

Reedley Senior News

JUNE 2010

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Congratulations DAD

Wishing those who are Great Grandpa's, Grandpa's and Dad's a **Happy Fathers Day** on Sunday, June 20.

Parking Lot Yard Sale

Saturday, June 5 the Senior Comm. on Aging will have a Yard Sale here at the Community Center. We only have a few available spaces. For only \$15 you get a space with a table. You also may donate good saleable items to the senior center. Call 637-4207 for more information. The Sale hours are 7 am to noon. Fresh baked cinnamon rolls and chocolate chip cookies, coffee, popcorn, hot dogs, nachos, sodas & water will be available for purchase from the Commission On Aging.



Senior Prom & Dinner

Reedley Opera House on Friday, June 18 from 5-8 pm. Catered by Mainstreet Café. Cost \$7 at Senior center. Complimentary photos from Blossom Trail Photography, Music by Betty Crum and Sal Gonzalez. Presented by Reedley YMCA Board and Reedley Senior Commission, Inc.



Reedley's Farmers Market

The market will be held May 19 to August 25 from 4-7 pm on 'G' Street downtown.



Chukchansi Casino

Seats are going fast for the Friday, June 11 casino trip. Cost is \$15 with ID casino gives \$10 e-cash and \$5 food credit.



June Birthdays

Oh my, the summer sun is getting warmer. Still all the brightness from the sun cannot compare to the faces and hearts of our June babies.



Pete Klippenstein
Nubar Hagopian
Jo Hayward
Elizabeth Holcroft
Lloyd Fritz
Joan Sasaki
Shirley Edwards
Alfonso Martinez
Pauline Flores
Rose Reyes
Frances Feller

Edna Ediger
Patsy Zakoren
Clayton Garner
Emily Rico
Herk Klassen
Bonnie Schmidt
Juanita Serna
Margaret Penner
Gus Reyes
Stan Peters
Lucille Warren

Cake on us!

Come and join the seniors for lunch & have some delicious cake to celebrate Birthdays & Anniversaries on Wednesday, June 23. Call 637-4207 by 11 am Tuesday, June 22, to reserve lunch.



Happy Anniversary to Don and Jovita Zavala and to Allen and Linda Wiebe celebrating 59 yrs.

Next Months Birthday List

If you have a Birthday coming up in July, please call the Senior Center at 637-4207, to be sure your name is on our list.

Senior Marqué

Be sure to check both sides of our Marqué for activities and upcoming events.





Senior Luncheon Tuesday, June 8

The Reedley Comm. on Aging wants to invite you to our end of year luncheon. The Comm. On Aging will be providing delicious meal of Beef Stroganoff, applesauce, vegetable and dessert. Bring your utensils and \$1.50 to cover the meal. Jolene Siebert will be singing show tunes. There will be great door prizes. We will not have another get-together until fall. You MUST call by 11 am on Monday the 7th to reserve your meal. No reservation—No meal.



Bingo—The next monthly Bingo is scheduled for Friday, June 18. If you are interested in having lunch and playing bingo, call 637-4207 by 11 am, Thursday, June 17.



Senior Blood Pressure Testing

Seniors may have their blood pressure and weight checked by volunteers on June 2nd, from 8:30-10 am. This free service is provided for seniors in the foyer at the Community Center the 1st Wednesday of every month.

Free Hearing Test

On Tuesday, June 15 at 9 am in the Phil Hudson room. You may receive a FREE hearing test or have your hearing appliance examined and batteries checked.



Social Security

A representative will be here on Wednesday, June 16 from 9 am to noon.

If you are not able to come call 1-800-772-1213 or check the website at www.ssa.gov

Diabetic Support

A Senior and Caregiver Information and Assistance representative will be here on Wednesday, June 16 from 9:30 to 11 am in the Redwood room.



Our Sincere Sympathies

We would like to extend sympathy to friends and families with the loss of Deleel Rucker who recently celebrated her 100th birthday & Wanda Dawson who celebrated her birthday with our Lord. Someday, what a reunion we will have. Here is one of our favorite treats from Wanda.
Wanda's Toffee Candy

- 2 cubes of butter
- 1 cup brown sugar
- 1 cup pecans
- 24 graham crackers



Boil butter and sugar 3 minutes then add the pecans. Immediately pour over crackers and put in 325 degree oven for 10 minutes. Cool completely before removing from pan. Break into pieces and enjoy!

Senior Exercise

The Senior Exercise Class will continue for the summer and is FREE. The class is conducted by Shirley Festejo on video tape. Exercise meets at 10 am in the California room on Mondays and Wednesdays and in the Redwood room on Fridays. Many seniors walk laps in the cool California Room before class.



