

Spring Word Search



April
 April Fools Day
 Bloom
 Bud
 Buddha's Birthday
 Cherry blossom
 Crops
 Daffodil
 Earth Day

Easter
 Farmer
 Flower
 Grow
 June
 May
 Melt
 Mother's Day

Plant
 Plow
 Seed
 Shower
 Sprout
 Thaw
 Tulip
 Wake up
 Worm



Ripon Senior Center

433 S. Wilma Ave.
 Ripon, CA 95366

Phone: 209-599-7441
 E-mail: seniorcenter@cityofripon.org

PLEASE
 PLACE
 STAMP
 HERE

FLOWERS CAN'T SOLVE ALL PROBLEMS, BUT THEY'RE A GREAT START!

RIPON SENIOR CENTER
 433 S. Wilma Avenue
 (209) 599-7441
 seniorcenter@cityofripon.org

HOURS
 Monday—Friday
 8:30 - 3:00 pm
 Thursday Night
 6:00—8:00



The Ripon Senior Center is open to anyone 50 and older. Come in and check it out!

The Senior Star

March / April 2024

Almond Blossom Craft & Bake Sale Re-Cap

The Friends of the Ripon Senior Center would like to thank all who participated in our annual Almond Blossom Boutique & Bake Sale. The bakers that donated many tasty treats, the vendors that were able to showcase their wares, and the volunteers who, without them, made this event run smoothly. And of course, a great big thank you to the community for their support!

This event is one of the annual fundraisers for the Ripon Senior Center with the funds providing classes & supplies, activities, purchasing exercise equipment, tables & chairs for events, special projects, etc.



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City of Ripon
Senior Center Staff

Coordinator
Teri Silva
Assistant Coordinator
Kate Walden

Bethany Home
Kitchen Staff

Head Cook
Emma Bjerke
Assistant Cook
Sondra Lebon

Friends of the Ripon
Senior Center
Board of Directors

President
Ted Johnston
Vice President
Dave Kessler
Secretary
Joan Graham
Treasurer
Kathy Gladden
Members at Large
Linda Curtis
Linda Streeter
Deb Tornell
Pam Duerr

Friends Membership
renewal forms

If the 2024 membership renewal form was in your newsletter this month, it's time to renew your membership. This will be the last newsletter sent to members who have not paid their yearly dues. Remember all membership money goes directly to the non-profit organization, Friends of the Ripon Senior Center, and helps provide funds for new programs and equipment for our center. Last year your funds were used to purchase new tables for use at bingo and our craft and bake sale. We also started working on an update to our library. Remember, you can donate anytime to the Friends and it is **tax deductible!**

*Don't wait for someone to bring you flowers.
Plant your own garden and decorate your
own soul.*

SPRING TEA
Hostesses Needed

Saturday, May 18th
11:00 to 1:00
Tickets are \$15

Must be over 21 to attend
If you are interested in hosting a
table contact Teri Silva, Emma Bjerke, or
Dina Guentensperger for more info.

CARD MAKING WITH FRIENDS!



New Activities

Zumba Gold Dance Party

Put on your dancing shoes and get ready to have some fun! The Senior Center is offering a Zumba Gold class from 1:30 to 2:30 every Tuesday. The cost is \$15 a month or \$5 drop in fee. Come join us for a fun exhilarating dance class that focuses on balance, range of motion, and coordination. Many benefits including cardiovascular, muscle conditioning, flexibility and balance! Not to mention the fun and excitement of getting together!

Guitar Classes

The Senior Center is providing a new beginner guitar class. This class is led by Roger Gallup and meets in the library on Mondays from 1:30 to 2:30. Roger has years of experience in guitar and is offering this class for free. So, come by the Center and enjoy an hour of fun and song.

Aerobics 50+

Starting Thursday, May 2nd the Senior Center will be offering an **Aerobics 50+** class from 1:30 to 2:30. Penny Hansen will be teaching this class to anyone 50 and over who is ready to get movin' and grovin' to some music. Donations are accepted.



Art Classes

MARCH

Starting on March the 6th Donna Slayter will be teaching a pastel drawing class. All supplies are provided and the cost is just \$10 per session.



Card Making Classes



Come join the RSC card making class every 2nd Monday of the month from 12:30—2:00 in the art room.

The cost is only \$5 to make 3 cards; one card to reflect the upcoming holiday and 2 cards reflecting random occasions like birthday, anniversaries, and graduation. You can see Dina in the Ceramic Room to ask questions. You can sign up on the bulletin board. The next class is on Monday, March 11th.

