

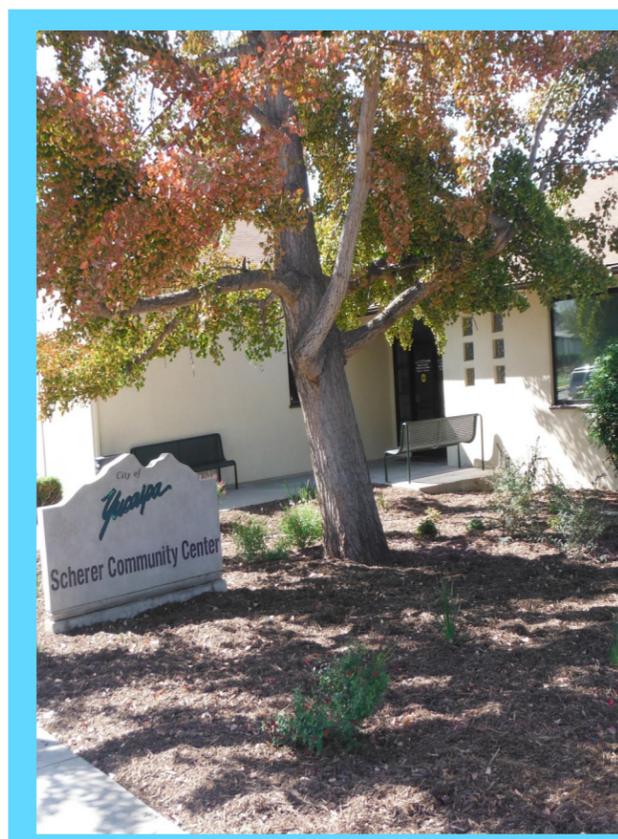
**COMMUNITY RESOURCES**

SENIOR RESOURCE:	PHONE NUMBER:
Adult Protective Services	(877) 565-2020
Braille Institute	(760) 459-6334
Community Action Partnership (Weatherization)	(909) 723-1531
Dept. of Aging & Adult Services	(909) 891-3810
Family Assistance	(909) 797-0244
Home Delivered Meals	(951) 342-3057
Housing Authority (HUD), Section 8	(909) 890-9533
In-Home Supportive Services (Housekeeping)	(877) 800-4544
Inland County Legal Services	(909) 884-8615
Legal Aid (Any Age)	(909) 792-2762
Life Alert	(800) 920-3410
Long Term Care Ombudsman	(909) 891-3928
Medi-Cal, S.S.I. & Food Stamps	(909) 918-2160
Mental Health (S.B. County Behavioral Health)	(909) 579-8100
Nutrition Site (Yucaipa Senior Center)	(909) 790-3170
Senior Companion Program	(909) 384-5413
Senior Employment	(909) 891-3913
Smiles for Seniors	(909) 790-6671
Social Security	(800) 772-1213
Tenants Housing Hotline	(951) 368-2570
OMNI-TRANS	(800) 966-6428
Visiting Nurses Association & Hospice	(909) 384-0737
YANA (You Are Not Alone)	(909) 918-2305
YAPS	(909) 790-1440
YMRA (Yucaipa Mobile Home Residents Association)	(909) 797-9732
<b>LOCAL UTILITIES:</b>	
Yucaipa Disposal	(909) 797-9125
Edison	(800) 655-4555
Gas	(800) 427-2200
Telephone (Verizon)	(800) 483-4000
South Mesa Water District	(909) 795-2401
Western Heights Water District	(909) 790-1901
Yucaipa Valley Water District	(909) 797-5117
<b>HOSPITALS:</b>	
Arrowhead Regional Medical Center, Colton	(909) 580-1000
Loma Linda University Medical Center	(909) 824-0800
Jerry L. Pettis Veterans Hospital, Loma Linda	(909) 825-7084
Redlands Community Hospital	(909) 335-5500

# Yucaipa Senior Kaleidoscope



**Yucaipa Scherer Senior Center**  
 12202 First Street, Yucaipa, CA 92399  
 (909) 797-1177



## Yucaipa Senior Center Emergency Preparedness Expo Thursday, January 12, 2017 9:00 a.m. - 12:00 p.m.

- On-Site CPR Training
- Blood Sugar Testing
- Pet Safety & Services
- Emergency Contacts
- Emergency Kits
- Food & Water Storage
- Blood Pressure Testing
- Earthquake Preparation
- First Aid Kit Info
- Insurance Info
- Legal Aid Info
- Fire Safety Info
- Red Cross Info
- Financial Planning
- Social Security Info
- Door Prizes

