

Dinuba Senior Citizen's Center



437 N. Eaton Ave, Dinuba 591-2450



Newsletter - May 2024

Hello May,

In the month of April there were many fun and interactive activities offered. The center hosted Manicure Mondays, Gardening Day, and a Paint Party. Thank you Dinuba Senior Center Inc. Board for your sponsorship towards these activities.

Vineyards at Fowler, is a skilled nursing and rehabilitation center. They sponsored the April birthday celebration this month and provided cake and raffle prizes.

Unfortunately, the Eagle Mountain Casino Trip was cancelled due to low numbers of sign-ups. We hope to be able to try for this trip in the near future and reach the goal of 40 participants to be able to make this trip possible.

Don't forget! We will be hosting a Mother's Day Party on Thursday, May 9th. Pre-order a holiday lunch for \$1.50 if you do not already have a prepaid lunch. The Dinuba Senior Center Inc. will have raffle tickets for sale. Tickets are \$1 each or 6 for \$5. Must be present to win.

Who is ready to go to the beach! The center is now taking sign-ups for a trip to Avila Beach on Wednesday, June 26th, 2024. \$35 per person with a meal included.

Space is limited, reserve your seat today!

There is lots to look forward to in May, come by the center and check out the activity calendar.

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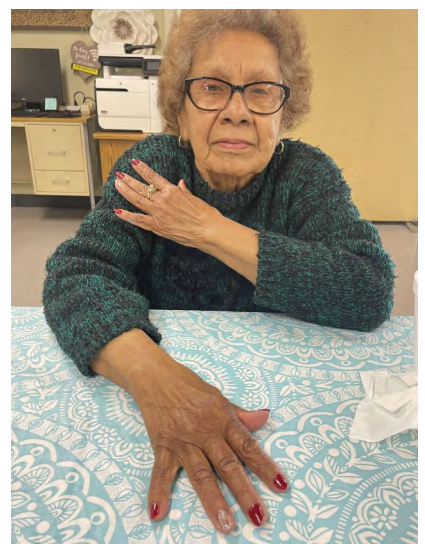
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Contact Info.
(559) 591-2450

Maricela Montoya

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Manicure Monday

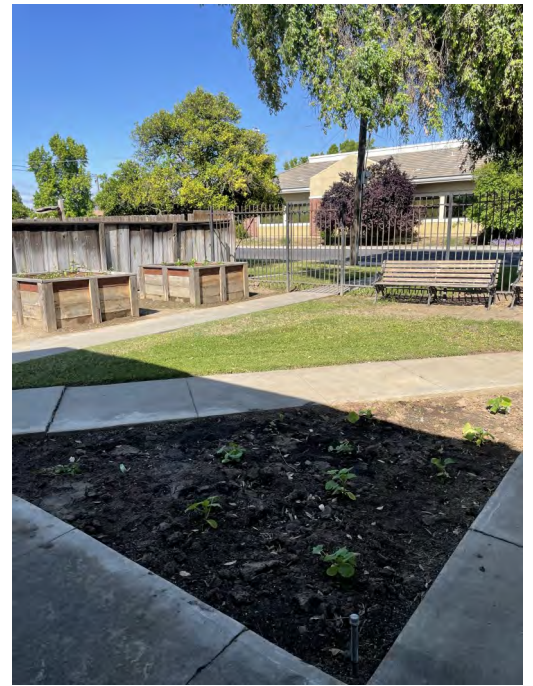


Senior Paint Party

Sponsored by Dinuba Senior Citizens Inc.



Gardening Day



Senior Center Activities



SENIOR OF THE MONTH



Jeanette Hoffer

Jeanette is May Senior of the Month. Jeanette is such a delight to have at the Senior Center. Jeanette is always looking out for the wellbeing of others. Seniors describe Jeanette as kind, caring, and helpful. Thank you Jeanette for being a part of the Senior Center.


