

# SENIOR NEWS AND REVIEWS

July 2017

Feather River Senior Citizens Association, 1335 Myers Street, Oroville, CA 95965

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**-ALTHOUGH WE ARE A MEMBERSHIP ORGANIZATION, OUR PROGRAMS  
ARE ALWAYS OPEN TO THE PUBLIC!**

## DISABILITY ACTION CENTER!

If you want help with the new technology using computers, texting on your phone, etc., sign up for help in the office. Wendy will call you to schedule you. Wendy from the center will be here Tuesday, July 11 at 9 a.m. and Thursday, July 13th at 10 a.m.

## PAINTING CLASS!

A painting class is scheduled for Monday, July 24th at 10 a.m. Class will be taught by Brushstrokes. If interested, please contact Trudy for details and cost.

## BUNCO!

Bunco lovers attention! Bunco will be held on Monday, July 31st, starting at 10 a.m. This is an Afternoon Delight Bunco. Contact Trudy for details and to sign up.

## MARGARET'S CORNER!

Coming soon - a new link for Margaret's poetry called "Margaret's Corner." This is dedicated to Alzheimer's.

## NEW FUND RAISING OPPORTUNITY!

FRSCA will be participating in the Meet Me At Applebee's fundraising opportunity. Trudy will try for the first Monday of the month starting in August. Always from 5-9. Would anyone like to sign-up to host a month? Potential profit is over \$400. See Trudy for details.

## GO FUND ME!

We have a GoFundMe account. This account is online uses widespread social media to raise funds. Our account is set up as a way to support our building maintenance account and get some needed items for the center. One of those items is a defibrillator. Please spread the word and link. [www.GoFundMe.com/p/hv82](http://www.GoFundMe.com/p/hv82).

## SENIOR MEALS!

The Senior Meal program has a new source for meals. Let us know what you think of the flavor, temperature, etc. Check out the July menu to see what's on the schedule. The new price for 59 and under is \$6.00. Remember if you are 60 and over, you can receive a free meal. The suggested \$2.50 donation is not mandatory. Meals are served Monday, Tuesday, Wednesday and Thursday. NO meals on

Friday. **Reservations necessary 24 hours in advance** - call 898-4224 and leave your name and phone number and the days you plan on attending. Everyone here on a bingo or pinochle day should be reserving a meal. It is free, try it you might like it. Lunches are served between 12:00 - 12:15. Come and try some very tasty meals.

**SUPPORT GROUP MEETING HERE - 3rd Thursday!**

The Low Vision Support Group led by Pat Gray next meets on July 20th from 11a.m. to noon. The meetings are on the 3rd Thursday of each month. If you or someone you know has low vision due to Macular Degeneration, Glaucoma, Diabetes, etc., come and join us. Pat has so much information that can help you.

We have a shelf of audio books for anyone to borrow. We need tape and CD players donated so they can be borrowed with the audio books.

**NEED HELP?**

Need help paying for food, utilities or medical expenses? Contact: North State Benefits Enrollment Center, 25 Main St., Suite 201, Chico; (530)345-9749 or CalFreshHelp530@gmail.com. Drop-in Assist every Monday from 10 am to 4 pm or call or email to schedule an appointment anytime.

**ESCRIP SHARES! NEW WAY TO USE!**

Anyone who shops at Food Maxx and who has an email address can help raise funds for FRSCA. At the checkout all you have to do is give your phone number. There are about 1000 different merchants who participate. You can shop online or locally. You can support up to three (3) schools or nonprofits. Please go to [escrip.com/shares](http://escrip.com/shares) and register or ask an officer to help you. If you don't have a computer, you can sign up with your cell phone. Ask an officer to help you.

**ARTISTS OF RIVER TOWN ARE HERE!**

The Artists of River town is now meeting here. See below for dates and times of the next meetings. Art displayed in the Library are by the members and is changed often. Be sure to take a walk through to view some of the work by local artists.

Unfortunately one of the pictures that were on display was taken by someone. Any information leading to the return will be greatly appreciated. The picture is "Egret of the Blue Lagoon, 3x5 inches, 7x9 framed under glass. **STILL MISSING!**

Another picture is missing. This one is by Joe Charleston. We are waiting for a description and will post as soon as we have something.

**BUS-MAN HOLIDAY TOURS!**

Check out the flyers for tours available through Bus-Man Holiday Tours. FRSCA receives 10% of the purchase price when booking through FRSCA. Some upcoming trips include a Rib Cook-Off and Craft Fair at the Nugget in Sparks, NV - 8/31-9/1; Draft Horse Classic in Grass Valley - September; plus more. New flyers out soon with more information. Call (530)520-8600 to make a reservation. Don't forget to mention FRSCA!!

### WEBSITE/FACEBOOK!

We have our own website and facebook page. The website address is [www.frsca.org](http://www.frsca.org). Find our page on Facebook by looking for "Feather River Senior Citizen's Association". Both the Facebook page and website are currently being updated with more information and news about us. Social medial continues to be the number one way to promote organizations and their services. If you have any suggestions on what you would like to present to the public about our organization that isn't already there, please let us know.

### PAYPAL!

If you use a computer to order on line, consider using PayPal as a way to pay for goods. You can pay your dues or make donations through PayPal as well. PayPal is a secure way to keep your financial information limited to one place.

