January 2009

Volume 3 Issue 1

City of Woodland

SeniorGram

Senior Center

(530) 661.5890

Susannah Reinhart, Senior Center Manager

Paula Crum, Special Programs Coordinator

Linnie Faina, Special Programs Coordinator

Parks & Recreation

(530) 661.5880

Dan Gentry, Director

Dan Rice, Recreation Superintendent,

C&SC Facility Manager

Senior Center, Care Car, & Chit Chat Café will be Closed :

January 1*(New Years Day)*

&

January19

(Martin Luther King Jr. Day)

No Lunch on January 2

Discover Shakespeare's

"Much Ado About Nothing"

&

"Henry IV Part One"

1-2:30 p.m., Thursdays,

January 8-Feburary 26, 2009

DISCOVER SHAKESPEARE

New Recycle Box

Don't throw away old cell phone and rechargeable batteries (Lithium Ion /Li-ion, Nickel Cadmium/Ni-Cd, Nickel Metal Hydride/Ni-MH, and small Sealed Lead /Pb). Since depleted batteries may contain a residual charge and can short circuit if the terminals come in contact with another battery during storage an shipping, please place each item into a separate bag-one battery per bag, in the new cardboard box, near the other battery recycling containers in the SC hallway. For more information, call toll free 877.723.1297.

Information & Assistance

The City of Woodland has a 'hiring freeze' on all vacant positions (except for Police & Fire), and the *Community Resource Specialist* position will not be filled at this time. However, we still provide the grant-funded *Information & Assistance* service. Please contact the Senior Center at 661-5890 if you need assistance.

AARP Tax-Aide

This program provides free tax preparation help to seniors with low to moderate incomes from February 4-April 15, 2009. Specially trained tax specialists/volunteers will be available on Wednesday afternoons & Thursday mornings at the Center. Appointments are required. Appointments open on January 5, 2009.

User Group Meeting

The annual required meeting of Lead Volunteers from all regular-user groups will be held at 2:00 p.m. on Thursday, **January 29, 2009** in the Warren Meyer Family Game Room. Each group must send one (only one, please) representative to sign 2009 Agreement Forms, and discuss schedules and policies. For information, call Susannah at 661-5890.

Monday-Friday

Information & Assistance
530.661.5890 *(Area 4 Agency on Aging)*

Community Care Car
530.662.7800 *(Reservations 9-2:30 p.m.)*

Chit Chat Café
(Elderly Nutrition Program)
530.661.5890
(Reservations-by noon the previous business day)

Family Caregiver Support Program *(by appt.)*
530.666.8828

Information Available

- Advance Health Care Directive
- Apartment List
- Battery Recycling
- Book & Video Libraries
- Postage Stamps
- Yolo County Senior Resource Guide

Seasonally Available

- Tax-Aide, Flu Clinic

Resources

www.medicare.gov
or 1.800.633.4227

www.socialsecurity.gov
or 1.800.772.1213

Monday

- **8:00 a.m.** No Barriers
- **8:00 a.m.** Low Impact Aerobics
- **8:45 a.m.** T'ai Chi
- **9:00 a.m.** Handicrafter's
- **9:00 a.m.** Needles & Friends
- **10:00 a.m.** Low Impact Aerobics
- **1:30 p.m.** Line Dance

January 12

* **1:00 p.m.** Stroke Self-Help
* **1:30 p.m.** Outa Sight Speaker
  "Center for Independent Living"

January 19 Closed

January 26

* **1:00 p.m.** Computer Club Meeting
  (Bud Fisher/Music downloading, burning etc.)
* **2:30 p.m.** Hear! Here! Self -Help
* **3:30 p.m.** COA Meeting
* **3:30 p.m.** Peripheral Neuropathy Self-Help 661-3238
* **6:30 p.m.** P&R Commission

Nugget Market Receipts

Please drop off your *Nugget Market* receipts at Welcome Desk.

Thank you,

Senior Center, Inc.

