

FREE TAX HELP & FILING

VOLUNTEER INCOME TAX ASSISTANCE PROGRAM (VITA)

VITA is an IRS initiative offering free basic tax return to qualified individuals. If you earned less than \$68,000 last year, you may be eligible. File with in-person help at a VITA location near you.

Lodi
100 E. Pine Street
Lodi, CA 95240

Dorothy L. Jones FRC
2044 Fair Street
Stockton, CA 95206

Tracy
263 W. Beverly Place
Tracy, CA 95376

**Stanislaus State
Stockton Campus**
612 E. Magnolia Street
Stockton, CA 95202

Villa Monterey
4707 Kentfield Rd. Suite C
Stockton, CA 95207

**Health Plan of San
Joaquin**
7751 S. Manthey Road
French Camp 95231

Thornton Library
Walk-Ins Only 2/4/25 – 4/9/25
26341 N. Thornton Road
Thornton, CA 95686
Tuesdays 1 – 4 pm
Wednesdays 1 – 5 pm

CALL 211 TO
MAKE AN
APPOINTMENT
TODAY!

Conway FRC
2504 Connecticut
Avenue
Stockton, CA 95206



Dementia Support Group Continues....

Are you or someone you know struggling to care for an individual with Alzheimer's or other related dementia?

Do you feel alone or overwhelmed by the responsibilities of this task? Are you aware that help and support are available right here in Ripon? Well it is!!!! The Ripon Senior Center is the site for a weekly support group on Wednesday's from 12:00 p.m. to 1:30 p.m. in the library. This group is sponsored by the Alzheimer/Dementia Support Center, Inc. located at 700 McHenry Avenue, Suite B, Modesto, CA. This is a nonprofit organization dedicated to the mission of providing support to caregivers and their families who are dealing with effects of Alzheimer's and other related dementia through weekly support groups, peer counseling, education and resource guidance.

Participation in the support group will provide the opportunity for the caregiver to share what he or she is experiencing and hear, firsthand, how others who are facing or have faced similar challenges deal with these issues. They will learn about resources in the community that are available to provide help. The facilitators for the Ripon group are Joanne Lyons and Gloria Stanley. Participation in the group is free.

For more information, call the Alzheimer/Dementia Support Center, Inc. at (209) 577-0018.

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 Senior Star

January / February 2026

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

It's that time of year again to send in your annual membership donations to the Friends of the Ripon Senior Center. The membership fee is \$15.00 per person or \$30.00 per couple for the year.

When you make your donation, you will be supporting the "Friends", a non-profit organization whose main goal is to support the Senior Center and all the programs it provides. You will be put on the membership list and will receive the bi-monthly newsletter.

In 2025, your donations helped with the purchase of large ticket items that we need to support classes here at the Center.

On behalf of the Friends Board of Directors, the Senior Center Coordinators, and the many seniors who enjoy our facility, we would like to thank you for your continued membership and support.

**Enclosed is a membership form. If you would like to continue your membership, please fill it out and return it to the office or mail it to the Ripon Senior Center at
433 S. Wilma Ave. Ripon, Ca 95366**

**If you have already completed and turned in your membership form,
Thank You for your continued support.**

**THE SENIOR CENTER STAFF AND
FRIENDS BOARD OF DIRECTORS
WISH ALL OF YOU A
VERY HAPPY NEW YEAR!**



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**The Ripon Senior
Center will be
closed on:**

**Monday, February 16th in
observance of Presidents
Day.**

Ripon Senior Center

433 S. Wilma Ave.
Ripon, CA 95366

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

PLEASE
PLACE
STAMP
HERE

WINTER IS A SEASON OF RECOVERY AND PREPARATION.

City of Ripon Senior Center Staff

Coordinator

Teri Silva

Assistant Coordinator

Kate Walden

Bethany Home Kitchen Staff

Head Cook

Marlene Surdez

Assistant Cook

Emma Adami

Friends of the Ripon Senior Center Board of Directors

President

Ted Johnston

Vice President

Dave Kessler

Secretary

Diane Paden

Treasurer

Kathy Gladden

Members at Large

Pam Duerr

Faye Gibbs

Shirley Jorgensen

Kate Schulenberg

PRESIDENTS CORNER

I Hello Members,

I hope everyone had a wonderful Christmas and holiday season. As we begin the New Year, I'd like to share an update on the many improvements the Friends of the Senior Center Board has accomplished over the past year.

