

**Senior L.I.F.E. Center**  
**6414 Brace Road, Loomis, CA 95650**  
**916-660-0549**

[www.loomisseniorlifecenter.com](http://www.loomisseniorlifecenter.com)

**Looking Forward To September 2020**

**Hello There**

This is the third newsletter from the Senior Life Center Staff. And we have had rave reviews. Our members feel like we are more connected, and the staff agrees.

We had a successful Meals Pick-Up and Delivery to all of our seniors on Thursday, August 6<sup>th</sup>. Thank you Peggy Ward for the wonderful food and the Soroptomist for getting the meals ready and volunteering to deliver the meals to those who could not pick them up themselves. It was fun to see so many people picking up their food and visiting everybody, safely of course.

With this newsletter I would like to remind all of us of something that we take for granted, (being safe). One of our Sr. member's had her purse stolen while putting her groceries in her car. This occurred at the WinCo in Rocklin. She was putting her groceries in her trunk when she realized that her purse had been stolen. Precautions that you should be aware of;

1. Make sure that you park in a safe place. If at night, park under a parking lot light.
2. During the day, though it may be hot, please park your car in front of the store in front of the store's cameras. Not in shaded areas on the side of the building.
3. Be aware of your surroundings.
4. Keep your purse out of sight or over your shoulder while putting your groceries in the car.
5. When you out and about. Instead of a big purse, use a small wallet with just your essentials, ID, money/card and phone.
6. Wear clothing that allows pockets to keep your items safe.

**GOOD NEWS: SEPTEMBER 3, 2020.**

We cannot have the BBQ we planned for on this date. However, we will be having another meal pickup and delivery on Sept 3<sup>rd</sup>. between 12:00 and 12:30, at the Church parking lot. Meals will be prepared for all of our Sr. Members. We will be calling all of you to see who will pick up and who needs delivery.

**Menu: Fried Chicken, Potatoes Salad, Green Salad and Dessert.**

**SURVEY ATTACHED**

We have enclosed a Survey for you to fill out and mail back to Tara McCain or scan if you have that capability to send back to Tara. Email: [tmccain2011@hotmail.com](mailto:tmccain2011@hotmail.com) or US mail to Tara McCain, 7675 Cook Ave. Citrus Heights, Ca 95610, or you can call Tara at 661-917-7043 to report you survey questions, you can leave a message as well. Whatever is easiest for you. We really need this info so we can work on programs to keep us busy during this YUCK virus.

On the home front. Virginia and Lisa are healing nicely and will be up and running soon. Andy Gula suffered a stroke a week ago. He is still in the hospital and holding his own. Jack McMillan is home under hospice care and doing as well can be expected.

If you need anything, (groceries, dr. appts, or just to talk) below are phone numbers of the staff.

Jim – 916-792-5825

Wanda – 916-792-7232

Kerry – 916-580-7952

Tara – 661-917-7043