#### February 2010 Volume 4 Issue 1

#### **Senior Center**

(530) 661.5890

Yvette Smith.

Recreation Supervisor

Paula Crum,

Special Programs Coordinator

Linnie Faina,

Special Programs Coordinator

#### Parks & Recreation

(530) 661.5880

Chief Carey Sullivan,

Interim Director

## Closed February 15th for



User Group
Meeting
February 18,
2010
1:00 p.m.
Room 2
All lead
Volunteers please
plan to attend

#### City of Woodland



## Thank You Welcome Desk Volunteers!!

Everyday when you call or come to the Senior Center, you are greeted by one of our Welcome Desk volunteers. Fifteen ladies come regularly, or on call, to answer your needs and a Thank you luncheon was held for them on January 8th. We are in need of additional volunteers, and men are most welcome to join this group. Shifts are routinely from 8 am to 12 pm and from noon to 4 pm. No computers involved but basic knowledge of office procedure required as you will be answering telephones, taking messages, making appointments and taking membership payments. Contact Paula or Linnie if interested.

## Use of Handicap Doors

This is a reminder about how doors with Handicapped Signage work. The doors are designed for one person at a time to go through them, like a revolving door – you should NOT assume the door will become locked open by your presence. The ADA requirement is a 5 second delay to open, 5 seconds to stay in a open position and 5 seconds to close. The doors at the Community Center have been programmed to stay open for 30 seconds which should allow enough time for ONE PERSON AT A TIME TO ENTER. Thanks to Leonard Jankowski, head of maintenance, for this information.

## Woodlander of the Month-Joel Yoder

By now, most of you probably know that our little "high energy" Joel is famous. Mayor Skip Davies and Supervisor Matt Rexroad took her out to Morrison's for lunch and gave her a nice plaque in honor of her 30+ years of outstanding service to the Woodland community. Joel started her community service in the school district where her two sons attended and came to the Senior Center in 2001. She is a Welcome Desk receptionist, Care Car reservationist and also works for the Elderly Nutrition Program. She helps us out pretty much whenever we need her. Joel began her work life in Sacramento where she rode a bus to work. When she moved to Woodland she made a decision not to drive. She always walked or took a cab even while working for both the City and County and raising two sons. Joel normally walks two miles a day and only takes the Care Car when it's to cold for her. One of Joel's fondest memories is that of a 29 state cross country RV trip that she, her late husband and two sons took years ago. Over that six week period they all learned the ins and outs of cross country RV touring. Joel- CONGRATULATIONS from all your friends a the Senior Center. We are proud of you! You richly deserved the recognition.

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## Monday—Friday

Chit Chat Café/Elderly Nutrition Program 530.661.5890 (Reservations required by 12 noon the previous business day; Lunch served at 11:30 a.m.)

#### **Community Care Car**

530.662.7800 (Reservations 9-2:30 p.m.) (MUST BE MADE IN ADVANCE)

Family Caregiver Support Program (by appt.) 530 666-8828

**Life History** (*Woodland Adult Ed.))* 530.662.079

#### **Information Available**

- Advance Health Care Directive
- ♦ Apartment List
- Battery Recycling
- ♦ Book & Video Libraries
- 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

Partnership Advantage

707.863.4400

## Monday

- ♦8:00 a.m. Low Impact Aerobics
- ♦8:45 a.m. T'ai Chi
- ◆9:00 a.m. Handicrafters
- ♦9:00 a.m. Needles & Friends
- ♦10:00 a.m. Low Impact Aerobics
- ♦10:00 a.m. Parkinson Exercise
- ♦3:00 p.m Woodland Stompers

#### February 8

1:00 Stroke Support (date change)

Get Active & Exercise

- \* 1:30 p.m. Outa-Sight! Speaker
- \* Phyllis Leboe Recovering
- \* Sight Research

#### February 15 HOLIDAY

#### February 22

10:00 a.m. Hear! Here will meet at the Davis Sr. Ctr. this month—demonstration and display on hearing devices

1:00 p.m. Computer Club speaker will be Edwina Harper, Jury Services supervisor, talking about the Grand Jury

3:30 p.m. Peripheral Neuropathy (Date change)

