### **Senior Center** (530) 661-2001

Senior Center Hours 8 a.m. to 4 p.m.

**STAFF** 

**Kris Bain** 

Senior Center Supervisor

#### **Paula Crum**

Senior Center Program Coordinator

#### Woodland Senior Center Travel Collette Vacations The Best of Eastern Canada



Featuring Quebec, Niagara Falls, & Toronto July 22-30, 2012

For details, call 661-2001.

## April Highlights

### Senior Movie Day—The Descendants April 19, 12:30 p.m.

Seniors are invited to watch a showing of *The Descendants* Synapsis From Alexander Payne, the creator of the Oscar-winning Sideways, set in Hawaii, The Descendants is a sometimes humorous, sometimes tragic journey for Matt King (George Clooney) an indifferent husband and father of two girls, who is forced to re-examine his past and embrace his future when his wife suffers a boating accident off of Waikiki. The event leads to a rapprochement with his young daughters while Matt wrestles with a decision to sell the family's land handed down from Hawaiian royalty and missionaries.

### Senior Center Inc.'s Reno Bus Trip Saturday, April 21 departing from Cottonwood Plaza at 7:15 a.m.

A special trip going to Reno, NV and back in one day. Registration fee of \$30 includes coachride, snacks, a coupon voucher for lunch, and \$10 cash-card at the Silver Legacy. All registration is taken in advance, pre-paid and are taken at the Welcome Desk. Please make checks payable to Senior Center, Inc. April 6 is the deadline to register.

## Important Healthcare Documents ALL seniors Should Have presented by Joanne Hatchett, FNP, RN Tuesday, April 24, 9:30-11:00 a.m.

What could be better than piece of mind? Join us for an interactive and important conversation regarding documents EVERYONE needs to have in place to assure their health choices are followed. Joanne Hatchett, FNP, RN will present on Advance Directive for Healthcare and Physician Orders for Life-Sustaining Treatment, two important documents that allow a patient, medical personnel and family members clear guidelines on a patients choice of treatment in critical times. Also included will be the Commission on Aging developed "Important Records" packet that will help family members with valuable information in times of crisis. Documents will be available on site for participants at the workshop.



www.cityofwoodland.org/seniors

#### **Woodland Senior Center**

2001 East Street Woodland, CA 95776 Phone: (530) 661-2001



## Meetings at the Senior Center

#### **Commission on Aging**

2nd Thursday of each Month 3:30 p.m.

Advocates for seniors, this is an advisory board to the City Council. For agendas and minutes, please go to www.cityofwoodland.org/seniors

#### Senior Center, Inc.

1st Thursday of each Month 9:30 a.m.

This board raises money and helps plan programs and events for seniors.

Meetings are open to the public.

#### **Computer Club**

4th Monday of each Month 1:00 p.m.

Speakers speak on computer and internet-based topics. For more information contact, the Computer Club at (530) 662-9598 or find them on the web at www.wsccc.com

### **Senior Resource Fair**

Presented by the Commission on Aging

Wednesday, May 16 9 am to Noon

Mark your calendars! Open to any Senior looking for information, assistance or answers to questions anywhere from health care to transportation and living arrangement questions.



Those Were the Cays

Thursday May 24, 11 a.m.



Join us to hear WILLIAM PETTITE, acknowledged historian, author, and public speaker, as he entertains us with stories about famous people who are part of the

Sacramento area's colorful history. They include Jean Harlow, the "Marilyn Monroe of her day"; Joe DiMaggio; Wyatt Earp; Max and Buddy Baer; Gypsy Kings and Queens; and the Folsom Prison Warden, who was murdered by two inmates. Two of Mr. Pettite's presentations have aired on West Sacramento and Sacramento Cable TV in years past. Mr. Pettite has been a resident of Fair Oaks for over 63 years.

Come enjoy for FREE, and stay for lunch at the Chit Chat Café. For more info. or to make lunch reservations, contact the Senior Center at 661-2001.

# Support Groups & Special Speakers



#### **Arthritis Support Group**

1<sup>st</sup> Thursday of each month, 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**

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of each month, 10:00 a.m.

