Woodland Senior Center

The mission of the Woodland Senior Center is to promote the physical, emotional, social and economic well being of older adults and to promote their participation in all aspects of community life. The Woodland Senior Center strives to be the recognized access point for programs that encourage healthy aging, provide basic social services and offer socialization opportunities for older adults.

The Woodland Senior Center is located at 2001 East Street and is open 8:00 a.m. to 4:00 p.m. It is a place for seniors to come and interact with other seniors, to participate in activities, to eat, to exercise, to volunteer, and to be safe. A monthly newsletter is available at the Senior Center Desk or online at www.cityofwoodland.org/seniors.

The Senior Center offers a wide range of fitness, games, and social activities for adults over 50. For questions about the Senior Center, the services available for seniors, and activities, please stop by the Senior Center Desk or contact 661-2001.

Looking to volunteer

For those interested in volunteering at the Senior Center, or with an on-site partner, Elderly Nutrition or Community Care Car, please contact us. We are looking to build upon the programs the Senior Center currently offers. The Senior Center offers a variety of activities and classes for those seniors looking to be active and social. If there is additional class or activity the Senior Center does not have, and you may be interested in leading it, please contact the Senior Center at 661-2001.

Senior Center Incorporated

Woodland Senior Center Incorporated is a non-profit organization dedicated to the betterment of the lives of Woodland Seniors. Annual membership dues, fundraisers, and donations are vital to SCI's non-profit mission. Senior Center Inc. supports events and programs within the Senior Center including the annual Thanksgiving Dinner and Holiday socials and the Senior Art Exhibition. Additionally, Senior Center Inc. purchases supplies for senior programs that occur within the Senior Center; provides makes monthly donations to the Elderly Nutrition Program and Community Care Car; and also offers scholarships for students studying gerontology or senior-related field of study. To become a member of Senior Center Inc., call the Senior Center at 661-2001 for a membership application.

Meetings, Assistance & Support Groups

AARP Driver's Safety February 18 & 20, May 20 & 22, August 7 (recertification only), November 18 & 20
This 8-hour course, as mandated by A.A.R.P. and the State of California. Completion of the course may make seniors eligible for insurance discounts. Registration is taken at the Senior Center.

AARP Tax Assistance From February to April.
Free tax preparation is available for seniors provided by volunteers from AARP. Appointments are taken at the Senior Center Desk. Call 661-2001 to make an appointment.

Arthritis Support Group Monthly, 1st Thursday 1:00 p.m.
Joining a network of others living with a similar condition is one way to find support after an arthritis diagnosis. Take comfort in the experiences of others in this support group.

Changes to Choices 1st & 3rd Tuesday 10:00 a.m.
Whether you are dealing with health problems, feeling blue, loss of a loved one, or just the trials of aging, you can find insight and support with this group

Health Insurance Counseling Program (HICAP) 2nd & 4th Thursday 1:00 p.m. to 4:00 p.m.
Appointments taken at the Senior Center Desk. Call 661-2001 to make an appointment.

Information & Assistance via Senior Link Monday, Wednesday, and Friday 10:00 a.m. to 12:00 p.m.
Call Senior Link at (530) 207-4250 to make an appointment.

Outa Sight Speaker - 1st Tuesday 12:30 p.m.
Support - 3rd Tuesday 12:30 p.m.
This group serves blind and low-vision persons and members provide support for one another. The goal for the group is to learn independent living skills in order to enhance our lives. Outa Sight also develops and identifies resources for the sight-impaired in our community, and advocates for disability rights.

Peripheral Neuropathy Monthly, 1st Tuesday 1:30 p.m.
The group's purpose is to share information and to encourage others with Peripheral Neuropathy. Some meetings feature speakers.

Parkinson's Support Monthly, 4th Tuesday 1:00 p.m.
This peer led group welcomes caregivers as well as those with Parkinson's Disease. This group has guest speakers, but most share experiences and tips for families and caregivers.

Stroke Support Monthly, 3rd Monday 1:00 p.m.
A support group so you don't feel you're alone in your rehabilitation and recovery from a stroke. Participating in a support group will not only help you learn more about strokes, it will also help you become inspired to move forward.

Woodland Senior Center Retiree Assistance Bi-monthly, ODD numbered months, 2nd Tuesday 12:15 p.m.
This group provides information and assistance to seniors and retirees about retirement, Medicare, Social Security, and other related subjects.

Yolo Prostate Cancer Support Group Bi-monthly, ODD numbered months 2nd Monday 7:00 p.m.
The Yolo Prostate Cancer Support Group welcomes men who have been diagnosed with prostate cancer, or have an interest or expertise in the topic. The group offers participants the opportunity to meet with prostate cancer survivors and discuss treatment options.

Games, Fitness, and Recreational Activities

Art Workshop Wednesdays 9:30 a.m. Fee: $5 /month
Registration taken at the Community Services Desk. Artists who enjoy painting or drawing are invited to join this ongoing group.

Badminton Monday through Thursday 9:30 a.m.
Enjoy the quick and fun sport of badminton. Come to learn, get a great workout, or enjoy playing with new friends. Instruction is available and loaner equipment is available.

Bingo Wednesdays & Fridays 11:45 a.m.
Play 3 cards for $.15 or 6 cards for $.30.