### RECYCLING!

Recycling is a problem and getting worse. The number of places that accept recycling has shrunk to no more than one or two places. They no longer sort the items for us. There are two types of recycle - recycles you want to get money for and recycles that someone else deals with. We only want recycles put in the recycle container that FRSCA can turn in for money. Aluminum cans and plastic that have the CVR label on it only. Otherwise, like boost and ensure bottles, some juice bottles, plastic forks, spoons, Styrofoam products, food, etc., don't belong. They just need to go in the trash and the only recycle we put in the alley recycle bin is paper.

### VALET PARKING – BINGO PLAYERS!

If you have difficulty walking, remember you can pull up in front of the center and someone will park your car for you and retrieve it after Bingo.

### FIDDLER'S ARE HERE!

Normally The Fiddler's meet here on the 4th Sunday of the month. The next meeting is on July 23rd from 2 to 5 p.m. The meeting is open to the public. Come and enjoy the old time music.

### MUSIC! MUSIC! MUSIC!

The band is playing on Saturday mornings from 10:30 a.m. to noon. Come enjoy the music and get your toes tapping! Stay for bingo. No music on the first Saturday of each month – regular membership meeting and potluck day!

#### DONATIONS NEEDED – ALWAYS!

Coffee, sugar, creamer, paper towels, napkins, paper plates, etc. are needed! We are running low on supplies and any donation will be greatly appreciated. **Thank you** to all who've brought in donations. This is an on-going need at the center. Tax deductible forms are available. In addition, small gifts to put in our bingo half-time free raffle would be greatly appreciated by all our bingo players. Our bingo players have tripled in size in the past six months. Thank you to Arlene and the bingo committee for always staying on top of the action.

#### NEW MEMBERS NEEDED

If you know anyone who is interested in coming to the Senior Center and joining in the fun, please invite them to one of our functions. New members are always welcomed!

#### MEMBER BENEFITS

Bingo – remember that one of the benefits of being a member of FRSCA is the free pack for your birthday. If you have friends that like bingo, tell them about this benefit.

FRSCA dues paying members (after 6 months of membership) are entitled to rent the facility once a year for \$75 for four hours for private parties as long as the date doesn't conflict with another money making program. If you are interested in having a family reunion, birthday or a get together for friends, FRSCA is an alternative location. See a board member for more details.

We are looking for ideas for different activities to offer. If you have something special that you are interested in, please give us a call and we'll try to get something going or fill out the form we have on the membership table.

Our current active volunteers are stretched to their limit. If we want new activities, we need more volunteers. Maybe you know someone who is looking for something to do for 4 hours per week.

#### SCHEDULED EVENTS

Al-Anon meets here each Monday at 6:30 pm. All interested are welcome to join in.

Write On Group meets on the first Thursday of the month at 12:00 pm.

Low Vision Support Group meets on the 3rd Thursday of the month at 11 am.

Artists of River town now meet here. The Board meets on the 2nd Tuesday at 11:00 am and the general meeting is on the last Saturday at 9:00 am.

Pinochle is alive and doing well. Games are on Wednesdays and Fridays. Games start at 10:00. More players are needed. If you are interested in playing, contact the office at 533-8370 for details or come on in Wednesday and/or Friday morning.

A small group is doing scrapbooking on Wednesdays at 10:30 a.m. Come and bring your supplies and meet new scrapbooking friends.

HICAP – Health Insurance Counseling and Advocacy Program for seniors is here once a month for help with your health insurance needs. Appointments are on the 4<sup>th</sup> Monday from 10 am – 12 pm. Call for an appointment at 898-6716.

Legal Aid – Free services for seniors is available once a month (3<sup>rd</sup> Tuesday) from 10 a.m. Services offered through Passages and an appointment is necessary. Call 898-5923 to schedule.

CHAIR OF THE BOARD - Trudy MacPhee
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I'm really looking forward to again working with a bunch of talented volunteers to help our senior center retain as well as add new activities. For our potluck on Saturday, I have assigned a theme "Pasta Throw Down." Winner gets a prize.

"Live this day! Yesterday is but a dream and tomorrow is only a vision, but today *well lived* makes every yesterday a dream of happiness and every tomorrow a vision of hope. Never agonize over the past or worry over the future...live this day and live it well."

New company in town called A2Z Delivery. They advertise restaurant food delivery, donuts, senior meals, personal shopping, pizza delivery, errands, etc. Phone is (530)403-7547. Ask for Rick and tell him the senior center referred him.

See's Candies blow out sale. Price reduced for a one pound box will be \$2.00 off retail and will sell for \$17.80.

"Afternoon Delight" bunco will be once a month on a Monday. The 31st of July will be the first one. \$10.00 a person. Signup to have a senior nutrition meal that day.

Brushstrokes Painting Studio will be here on Monday, July 24th. Come and paint a picture to take home and order a meal that day. Flyer will be coming soon. Price for lesson and picture is \$30.00. Meal cost is separate for those 59 or younger. Seniors 60 or older do not have to pay for their meal but a suggested donation of \$2.50 is recommended. Community concerts in the park have started. See flyer in the window for days and time.