The purpose of Changes to Choices is to look at choices of how to handle changes. Many of the participants have similar issues and by talking about them, they gather ideas about how an issue may be resolved. Any senior is welcome to attend.

#### Hear! Here!

4<sup>th</sup> Monday of , 10 :00 a.m.

#### January, March, May, & October

This support group gives people with hearing loss an opportunity to speak their piece and be heard with sympathy. The group hosts guest speakers about hearing aids and other assistive devices.

#### **Peripheral Neuropathy**

3<sup>rd</sup> Monday of each month, 1:30 p.m. The group's purpose is to share information and to encourage others with neuropathy. Some meetings feature speakers.

#### **Parkinson's Support**

4<sup>th</sup> Tuesday of each month, 1:00 p.m.

This peer led group welcomes caregivers as well as those with Parkinson's Disease. This group sometimes has guest speakers, but mainly shares experiences and tips for families and caregivers.

#### **Outa Sight Support**

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of each month, 12:30 p.m. We serve blind and low-vision persons and mutually support one another. Our goal is to learn independent living skills in order to enhance our lives. We also develop and identify resources for the sight-impaired in our community, and we advocate for disability rights.

#### **Stroke Support**

3<sup>rd</sup> Monday of each month, 1:00 p.m.

A stroke survivors support group is exactly what it says — a support group so you don't feel you're alone in your rehabilitation and recovery. Participating in a support group will not only help you learn more about stroke, it will also help you become inspired to move forward.

#### **Dementia Support Group**

2nd and 4th Thursdays of each month, 1 pm

HOSTED BY: St. John's Retirement Village, 135 Woodland Ave.

This is a confidential support group for anyone who has a loved one with dementia to share their experiences and tips for caring for a loved one.

### New Support Group

Yolo Prostate Cancer Support Group 2<sup>rd</sup> Monday of each month, 7 p.m.

The Yolo Prostate Cancer Support Group, established in March 2006, welcomes men who have been diagnosed with prostate cancer, have recurrent disease, 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, recovery and side effects. They are also working toward establishing an auxiliary group for spouses and partners.





# Art Classes



#### **Senior Art Workshop**

Wednesdays 9:30 a.m. \$5 per month

Registration taken at Parks & Recreation desk

Artists who enjoy painting or drawing are invited to join this ongoing group.

#### **Handicrafters**

Mondays, 10:00 a.m.

A friendly place for finishing your own projects, helping with charity projects, sharing ideas, and meeting people with similar interests.

#### **Needles & Friends**

Mondays, 9:00 a.m.

This group of quilters create quilts for events, friends, and more. Tips and ideas are shared and beginnings are always welcome.

#### Woodcarvers

1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 1:00 p.m.

#### **Ceramics**

Thursdays, 9:00 a.m. \$5 per month

#### **Painting**

Tue. 6:30-8:00 p.m.

Fee: \$60/4 week session

Registration taken at Parks & Recreation desk

Fun with oil and acrylic! Learn to paint or improve your painting skills. All levels welcome. Class will cover color mixing, composition, perspective, and more. Students provide their own supplies. A supply list is available. Instructor is Joanne Jensen.



## Games



#### **Bingo**

Wednesdays and Fridays, 12:15 n.m.

Play three cards for \$.15 or six cards for \$.30 or eight cards for \$.40

#### **Bridge for Fun**

Wednesdays, 12:45 p.m.
For novice or intermediate levels.

#### Cribbage

Wednesdays, 1:00 p.m.
Drop-in games of cribbage held every
Wednesday.

#### **Ping Pong**

Fridays, 10:00 a.m.

#### **Hand & Foot**

Wednesdays, 8:30 a.m.
All levels welcome for this game similar to Canasta.

#### **Mah Jong**

Thursdays, 12:30 p.m.
Ancient Chinese tile game, beginners welcome.

#### **Pedro**

Tuesdays, 12:15pm
To get on a waiting list, contact Annette at 406-1020.

#### **Pinochle**

Thursdays, 6:00 p.m.

#### **Second Horizon Bingo**

1<sup>st</sup> Friday of each month, 6:00 p.m.

#### Senior Center Game Room

is open for seniors Monday through Friday during Senior Center hours.