Tuesday

- **8:00 a.m.** No Barriers
- **9:00 a.m.** Ceramics
- **10:00 a.m.** S.H.I.P. S.H.A.P.E.
- **12:15 p.m.** Pedro
- **2:00 p.m.** Life History
  (Adult Ed./662.0798)
- **3:00 p.m.** Woodland Stompers

January 6

* **10:00 a.m.** Changes to Choices
* **1:30 p.m. Outa-Sight! Self-Help**
  (Clare Childers/Hearing Resources)

January 13

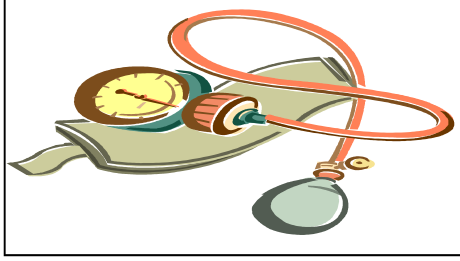
* **9:00 a.m.** Partnership Advantage
* **9:30 a.m.** The Novel
* **1:00 p.m.** Computer Club Board

January 20

* **10:00 a.m.** Changes to Choices
* **1:30 p.m. Outa-Sight! Self-Help**

January 27

* **9:30 a.m.** Blood Pressure Clinic
* **1:00 p.m.** Parkinson's Self-Help



Wednesday

- **8:00 a.m.** Low Impact Aerobics
- **8:00 a.m.** No Barriers
- **9:00 p.m.** Life History (Adult Ed./662.0798)
- **10:00 a.m.** Low Impact Aerobics
- **10:00 a.m.** Art Workshop
- **12:15 p.m.** Bingo (bring change)
- **12:30 p.m.** Bridge for Fun
- **1-5 p.m.** Computer Open Lab *(50¢/hr)*
- **1:00 p.m.** Cribbage
- **4:00 p.m.** Gentle Yoga

January 7
* **1:00 p.m.** HICAP (by appt.)
* **1:00 p.m.** Woodcarving

January 14

January 21
* **1:00 p.m.** HICAP (by appt.)
* **3:00 p.m.** Woodcarving

Senior Center Coffee

Generously provided by Senior Center, Inc.

Donations Appreciated

Thursday

- **8:00 a.m.** No Barriers
- **9-11 a.m.** Donations for Thrift Shop
- **10:00 a.m.** S.H.I.P. S.H.A.P.E.
- **1:00 p.m.** Mah Jong
- **1:00 p.m.** Discover Shakespeare
- **1:00 p.m.** Life History (Adult Ed./662.0798)
- **6:00 p.m.** Pinochle

January 1– Closed

January 8
* **9:30 a.m.** SCI Board Meeting
* **1:00 p.m.** Arthritis Support
* **3:00 p.m.** Trips Preview

January 15
* **3:30 p.m.** Bereavement Self-Help

January 22
* **10:00 a.m.** Ombudsman

January 29
* **2:00 p.m.** User Group Meeting

Applebee's Neighborhood Grill & Bar

The Woodland Senior Center receives a donation of 25¢ for every cup of coffee *(regular or* decaf) purchased at Applebee's in Woodland!

Thanks, Applebee's!

Friday

- **8:00 a.m.** Low Impact Aerobics
- **8:00 a.m.** No Barriers
- **9:30 a.m.** Benefit Thrift Shop
- **10:00 a.m.** Low Impact Aerobics
- **10:00 a.m.** Ping Pong *(equipment included)*
- **12:15 p.m.** Bingo (bring change) *(No Bingo on January 2)*
- **12-3 p.m.** Computer Open Lab (fee 50¢/hr)

January 2
* **6:00 p.m.** *Second Horizons* Bingo (no meeting in January)

January 16
* **2:00 p.m.** Legal Consultations (by appt.)

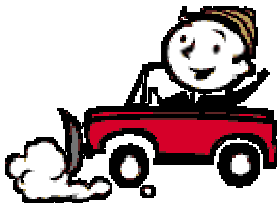
January 23
* **7:00 p.m.** Western Dance Party