**Free tickets**  
 available in the  
 office today!





## February Party "Lady in Red"

### Valentine's Day Dinner Dance

**Thursday, February 9, 2017**  
**2:00 - 4:00 p.m.**

**Tickets \$2 per person available in the office**  
**January 16 - February 6, 2017**

**Enjoy an afternoon of food, door prizes, and dancing.**  
**Don't forget to wear red!**



# Senior Services

The Yucaipa Senior Center serves the needs of the community by offering a variety of classes, activities, and special events. In addition to social and fitness programs, the center acts as a referral agency to assist seniors with legal, medical, and financial issues.

## HICAP

(Health Insurance Counseling and Advocacy Program)

This is a free service offering counseling to assist seniors with comparing supplemental plans, understanding Medicare, and reviewing HMO's managed care options. Seniors are able to learn about government assistance programs, clarify their rights as a health care customer, and gain knowledge about healthcare options. **NO COST** information about Medicare Benefits is offered. Call the Senior Center for an appointment.



Tuesday, January 3 & 17, 2017

## USDA

(United States Department of Agriculture)

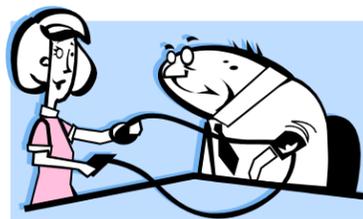
Food distribution is always on the third Wednesday of the month and is free to low-income individuals. The next distribution takes place on January 18, 2017 at 1:00 p.m. while supplies last. A Department of Aging representative may also be available at 11:00 a.m. for assistance in utilizing the HEAP program and to issue bus passes. Sign up for food distribution begins at 11:30 a.m.



Wednesday, January 18, 2017

## Free Blood Pressure Checks

Family Services Association will be offering free blood pressure checks. They will be at the Yucaipa Senior Center every third Tuesday of the month from 10:45 a.m. - 12:00 p.m.



Tuesday, January 17, 2017

## "Granny's Corner"

Looking for low cost clothing and accessories? Granny's Corner Thrift Shop offers seniors a convenient way to shop. Granny's Corner is open every **Monday through Friday from 9:00 a.m. - 1:00 p.m.** Cash only accepted. The dedicated, hard working volunteers do a wonderful job of assisting customers with their shopping. Donations of gently used clothing are always appreciated.



# Center Calendar

Thursday	Friday
<p>5</p> <p>Closed for Painting</p> 	<p>6</p> <p>Closed for Painting</p> 
<p>9:30 - 11:30 a.m. 12 High Beginner Line Dance Canceled</p> <p>9:00 a.m. - 12:00 p.m. <b>Emergency Preparedness Expo</b></p> 	<p>9:00 - 10:00 a.m. 13 Aerobics2Go®</p> <p>10:30 - 11:30 a.m. Tai Chi</p> <p>10:30 - 11:30 a.m. Chair Aerobics</p> <p>1:00 - 2:00 p.m. Computer Class</p> <p>2:30 - 3:30 p.m. Smart Phones &amp; Tablets</p> <p>2:30 - 4:30 p.m. Fun Friday Activities</p>
<p>9:30 - 11:30 a.m. 19 High Beginner Line Dance</p> <p>11:00 a.m. - 12:00 p.m. Genealogy</p> <p>12:30 - 3:30 p.m. Bingo</p> <p>6:30 - 8:30 p.m. Art Assoc. Mtg.</p>	<p>9:00 - 10:00 a.m. 20 Aerobics2Go®</p> <p>10:30 - 11:30 a.m. Tai Chi</p> <p>10:30 - 11:30 a.m. Chair Aerobics</p> <p>1:00 - 2:00 p.m. Computer Class</p> <p>2:30 - 3:30 p.m. Smart Phones &amp; Tablets</p> <p>2:30 - 4:30 p.m. Fun Friday Activities</p>
<p>9:30 - 11:30 a.m. 26 High Beginner Line Dance</p> <p>11:00 a.m. - 12:00 p.m. Genealogy</p> <p>10:00 - 11:00 a.m. Crafts Class</p> <p>Make a Valentine's Day Pin/Card</p>	<p>9:00 - 10:00 a.m. 27 Aerobics2Go®</p> <p>10:30 - 11:30 a.m. Tai Chi</p> <p>10:30 - 11:30 a.m. Chair Aerobics</p> <p>1:00 - 2:00 p.m. Computer Class</p> <p>2:30 - 3:30 p.m. Smart Phones &amp; Tablets</p> <p>2:30 - 4:30 p.m. Fun Friday Activities</p>
	

Frosty Friends Welcome!