Is there something missing you would like to share with others? Contact the Senior Center at 661-2001 with your ideas.

# **Looking for Lead Program Volunteer**

We are looking to start a program for seniors who live at home. The program needs a facilitator to help get the program off the ground. If anyone is interested, please contact Senior Center Supervisor, Kris Bain at 661-2002 for more details.

## Exercise & Dance Classes

#### **Low Impact Aerobics**

Monday, Wednesday, & Fridays

8:00 a.m. or 10:00 a.m.

Fee: \$5/month

#### Registration taken at Parks & Recreation 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.

#### **Badminton**

Mon. & Wed. 9:30-11:30 a.m.

#### **FREE**

Come learn the sport or enjoy playing with new friends. Instruction is available and if you don't have a racquet, there are some available. Enjoy the quick and fun sport of badminton.

#### **Ship Shape**

Tue. & Thu. 10:00 a.m.

Fee: \$5/month

#### Registration taken at Parks & Recreation 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, and are led by experienced senior volunteers. Class and registration includes your resistance band.

#### **Country Line Dance Party**

3<sup>rd</sup> Friday of each month, 6:00 p.m.

ree: \$6

Bring the family out to the Country Line Dance Party! This is a

potluck party, so bring something to share. This dance requires at least an intermediate skill level. Visitors and newcomers are always welcome.



#### **Water Aerobics**

Monday, Wednesday, & Fridays, 8:00 a.m.

Fee: \$25 for 10 visits

Program is hosted at the Community Swim Center at 155 N. West Street (next to Woodland High School)

#### Registration taken at Parks & Recreation desk

Enjoy a great all-body workout in the pool, year round. No swimming experience is necessary. It great for aging bodies with low or no impact to those aching joints. For more pool related information, go to www.cityofwoodland.org/aquatics or contact 661-2000.

#### **Pilates**

Tuesdays, 6:00 p.m. Fee: \$44/month

#### Registration taken at Parks & Recreation desk

This class focuses on pure Pilates technique emphasizing proper breathing, correct spinal and pelvic alignment, and complete concentration on smooth, flowing movement. Pilates exercises strengthen core abdominal muscles as well as train several

muscle groups at once in non-impact, continuous movements.

#### **Power Flow Yoga**

Tuesdays, 7:00 p.m. Fee: \$44/month

#### Registration taken at Parks & Recreation desk

Power Yoga Flow is a practice of movement, balance and intention that elevates the heart rate, improves circulation, and sculpts lean muscle. This class is appropriate for students of all levels

#### **Ballroom & Social Dance**

Thursdays, 7:00-8:00 p.m.

Fee: \$35/session

#### Registration taken at Parks & Recreation desk

Learn the basic skills of dancing with a partner, while having fun and meeting people. The class covers basic steps of the most popular social dances: Foxtrot, Waltz, Tango, Cha Cha, Rumba, and Swim to get you out on the dance floor. No experience is necessary, no partner is need. Class is taught by Mallory Gorenzel.

#### Salsa Dance

Thursdays, 8:00-9:00 p.m.

Fee: \$35/session

#### Registration taken at Parks & Recreation desk

The most popular club dance Salsa is fun and easy to learn. Come learn basic Salsa patterns so you can stay loose. No experience is necessary, with or without a partner. Class is taught by Mallory Gorenzel.

#### **Woodland Stompers**

Mondays, 3 p.m.



## General Recreation Activites

#### The Novel Book Club

2<sup>nd</sup> Tuesday of each month, 9:30 a.m. A group for enjoying and reading literature with others. Reservation and cost of books is required.

#### **Computer Lab**

Fridays, 12:00-3:00 p.m.

Fee: \$1 per use

Senior Computer Club's lab is open to

adult public.

#### Senior Travel

Contact the Senior Center at 661-2001. for upcoming trips offered through the Woodland Senior Center. All trips are provided by **Collette Vacations**.

#### **Senior Movie Day**

3rd Thurs. of each month, 12:30 p.m. **April 19 is showing** *The Descendants* 

Movies vary and showings are free to seniors. Popcorn and drinks are provided.



#### **Writing Your Life History**

Contact Woodland Adult Education at 662-0798 for registration information.