Saturday

January 17
* **11:00 a.m.** Pedro

AARP Driver Safety Class

February 21 & 28, 2009



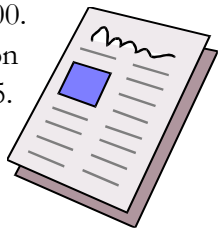
Trips Program

Jay Fehan from *Collette Vacations* will be here at 3 p.m. on **Thursday, January 8, 2009** to preview our upcoming 2009 guided sightseeing trips which include: ***'Peru/Ancient Land of Mystery'*** 12-day tour leaving February 25, highlighting Lima, Sacred Valley of the Incas, Machu Picchu, Cuzco, Raqchi, Lake Titicaca & Ballestas Islands; ***'Southern Charm'*** 7-day tour leaving April 26, highlighting Historic Charleston, Boone Hall Plantation, Beaufort, Savannah, Factors Walk, Jekyll Island & St. Simons Island; ***'South Dakota'*** 7-day tour leaving June 4, highlighting the 1880 Steam Train, Mt. Rushmore, Deadwood, Crazy Horse Memorial Custer State Park, Wall Drug Store & Badlands National Park; ***'Islands of New England'*** 8-day tour leaving August 7, highlighting Providence, Newport, Boston, Cranberry Bog, Plymouth Rock, Plymouth Plantation, Cape Cod, Martha's Vineyard, Lobster Feast, Nantucket, Hyannis & Provincetown; ***'Great Smokies & Kentucky'*** 8-day tour leaving October 10, highlighting Churchill Downs, Kentucky Horse Park, Belle of Louisville, Maker's Mark Distillery, Cherokee Reservation, Great Smoky Mountain Railroad, Biltmore Estate, Smoky Mountain National Park & Grand Ole Opry. Brochures and details are available at the *Welcome Desk*.

Remember, the cost of all our trips includes Cancellation Insurance and if you have to cancel for any reason, right up to the last minute, you get a refund of all money paid with the exception of the cost of the insurance.

Woodland Senior Center, Inc.

It's time to join or renew your Membership in Woodland, Senior Center, Inc for 2009. Annual Memberships $8 per person; Century Club (Lifetime Memberships) $100. Mailed subscription to Senior Gram $5.



Book Donations

Because of the large numbers of books being donated and the fact that the local library can no longer take our overflow, we must change our donation policy. There are three categories of reading materials we can **no** longer take:

1. *Readers' Digest* magazines or books,
2. Magazines older than two months,
3. Books with copyright dates older than 2001.

For your donations, you might check at a second hand book store for book exchanges or contact the 'Friends of the Davis Library' at 758-4754.

OUTA-Sight!

Self- Help on 1st & 3rd Tuesday (January 6/Hearing Resources by Clare Childers & Jan. 20th); Speaker Series on 2nd Monday, January 12 "Center for Independent Living" (Social Security, housing, and more). Information 662-0535.

Holiday Open House

It was another great party! Festive fare and holiday music! We are very fortunate to have Jan Bello, a professional chef and decorator as one of the key volunteers at this event. She designed the menu, worked in the kitchen and led 'Santa's elves' to create the beautiful centerpieces. Her expertise is invaluable. A special thank you to Senior Center, Inc. who funded this special holiday event! The drawing had 32 gift items and one lucky senior won twice.

We also want to thank Santa's elves: Linnie Faina, Gladys Lamb, Carmen Alvarado, Elizabeth Crum, Paul & Merida Wilson, Mel & Connie Ehresman, Judy & Cary Tommeraason, Vicki & Tom Worley, Joel Yoder, Roni Koebel, Lorena Kincaid, Pioneer High School Jazz Band. A special thanks to Diva Del Grande for donating the exquisite hand-knit afghan to our drawing. The administrative and maintenance staff give their helpful support to all the Senior Center events, and we thank them.

January 2009

Menu subject to change

Please see reverse side for information about the "*" symbols used on this menu.

