March 2009 Volume 3 Issue 3

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

Help yourself to the purified water in the new 'filtered' tap in the SC Lounge.



City of Woodland



Needles & Friends Quilting

In February, our Monday quilters donated 20 quilts for children to 'Rotoplast', the Rotary International organization that provides facial reconstructive surgery to children worldwide. In March, the Needles & Friends group will begin creating wheelchair lap quilts for seniors throughout Yolo County. These charming small quilts are perfect for new quilters, but experienced quilters have fun with more challenging patterns. This inspiring group meets from 9-2 p.m. every Monday in the Arts & Craft Room. For fabric donation or information about the group, please call 753-1933.

Award Recognition

The Woodland Sports Park (behind the Community & Senior Center) has just received the "Award of Excellence" from the CA Park & Recreation Society in the category of 'Facility Design' for Sports Field/Complexes in communities with 50-100,000 residents. This is the second award the Parks & Recreation Department has received. In February 2008, the Community & Senior Center received the "Award of Excellence" in the category of 'Facility Design & Park Planning' for Community Centers/Facilities.

Legal Services

www.LawHelpCalifornia.org is an online website that contains a database of referrals to free and low-cost legal services organizations, court programs, and State Bar-certified lawyer referral services for Californians who are low-income, elderly, or have a disability. The website also has links to over 1,800 self-help resources, including materials in over 30 languages. This website provides legal information but not legal advice.

Happy Returns

The Senior Ping Pong group invites you to join them on Fridays from 10-11:30 a.m. in the Youth Center. Equipment is provided. No need to sign up. Playing

provided. No need to sign up. Playing Ping Pong is a fun way to exercise your body and your brain and meet wonderful people, too. Join us!

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

Life History (Woodland Adult Education) 530.662.0798

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. 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

March 2

* 1:00 p.m. Peripheral Neuropathy (Help with Pole Walking)

March 9

* 1:30 p.m. Outa-Sight! "Free Home Respite"

March 16

- * 1:00 p.m. Stroke Support
- * **3:30 p.m.** Peripheral Neuropathy Self-Help 661-3238

March 23

- * 1:00 p.m. Computer Club Meeting "Knowledge Exchange"
- * **2:00 p.m.** Hear! Here! Self-Help "Hearing Devices/ Gen. Technologies"
- * **3:30 p.m.** COA Meeting
- * 6:30 p.m. P&R Commission

Nugget Market

is no longer accepting receipts, but is now using a

Scrip Card Program.

For information, call 530.662.5479

Tuesday

- **♦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
- ♦3:00 p.m. Woodland Stompers



March 3

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

March 10

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



March 17

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

March 24

- * 10-12 p.m. Blood Pressure Clinic (New Time)
- * 1:00 p.m. Parkinson's Self-Help



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Wednesday

- ♦8:00 a.m. Low Impact Aerobics
- ♦9:00 a.m. Life History
- ♦10:00 a.m. Low Impact Aerobics
- ♦9:30 a.m. Art Workshop
- ♦12:15 p.m. Bingo (bring change)
- ♦12:30 p.m. Bridge for Fun
- ♦12:30 p.m. Line Dance (Beginning)
- **♦1-4 p.m.** Computer Open Lab(50¢/hr)
- ◆1:00 p.m. Cribbage
- **♦1:00 p.m.** Tax Aide
- ♦1:30 p.m. Line Dance (Intermediate)

♦4:00 p.m. Gentle Yoga

March 4

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

March 18

- * **10:00 a.m.** Informed Choices
- * **1:00 p.m.** HICAP (by appt.)
- * 1:00 p.m. Woodcarving



Thursday

- ♦9-11 a.m. Donations for Thrift Shop
- **♦9-12 p.m.** Tax Aide
- **♦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
- ♦6:00 p.m. Pinochle



March 5

- * 9:30 a.m. SCI Board Meeting
- * 1:00 p.m. Arthritis Support

March 19

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

Community Care Car:

Donations for riders are \$2/ round trip. Rider Coupons are available at their desk. For information, to make a donation, or a reservation, call 662-7800.