Hearing Access—FREE Phones

We have CTAP applications for your physician to verify you have a hearing, vision, memory or mobility loss for a FREE phone. A CTAP representative will be at the yard sale on Saturday, June 5 and also on Wednesday, June 16 from 9:30—11 am. Come and see the new phones.



Senior Equipment Loan Service

The Senior Services Office has a equipment loan service. This service is for any senior who may need to borrow, a wheelchair, portable potty chair, or walker. We also have a limited quantity of disposable undergarment pads for seniors. This donation has been through an anonymous donor. If you are interested in using any of the above items or need the large adult pads, call 637-4207 between 9 am and 12 pm.



Charlie 'Sez'

In June, you can still plant Corn, Green Beans, and Chayote. Cucumbers may still be planted up to June 15th. When working around your green beans, NEVER touch the leaves when they are wet. Spores of various fungus diseases are easily spread that way.

Those still planting Herbs; your Tomatoes will not set fruit well if Dill is planted close by. If you are still planting Beans, they don't do well next to Onions, but will do well next to or between Corn stalks.

If your Carrots have hairy roots, they may be lacking deep moisture. Watering should be done less often, but deep, as the Carrot root grows as deep as 4 feet. For the next 2 months they need afternoon shade; as do Bell Peppers in this valley.

If you are making a compost pile now with your grass clippings; add a few leaves (no walnut or oak) to the grass. The starch in the leaves makes the pile compost faster and hotter which kills the grass seeds. Keep slightly damp, but not wet.

Watch your Squash plants now for Squash bugs. A 2 or 3 second fine water spray will bring them out from under the leaves so you can pick them off, or spray with Insecticide soap or dust with Rotenone (a marigold base dust). If your neighbors are starting to pull their shades down when you come with a basket; you probably planted too many Zucchini.

Chow

HICAP / Health Insurance Counseling & Advocacy representative will be here on Wednesday, June 9 at 10:30 to explain how Health Reform is affecting Medi-Care, Medi-Cal and Medi-Gap. If you have insurance questions, call 1800-434-0222.



TAI CHI

We are starting a new Tai Chi session on Fridays from 9:30 - 10:30 am. Cost is only \$24 for the month. Tai Chi is very beneficial for circulation, balance, fall prevention and senior wellness. Come to a class and enjoy meeting new friends and celebrate health.

Travelers & Cruisers

Reunion Potluck will take place in July.

Look for more information in the next newsletter. Upcoming trips: Southern cruise featuring a great ice skating show, central coast over night, New Zealand /Australia, Alaska, Hawaii—do you have a bucket list?

Ice Cream Social



Mark your calendar for our ice cream social. The date will be on Wednesday, June 30 at 3 pm in the Phil Hudson room. You may bring cookies or other goodies. Thank you Julie Whiteside at Golden Living Center, Reedley for sponsoring our monthly ice cream socials.



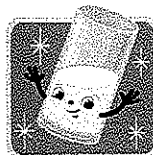
Newsletter Donations

If you would like to make a donation for the Reedley Senior News, you may do so by sending a tax-deductible check to the attention of the Reedley Senior Commission, Inc. at 100 North East Ave. Reedley, CA 93654. Thank you Jose Criado, Jackie Jung, Carroll & Geraldine Strader, Fumiko Matsumoto, Helen Pauls, Ruben & Linda Macedo, Esther Tootelian, Lillian Egoian, Charles Mitchel, Nadine Bartsch, Margaret Parsons, Ethel Harder and Stan Mullen. As you can see, our donations are down. How long it been since you have made a donation?

June Movies —Thursday's at 1 pm

Serving beverage and snacks

- June 3 Love Happens—Jennifer Aniston
- June 10 Duplicity—Julia Roberts
- June 17 The Proposal—Sandra Bullock
- June 24 The Young Victoria—Emily Blunt



Drink Plenty of WATER

Drink at least 8 glasses of water a day, especially during the HOT summer to keep from getting dehydrated. Fill your glass from a pitcher of water in the refrigerator or on the counter. Please, always consult your physician for your best health.