## **Tuesday**

- ♦9:00 a.m. Ceramics
- ◆10:00 a.m. S.H.I.P. S.H.A.P.E.
- ◆12:00 p.m. Canasta
- **♦12:15 p.m.** Pedro
- ◆2:00 **p.m.** Life History Writing

#### February 2

10:00 a.m. Changes to Choices1:30 p.m. OutaSight Self Help

#### February 9

#### February 16

10:00 a.m. Changes to Choices

1:30 p.m. OutaSight Self Help

#### February 23

10:00 a.m. Blood Pressure Clinic

1:00 p.m. Parkinsons Support

Jeanne Olmo, Physical Therapist will be the guest speaker

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## Wednesday

- ♦8:00 a.m. Low Impact Aerobics
- ◆10:00 a.m. Low Impact Aerobics
- ♦9:30 a.m. Art Workshop
- ♦9:30 a.m. Life History Writing
- ◆12:05 p.m. Computer Open Lab<sub>0</sub>
- ♦12:15 p.m. Bingo (bring change)
- ◆12:30 p.m. Line Dance (Beginning)

1:00 p.m. Bridge for Fun

1:30 p.m. Line Dance (Intermediat

4:00 p.m. Gentle Yoga

#### February 3

1:00 HICAP (appts.)

1:00-3:00 Wood Carvers

#### February 17

1:00 HICAP (appts.)

1:00-3:00 Wood Carvers

## Senior Center Coffee

Generously provided by Senior Center, Inc.

\*Donations Appreciated\*



## **Thursday**

- ◆9-11 a.m. Donations: Thrift Shop
- ◆10:00 a.m. S.H.I.P. S.H.A.P.E.
- **♦1:00 p.m.** Mah Jong
- ◆1:30 p.m. Life History Writing
- ♦6:00 p.m. Pinochle

6:30 p.m. Salsa Dance Club \*

7:30 p.m. Ballroom Dancing \*

\*New classes start Feb. 18 call Dallas Tringali for more information 661-5941

#### February 4

9:30 a.m. SCI Board Meeting

1:00 p.m. Arthritis Support Group

#### February 11

9:00 a.m. Partnership Adv. (Drop in)

1:00 p.m. Trips Presentation

#### February 18

1:00 p.m. Discover Shakespeare

Henry VI Part II

# Applebee's

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(50¢/hr)



#### February 5

6:00 p.m. Second Horizons Bingo

#### February 19

**2:00 p.m.** Legal Consult. (appts) 6:00 p.m. Western Dance Party

#### February 26

**1:00 p.m.** Kinship Foster Care Training (574-1964)

## Saturday

#### February 20 and 27

9:00 a.m. AARP Driver Safety



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## Senior Center Travel

The Representative from Collete Vacations will be here Thursday February 11th at 1:00 p.m. He will show slides and give information on trips planned for 2010.

Canadian Rockies July 31st through August 7th.

Branson Getaway in September, Northern Ireland September 21st to October 23rd. In March 2010,

**Reflections of Italy** and in April The Heart of Texas. And how about CHRISTMAS ON THE DANUBE or **EUROPE'S CHRISTMAS MARKETS** OR a BEIJING CITY STAY.

Arrangements can be made for these special trips also. Please plan to join us in the Warren Meyer Game Room for this presentation.

You may call 530.661.5890 for more information.

## Discover Shakespeare

Ralph Quinn's newest class will be Henry VI Part II. It will run from February 18th through March 11th. Henry VI III will be held from April 1st through the 22nd. You may register for these classes by stopping by the Parks & Recreation office

## Tax Aid

Starting February 4th, trained volunteers will be here Wednesday afternoon and Thursday mornings to help prepare simple income tax returns.

Call 530.661.5890 or come to the Welcome Desk to make an appointment.

## City Information Online Senior Center INC.

Monthly newsletters feature brief information from each city department on items of public interest, including a link to the Senior Gram. Email subscription are available at the City website. www.cityofwoodland.org or you can call Ana Gonzalez at 530-661-5800.

Dues for 2010 are now payable. Membership (not mandatory) is \$8.00 per year and subscription to the Senior Gram is \$5.00 a year. Century Club members, for \$100.00 one time donation, have their names engraved on a gold leaf which is posted on the "Tree" in the lobby.

Welcome new board member Ed Marquez.