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
- ♦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)
- **◆12-3 p.m.** Computer Open Lab (fee 50¢/hr)

March 6

* **6:00 p.m.** Second Horizons Bingo

March 13

* **6:00 p.m.** Western Dance Party

March 20

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

March 27

* **2:00 p.m.** Kinship Education

Saturday

March 21

* 11:00 a.m. Pedro

Next *AARP Driver Safety Class*May 23 & 30.



City of Woodland

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

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.

Nonprofit Organization U.S. POSTAGE PAID Permit No. 53

Woodland, CA

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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.)

City Information Online

Monthly newsletters feature brief information from each city department on items of public interest, including a link to the Senior Gram. Email subscriptions are available at the City website, www.cityofwoodland.org or call Ana Gonzalez at 661-5800.

Tax Aide

Seniors can make their appointments We'd like to thank the staff (and with Volunteer tax counselors on Wednesday afternoons and Thursday making a monthly mornings, through April 9, 2009. A list of 'What-to-Bring' to your TAX AIDE appointment is available at the *Chit Chat Café*. Welcome Desk. Forms are filed electronically. For information and to make appointments, call the Senior Center at 661-5890.

Thank you for the Delicacies!

chef) at 'The Californian' for Tuesday cookie delivery for the We appreciate your support!

OUTA-Sight!

Low Vision Support Group: Self-Help on Tuesday (Mar. 3 & 17); Speaker Series on March 9 "Free Home Respite" by Susie McGibbon, R.N./Citizens Who Care. Information 662-0535.

Braille & Talking Book Library

If you or someone you know has difficulty reading regular size print, **Braille & Talking Book Services** may be able to help. This is a free program of the California State Library for people with impaired

vision. CALL 1-800-952-5666 or visit www.btbl.ca.gov



Medicare & MediCal

Partnership Advantage Health Plan is designed to serve low-income seniors and person with disabilities. By combining Medicare, MediCal and prescription drug coverage, Partnership Adavantage allows

members to receive all of their health care benefits in one package.

Dave McCallum has monthly office hours from 9-12 noon on the 2nd Tuesday of each month. Drop by to get answers to your questions.



Health Insurance & Advocacy Program

The **HICAP** program is seeking volunteers to help seniors with Medicare issues. Complete training is provided. Training begins March 2, 2009. For information and to register for class, call HICAP at 916.375.3761.

Travel News

Only a few days left to sign up to visit The Islands of New England for 8 days. This trip is from August 7-14, 2009-reserve you tickets by March 7. From October 10-17, 2009 we will have 8 days to see the Great Smokies and Kentuckyreservations by June 10. Trip details at the Welcome Desk.

Where would YOU like to go? We are starting to plan for 2010. Let us hear from you!