APRIL

Inga will be back in April to teach more fun with watercolor pencils. It's a drop in class so you can just stop by and check it out.



Grocery Bingo !

Wednesday, March 13th bingo you will enjoy a little luck of the Irish. Wear green and get a free card and a treat. Blackout will be \$17.

Wednesday, April 17th will be **Cash Refund** Bingo with random amounts of cash prizes.

CLASSES

CHAIR YOGA

Every **Monday** from 9:00 to 10:00 in the dining room there is a chair yoga class taught by Mary Orman. This is a drop-in class and the cost is \$5 per session. It offers the benefits of yoga and the ability to not have to get down on the floor. Beginners are welcome.

ZUMBA GOLD

Come join us **Tuesday** from 1:30 to 2:30 for a fun exhilarating dance class that focuses on balance, range of motion, and coordination. Many benefits including cardiovascular, muscle conditioning, flexibility and balance! Not to mention the fun and excitement of getting together! The cost is \$15 a month or a drop in fee of \$5 per session.

YOUNG AT HEART

Every **Tuesday** and **Thursday** from 9:30 to 10:30. The Young at Heart class is led by certified instructors and uses exercise bands to help with strength, balance and to help decrease fall risk. Suggested donation is \$2.00 a week to the Healthy Aging Association.

OIL & ACRYLIC PAINTING DRAWING & WATER COLOR

Every **Wednesday** at 10:00 in the art room there is an art class. The cost is \$10 per session and alternates between oil, acrylic, water color and drawing. Beginners are always welcome.

GLASS FUSING

The Glass fusing class is scheduled for every other **Thursday** from 9:30 to 11:00. Please come in or call to sign up in advance, these classes can hold up to 9. The cost depends on the project and the amount of glass used. All glass and tools are supplied.

MEDITATION/RELAXATION

The Senior Center has a Relaxation/Meditation Group that meets most

Thursday evenings at 6:00 pm for about an hour. Marian McGlothlin, CMT, leads participants down a path towards relaxation using music & visualizations. Good for stress. No experience needed. No charge.

ACTIVITIES

MONDAY:

9:00 am Chair Yoga * \$5 per session
1:30 pm Beginner Guitar Class * Free

TUESDAY:

9:30 am Young At Heart * \$2 suggested
12:30 pm Pinochle *Free
1:30 pm Zumba Gold * \$5 per session

WEDNESDAY:

10:00 am Art Classes * \$10 per session
12:00 pm Dementia Support * Free
12:30 pm Grocery Bingo * \$1 per card

THURSDAY:

9:30 am Young At Heart * \$2 suggested
12:30 pm Pinochle *Free

THURSDAY NIGHT:

6—7 pm Meditation *Free
6—8 pm Ceramics *Price Chart

FRIDAY:

11:30 am Crocheting * \$5 per session

MONDAY - FRIDAY 8:30 to 3:00

| | |
|-----------------|-----------------------|
| Fitness Center | Billiards Room |
| Lending Library | Puzzle Table |
| Meal Program | Ceramics Club * Price |

MONTHLY ACTIVITIES

- | | |
|--|-----------------------|
| ◆ Bunco Night | 1st Tuesday at 6:00 |
| ◆ Free Mobile Farmers Market | 2nd Thursday at 10:30 |
| ◆ Bingo Night | 3rd Tuesday at 5:00 |
| ◆ Friends Board Meeting | 3rd Thursday at 10:00 |
| ◆ Fellowship Potluck | 4th Monday at 6:00 pm |
| ◆ Senior Lunch Program, reservations required | M-F 11:30 |

BUNCO FUN!!

RIPON ROLLERS BUNCO

- **FIRST TUESDAY** of the month 6pm **SHARP** to approx. 8:30pm
- Ripon Senior Center (50+) 433 W Wilma Ave.
- \$8 Per Person
- \$2 contribution for Snacks (bring your own beverage)



UP-COMING EVENT

SPRING TEA

Saturday, May 18th

11:00 - 1:00

\$15.00

Ripon Senior Center


Come and join us for a lovely afternoon of tea and friendship, we will be serving mimosas so you must be over 21 to participate. Tickets will be available April, 22nd.



SENIOR MEAL PROGRAM: The meal is provided through a partnership between the City of Ripon, Bethany Home and the San Joaquin County Department of Aging. The meal program staff prepares and serves a hot, nutritious lunch Monday thru Friday at 11:30 a.m. Reservations are required. The meal is open to all seniors ages 60 and over, the cost is a contribution to the San Joaquin County Department of Aging. Meals on Wheels are also available for any homebound seniors. Call or come by the center to fill out an application form and sign-up to eat.