Parking Lot Yard Sale

REEDLEY COMMUNITY CENTER

100 N. East Avenue (at Springfield)

SATURDAY, JUNE 5, 2010

Set up for vendors 6:30 am

Sale starts 7:00 - 11:30 am

FOR MORE INFORMATION CALL 637-4207

Hot Dogs

Cinnamon Rolls & Coffee

Soda

Nachos

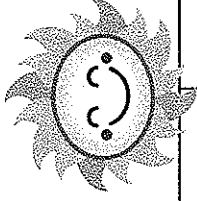
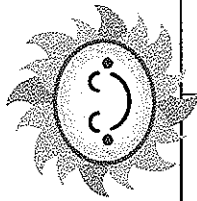
Popcorn

SELLERS:
Pre-Register at
Reedley Senior Center
Mon-Fri...9-12 Noon
Only
\$15.00 cash
for Space & Table

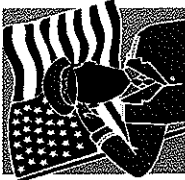
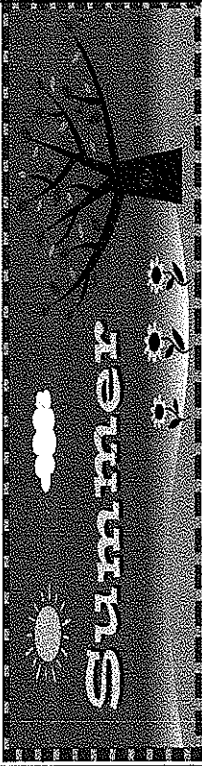


RAIN OR SHINE

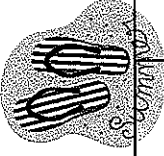
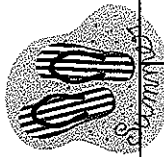
Space Fee & Food Sales benefit
Reedley Senior Commission, Inc.
activities and programs



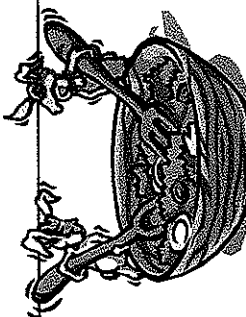
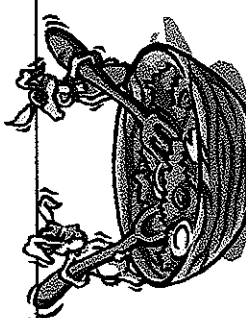
JUNE 2010 SENIOR MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31. MEMORIAL DAY	 Enchilada Casserole Green Beans W/Peppers Orange Juice Pudding	1 Swiss Beef Patty Rice Pilaf, Pickled Beets Wheat Bread Apple Juice, Apricots	2 Sweet & Sour Pork Chop Green Beans & Tomatoes Tossed Salad, Wheat Bread Tropical Fruit	3 Chicken Soft Taco Refried Beans Green Salad Sliced Apples	4 Chili Con Carne Hi C Salad Corn Muffin Diced Peaches
7	Enchilada Casserole Green Beans W/Peppers Orange Juice Pudding	8 NOON LUNCHEON Beef Stroganoff Broccoli Normandy Wheat Bread, Tossed Salad Apple Juice, Applesauce NO POTLUCK	9 Sliced Beef W/Gravy Mashed Potatoes Hi C Salad Wheat Dinner Roll Honeydew	10 Chicken Strips Linguini with Sauce Tossed Salad, Wheat Bread Sliced Apples Oatmeal Cookies	11 Rib B Q Sliced Carrots & Peas Wheat Dinner Roll Cantaloupe
14	Rigatoni W/Meat Sauce Veggies Wheat Bread Pineapple Tidbits Rice Krispy Treat	15 Chicken Thigh Rice Pilaf Peas & Carrots Hi C Salad Wheat Dinner Roll	16 Chicken Alfredo Dill Carrots Hi C Salad French Bread Diced Pears	17 Tuna Salad Sandwich Broccoli Salad Fruited Jell-O	18 Polish Dog / Wheat Bun Corn Chickpeas & Tomatoes Orange
21	Salisbury Steak Mashed Potatoes Green beans w/Peppers Whole Wheat Roll Apricots	22 Chicken Taco Salad Hi C Salad Nectarine	23 Beef BBQ Rib Ca. Mix Veggies Pickled Beets, Wheat Bread Diced Peaches Waffle Cookie	24 Macaroni & Cheese Italian style Veggies Green Salad Wheat Dinner Roll Fruited Jell-O	25 Cheeseburger Sliced Tomato, Lettuce Potato Wedges Honeydew
28	Meatloaf W/Gravy Peas & Carrots Mashed Potatoes Wheat Bread Peach	29 Breaded Fish Couscous Hi C Salad Wheat Roll Pineapple Tidbits	30 Heart Beef Stew Corn Salad Wheat Bread Sliced Apple		