Highlights from This Year:

- Library & Computer Lab Enhancements
 - Added a new Computer Lab in the Library
 - Purchased and installed a new 75-inch Smart Television to support computer and technology lab programs
 - Purchased two Apple tablets for technology training and general member use
 - Added two PC computer workstations, complete with desks and chairs
 - Upgraded the wireless network to support new equipment and technology classes
- Facility Upgrades
 - Purchased and installed a new cabinet and countertop in the Art Room
 - Purchased and installed a new 42-inch flat-screen television in the Exercise Room
 - Upgraded the PA system to Bluetooth capability
 - Received and installed a high-end elliptical machine in Fitness Center, donated by Mike and Mona Restuccia
 - Purchased a new kiln for the Glass Fusing Program and upgraded the kiln room's electrical system
 - Installed new plywood shelving in the Ceramic storage building with assistance from the Love Ripon Project
- What's Ahead

The Board is currently working on purchasing furniture for the newly constructed patio, which we look forward to sharing with you soon.

Thank you for your continued support of the Senior Center. We're proud of these improvements and excited about what's ahead. Wishing everyone a happy, healthy, and active new year.

Warm regards,
Ted Johnston

*To appreciate the beauty of a snowflake
it is necessary to stand out in the cold.*

ALMOND BLOSSOM CRAFT & BAKE SALE

FEBRUARY 20th & 21st

It's that time again! Bakers are needed to fill the bake sale tables and you are appreciated so much, by the community and the membership of the Friends. This has always been a good fundraiser for the senior center! The proceeds are used to further the needs of the classes and groups that meet on a regular basis-purchasing equipment, supplies or just freshening up a room. Bring your cookies, cakes, muffins, pies, etc..

The craft sale requirements have been updated and we hope to entice the community on with a good variety of vendors that are new to our event. The fees have increased and applications will be by appointment only with Maria and vendors will be required to provide photos of all items to be sold with the returned application.

Applications will be available via email January 12th thru the 15th.

Call Maria at 1-510-406-2623.

ART CLASSES



January and February 2026
Wednesday Mornings 10 - 12
Senior Center
433 S Wilma Ave, Ripon, CA 95366
All supplies provided
\$10 per person paid at class
Sign-Up at Senior Center

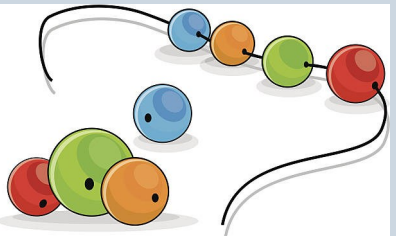
For details, contact Karen at
ippolitoko@gmail.com

No prior painting experience needed.

JEWELRY MAKING CLASSES

Dates to follow!

Come and join **Catherine D. Wells** for an afternoon of jewelry making. The fee for her instruction is \$15.00 per class, which includes: beading wire, crimps, and crimp covers. Jewelry tools will be available to use during class. Clasps and additional beads will be available at a reasonable separate cost. Drop-Ins are welcome. And no experience necessary! I'll bring the supplies and you bring your creativity!



DIY Card Making Workshop!

A new year and a new card workshop! They provide all the supplies and have the cards ready for you putting them together, step by step! Send the very best made by you!

Sign Up on the sheet provided on the bulletin

board in the entrance!
Tuesday, January 13, 2025

11:00 - 1:00



Create your Own Cards: **Tuesday, January 27th**

February DIY Card Workshop: Tuesday, February 10th



Fee: \$5/3 Cards

Payment collected upon arrival.

Where: Ripon Senior Center (Craft Room)
Seniors 50 and over



WEDNESDAY NIGHT

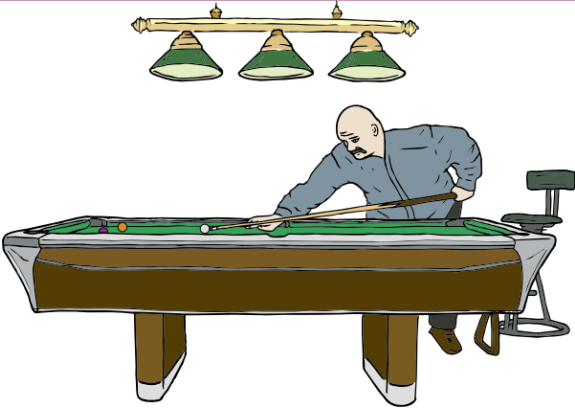
ART CLASSES

COMING IN 2026

The Senior Center will be offering some Art Classes on Wednesday nights in the coming year. These classes will be taught from 6-8 and will be open to all Seniors over 50. Classes will be taught in the art room by some of our teachers, classes could include oil painting, acrylic painting, drawing, water color, and jewelry. The cost and details about the first classes will be coming soon. So if someone you know is still doing the 9 to 5, this will be an opportunity for them to come in and enjoy the center.