\$3.00 Suggested Contribution per Meal. No one will be denied services for the inability to contribute. If you are unable to make the suggested contribution, please consider giving whatever you can.

March Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| | | |  | 1. Seafood Chowder Green Salad Pineapple Wheat Bread, Milk |
| 4. Chicken W/W Butter & Parm Noodles Broccoli Apple juice ,Milk | 5. Chicken Burrito Bowl Carrots Fruit Medley Brown Rice ,Milk | 6. Polynesian Meat Loaf Green Beans Scalloped potatoes Pineapple ,W/W Cookie Milk | 7. Beef & Barley Soup Spinach Salad Orange Juice Cracked Wheat Bread Milk | 8. Oven Baked Chicken Mashed potatoes, Gravy Spinach Oranges W/W Bread, Milk |
| 11. Spaghetti & Meatballs Italian Veggies W/W Pasta Apple juice Milk | 12. Crunchy Baked Fish Lemon Sauce Spinach Brown Rice Pineapple, Milk | 13. Pork Loin Broccoli Sweet potato W/W Bread Applesauce, Milk | 14. Beef Stew Green Salad Orange Juice Cornbread W/W Cookie, Milk | 15. Salisbury steak Carrots Mashed potatoes W/W Bread Fruit Medley, Milk |
| 18. Beef Stroganoff W/W Noodles Green Beans Apple Juice, Milk | 19. Apricot Chicken Brown Rice Carrots Oranges, Milk | 20. Beef Chili Green salad Cornbread Peaches, W/W Cookie, Milk | 21. Chicken Tortilla Soup Spinach salad Orange Juice Cracked Wheat Bread, Milk | 22. Pork Chop w/mustard sauce, Broccoli, Sweet potatoes W/W Bread Applesauce, Milk |
| 25. BBQ Pork Green Beans Sweet Potato Fries W/W Cookie Apple Juice, Milk | 26. Oven Fried Chicken Mashed Potatoes, Gravy Carrots Peaches Wheat Bread, Milk | 27. Minestrone Soup Meat balls Spinach Salad Oranges Cracked Wheat bread, Milk | 28. Chicken & Rice Casserole w/carrots Broccoli Brown Rice Orange Juice, Milk | 29. Seafood Chowder Green Salad Pineapple Wheat Bread Milk |

April Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| 1. Fried Chicken Mashed Potatoes Gravy Carrots, Apple Juice, Milk | 2. Baked Fish Scalloped Potato Green Beans Pineapple, W/W Bread, Milk | 3. Pork Loin w/ sauce Mixed Veggies Sweet Potato Orange, W/W Bread, Milk | 4. Honey Garlic Chicken W/W Pasta Spinach Salad Orange Juice, Milk | 5. Chili Beef Casserole Brown rice Green Salad w/ carrots Fruit Blend, Milk |
| 8. Polynesian Meat Loaf Mashed Potatoes Carrots W/W Cookie, Apple Juice, Milk | 9. Chicken Taco Salad Pinto Beans Corn Chips W/W Tortilla, Peaches, Milk | 10. Pulled Pork Sandwich Sweet Potato Fries Coleslaw Orange, Milk | 11. Tuna Noodle Casserole Spinach Salad Orange Juice W/W Cookie, Milk | 12. Hamburger Potato/Carrot Salad Pineapple W/W Bun, Milk |
| 15. BBQ Pork Roast Sweet Potato Fries Green Beans Apple Juice W/W Cookie, Milk | 16. Fish Sandwich Lettuce/Tomato Carrot raisin Salad Fruit Medley W/W Bun, Milk | 17. Chicken Teriyaki Bowl Brown Rice Stir Fry Veggies Pineapple Milk | 18. BBQ Chicken Fries Mixed Green Salad Orange Juice W/W Cookie, Milk | 19. Salisbury Steak Mashed Potatoes & Gravy Carrots Orange W/W Bread, Milk |
| 22. Veggie Lasagna Spinach W/W Bread Apple Juice, Milk | 23. Sloppy Joes Green Beans Sweet Potato Fries W/W Bun, Orange, Milk | 24. Fish with Lemon Sauce Mixed Veggies Brown Rice Peaches, Milk | 25. Chicken Salad Sandwich Green Salad Orange Juice W/W Bread, Milk | 26. Spaghetti & Meat Sauce Carrots W/W Noodles Fruit Medley, Milk |
| 29. Fried Chicken Mashed Potatoes Gravy Carrots Apple Juice, Milk | 30. Baked Fish Scalloped Potato Green Beans Pineapple W/W Bread, Milk | | | |