March 2009

Each meal includes 8 oz 2% milk Margarine & Condiments optional

	Monday Mar 2	Tuesday Mar 3	Wednesday Mar 4	Thursday Mar 5	Friday Mar 6
Swedish Meatballs *Rodeo Beans *Rodeo Beans **Rodeo Beans **Nhipped Potatoes+ Scandinavian Vegetables* *Whipped Potatoes+ Scandinavian Vegetables* *Whipped Potatoes+ Scandinavian Vegetables* *Whipped Potatoes Where I Bread **Spinach Mar 10 **Spinach Meat Roll **Emerald Isle Dessert **Whole Wheat Bread **Spinach Mar 13 **Spinach Mar 13 **Spinach Mar 13 **Spinach Mar 14 **Spinach Mar 15 **Spinach Mar 15 **Spinach Mar 16 **Spinach Mar 16 **Spinach Mar 17 **Spinach Mar 18 **Spinach Mar 19 **Baked Sweet Potatoes* **Spinach Mar 19 **Spinach Mar 19 **Spinach Mar 19 **Blushed Pears **Whole Wheat Bread **Whole Wheat Bread **Whole Wheat Bread **Whole Wheat Bread **Spinach Mishroon Outiche* **Spinach Mushroon Outiche* **Whole Wheat Bread **Capin Bend Vegetables* **Roll **Fruit Juice+ Tossed Green Salad **Spaghetti w/Meat **Spage Wedge+ **Whole Wheat Bread **Whole Wheat Bread **Whole Wheat Bread **Spinach **Spaghetti w/Meat **Spinach	** 3 Cheese Manicotti	*Fruit Juice+	*BBQ Chicken	*Orzo Salad	*Fruit Juice+
*Whipped Potatoes+ *Zesty Coleslaw+* *Biscuit *Whole Wheat Bread **Treesh Fruit **Three Bean Salad **Tamale Pie w/Beef **Stande Spinach* **Pineaple Tidblis+ **Special Dessert Surprise **Three Bean Salad **Pineaple Tidblis+ **Special Dessert Surprise **Special Dessert Surprise **Special Dessert Surprise **Baked Macaroni & **Spaghetti w/Meat **Special Dessert Surprise **Baked Macaroni & **Sarce Green Salad **Sprick's Day **Baked Wede Potatoes* **Mole Wheat Bread **Bushed Pears **Whole Wheat Bread **Bushed Potatoes **Whole Wheat Bread **Bushed Potatoes **Apricot Nectar'+ **Busher R Rice **Whole Wheat Bread **Twice Baked Potatoes **Apricot Nectar'+ **Busher R Rice **Whole Wheat Bread **Twice Baked Potatoes **Apricot Nectar'+ **Birthday Cake Thursday Mar 26 **Apricot Nectar'+ **Birthday Cake Treeday Mar 31 **Spinad Mishroon Quiche* **Apricot Nectar'+ **Birthday Cake Treeday Mar 31 **Spinad Mishroon Quiche* **Apricot Nectar'+ **Birthday Cake Treeday Mar 31 **Spinad Mishroon Quiche* **Apricot Nectar'+ **Birthday Cake Treeday Mar 31 **Spinad Mishroon Quiche* **Spinad Mishroon Quiche* **Spinad Mishroon Quiche* **Ouen Roasted Potatoes* **Whole Wheat Bread **Crispy Fish Fight	Chef's Blend Vegetables+	Swedish Meatballs	*Rodeo Beans	**Ham Sandwich	Beef w/Burgundy
Scandinavian Vegetables* *Whole Wheat Bread *Tuesday Mar 10 *Tuesday Mar 24 *Piessh Fruit *Biscuit *Fruit Juice+ *Fruit Juice+ *Pruit Juice+ *Pruit Juice+ *Pruit Juice+ *Bernit Juice+ *Bernit Juice+ *Brand Bear Seade Green Salad *Steamed Spinach* *Brand Bear Seade Green Salad *Brand Green Salad *Thursday Mar 19 *Brithday Mar 18 *Brushed Pears *Whole Wheat Bread *Whole Wheat Bread *Brand Grees w/Ham *Blushed Pears *Whole Wheat Bread *Brand Green Salad *Citrus Salad	*Baguette	*Whipped Potatoes+	*Zesty Coleslaw+*	*Romaine Salad w/Oranges+	Mushroom Sauce