Funding through: Fresno-Madera Area Agency on Aging ~ All meals include Low Fat Milk ~ Suggested Donation: \$1.50 ~ Call 637-4207 weekdays by 11am



JUNE 2010 SALAD MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	NO SALAD ENTREE	2 NO SALAD ENTREE	3 NO SALAD ENTREE	4 NO SALAD ENTREE	5 NO SALAD ENTREE
7	PASTA & CHICKEN SALAD TORTILLA CHIPS ORANGE JUICE PUDDING	8 NOON LUNCHEON BEEF STROGANAOFF BROCCOLI NORMANDY TOSSED SALAD, FRUIT APPLESAUCE JUICE NO POTLUCK	9 TERIYAKI CHICKEN SALAD WHEAT BREAD HONEYDEW	10 CHEF SALAD WHEAT BREAD SLICED APPLES OATMEAL COOKIES	11 TUNA SALAD WHEAT ROLL CANTALOUPE
14	PASTA & CHICKEN SALAD WHEAT ROLL PINEAPPLE TIDBITS RICE KRISPY TREATS	15 TUNA SALAD WHEAT ROLL CANTALOUPE	16 CHEF SALAD FRENCH BREAD DICED PEARS	17 TERIYAKI CHICKEN SALAD WHEAT BREAD FRUITED JELL-O	18 CHEF SALAD WHEAT ROLL ORANGE
21	PASTA & CHICKEN SALAD WHEAT BROLL APRICOTS	22 CHEF SALAD TORTILLA CHIPS NECTARINE	23 COTTAGE CHEESE SALAD WHEAT BREAD DICED PEACHES COOKIE	24 CHEF SALAD WHEAT ROLL FRUITED JELL-O	25 TERIYAKI CHICKEN SALAD WHEAT BREAD HONEYDEW
28	PASTA & CHICKEN SALAD WHEAT BREAD PEACH	29 TUNA SALAD WHEAT ROLL PINEAPPLE TIDBITS	30 CHEF SALAD WHEAT BREAD SLICED APLLES		

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Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 2010 ACTIVITIES	1 Craft Class 9-10 am	2 Gleaners 8 - 10 am Bld Pressure 8:30 - 10 Senior Walk 9:30 am Video Exercise 10 am Painting Noon - 3pm	3 Movie 1 pm Love Happens with Jennifer Aniston	4 New Session- Tai Chi 9:30 am Exercise Video 10 am Yard Sale tomorrow 7-11
7 Senior Walk 9:30 am Video Exercise 10 am	8 No Craft Class Luncheon at Noon by Reservation Only No Congregate Lunch	9 Gleaners 8:30-10 am Senior Walk 9:30 am Video Exercise 10 am Painting Noon - 3 pm	10 Movie 1 pm Duplicity -Julia Roberts	11 Chukchansi Casino Tai Chi 9:30 am Exercise Video 10 am
14 Senior Walk 9:30 am Video Exercise 10 am	15 Hearing Testing 9-10 Craft Class 9-10 am	16 Gleaners 8:30-10 Social Security 9-12 Caregiver Support Free Phones 9:30-11 Video Exercise 10 am	17 Movie 1 pm The Proposal starring Sandra Bullock	18 Tai Chi 9:30 am Exercise Video 10 am Bingo SENIOR PROM
21 Senior Walk 9:30 am Video Exercise 10 am	22 Craft Class 9-10 am	23 Gleaners 8:30-10 Senior Walk 9:30 am Video Exercise 10 am Birthday Cake Painting Noon - 3 pm	24 Movie 1 pm The Young Victoria starring Emily Blunt	25 Tai Chi 9:30 am Exercise Video 10 am
28 Senior Walk 9:30 am Video Exercise 10 am	29 Craft Class 9-10 am	30 Gleaners 8:30-10 am Senior Walk 9:30 am Video Exercise 10 am Painting Noon - 3 pm Ice Cream Social 3 pm	REEDLEY SENIOR SERVICES PHONE 637-4207 Receptionist 9-12 Monday - Friday	

JUNE

Q O C E L E E V W C S S M C I
Q M B A I R L H U C W Q H X T
W Q E E K R I I H O X U Y R S
T G S K P E C G V K R Q G K E
C W T S S R G B R C D S E N W
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BESTMAN
CAKE
COMMITMENT
GROOM
RINGBEARER

BRIDE
CHAMPAGNE
FLOWERGIRL
MINISTER
VOWS

BRIDESMAID
CHURCH
GARTER
RING
WEDDING