PING-PONG TABLE IS UP
AND READY!! COME BY
ANYTIME FOR GAME!



Pool room is open M-F from
8:30 to 3:00. Come by anytime
and shoot a game or two.

CLASSES

Sign Language Class



Have you ever thought about learning sign lan-
guage? Well here’s your chance! Penny Hansen, a
retired certified sign language interpreter, will be
teaching a beginner sign language class starting
January 14.

Class will be held at the senior center at 9:00am
on Wednesday mornings for one hour. The cost
will be \$5.00 per class and will be limited to 15
students, so be sure to put your name on the sign
up sheet located on the bulletin board in the sen-
ior center lobby.

ROCK PAINTING
CLASSES FOR FREE!!!

In the art room you can join Deb Tornell and Linda Curtis as
they guide you through the process of creating your own
works of art. You can use your own designs or use templates
in rock painting. This class will be held on the
1st & 3rd Mondays of the month from 1:00 to 3:00. There is
no fee for this class so sign-up on the bulletin board
located in the lobby . Some rocks, paint, etc. will be
provided. If you have a rock that you would like to use make
sure it is washed well and bring it with you. January classes
will be held on the 5th and 19th.



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.

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.

AEROBICS 50+

Come join us Tuesday and Thursday from 1:30 to 2:30
for a fun exhilarating aerobics 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 class is free,
donations are accepted.

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.

LINE DANCING

Every Wednesday night from 6:00 to 7:00 the Center
will be offering a beginners line dancing class. Kali will
be teaching this class and the cost is just \$5 per session.

GLASS FUSING

The Glass fusing class is scheduled for the 2nd and 4th
Thursday from 9:30 to 11:00. Please come in or call to
sign up in advance, these classes can hold up to 10. The
cost depends on the project and the amount of glass
used. All glass and tools are supplied. No outside glass
allowed.

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.

CYBER SENIORS

Every Friday from 12:30 to 2:00 the Cyber Senior
instructor will be here to teach participants how to use
technology, such as, iPad, cell phones and computers.
Each week there is a different topic covered. No
charge.

ACTIVITIES

MONDAY:

9:00 am Chair Yoga * \$5 per session

TUESDAY:

9:30 am Young At Heart * \$2 suggested

12:30 pm Pinochle *Free

1:30 pm Aerobics 50+ Donation

WEDNESDAY:

10:00 am Art Classes * \$10 per session

12:00 pm Dementia Support * Free

12:30 pm Grocery Bingo * \$1 per card

WEDNESDAY NIGHT:

6—7 pm Line Dancing * \$ 5 per session

6—8 pm Art Classes * \$ depends on class

THURSDAY:

9:30 am Young At Heart * \$2 suggested

12:30 pm Pinochle *Free

1:30 pm Aerobics 50+ Donation

2nd and 4th THURSDAY

9:30 AM Glass Fusing * \$ Cost of glass

THURSDAY NIGHT:

6—7 pm Meditation *Free

6—8 pm Ceramics * Price Chart

FRIDAY:

12:30-2:00 Cyber Seniors *Free

MONDAY - FRIDAY 8:30 to 3:00

Fitness Center Billiards Room

Lending Library Puzzle Table

Meal Program Ceramics * Price Chart

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 |
| ♦ Lunch Program, <u>reservations required</u> , Mon-Fri 11:30 | |

UP-COMING EVENTS



BINGO IS BACK!!! TUESDAY, JANUARY 20TH

BINGO – yes, it’s a song about a cute little dog, but it’s also a word used to describe the fun happenings at the Ripon Senior Center. This January 20th at 5:00 p.m., you will hear laughter, conversation, and bingo numbers being announced. Times there are fun and full of good times. This coming year we are planning several themed nights AND one game a night will offer the opportunity to win DOUBLE the payout. Increase your luck by purchasing a first and last game (\$1.00 each) or an extra packet for \$5.00.

Many groups share a table and bring snacks and lots of laughs. Our event is quite popular and the tickets sell out quickly. Tickets can be purchased at the Ripon Senior Center, 433 s Wilma Ave, Ripon between the hours of 8:30 am and 3:00 pm. The tickets are \$20.00. Bingo nights are typically on the 3rd Tuesday of the month, excluding February, November and December. Doors open at 5:00 pm and games start at 6:00 pm.