May

Dinuba Senior Center

MENU IS SUBJECT TO CHANGE DUE TO MANUFACTURER SHORTAGES

Lunch Menu



591-2450

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Chicken Pot Pie Glazed Carrots, Garden Salad w/Dressing, Fresh Fruit, Milk & Juice	7  Baked Chicken Potato's Au gratin, Mixed Vegetables, Dinner Roll, Fresh Fruit, Milk & Juice	8 Raviolis Garlic Bread, Garden Salad, Fresh Fruit, Milk & Juice	9 Beef Stroganoff Steamed Broccoli, Dinner Roll, Fresh Fruit, Milk & Juice	10 Chili Verde Spanish Rice, Beans, Tortilla, Fresh Fruit, Milk & Juice
13 Salisbury Steak w/ Gravy Mashed Potatoes, Cooked Carrots, Dinner Roll, Fresh Fruit, Milk & Juice	14 Stuffed Bell Pepper Dinner Roll, Fresh Fruit, Milk & Juice	15 Teriyaki Chicken Asian Salad, White Rice, Pineapple Parfait, Fresh Fruit, Milk & Juice	16 Sliced Roasted Turkey Mashed Potatoes & Gravy, Green Beans, Dinner Roll, Fresh Fruit, Milk & Juice	17 Sheppards Pie Dinner Roll, Garden Salad Fresh Fruit, Milk & Juice
20 Orange Chicken Bowl Broccoli and Rice, Fresh Fruit, Milk & Juice	21 Chicken Fajitas Cilantro Rice, Black Beans, Corn, Fresh Fruit, Milk & Juice	22 Chicken Salad Sandwich on a Hoagie Roll Chips, Cottage Cheese, Sliced Peaches, Milk & Juice	23 Baked Chicken Mashed Potatoes & Gravy, Green Beans, Dinner Roll, Fresh Fruit, Milk & Juice	24 Fish & Chips Cole Slaw, Fresh Baked Biscuit, Jello Cup, Fresh Fruit, Milk & Juice
27 SORRY WE'RE CLOSED	28 BBQ Chicken Macaroni & Cheese, Corn Bread Muffin, Fresh Green Beans, Fresh Fruit, Milk & Juice	29 Deli Sandwich Chicken Noodle Soup, Garden Salad, Fresh Fruit, Milk & Juice	30 Beef Stroganoff Steamed Broccoli, Dinner Roll, Fresh Fruit, Milk & Juice	31 Polish Dog w/Peppers & Onions Chips, Cookie, Fresh Fruit, Milk & Juice
		1 Meat Loaf Mashed Potatoes, Green Beans, Dinner Roll, Fresh Fruit, Milk & Juice	2 Tuscan White Beans w/ Kale and Sausage Grilled Ham & Cheese Sandwich, Garden Salad, Fresh Fruit, Milk & Juice	3 Lemon Picotta Talapia Rice Pilaf, Mixed Vegetables, Dinner Roll, Fresh Fruit, Milk & Juice