Nhole Wheat Bread *Fresh Fruit+ Tuesday Mar 10 **Three Bean Salad **Truit-Juice+ **Three Bean Salad **Truit-Juice+ **Three Bean Salad **Truit-Juice+ **Three Bean Salad **Truit-Juice+ **Stamed Spinach* **Special Dessert Surprise **Spaghetti w/Meat Salad **Spaghetti w/Meat Bread **Shined Musheat Bread **Blueberry Crumble+ Happy Birthday Cake **Whole Wheat Bread **Apricot Nectar*+ **Whole Wheat Bread **Shined Mushor Mar 31 **Spring Mix Salad **Spinach Mushor Mar 31 **Spring Mix Salad** **Spinach Mushor Mia 31 **Spinach Mia 31 **Spinach Mushor Mia 31 **Spinach Mushor Mia 31 **Spinach Mushor Mia 31 **Spinach Mia 31 **Spinach Mia 31 **Spinach Mushor Mia 31 **Spinach Mia 31 **Spinach Mushor Mia 31 **Spinach Mia 31 **Spin	*Apricot Halves*	Scandinavian Vegetables*	*Biscuit	Tapioca Pudding	Mixed Vegetables
### Thursday Mar 11 ### Thursday Mar 12 ### ### ### ### ### ### ### ### ### #		*Whole Wheat Bread	*Fresh Fruit+		*Scalloped Potatoes+
**Three Bean Salad **Stance **Spacial Dessert Surprise **Spacial Dessert Surprise **Special Dessert Surprise **Spacial Dessert Surprise **Special Dessert Surprise **Spacial Dessert Surprise **Special Dessert Surprise **Spina Mar 24 **Special Dessert Surprise **Spinach Mar 24 **Whole Wheat Bread **Whole Wheat Bread **Spinach Mushroom Quiche* **Three Salad* **Thursday Mar 26 **Apricot Nectar*+ **Spinach Mushroom Quiche* **Three Salad* **Th					*vvneat Bread
**Tamale Pie w/Beef **Tamale Pie w/Beef **Tamale Pie w/Beef Steamed Spinach* Steamed Spinach* **Special Dessert Surprise **Blushed Macaroni & **Canlic Bread **Blushed Macaroni & **Blutery Baby Carrots* **Rye Bread **Emerald Isle Dessert **Blushed Pears **Alphole Wheat Bread **Abhole Wheat Bread **Abhole Wheat Bread **Abhole Wheat Bread **Abhole Wheat Bread **Capi Blend Vegetables* **Abhole Wheat Bread **Abhole Wheat B	Monday Mar 9	l uesday Mar 10	Wednesday Mar 11	Inursday Mar 12	Friday Mar 13
**Tamale Pie w/Beef **Stamale Spinach* **Stamale S	**Chicken ala King*	*Three Bean Salad	*Fruit Juice+	*Fruit Juice+	*Tuna Pesto Melt on Rye
Steamed Spinach* *Poressing *Cranberry Sauce *Pineapple Tidbits+ **Special Dessert Surprise **Nonter Blend Vegetables* **Bliushed Pears Surprise **Bliushed Pears Surprise **Bliushed Pears Surprise **Bliushed Pears Surprise **Abaricot Nectar*+ **Sprind Mix Salad* **Apricot Nectar*+ **Apricot Nectar*+ **Sprind Mix Salad* **Sprind Mix Salad* **Andatory charge of \$3.50 for Essential Volunteers (under 60 unless accompanied by **Thurbole under 60 unless	w/Vegetables & Biscuit	**Tamale Pie w/Beef	Roast Turkey w/Gravy	Tossed Green Salad	*O'Brien Potatoes+
**Pineapple Tidbits+ *Baked Sweet Potatoes* *Garlic Bread **Whole Wheat Roll	*Baked Barley w/Thyme	Steamed Spinach*	*Dressing *Cranberry Sauce	**Spaghetti w/Meat	Steamed Broccoli+*
##Special Dessert Surprise #Garlic Bread Tuesday Mar 17 Happy &t. Patrick's Day Happy &t. Patrick's Day ##Baked Macaroni & #Turkey Sausage Stack ##Irish Stew Cabbage Wedge+ #Rye Bread ##Whole Wheat Bread ##Bushed Pears ##Blushed Pears ##Brithday ##Bread ##Appy Birthday ##Bread ##Whole Wheat Bread ##Bread ##Brithday Cake ##Brithday	*Fresh Orange+	*Pineapple Tidbits+	*Baked Sweet Potatoes*	Sauce	*Fruit Cocktail