## The Novel

The Novel Book group is in its sixth year at the Senior Center. They meet on the second Tuesday of the month from 9:30 to 11:30. To date they have completed two books by Jane Austen and all of the Barsetshire Chronicles. This month they will begin The Eustace Diamonds, the third book in the Palliser political series. The group reads ten chapters at a time for each discussion and an English tea is held at the completion of each book. Bobbie Longshore is the dedicated group leader.

#### Community Care Care Installation

Community Care Car installation Outgoing president Linda Nantz presided at the installation of the new Board on January 12th. The event was held at the Elks Club and was attended by 148 volunteers. Officers and Trustees for 2010 are Don Campbell, president, Gary Traynham, vice president, Harriet Chermak, secretary, Sharon Zielesch, treasurer. Margie Thoma and Karen Brown, Van Scheduling, Viola Soares, Phone Scheduling, Chris Gray, Sunday Scheduler, Hubert Bryant, Van Maintenance. Trustees are Lance Davis, Armand Jaques, Ken Nardinelli, Garry Peterson, Jim Scott and Cary Tommeraason.

## **OutaSight**

OutaSight Meeting on February 8th will feature Phyllis Leboe, representative from the Foundation for Fighting Blindness. Her topic will be "Recovering Sight" and the latest research for recovering vision. All are welcomed. Call 530.662.0535 for information. Also, a reminder that books on tape are available for loan at the Senior Center. They are located on the bookshelf at the end of the hall next to the Senior Center Library.

Elderly Nutrition Program in Yolo County People Resources, Inc

#### CONGREGATE MENU

## February 2010

On the days marked "ALTERNATE" you can request <u>Chicken Fried Steak</u> as an alternate entrée choice. The rest of the meal will be the same. See the site manager to order your alternate entrée.

Monday Feb 1	Tuesday Feb 2	Wednesday Feb 3	Thursday Feb 4	Friday Feb 5
*Fruit Juice+	Caramelized Onion	*Beef w/Burgundy	**Turkey Meatballs	*Creamy Seafood
*Southern Fried Steak	Chicken	Mushroom Sauce	w/Marinara Served over	Chowder
w/Country Gravy	*Brown Rice Pilaf	*Savory Quinoa	Wheat Pasta	Fresh Garden Salad*
*O'Brien Potatoes	*Ginger Carrots*	Mixed Vegetables*	*Italian Vegetables	*3-Bean Salad
Buttery Corn	*Honey Wheat Roll	*Whole Wheat Bread	*Baguette	*Oyster Crackers
*Biscuit	*Tropical Fruit+	*Fruit Medley+	*Fresh Fruit	*Sugar Free Gelatin w/Fruit+
Monday Feb 8	Tuesday Feb 9	Wednesday Feb 10	Thursday Feb 11	Friday Feb 12
*Paprika Chicken served over Noodles Cauliflower+ *Whole Wheat Bread *Fruit Juice+	Crispy Fish Fillet  wTartar Sauce  *Scalloped Potatoes Capri Blend Vegetables*  *Multigrain Roll  **Ambrosia+	*Barley & Vegetable Soup*  **Turkey Sandwich on Rye Bread  **Raspberry Mandarin Gelatin+	Meatloaf w/Gravy *Mashed Potatoes+ Brussel Sprouts+ *Whole Wheat Bread *Apricots*	*Baked Ham w/Glaze  *Baked Ham w/Glaze  **Sweet Potatoes*A la Orange Chef's Blend Vegetables  *Fruit Juice+ *Dinner Rol  **Sweet Dessert Surprise  ALTERNATION
Monday Feb 15	Tuesday Feb 16	Wednesday Feb 17	Thursday Feb 18	Friday Feb 19
Presidents'	**Greek Ravioli	*Fruit Juice+	*Spinach Mushroom Quiche	** French Dip Sandwich
A STANDARD CO	w/Creamy Feta Sauce	Garlic Chicken	*Oven Roasted Squash	*Cream of Potato Soup
Day	*Mediterranean Blend	*Crispy Chinese Salad	*Whole Wheat Bread	Broccoli+
Closed	Vegetables+*  *Baguette *Fresh Fruit+	*Stir Fried Brown Rice *Honey Wheat Roll	*Cinnamon Apples  ALTERNATE	*Pineapple Tidbits+
Monday Feb 22	Tuesday Feb 23	Wednesday Feb 24	Thursday Feb 25	Friday Feb 26
Lemon Herb Fish *Lentil & Tomato Medley Winter Vegetable Mix+* *Whole Wheat Bread *Peaches ALTERNATE	Parmesan Sage Pork Chop *AuGratin Potatoes Bahamas Vegetable Blend+ *Roll *Applesauce	Happy Birthday Oven Fried Chicken *Baked Beans *Coleslaw *Apricot Nectar+* **Birthday Cake	**Stuffed Bell Pepper+ w/Beef and Rice Green Beans *Whole Wheat Roll *Fruit Juice+	*Vegetable Minestrone Soup*  **Turkey Salad on a Croissant  **Gelatin w/Fruit+