ACTIVITY CALENDAR
591-2450

Dinuba Senior Center

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BINGO 9A-1030A LUNCH *DINE IN ONLY* 11A-12P MANICURE MONDAY 130P-330P	 CERAMICS 8A-3P BINGO 830A-1030A LUNCH 11A-1230P LOTERIA 130P-230P	1 BINGO 9A-1030A TOPS 930A-1130A LUNCH *DINE IN ONLY* 11A-12P	2 CERAMICS 8A-3P BINGO 830A-1030A LUNCH 11A-1230P BIRTHDAY CLUB & LOTERIA 1P-230P	3 LOTERIA 9A-1030A LUNCH *DINE IN ONLY* 11A-12P
6 BINGO 9A-1030A LUNCH *DINE IN ONLY* 11A-12P MANICURE MONDAY 130P-330P	7 CERAMICS 8A-3P BINGO 830A-1030A LUNCH 11A-1230P LOTERIA 130P-230P	8 BINGO 9A-1030A TOPS 930A-1130A LUNCH *DINE IN ONLY* 11A-12P	9 CERAMICS 8A-3P NO BINGO HOLIDAY LUNCH 1030A-1230P	10 LOTERIA 9A-1030A LUNCH *DINE IN ONLY* 11A-12P
13 BINGO 9A-1030A LUNCH *DINE IN ONLY* 11A-12P CRAFT, COFFEE, & CONVERSATION 130P-330P	14 CERAMICS 8A-3P BINGO 830A-1030A BLOOD PRESSURE W/AURORA 10A-1130A LUNCH 11A-1230P LOTERIA 130P-230P	15 BINGO 9A-1030A TOPS 930A-1130A LUNCH *DINE IN ONLY* 11A-12P	16 CERAMICS 8A-3P BINGO 830A-1030A LUNCH 11A-1230P DSC INCPAINT PARTY 130P-330P *SIGN UP NEEDED*	17 LOTERIA 9A-1030A LUNCH *DINE IN ONLY* 11A-12P
20 BINGO 9A-1030A LUNCH *DINE IN ONLY* 11A-12P MANICURE MONDAY 130P-330P	21 CERAMICS 8A-3P BINGO 830A-1030A LUNCH 11A-1230P LOTERIA 130P-230P	22 BINGO 9A-1030A TOPS 930A-1130A LUNCH *DINE IN ONLY* 11A-12P	23 CERAMICS 8A-3P BINGO 830A-11A LUNCH 11A-1230P DIY CRAFT WORKSHOP DINUBA LIBRARY 1P-3P	24 LOTERIA 9A-1030A LUNCH *DINE IN ONLY* 11A-12P
27 SORRY WE'RE CLOSED	28 CERAMICS 8A-3P BINGO 830A-11A HEALTH SCREENINGS W/JOAQUIN 1030A-1130A LUNCH 11A-1230P LOTERIA 130P-230P	29 BINGO 9A-1030A TOPS 930A-1130A LUNCH *DINE IN ONLY* 11A-12P	30 CERAMICS 8A-3P BINGO 830A-1030A LUNCH 11A-1230P	31 LOTERIA 9A-1030A LUNCH *DINE IN ONLY* 11A-12P

FUN FACTS & FUNNIES

31 DAYS IN THE MONTH

National Pet Month

Lily of The Valley

Mother's Day

Emerald Birthstone

MAY FUN FACTS

BBQ Month

Spring

Memorial Day

Cinco De Mayo

Kentucky Derby

5th Month of The Year

Astrology Signs

Taurus Gemini

MADEWITHHAPPY.COM

Mother's Day

53% Percentage of 15- to 44-year-old women who were mothers in 2010.

\$671 million Total amount of money spent on Mother's Day Cards annually

69% Total percent of all gifts bought on mothers day that are flowers

\$1.9 billion Total amount of money spent on flowers for their mothers on mother's day

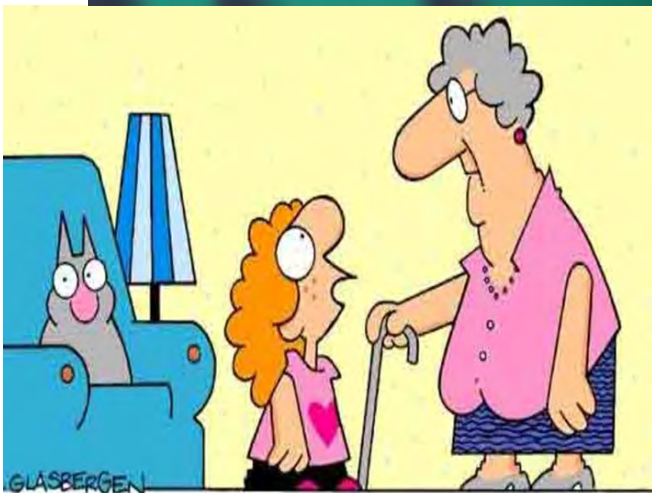
16,182 Number of florist establishments nationwide in 2010

HAPPY MOTHER'S DAY

Sources: www.statisticbrain.com/mothers-day-statistics/, <http://www.census.gov>

Fun Fact of the Day:
Sesquipedalophobia
 is the fear of long words.

Wouldn't it be great if we could put ourselves in the dryer for a short time and come out wrinkle free and two sizes smaller



"My teacher says little girls can grow up to be anything they choose! Why did you choose to be an old lady?"

MAY IS MENTAL HEALTH AWARENESS MONTH

It's not selfish to take care of yourself first!

This month...