Happy Şt. Patrick's Day Happy Şt. Patrick's Day Happy Şt. Patrick's Day **Baked Macaroni & *Turkey Sausage Stack **Irish Stew Cabbage Wedge+ *Rye Bread *Emerald Isle Dessert+ *Rye Bread *Emerald Isle Dessert+ *Rye Bread *Emerald Isle Dessert+ Happy Birthday **Blushed Pears **Blushed Pears **Blusherry Crumble+ Happy Birthday **Buttery Baby Carrots* **Blushed Pears **Blusherry Crumble+ Happy Birthday **Blushed Pears **Harsday Mar 25 **Blusherry Crumble+ **Blusherry Crumble+ **Mixed Vegetables* **Mixed Vegetables* **Roll **Twice Baked Moatoes **Whole Wheat Bread **Whole Wheat Bread **Birthday Cake **Spring Mix Salad* **Spring Mix Salad* **Spring Mix Salad* **O Senior Contribution **Spinach Mushroom Quiche* **O'ven Roasted Potatoes+ **Whole Wheat Bread **Capin Blend Vegetables* **Birthday Cake **Apricot Nectar*+ **Birthday Cake **Apricot Nectar*+ **Birthday Cake **Apricot Nectar*+ **Birthday Cake **Abricot Nectar*+ **Birthday Cake **Abricot Nectar*+ **Spinach Mushroom Quiche* **O GUEST FEE for people under 60 unless accompanied by *Confirus Salad+ **Simal Mix Salad* **Turkey Sausage Stack **Buttery Bausage Stack **Buttery Bausage Stack **Buttery Bausage **Birthday **Apricot Nectar*+ **Birthday Cake **Apricot Nectar*+ **Apricot Nectar*+ **Spinach Mushroom Quiche* **O GUEST FEE for people under 60 unless accompanied by *Confirus Salad* **Confirus		*Whole Wheat Roll	**Special Dessert Surprise	*Garlic Bread	
Happy Şt. Patrick's Day ***Irish Stew Cabbage Wedge+ *Rye Bread *Emerald Isle Dessert+ *Blushed Pears *Rye Bread *Emerald Isle Dessert+ *Blushed Pears	Monday Mar 16	Tuesday Mar 17	Wednesday Mar 18	Thursday Mar 19	Friday Mar 20
**Irish Stew Cabbage Wedge+	*Maui Lemon Chicken	Happy St. Patrick's Day	**Baked Macaroni &	*Turkey Sausage Stack	*Creamy Seafood
Cabbage Wedge+ *Rye Bread *Emerald Isle Dessert+ *Blushed Pears **Blueberry Crumble+ **Blushed Pears **Blueberry Crumble+ **Blueberry Crumble+ **Blushed Pears **Blueberry Crumble+ **Whole Wheat Bread **Twice Baked Potatoes* **Whole Wheat Bread **Spinach Mushroom Quiche* **Birthday Cake **Broin Contribution **Spinach Mushroom Quiche* **Mandatory charge of \$3.50 for Essential Volunteers (under 60 unless accompanied by *Citrus Salad+ **Citrus Salad+ **Citrus Salad+ **Citrus Salad+ **Citrus Salad+ **Citrus Salad+ **Sumbole Wheat Bread **Citrus Salad+ **Citrus Salad+ **Sumbole Wheat Bread **Citrus Salad+ **Citrus Salad+ **Sumbole Wheat Bread **Citrus Salad+ **Citrus	*Brown Rice Blend	**Irish Stew	Cheese w/Ham	w/Cranberry & Apple Stuffing	Chowder
