.V.P. binder in Bartlett Hall.

Would you like to join our group of Volunteers? Please stop by the Center to sign up!

New volunteer Sue Everett R.N., (pictured right) will take blood pressure readings on the first and third Tuesday of the month from 10:00-11:00 in Bartlett Hall.

Welcome New Members!

Norman Franks  Barbara Stone  Pamela Stuefen  Robert Stuefen  Gail Cargile  Donna Worster  Susan Schrock  Sandy Pinkerton
Thank You Angel Donors!

Kathleen Barbara
Shirley Blattner
Joan Borecky
James Busch
Diana Clarke
Dragons Lair
Jeanne Engelman
Ron Fries
Arden Gibson
Cynthia Good
Milli Hickey
William Hoomalu
George Kennedy

Sharon Marshall
Jim Mayfield
Abbie Ojanpera
Dorothea Parsons
Bruce Richard Bonnie
Elena Stone
Gayle Wagner
John Walker
Carolyn Welch
Safeway
West America Bank
Windmills Cafe
KOZT Radio

All About The Scoop

OPTIONS FOR RECEIVING THE SCOOP
For members, we now offer delivery right to your e-mail as an option for receiving our monthly newsletter publication. You may request a digital version with your paper edition or just digital. This is a convenient method to view The Scoop. It can be saved to your computer and you will see all photos and images in color.
If you would like this service, please send an e-mail to marilyn@ukiahseniorcenter.org requesting your digital copy. The format is PDF and Adobe Reader is required.
The Scoop deadline for submission is on the 4th of the month prior to the month of publication.

NO ENDORSEMENTS
The Ukiah Senior Center, publisher of The Scoop, does not endorse any product or services discussed in news articles or advertised within this newsletter. All advertising is paid for by the businesses involved, who are totally responsible for the content therein. All opinions expressed in The Scoop are those of the writer and not necessarily of The Ukiah Senior Center.

SHARE YOUR STORY WITH US!
Have a story about how our Center has changed your life? To submit articles or advertising for The Scoop contact the Editor, Marilyn DeFrange via e-mail at marilyn@ukiahseniorcenter.org or call 462-4343 ext. 115.
All submissions are due by the 4th of the month prior to the month of publication. The Ukiah Senior Center reserves the right to edit or publish any submissions.

ADVERTISE IN THE SCOOP
Business card ads are $25 per month, with a minimum commitment of four months. Approximately 600 people, businesses and organizations will see your information monthly. Call 707-462-4343 ext. 115 and leave a voicemail message for Marilyn DeFrange or e-mail marilyn@ukiahseniorcenter.org

Farewell to a Dear Friend...
John Walker will be remembered as not only a Board Member, but his incredible support of the Center, volunteers, staff and Seniors who attended our programs. His positive and upbeat presence was a joy to many.
We will miss you John.
Happy Birthday to You!

1. Amy Hensell, Bill Traina, Elizabeth Woodward
2. Lorna Maslenikov, Vicki Bitoni-Brown, Lyle Vincent
3. Jane McMahon, David Vilner
4. Wayne Johnson
5. Marlys White
6. Ava Peterson
7. Roylene Tucker, JoAnn Wade
8. Sharon Dory, Elaine Rickard
9. Wayne McBrde
10. Zelda Freedman
11. Debbie Zimmerer
12. Ava Davis, Marie Ulrich
13. Arthur Mihelic
14. Gayle Wagner, Rick Iverson
15. Kathleen McKenna
16. Abbie Ojanpera
17. Gerald O’Neal, Del Riedlinger, Virginia Williams
18. Phil Pierson, Alice Swan
19. Darlene Simmons
20. Al Hunter

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

Apologies to James Ward who’s May 5 birthday was inadvertently omitted from the list.

The Ice Cream Social

The Ice Cream Social will be held in Bartlett Hall on Monday, June 22 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 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.

Our Celebrity Scooper and Donor for the much sought-after “red ticket” $50 door prize is long-time supporter of the Ukiah Senior Center, Ukiah Electric.

At every monthly Ice Cream Social, Ann Creekmore keeps us thinking with the “Name that Tune” challenge! We can't thank these volunteers enough for donating their time, talents and resources to The Ice Cream Social. Bravo!

Ice Cream Social
Breakfast for two at Windmills Cafe
NAME_______________________________

CELEBRITY SCOOPER DONORS WANTED

The Ice Cream Social activity is in need of those individuals or businesses who would like to participate in our monthly Ice Cream Social on one of the fourth Mondays of the month.

Call Wilma 707-462-5611 for more information

Thanks to the donors and helpers for the Ice Cream Social: Mark Poston - Lucky’s, Safeway, Windmills Cafe, Wilma Howard, Marlys White, Jim Busch, Gretel Townsend, George Kennedy, Ann Creekmore, Gene Hoggren, and USC volunteers.
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