1. Choose Joy
2. Take a break
3. Breathe

MENTAL HEALTH AWARENESS MONTH



Cinco De Mayo WORD SEARCH



J C H I H U A H U A S
V E V I C T O R Y M P
F L A B P E Y H L A I
I E M E X I C O W R H
E B D M A R A C A I C
S R A E O E P N I A R
T A R T D A N C E C A
A T A A T I K Y T H L
E E R O E L F A A I B
S A L S A C E M O L E
P E R M A R G I K I U
S D S O M B R E R O P

Words:


Chihuahuas	Mexico	sombrero
chips	Puebla	salsa
fiesta	parade	mariachi
victory	maraca	dance
battle	celebrate	May

**Dinuba Senior Center
437 N Eaton, Dinuba**

**Maricela Montoya
Senior Center Coordinator
559-591-2450**



AVILA BEACH



**WEDNESDAY, JUNE 26TH
2024**

\$35 PER PERSON

Lunch will be included

NO REFUNDS

**LEAVING: 7:00AM
RETURNING: 3:00PM**

OPEN TO THE PUBLIC

RESERVE YOUR SEATS TODAY! SPACE IS LIMITED!

CHECKS MADE PAYABLE TO: ELITE CHARTER




Dinuba Senior Center
437 N Eaton, Dinuba

Maricela Montoya
Senior Center Coordinator
559-591-2450



AVILA BEACH



**MIÉRCOLES, 26 DE JUNIO
2024**

\$35 POR PERSONA

Comida Incluida

¡NO HAY REEMBOLSOS!

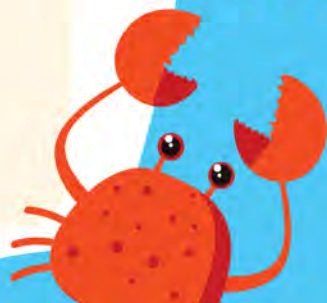
**SALIDA: 7:00AM
REGRESO: 3:00PM**

ABIERTO AL PÚBLICO



¡RESERVA TUS ASIENTOS HOY! ¡EL ESPACIO ES LIMITADO!

CHEQUES: ELITE CHARTER



Dinuba Senior Center

Craft, Coffee, & Conversation

Come Join Us!
We will be making DIY
Wind Chime!

Monday, May 13th 2024
1:30pm-3:30pm

Sign up and see you there!

Maricela Montoya
Senior Center Coordinator
559-591-2450



Paint Party

MAY 16TH
1:30PM-3:30PM

*Sign up and See
you there!*

Sponsored by Dinuba Senior Center Inc.

DINUBA SENIOR CENTER

MOTHER'S DAY

Party

RAFFLE PRIZES | FOOD |

GAMES | MUSIC

MAY 9 10:30AM-12:30PM

RAFFLE TICKETS \$1 each OR 6 for \$5.

Pre-Order Lunch \$1.50 if you do not already have a prepaid lunch

Maricela Montoya
Senior Center Coordinator
559-591-2450

Manicure Monday

5/6/24

1:30pm- 3:30pm
Sign up Needed

5/20/24

1:30pm- 3:30pm
Sign up Needed

Give your Nails a fresh new coat!

We will be using Gel Nail Polish and Curing with a UV heat lamp

Maricela Montoya
Senior Center Coordinator
559-591-2450

CITY OF DINUBA PRESENTS

INDEPENDENCE DAY CELEBRATION

★ WEDNESDAY JULY 3RD 2024 ★

RIDGE CREEK GOLF COURSE

FUN BEGINS | FIREWORKS

5:00PM | 9:15PM

FOOD, GAMES, AND BEER GARDEN

SPONSORED BY

EDDENAS
AUTO CENTER

Ruiz
FOODS

FEATURING THE MUSIC OF
BON JOVI

WANTED
S.W.I.?

RIDGE CREEK
DINUBA GOLF CLUB

CITY OF DINUBA
Together, A Better Community
CALIFORNIA • 1908

CANOPY, CHAIRS, AND BLANKET EARLY DROP OFF FROM 1PM-3PM.
(NO OUTSIDE FOOD OR BEVERAGES) | PARKING OPENS AT 4PM NO CHARGE

FREE EVENT | MORE INFO: WWW.DINUBA.ORG | [@CITYOFDINUBA](https://twitter.com/CITYOFDINUBA) | (559) 591-5940

City of Dinuba Aquatics 2024

- ✓ Swim Lessons: \$34 per 2-week session.
**Price subject to change July 1, 2024*
- ✓ Water Aerobics: \$20 per 2-week session.
- ✓ Lap Swim: 1\$ entry - 8am-12:30pm. Mon-Fri
- ✓ Open Swim: \$2 entry - 1:30pm-4:00pm. Mon-Wed-Fri
- ✓ Register in person at Dinuba Recreation Center!
- ✓ Classes held at DHS Aquatics Complex.