*Biscuit *Bushed Pears *Emerald Isle Dessert+ *Blushed Pears *Blushed Pears *Blueberry Crumble+ #appy Birthday *Served over Noodles *Cauliflower+ *Wednesday Mar 25 Paprika Chicken *Served over Noodles *Cauliflower+ *Whole Wheat Bread *Whole Wheat Bread *Twice Baked Potatoes *Whole Wheat Bread *Twice Baked Vegetables* *Roll *Fruit Juice+ **Birthday Cake Tuesday Mar 31 Spring Mix Salad* *\$3.00 Senior Contribution *Spinach Mushroom Quiche* *Whole Wheat Bread *\$5.00 GUEST FEE for people under 60 unless accompanied by *Whole Wheat Bread *Citrus Salad+ Pease see reverse side for information about the "*" symbols us	Bahama Blend Vegetables+*	Cabbage Wedge+	Winter Blend Vegetables*+	*Buttery Baby Carrots*	Fresh Garden Salad*
*Emerald Isle Dessert+ *Blushed Pears	*Hawaiian Roll	*Rye Bread	*Whole Wheat Bread	*Biscuit	*Pickled Beets
Tuesday Mar 24Wednesday Mar 25Thursday Mar 26Paprika Chicken *Served over Noodles *Served over Noodles *Served over Noodles*Happy Birthday *Cauliflower+ *Twice Baked Potatoes *Rixed Fruit **Roll **Birthday Cake*Heavenly Beef & Rice *Mixed Vegetables* *Apricot Nectar*+ **Apricot Nectar*+ **Birthday CakeTuesday Mar 31 *Spring Mix Salad* *Oven Roasted Potatoes+ **Whole Wheat Bread *Owen Roasted Potatoes+ *Whole Wheat Bread *Confulus Salad**Apricot Nectar*+ **Birthday Cake*Spring Mix Salad* **Oven Roasted Potatoes+ **Whole Wheat Bread *Confulus Salad**3.00 Senior Contribution*Spring Mix Salad* **Oven Roasted Potatoes+ *Confulus Salad*\$7.00 GUEST FEE for people under 60 unless accompanied by *Confulus Salad*	*Tropical Fruit +	*Emerald Isle Dessert+	*Blushed Pears	**Blueberry Crumble+	*Oyster Crackers
Tuesday Mar 24Wednesday Mar 25Thursday Mar 26Paprika Chicken *Served over Noodles Cauliflower+ *Whole Wheat Bread *Mixed Fruit *Spring Mix Salad**Heavenly Beef & Rice *Twice Baked Potatoes *Apricot Nectar*+ **Birthday Cake*Heavenly Beef & Rice *Mixed Vegetables* **Apricot Nectar*+ **Birthday CakeTuesday Mar 31 *Spring Mix Salad* *Whole Wheat Bread *Citrus Salad+\$3.00 Senior Contribution *Andatory charge of \$3.50 for Essential Volunteers (under 60 **Symbols us *Citrus Salad+			Higher Sodium Meal		*Ambrosia+
Paprika Chicken Happy Birthday *Heavenly Beef & Rice *Served over Noodles Crispy Fish Fillet Mixed Vegetables* *Served over Noodles *Twice Baked Potatoes *Whole Wheat Bread *Whole Wheat Bread *Fuit Juice+ *Apricot Nectar*+ **Birthday Cake **Birthday Cake Spring Mix Salad* \$3.00 Senior Contribution *Spinach Mushroom Quiche* Mandatory charge of \$3.50 for Essential Volunteers (under 60 voluless accompanied by *Vhole Wheat Bread *Whole Wheat Bread \$7.00 GUEST FEE for people under 60 unless accompanied by *Citrus Salad+ Please see reverse side for information about the "*" symbols us	Monday Mar 23	Tuesday Mar 24	Wednesday Mar 25	Thursday Mar 26	Friday Mar 27
*Served over Noodles Cauliflower+ *Whole Wheat Bread *Whole Wheat Bread *Whole Wheat Bread *Twice Baked Potatoes *Whole Wheat Bread *Twice Baked Potatoes *Rhixed Fruit **Birthday Cake Tuesday Mar 31 Spring Mix Salad* *Spinach Mushroom Quiche* *Whole Wheat Bread **Birthday Cake Tuesday Mar 31 Spring Mix Salad* *\$3.00 Senior Contribution *Spinach Mushroom Quiche* *Vhole Wheat Bread *Citrus Salad+ *Please see reverse side for information about the "*" symbols us	Pork Chop	Paprika Chicken	Happy Birthday	*Heavenly Beef & Rice	*Garden Salad* w/Garbanzos