# January Senior

Monday	Tuesday	Wednesday
<p>2</p> <p><b>Closed for the Holiday</b></p> <p>Happy New Year</p>	<p>3</p> <p><b>Closed for Painting</b></p>	<p>4</p> <p><b>Closed for Painting</b></p>
<p>9</p> <p>9:00 - 10:00 a.m.    Aerobics2Go®            10:30 a.m. - 12:00 p.m. Tap Classes            10:30 - 11:30 a.m.    Sing-A-Long            12:00 - 1:00 p.m.    Hawaiian Dance            12:30 - 3:00 p.m.    Cards R Us            1:00 - 3:00 p.m.    Hook &amp; Needle</p>	<p>10</p> <p>10:30 - 11:30 a.m.    Tai Chi            10:30 - 11:30 a.m.    Chair Aerobics            12:30 - 3:30 p.m.    Bunco            2:00 - 3:00 p.m.    "Share Your Story"            6:00 - 7:00 p.m.    Hawaiian Dance</p>	<p>11</p> <p>9:00 - 10:00 a.m.    Aerobics2Go®            9:00 - 11:00 a.m.    Ukulele            11:00 a.m. - 12:30 p.m. Beginning            Line Dance            1:00 - 3:30 p.m.    Painting Group</p>
<p>16</p> <p><b>CLOSED</b></p>	<p>17</p> <p>9:00 a.m. - 12:00 p.m. HICAP by appt.            10:30 - 11:30 a.m.    Tai Chi            10:30 - 11:30 a.m.    Chair Aerobics            10:45 a.m. - 12:00 p.m. B.P. Checks            12:30 - 3:30 p.m.    Bunco            2:00 - 3:00 p.m.    "Share Your Story"            6:00 - 7:00 p.m.    Hawaiian Dance</p>	<p>18</p> <p>9:00 - 10:00 a.m.    Aerobics2Go®            9:00 - 11:00 a.m.    Ukulele            11:00 a.m. - 12:30 p.m. Beginning            Line Dance            1:00 - 3:30 p.m.    Painting Group</p>
<p>23</p> <p>9:00 - 10:00 a.m.    Aerobics2Go®            10:30 a.m. - 12:00 p.m. Tap Classes            10:30 - 11:30 a.m.    Sing-A-Long            12:00 - 1:00 p.m.    Hawaiian Dance            12:30 - 3:00 p.m.    Cards R Us            1:00 - 3:00 p.m.    Hook &amp; Needle</p>	<p>24</p> <p>10:30 - 11:30 a.m.    Tai Chi            10:30 - 11:30 a.m.    Chair Aerobics            12:00 - 1:00 p.m.    Juice It Up!            Topic: "Setting            Health Goals 2017"            12:30 - 3:30 p.m.    Bunco            2:00 - 3:00 p.m.    "Share Your Story"            6:00 - 7:00 p.m.    Hawaiian Dance</p>	<p>25</p> <p>8:00 - 9:00 a.m.    W.C. Breakfast            9:00 a.m. - 2:30 p.m. Legal by appt.            9:00 - 10:00 a.m.    Aerobics2Go®            9:00 - 11:00 a.m.    Ukulele            11:30 - 2:00 p.m.    USDA            11:00 a.m. - 12:30 p.m. Beginning            Line Dance            1:00 - 3:30 p.m.    Painting Group</p>
<p>30</p> <p>9:00 - 10:00 a.m.    Aerobics2Go®            10:30 a.m. - 12:00 p.m. Tap Classes            10:30 - 11:30 a.m.    Sing-A-Long            12:00 - 1:00 p.m.    Hawaiian Dance            12:30 - 3:00 p.m.    Cards R Us            1:00 - 3:00 p.m.    Hook &amp; Needle</p>	<p>31</p> <p>10:30 - 11:30 a.m.    Tai Chi            10:30 - 11:30 a.m.    Chair Aerobics            12:30 - 3:30 p.m.    Bunco            2:00 - 3:00 p.m.    "Share Your Story"            6:00 - 7:00 p.m.    Hawaiian Dance</p>	



## Inland County Legal Services

Legal Aid services are available for seniors 60 + who are residents of San Bernardino County. This service is provided by Inland County Legal Services on the third Wednesday of each month by appointment only. Call the Yucaipa Senior Center for an appointment.