Grocery Bingo is ready to start the New Year!

Wednesday, January 21st we will be serving a free treat, you will get 2 free cards.

Wednesday, February 11th come to our Valentine’s Day Bingo! Wear something red and receive 2 free cards. We will also have lots of Valentine’s Day chocolates. See you there!!!

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)



LINE DANCING

Wednesday Night come and bring your 50+ friends to this evening of fun and dance. The cost is just \$5 per session. Let’s get moving and have some fun!



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. You must be registered thru the San Joaquin County Human Services Agency before signing 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.

January Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		31.	1.	2.
		Closed for New Year's		
5. BBQ Pork Loin Bahama Mix Veggies Sweet Potato Fries W/W Cookie Apple Juice, Milk	6. Oven Fried Chicken Mashed Potatoes, Gravy Carrots Peaches Wheat Bread, Milk	7. Seafood Chowder Green Salad Pineapple Cracked Wheat Bread Milk	8. Chicken & Rice Casserole w/ carrots Broccoli Brown Rice Orange Juice, Milk	9. Minestrone Soup Meat balls Spinach Salad Oranges, Cracked Wheat bread, Milk
12. Lemon Baked Fish W/W Butter noodles Carrots Apple juice Milk	13. Chicken Burrito Bowl Fiesta Mix Veggies Fruit Medley Brown Rice Milk	14. Polynesian Meat Loaf Stir Fry Veggies Sweet Potatoes Pineapple W/W Cookie, Milk	15. Beef & Barley Soup Green Salad Orange Juice Cracked Wheat Bread Milk	16. Oven Baked Chicken Mashed potatoes, Gravy Spinach Oranges W/W Bread, Milk
19. Spaghetti & Meat Balls Italian Veggies Apple Juice Milk	20. Crunchy Baked Fish Lemon Sauce Spinach Brown Rice Pineapple, Milk	21. Pork Loin Broccoli Sweet potato W/W Bread Applesauce, Milk	22. Beef Stew Green Salad Orange Juice Cornbread W/W Cookie, Milk	23. Salisbury steak Carrots Mashed potatoes W/W Bread Fruit Medley, Milk
26. Beef Stroganoff W/W noodles Green Beans Apple Juice Milk	27. Apricot Chicken Brown Rice Carrots Oranges Milk	28. Beef Chili Green salad Cornbread Peaches W/W Cookie, Milk	29. Chicken Tortilla Soup Spinach salad Orange Juice Cracked Wheat Bread Milk	30. Pork Chop w/mustard sauce, Broccoli Sweet potatoes, W/W Bread Applesauce, Milk

February Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. BBQ Pork Loin Bahama Mixed Veggies Sweet Potato Fries W/W Cookie Apple Juice Milk	3. Oven Fried Chicken Mashed Potatoes, Gravy Carrots Peaches Wheat Bread Milk	4. Seafood Chowder Green Salad Pineapple Cracked Wheat Bread Milk	5. Chicken & Rice Casserole w/carrots Broccoli Brown Rice Orange Juice Milk	6. Minestrone Soup Meat balls Spinach Salad Oranges Cracked Wheat bread Milk
9. Lemon Baked Fish W/W Butter Noodles Carrots Apple juice Milk	10. Chicken Burrito Bowl Fiesta Mix Veggies Fruit Medley Brown Rice Milk	11. Polynesian Meat Loaf Stir Fry Veggies Sweet potatoes Pineapple W/W Cookie Milk	12. Beef & Barley Soup Green Salad Orange Juice Cracked Wheat Bread Milk	13. Oven Baked Chicken Mashed potatoes, Gravy Spinach Oranges W/W Bread Milk
16. Closed for Presidents Day	17. Crunchy Baked Fish Lemon Sauce Spinach Brown Rice Pineapple Milk	18. Pork Loin Broccoli Sweet potato W/W Bread Applesauce Milk	19. Beef Stew Green Salad Orange Juice Cornbread W/W Cookie Milk	20. Salisbury steak Carrots Mashed potatoes W/W Bread Fruit Medley Milk
23. Beef Stroganoff W/W noodles Green Beans Apple Juice Milk	24. Apricot Chicken Brown Rice Carrots Oranges Milk	25. Beef Chili Green salad Cornbread Peaches W/W Cookie, Milk	26. Chicken Tortilla Soup Spinach salad Orange Juice Cracked Wheat Bread Milk	27. Pork Chop w/mustard sauce Broccoli Sweet potatoes W/W Bread Applesauce, Milk