Full schedule is available online at:
www.dinuba.org

Questions? Give us a Call!
559-591-5940

Registration Opens April 29th!



2024 Farmers Market Dinuba, CA

Celebrating our Farmers Market 10 Year Anniversary

Offering a wide range of produce

- Fresh fruits and vegetables from local vendors
- WIC, Senior vouchers, and cash sales matched up to \$10.00

Farmers Market will run for six consecutive weeks.

May 31, June 7, 14, 21, 28, and July 12, 2024

Market Hours: 5 PM–8 PM

Location:

Entertainment Plaza
289 S. L St.
Dinuba, CA 93618

Market match available for all types of sales.

\$10 free match on any fruit and vegetable purchase



For information booth spaces contact:

Yesenia Avianeda
Office: (559) 624-2758
Cell: (559) 553-8100
Email: yavianed@KaweahHealth.org

For all other information contact:

Heather Leiferman
Office: (559) 591 – 5940 ext. 506
Cell: (559) 725 – 2016,
Email: HLeiferman@dinuba.ca.gov



2024 Mercado de Agricultores Dinuba, CA

Celebrando nuestro aniversario de 10 años de mercado de agricultores

Ofreciendo una gran variedad de productos

- Frutas y verduras frescas de vendedores locales
- WIC, Cupones para los de la tercera edad, y ventas en efectivo igualadas hasta \$10.00

El mercado de agricultores estará durante seis semanas consecutivas.

31 de mayo, 7, 14, 21, 28 de junio y 12 de julio, 2024

Horario del mercado: 5 PM–8 PM

Ubicación:

Entertainment Plaza
289 S. L St.
Dinuba, CA 93618



Igualación de precio (market match) disponible para todo tipo de ventas.

\$10 de equivalencia gratuita en cualquier compra de fruta y verdura

Para reservar su espacio de puesto informativo comuníquese con:

Yesenia Avianeda
Oficina: (559) 624–2758
Celular: (559) 553-8100
yavianed@KaweahHealth.org

Para cualquier otra información sobre el mercado comuníquese con:

Heather Leiferman
Oficina: (559) 591–5940 ext 506
Celular: (559) 725–2016
HLeiferman@dinuba.ca.gov

Announcements



May

Susan Montan	5/4
Aurora Romo	5/9
Beverly Hudson	5/15
Diana Ramos	5/15
Dora Coyac	5/20
Roger Neufeld	5/26
Margaret Venegas	5/27
Blanca Perez	5/28
Glen Cooper	5/28

Puzzle Solution

Cinco De Mayo
WORD SEARCH

J	C	H	I	H	U	A	H	U	A	S
V	E	V	I	C	T	O	R	Y	M	P
F	L	A	B	P	E	Y	H	L	A	I
I	E	M	E	X	I	C	O	W	R	H
E	B	D	M	A	R	A	C	A	I	C
S	R	A	E	O	E	P	N	I	A	R
T	A	R	T	D	A	N	C	E	C	A
A	T	A	A	T	I	K	Y	T	H	L
E	E	R	O	E	L	F	A	A	I	B
S	A	L	S	A	C	E	M	O	L	E
P	E	R	M	A	R	G	I	K	I	U
S	D	S	O	M	B	R	E	R	O	P

Words:

Chihuahuas	Mexico	sombrero
chips	Puebla	salsa
fiesta	parade	marachi
victory	maraca	dance
battle	celebrate	May

THANK YOU

Donations:

Reedley SaveMart: Dessert Donation

DSC INC: Paint Party and Gardening Day

Vineyards at Fowler: Birthday Club Sponsor

VOLUNTEERS:

MaryEllen Woodcock, Frank Navarro, Dora Reyes

Pete Yrigollen, and Christine Soto.

REMINDER:

PAID LUNCH needs to be picked up by 1PM same day.

If you are unable to pick up please call and let us know 559-591-2450