Bridge for Fun Wednesdays 12:45 p.m.

Ceramics Thursdays 9:00 a.m. Fee: $5 per month
Registration taken at the Community Services Desk.

Computer Lab Fridays 12:00-3:00 p.m. Fee: $1 per use
For adults 18 & over. Computers available have Windows 7. Lab supervisor can assist with computers and programs.

Cribbage Wednesdays 1:00 p.m.

Hand & Foot Wednesdays 8:30 a.m.

Low Impact Aerobics Monday, Wednesday, Friday 8:00 a.m. or 10:00 a.m. Fee: $5/month
Registration taken at the Community Services Desk. A basic workout starting with a walking warm-up, followed by exercises performed standing. This class is designed to build strength (muscles, tendons, and ligaments) increase flexibility, improve balance, and coordination, enhance your health, and lighten your mood.

Mah Jong Thursdays 12:30 p.m.
Learn how to play the ancient Chinese tile game.

Needles & Friends/Handicrafters Mondays 9:00 a.m.
This friendly group combines quilters, crafters, or anyone who just wants advice on unfinished projects. Beginners are always welcomed. Material and equipment is furnished, or you may feel free to bring your own.

Pedro Tuesdays 2:00 p.m.
This active group has a consistent weekly following. To be placed on the contact list, contact Annette at (530) 406-1020.

Ping Pong Fridays 10:00 a.m.

Pinochle Thursdays 6:00 p.m.

Scrapbooking Bi-Weekly 2nd & 4th Fridays 9:00 a.m.
What to do with all of those pictures you have? Get hands on tips and pointers and assistances creating your very own pages. Bring your own scissors, photos, and any other supplies you may have. Some supplies may be available.

Senior Movie Day Monthly, 3rd Thursday 12:30 p.m.
Movie showings are free to seniors. Popcorn and drinks are provided. Arrive early, as seating is limited and late arrivals won't be seated. SCI members receive priority seating.

Senior Travel
Local trips are offered by Senior Center Inc.'s Affordable Adventures. All Affordable Adventures depart from the Woodland Target parking lot. Senior Center Inc. members receive a $5 discount on each trip. Detailed trip flyers are available at the Woodland Senior Center. For more information call 661-2001.

The Senior Center partners with Collette Vacations for trips domestic and abroad. All flights for travel depart from the Sacramento International Airport. These trips are all-inclusive, including travel insurance. Some special excursions are not included in the price of the trip. The Senior Center has current flyers for all upcoming trips with trip details and payment deadlines. Contact the Senior Center for upcoming trips and receive more information at 661-2001.

Ship Shape Tuesday & Thursday 10:00 a.m.
Fee: $5/month
Registration taken at the Community Services Desk. This class utilizes resistance bands to increase flexibility and strengthen muscle tone in a fun, supportive environment. All exercises are done from a seated position.

The Novel Book Club Monthly, 2nd Tuesday 9:30 a.m.
A group for enjoying and reading literature with others. Contact Senior Center at 661-2001 for more information.

Woodcarvers 1st & 3rd Wednesday 1:00 p.m.
Woodcarving for beginners to advanced beginners. Instruction to novice members is provided by advanced carvers. Loan of some equipment to new carvers.

Woodland Stompers Mondays 1:30 p.m.
A friendly line-dance troupe who dance for exercise, to be social, and because it's fun. The group regularly performs around town. No experience is necessary, and beginners can start at any time.

Writing Your Life History
This course if offered through the Woodland Adult Education program. Registration is taken at the Woodland Adult Education office. Call 662-0798 to register or for course information.

Yoga & Meditation Thursdays (excluding 1st Thursday)... 1:00 p.m.
Senior participants are taught basic & gentle yoga postures and stretching to help increase flexibility, strength, and balance. Breathing techniques are shown to create more energy, and to help relieve stress and discomfort. Also, seniors are introduced to creative visualization to help calm the body and mind. Class is designed for students with limited range of motion and mobility. Students are encouraged to wear comfortable clothes and bring a towel.

Other Services Available at the Senior Center

Community Care Car
Rides for seniors, within Woodland. Care Car desk is open Monday-Friday, 8:30-3:00 p.m. Call 662-7800 to make an appointment one day in advance.

Computer Classes
Classes are scheduled by the Senior Center Computer Club, call to the Senior Center be placed on an interest list.

Elderly Nutrition/Meals on Wheels
Lunch is served Monday through Friday at the Senior Center at 11:45 a.m. by reservation only. Reservations are required at least one day in advance. Call Elderly Nutrition for lunch reservations at 662-7035.

Legal Consultations Monthly, 3rd Thursdays ..... 9:00 a.m. to noon.
Free legal advice is given for seniors on wills, trusts, estates, and more. Call the Senior Center for reservations at 661-2001.

Thrift Store
Woodland Senior Center Inc. operates a Thrift Store held at the Community & Senior Center. The Thrift Store is open Tuesdays at 9 a.m. and Friday mornings at 9:30 and is staffed by volunteers. The thrift store is seeking gently used donations for resale in the Thrift Store that operates in the Community & Senior Center. Donations for the Thrift Store may be made Monday through Friday from 8 a.m. to noon. All proceeds from the Thrift Store go to Senior Center Inc, all supporting senior services within Woodland.