Wednesday, January 18, 2017

## Social Groups

**Experts say that seniors who enjoy an active social life often extend their life by years. There is an abundance of benefits to socializing: stress reduction, a feeling of importance, and high self-esteem are just a few to mention! We hope you join us at the Senior Center for these free classes and activities. See you there!**

### Monday



#### Sing-a-Long Sensations

10:30 - 11:30 a.m.

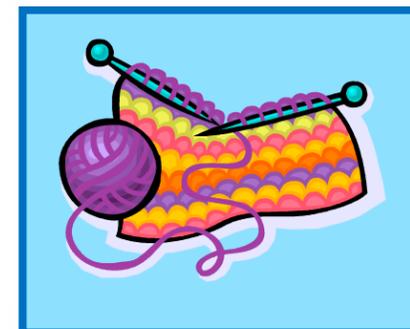
This is an organized group of seniors who enjoy singing and performing locally.



#### Cards R Us

12:30 - 3:00 p.m.

This social group meets weekly to play canasta in groups of four. Any groups of four are invited to play other card games as well.



#### Hook & Needle Club

1:00 - 3:00 p.m.

This active club gathers weekly to share talents and skills in any form of crocheting, sewing, knitting and embroidering.

## Tuesday

### Bunco

Every week from 12:30 - 3:30 p.m.

Bunco is a popular game played with three dice and a whole lot of luck!

Come join in on the fun!  
(Fee Based Social Activity)



## Wednesday

### Golden Mile Walking Club Breakfast

January 25, 2017

8:00 - 9:00 a.m.  
(no Fee)



### Painting Group

1:00 - 3:30 p.m.

Art Association Members meet to paint.  
No instructor available.  
Meeting every third Thursday at 6:30 p.m.



## Thursday

### Bingo

January 5 and 19, 2017

1:00 - 3:00 p.m.

Meets every first and third  
Thursday of the month

Sponsored By: Nash Insurance  
(Fee Based Social Activity)



# Senior Café January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED   Happy New Year	3 Baked Fish Beets Roasted Red Potatoes Seasonal Fruit Graham Crackers WW/Bread Milk	4 Cabbage Roll Mashed Potatoes Peas Diced Pineapple WW Bread Milk	5 Citrus Chicken Carrot Coins Mashed Potatoes Orange WW/Bread Milk	6 Pork Loin Italian Vegetables Fruit Cocktail WW/Bread Milk
9 Breaded Chicken Patty/Gravy Mashed Potatoes Broccoli & Cauliflower Diced Pears WW Bread Milk	10 Taco Salad Chicken, Cheese Lettuce, Tomato Tropical Fruit Carrots Pinto Beans/Salsa Corn Tortillas Milk	11 Baked Fish Jell-O w/Pears Lima Beans Mashed Red Potatoes WW Bread Milk	12 Ham & Cheese Sandwich Lettuce/Tomato Tomato Soup Carrot Salad Mandarin Oranges Pudding WW/Bread Milk	13 Chicken Noodle Casserole Mixed Vegetables Diced Peaches Orange Juice WW Bread Milk
16 CLOSED   Martin Luther King Day	17 Lemon Pepper Chicken Broccoli Garden Rice Tropical Fruit Jell-O WW Bread Milk	18 Pork Chop Gravy Mashed Potatoes Apricots WW/Bread Milk	19 Vegetable Lasagna Baby Lima Beans Green Salad Fruit Cocktail WW/Bread Milk	20 Mandarin Orange Chicken Mixed Vegetables Brown Rice Diced Peaches WW Bread Milk
23 Meat Loaf/Gravy Apple Carrot Casserole Red Potatoes Fresh Fruit WW Bread White Rice Milk	24 Beef Fajita's Cauliflower Pinto Beans/Salsa Flour Tortillas Apricots Milk	25 Chicken Parmesan Broccoli Brown Rice Pineapple tidbits WW/Bread Milk	26 Pepper Steak Green Beans Herb Noodles Diced Peaches WW/Bread Milk	27 Breaded Chicken Patty Sandwich Wheat Bun Crackers Baby Carrots Lettuce/Tomatoes Mandarin Oranges/Jell-O Milk
30 Baked Fish/ Lemon Sauce Brussel Sprouts Mashed Potatoes Fresh Apple WW/Bread Milk	31 Cranberry Orange Chicken Brown Rice Mixed Vegetables Tropical Fruit Milk	 Happy New Year!	 Serving lunch from 11:30 a.m. - 12:30 p.m. <b>Reserve your meal a day in advance!</b> (909) 790-3170 Suggested Donations: \$3.00	