#### What do YOU want?

Is there something missing you would like to see at the Senior Center? Do you have a skill or craft you would like to share with other seniors? Contact the Senior Center at 661-2001 to start your class.

## Other Services offered at the Senior Center

#### **AARP Driver's Safety Program**

Upcoming classes include 6/26 & 28, 7/19, 8/28 & 30, 11/27 & 29. Call 661-2001 for registration form.

### Health Insurance Counseling Program (HICAP)

2nd & 4th Wed. of ea. Month, 1-4 p.m. Call 661-2001 for appointment.

### Information & Assistance via Senior Link

**FUNDED BY: Area 4 on Aging** 

Mon, Wed, Fri, 10:00 am-12:00 pm Contact directly at (530) 207-4250.

#### **Community Care Car**

Desk open 9 a.m.—3:30 p.m. Reservations required, call 662-7800.

#### **Computer Classes**

Call 661-2001 to get on class list or for upcoming class information.

#### **Computer Lab**

Fridays 12-3 p.m.
Computer lab is open to adults, \$1 per visit.

### **Chit Chat Café** *Elderly Nutrition*

Call 661-2001 for reservations. Reservations required at least one day in advance. Lunch served at 11:30 a.m.

#### **Legal Consultations**

3rd Friday of each month, 2-5 p.m. Call 661-2001 for a 15-minute appointment.

#### **Media Library**

Come to Senior Center to check out books, audio books, VHS movies & DVD movies. For details, stop by the Welcome Desk.

#### **Food Bank**

Low cost food distribution

Tuesdays, 9:00 a.m.

#### **Thrift Store**

Tuesdays 9 a.m. & Fridays 9:30 a.m.

Donations taken M-F 8 am-12 pm.

### Mark your calendars for upcoming dates in May

May 16 Senior Resource Fair

May 17 Senior Movie Day Life with Marilyn

May 17 Senior Center, Inc Installation & Potluck

May 24 "Those Were the Days" talk by Bill Petite

May 28 Senior Center Closed for Memorial Day

May 31 Collette Vacations Showcase for 2013



### **Elderly Nutrition Program in Yolo County People Resources, Inc**

**April 2012** 

Monday April 2	Tuesday April 3	Wednesday April 4	Thursday April 5	Friday April 6
Salisbury Steak w/ Mushroom Sauce  ►Sweet Peas  ►Au Gratin Potatoes+  ►Wheat Bread  ►Fruit Cocktail	Oven Fried Chicken  ►Steamed Carrots*  ►Boston Baked Beans  ►Buttermilk Biscuit  ►Applesauce+	►Spaghetti & Meatballs Garden Salad* ►Garlic Bread ►Citrus Cup+	Spring Celebration Festive Holiday Ham Orange Pineapple Glaze Whipped Sweet Potatoes* Broccoli Salad*+ Fruit Juice+ Cheesecake	►Crispy Baked Fish w/ tartar sauce Capri Vegetables* ►Brown Rice ►Wheat Bread ►Fresh Fruit+
Monday April 9	Tuesday April 10	Wednesday April 11	Thursday April 12	Friday April 13
►Savory Chicken w/ Broccoli+ & Cheddar Bread Stuffing Prince William Vegetables+ ►Peaches	Beef & Cabbage Bake+ German Vegetable Blend  ►Wheat Roll  ►Apricot Halves*	▶Lentil Soup w/Carrots* Spinach & Tomatoes ▶¹/₂ Turkey Sandwich on Wheat ▶▶Ambrosia+	Old Fashioned Meatloaf w/ Gravy Chef's Blend Vegetables Mashed Potatoes+ Wheat Bread Fruit Cup	▶►Chicken Burrito w/rice and black beans Garden Salad* Salsa & Sour Cream ►Tortilla Chips ►Fruit Juice+
Monday April 16	Tuesday April 17	Wednesday April 18	Thursday April 19	Friday April 20
▶▶4 Cheese Baked Ziti  Mediterranean  Vegetables*  ▶Wheat Roll  ▶Mandarin Oranges+	Hamburger w/lettuce, tomato and condiments ▶►Wheat Bun ►O'Brien Potatoes+ Cinnamon Apples	Mango Chicken  ►Yakisoba –Noodles* Bahamas Vegetables  ►Fruit Juice+  ►Tapioca	Shrimp Seafood Creole  ►Served over Rice Garden Salad*  ►Wheat Bread  ►Fruit Juice+	Parmesan Pork Chop Broccoli & Cauliflower+ ▶Scalloped Potatoes+ ▶Wheat Roll ▶Fresh Fruit
Monday April 23	Tuesday April 24	Wednesday April 25	Thursday April 26	Friday April 27
►Turkey a la King* Brussels Sprouts+ ►Wheat Bread ►Blushed Pears	Spinach Mushroom Quiche Green Beans Savory Brown Rice Wheat Crackers Tropical Fruit+	Happy Birthday Herb and Garlic Chicken Stewed Tomatoes ▶Parmesan Pasta ▶Fruit Juice+ ▶Birthday Cake	Yankee Pot Roast Spring Vegetables+* ▶Oven Roasted New Potatoes ▶Wheat Bread ▶Fresh Fruit	▶►Tuna Sandwich on Whole Wheat Bread ▶Macaroni Salad Veggie Sticks* ▶►Fruited Gelatin+
Monday April 30		Suggested Contributions	Alternate Meal	
Teriyaki Chicken Japanese Vegetables+ ▶Stir Fried Rice ▶Pineapple Tidbits+ ▶Fortune Cookies		\$3.00 Seniors \$3.50 Volunteers (< 60) \$7.00 GUEST FEE (< 60 unless w/ senior spouse)	Chef's Salad (hard-boiled egg, grated cheese, and carrots)  ►Wheat Roll & Fruit Juice+	High Sodium Alternate Meal Days:

Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C \* Vitamin A 🗵 =Higher Sodium Meal. Menu subject to change.

Congregate Dining Sites Reservations/Cancellations must be made by noon the day before by calling the site: Davis Senior Center 646 A Street 747-5870 • West Sac Senior Center 664 Cummins Way (916) 373-5805 • Winters Community Center 201 Railroad Avenue 795-4241 • Woodland Senior Center 2001 East Street 668-0974 • Knights Landing/Esparto 662-7035 • • • Elderly Nutrition Program Main Office 662-7035 Partially funded by A4AA

#### **Woodland Community & Senior Center**

2001 East Street Woodland, CA 95776 Phone: (530) 661-2001

The Senior Center is a designated "Focal Point" for services for seniors including nutrition, recreation, transportation, education, arts and crafts, health screenings, support groups, and information.

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 does** not endorse the opinions, services or products discussed in support groups nor do we allow solicitation of our participants.

**Nonprofit Organization** U.S. POSTAGE PAID Permit No. 53 Woodland, CA

**Address Service Requested** 

poort vour Senior Center	Decourse of the Conjugation

A non-profit organization sponsoring social events and providing supplemental financial support for Senior Center programs.

#### Annual Membership \$8 Century Club \$100 Mailed Senior Gram \$5

Membership to Senior Center Inc. is not required to participate in activities.

#### **SCI Board of Directors**

Jan Bello, President Beverley Radford, Secretary

Bruce Ahlquist **Steve Etters** Ed Marquez Nick Pohl Sharon Zielesch Stan Moorhead, Vice-President Elizabeth Kemper, Treasurer

**Nancy Fritts** Roni Koebel

Maxine Polkinghorne **Judy Tommeraason** 

#### Commission on Aging

An advisory and advocacy board to City Council for Woodland Seniors.

Karen Wright **Lucinda Talkington** Benjamin Garman

#### **COA Commissioners** Regan Overholt

### Kesources for Senic

#### Elderly Nutrition/Chit Chat Café

For reservations (530) 661-2001 General Questions (530) 662-7035

#### **Caregiver Info & Support**

Information & Appoint. Services (530) 666-8828

#### Handy Helpers (sponsored by Kiwanis)

To request service (530) 661-2001

#### Senior Link

Info. & Assistance for seniors (530) 207-4250

#### Legal Services of No. Calif.

(530) 662-1065

#### Medicare

(800) 633-4227

#### **Social Security**

(800) 772-1213

Don Campbell