Monday	Tuesday	Wednesday	Thursday Jan 1	Friday Jan 2
+ Vitamin C * Vitamin A	Each meal includes 8 oz 2% milk		Holiday	Holiday
Monday Jan 5	**Tuesday Jan 6**	**Wednesday Jan 7**	**Thursday Jan 8**	**Friday Jan 9**
**Greek Ravioli w/Creamy Feta Sauce *Baby Carrots* w/mint *Whole Wheat Bread *Fresh Fruit+	*Juice+ Garlic Chicken *Stir Fried Rice *Asian Vegetable Blend+ *Whole Wheat Roll	Roast Beef w/Rich Brown Gravy *Mashed Potatoes+ *Corn Niblets *Whole Wheat Bread **Citrus Salad+	*Chunky Vegetable Soup* **Turkey Salad in a Croissant **Peaches N Cream Gelatin+	*Cabbage Slaw+* w/Craisins **Potato Crusted Ham & Cheese Pie *Banana+ Higher sodium meal
Monday Jan 12	**Tuesday Jan 13**	**Wednesday Jan 14**	**Thursday Jan 15**	**Friday Jan 16**
Baked White Fish w/Lemon Herb Sauce *Lentil & Tomato Medley *Winter Blend Vegetables+* *Whole Wheat Bread *Blushed Pears	*Garden Salad* w/Garbanzos *Cheese Enchilada *Tex Mex Vegetables w/Beans *Tortilla Chips & Salsa *Fruit Juice+	*Barley & Vegetable* Soup *½ Club Sandwich on Wheat *Sugar Free Gelatin w/Fruit+	*Stuffed Bell Pepper+ w/Beef and Rice Green Beans *Wheat Roll *Fruit Juice+	**Brunswick Chicken Stew w/ Potatoes & Vegetables*+ Brussel Sprouts+ *Whole Wheat Bread *Spiced Apples
Monday Jan 19	**Tuesday Jan 20**	**Wednesday Jan 21**	**Thursday Jan 22**	**Friday Jan 23**
Holiday	*Fruit Juice+ Swedish Meatballs *Whipped Potatoes+ Scandinavian Vegetables+* *Whole Wheat Bread	BBQ Chicken *Rodeo Beans Swiss Chard+ *Biscuit *Apricot Nectar*+	*Butternut Squash Soup* *½ Ham Sandwich *Romaine Salad w/Candied Nuts & Oranges+	*Heavenly Beef & Rice Mixed Vegetables* *Whole Wheat Bread *Juice+ **Tapioca Pudding
Monday Jan 26	**Tuesday Jan 27**	**Wednesday Jan 28**	**Thursday Jan 29**	**Friday Jan 30**
Mystery Meal	*Three Bean Salad **Tamale Pie w/Beef Steamed Spinach* *Pineapple Tidbits+	*Happy Birthday* *Fruit Juice+ Roast Turkey w/Gravy *Dressing *Baked Sweet Potatoes* **Birthday Cake	**Tuna Pesto Melt on Rye *O'Brien Potatoes+ Steamed Broccoli+* *Fruit Cocktail	*Fruit Juice+ Tossed Green Salad **Spaghetti w/Meat Sauce **Garlic Bread

Congregate Dining Sites

Reservations/Cancellations must be made by noon the day before by calling the site:

Davis Senior Center	West Sac Senior Center	Winters Community Center	Woodland Senior Center	Knights Landing/Esparto
646 A Street	664 Cummins Way	201 Railroad Avenue	2001 East Street	**662-7035**
757-5541	**(916) 373-5805**	**795-4241**	**668-0974**	

Elderly Nutrition Program Main Office Woodland 662-7035

$3.00 Senior Contribution Mandatory charge of $3.50 for Essential Volunteers (under 60) $7.00 ***Guest Fee for people under 60 unless accompanied by their senior spouse***

Volume 3 Issue 1

City of Woodland

Woodland Community & Senior Center
2001 East Street
Woodland, CA 95776

Nonprofit Organization
U.S. POSTAGE PAID
Permit No. 53
Woodland, CA
Address Service Requested

Welcome to the Woodland Community & Senior Center!

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 & Assistance.

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.

Support your Senior Center

Commission on Aging

- Karen Wright
- Regan Overholt
- Lucinda Talkington
- Don Campbell

Senior Center, Inc.
Board of Directors

Bruce Ahlquist, President
Jan Bello, Vice President
Pat Hayes, Secretary
Marlene Rumsey, Treasurer
Diva Del Grande
Eleanor Ewald
Roni Koebel
Lorraine Krivohlavek
Warren Meyer
Stan Moorhead
Teddy Plocher
Homer Swigert

Senior Center, Inc.

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

Please join or renew for 2009

Annual Membership $8

Century Club $100

Mailed Senior Gram $5

(Not Required to participate in senior activities.)