*Whole Wheat Bread *Whole Wheat Bread *Whole Wheat Bread *Twice Baked Potatoes *Apricot Nectar*+ *Roll *Fruit Juice+ **Birthday Cake *Spring Mix Salad* *Spinach Mushroom Quiche* *Oven Roasted Potatoes+ *Whole Wheat Bread *Tuesday Mar 31 Spring Mix Salad* *Spinach Mushroom Quiche* *Oven Roasted Potatoes+ *Whole Wheat Bread *Tuesday Mar 31 Spring Mix Salad* *5.00 Senior Contribution *Andatory charge of \$3.50 for Essential Volunteers (under 60 **) *Please see reverse side for information about the "*" symbols us	w/herb sauce	*Served over Noodles	Crispy Fish Fillet	Mixed Vegetables*	*Cheese Enchilada
*Whole Wheat Bread	*Whipped Potatoes+	Cauliflower+	w/Tartar Sauce	*Whole Wheat Bread	*Tex-Mex Vegetables w/Beans
Mixed Fruit Capri Blend Vegetables *Roll *Fruit Juice+ **Birthday Cake *Birthday Cake **Birthday Cake **Annoth War 31 **Spinach Mushroom Quiche* **Oven Roasted Potatoes+ **Whole Wheat Bread **Citrus Salad+ **Capri Blend Vegetables* **Birthday Cake **Annoth Capri Blend Vegetables* **Annoth Mushroom Quiche* **Contribution **Annoth Wheat Bread **Citrus Salad+ **Citrus Salad+ **Capri Blend Vegetables* **Annoth Mushroom Quiche* **Too GUEST FEE for people under 60 unless accompanied by the Capri Blend Vegetables* **Contribution Contribution **Contribution Contribution Contribution **Contribution Contribution Contribu	Stewed Tomatoes+	*Whole Wheat Bread	*Twice Baked Potatoes	*Apricot Nectar*+	*Tortilla Chips & Salsa
Tuesday Mar 31 Spring Mix Salad* *Spinach Mushroom Quiche* *Oven Roasted Potatoes+ *Whole Wheat Bread *Citrus Salad+	*Cornbread	*Mixed Fruit	Capri Blend Vegetables*		*Fruit Juice+
Tuesday Mar 31 Spring Mix Salad* *Spinach Mushroom Quiche* *Oven Roasted Potatoes+ *Whole Wheat Bread *Citrus Salad+	*Applesauce		7 4		
Spring Mix Salad* *Spinach Mushroom Quiche* *Oven Roasted Potatoes+ *Whole Wheat Bread *Citrus Salad+			**Birinday Cake		
Spring Mix Salad* *Spinach Mushroom Quiche* *Oven Roasted Potatoes+ *Whole Wheat Bread *Citrus Salad+	Monday Mar 30	Tuesday Mar 31			
Spinach Mushroom Quiche *Oven Roasted Potatoes+ *Whole Wheat Bread *Citrus Salad+		Spring Mix Salad*	\$3.00 Senior Contribution		
*Oven Roasted Potatoes+ *Whole Wheat Bread *Citrus Salad+	Mystery Meal	*Spinach Mushroom Quiche*	Mandatory charge of \$3.50 fe	or Essential Volunteers (under t	(09)
	indicate in the second	*Oven Roasted Potatoes+	\$7.00 GUEST FEE for people	under 60 unless accompanied b	v their senior spouse
		*Whole Wheat Bread			
		Citrus Salad+	Please see reverse side for info	ormation about the "" symbols u	sed on this menu.

Congregate Dining Sites

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

Winters Community Center 201 Railroad Avenue West Sac Senior Center 664 Cummins Way (916) 373-5805 **Davis Senior Center** 646 A Street

757-5541

795-4241

Woodland Senior Center 2001 East Street 668-0974

Knights Landing/Esparto 662-7035

662-7035 Main Office Woodland **Elderly Nutrition Program**