**Yucaipa Senior Center  
Emergency Preparedness Expo 2017  
Thursday, January 12, 2017  
9:00 a.m. - 12:00 p.m.**

- On-Site CPR Training
  - Blood Sugar Testing
  - Pet Safety & Services
  - Emergency Contacts
  - Emergency Kits
  - Food & Water Storage
  - Blood Pressure Testing
  - Earthquake Preparation
  - First Aid Kit
  - Insurance Information
  - Legal Aid Information
  - Fire Safety Information
  - Red Cross Information
  - Financial Planning
  - Social Security
  - Door Prizes
  - Refreshments
- Free tickets available in the office today!



**Medicare Meetings:**  
Nash Insurance  
Tuesday, January 10, 2017  
Tuesday, January 24, 2017  
5:30 p.m.

**While we were closed...**  
the Senior Center and Nutrition Center received a facelift.  
Our new beautiful paint colors  
“The North Wind Blows”  
and “Beach Dune”  
will brighten our surroundings!

**March Party  
Open House**

**Thursday, March 9, 2017**

- ♦ Come celebrate the improvements at the Yucaipa Senior Center
  - ♦ See our beautiful new paint!
  - ♦ See what’s new in our classes, programs and events.
  - ♦ Enjoy talents from our local seniors.
- 2:00 - 4:00 p.m.**  
Enjoy an Irish Feast  
\$2 Tickets available  
February 13 - March 7, 2017



**Take Off Pounds Sensibly**  
Weekly Meetings  
Every Monday Morning  
9:00 - 10:30 a.m.  
Cost: \$32.00 for a one year membership  
\$3.00 per month for chapter dues



**“Share Your Story”**  
Weekly Meetings with Simion Poptelecan  
Tuesday Afternoons  
2:00 - 3:00 p.m.  
Join old friends and make new friends  
to socialize and share stories and experiences.

**Happy Holidays!**



## Classes, Seminars & Activities

Come and participate in the classes, seminars, and activities offered at the Yucaipa Senior Center. Take the opportunity to make new friends, try something new, and create wonderful memories! Please visit the center for more information or call (909) 797-1177.

### Juice It Up!

Topic: Health Goals for 2017  
Tuesday, January 24, 2017 at 12:00 p.m.  
Free presentation by: Wildwood Villas and  
Redlands Community Hospital  
Refreshments and Door Prizes

### Technology Classes

#### Computer Class

January 13 - March 3, 2017 1:00 - 2:00 p.m.

#### Smart Phone and Tablet class

January 13 - March 3, 2017 2:30 - 3:30 p.m.

(Fee: \$30.00 for each eight week class)

### Craft Class

Thursday, January 26, 2017 10:00 - 11:00 a.m.

### Make a Valentine's Day Pin/Card

(No Fee)

### Gentle Tap

Monday: 10:00 - 10:30 a.m.

### Beginning/Intermediate Tap

Monday: 10:30 a.m. - 12:00 p.m.

(Fee: Donation)

### Aerobics2Go®

Monday, Wednesday & Friday:  
9:00 - 10:00 a.m.

### Chair Aerobics

Tuesday & Friday: 10:30 - 11:30 a.m.

### Hawaiian Dance

Enjoy a taste of the Hawaiian culture as expressed in the beauty of Hula dancing.

Mon: 12:00 - 1:00 p.m.

Tues: 6:00 - 7:00 p.m.

(Fee: Donation)

### Fun Friday Activities

Table Tennis, Wii Bowling, or Movies  
2:30 - 4:30 p.m.

Come to the office to reserve a spot.

(Fee: Free)

### Beginning Line Dance

Every Wednesday

11:00 a.m. - 12:30 p.m.

(Fee \$4.00 per class)

### High Beginner Line Dance Club

Every Thursday from 9:30 - 11:30 a.m.

(Fee: Donation)

### Tai Chi

Every Tuesday & Friday 10:30 - 11:30 a.m.

Enjoy this gentle start to your day with movements that will improve strength, flexibility, and balance.

(Fee: \$25.00 per month)