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

Davis Senior Center 646 A Street 757-5541 ◆◆◆ 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

**\$3.00 Suggested Senior Contribution** \$7.00 Required GUEST FEE for people under 60 unless accompanied by their senior spouse Mandatory charge of \$3.50 for Essential Volunteers (under 60)

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## Holiday Party Overview

The Thanksgiving Potluck was another delectable affair. Brannigan's provided the turkeys and Jan Bello cooked them to perfection. We once again had the music provided by- By The Way- who have mastered the art of turkey eating music. Santa's Holiday brunch was a record breaking event. It boasts the largest attendance of any party in the history of the Senior Center, with 170 party goers. Moving the event to the day helped daytime drivers, allowed the use of the Care Car and the priceless assistance of the Elderly Nutrition lunch staff. No one went away hungry. Desserts, salads, quiche, biscuits and gravy, sausage and juice were provided by Senior Center INC.

Tasty specialty items were also provided by these four agencies; The Californian, St. John's, Woodland



Skilled Nursing, and Palm Gardens. We want to especially thank these agencies for stepping up to elevate this Holiday Brunch to an unique experience which will long be remembered by Seniors. The professional music ensemble, We Bones, and the appearance of Santa direct from the North Pole, rounded out our Holiday Brunch. Lots of pictures were taken, so as we continue to tie up loose ends, beginning with THANK YOUS all around, we will have them developed and available.

### Thank You's

We have a long list of people and organizations to thank for our successful Holiday parties. We simply can not function with out your help, so please accept our grateful appreciation for your work, your support and your willingness to contribute to the quality of life of all Woodland Seniors. If I missed anyone I sincerely apologize for my imperfect Worley - Bruce & Sue Ahlquist memory.

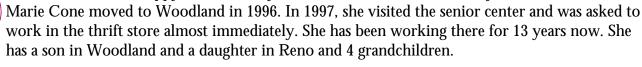
Palm Gardens - Woodland Skilled Nursing - St. Johns - The Californian - Elderly Nutrition -Senior Center INC. - Cary & Judy Tommeraason - Melanie Goddard -**Robert & Eleanor Ewald - Joel** Yoder - Gladys Lamb - Bobbie Ochoa - Donna Curry - Glen Rose -Roni Koebel - Target - Tom & Vicki Mel & Connie Ehresman - Paul &

Merida Wilson - Carmen Alvarado -George & Pat Hayes - Elizabeth Crum - Jan Bello - Stan Moorehead



## 90th Birthdays- 1919 Was A Very Good Year!!

Happy 90th Birthdays to Marie Cone and Bernice Taylor:



Bernice Taylor moved to Woodland 25 years ago when her husband retired from Pan Am. She responded to an article seeking Care Car volunteers and drove for them for seven years. She discovered the Needles and Friends group while driving the Care Car and has been involved with that group ever since.



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## Woodlander of the Month-Joel Yoder









## Marie Cone





















#### City of Woodland

## Community & Senior Center 2001 East Street

## 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.

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 Address Service Requested

## Support your Senior Center

#### Commission on Aging

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



#### Senior Center, Inc.

Board of Directors:

Jan Bello, President

Stan Moorhead. Vice-President

Roni Koebel, Secretary

Roger Landucci, Treasurer

Bruce Ahlquist

Diva Del Grande

**Eleanor Ewald** 

Pat Hayes

Ed Marquez

**Teddy Plocher** 

Homer Swigert

Judy Tommeraason

#### Senior Center, Inc.

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

(Not Required to participate in senior activities.)