

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

Agenda

June 30, 2010 3:30 –4:30 p.m.

Commission Karen Wright, Chair; Regan Overholt, Vice-Chair; Lucinda Talkington,

Members Don Campbell, (1) Vacancies

4:30 p.m. Call to Order

4:30 p.m. Pledge of Allegiance

4:32 p.m. Minutes:

1. April 26, 2010

2. May 26, 2010

4:32 p.m. Correspondence (none)

4:32 p.m. Public Comment

4:32 p.m. Communications Written-Staff Reports

3. Senior Center Report-Yvette Smith

4:35 p.m. Presentations

4:35 p.m. New Business-Action Items

5:40 p.m. New Business-Information Items

5:10 p.m. Old Business-Ation Items

4. Survey Monkey Results

5. Statis of SCI perposal

5:10 p.m. Old Business-Information Items

6. Budget Update

 $Note: \textit{Times indicated are approximate For video broadcast schedule can be viewed at } \underline{\textbf{www.wavetv.org.}} \\$

 $\label{local-prop} \mbox{Documents for meeting are available online at www.cityofwoodland.org}$

For information on this meeting, contact the Parks & Recreation Department, 661-5880.

Upon request, agendas and documents in the agenda packet will be made available in appropriate alternative formats to persons with a disability, as required by law. Any such request must be made in writing to the Office of the City Clerk of the City of Woodland. Requests will be valid for the calendar year in which the request is received, and must be renewed prior to January 1st. Persons needing disability-related modifications or accommodations in order to participate in public meetings, including persons requiring auxiliary aids or services, may request such modifications or accommodations by calling the Office of the City Clerk (530-661-5806) at least 48 hours prior to the meeting.

N:\PRShare\Commission on Aging\Commission Mtg Packets\2010 Meetings\042610 Commission Packet\04262010 packet.pdf

5:10 p.m. Committee Reports

5:15 p.m. Other Business

5:20 p.m. Communications-Commission/Staff Statements and Requests

This is an opportunity for the Commission Members and Staff to make comments and announcements, to express concerns, or to request Commission's consideration of any items a Commission Member would

like to have discussed at a future Commission Meeting.

5:25 p.m. Business Items for Next Meeting

5:30 p.m. Next Meeting Date: <u>July 28, 2010</u>

5:30 p.m. Adjournment

Note: Times indicated are approximate For video broadcast schedule can be viewed at www.wavetv.org.

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

Regular Meeting Minutes

Regular Meeting Minutes of April 26, 2010

I. Call to Order

Meeting convened at 4:33 p.m. at the Community & Senior Center, 2001 East Street, Woodland, California; Chairperson Wright presiding.

Commissioners Present: Campbell, Overholt, Wright, Talkington, (vacancy)

Absent: Haynie **Staff:** Smith

Guests:

II. Pledge of Allegiance

III. Minutes

Meeting Minutes of March 22, 2010 (Item 1)

Commissioner Talkington moved approval of the Minutes of March 22, 2010, regular Meeting; Commissioner Campbell seconded. Motion carried.

- IV. Correspondence (none)
- V. Public Comment
- VI. Communications Written-Staff

Commissioner Overholt moved approval of the Consent Calendar; Commissioner Talkington seconded. Motion carried.

- VII. Presentations (none)
- VIII. New Business-Action Items
 - A. <u>Discussion of priorities if Measure V passes</u>

Commission would like to have a full time staff in charge of the Senior Center.

- IX. New Business-Information Items
- X. Old Business-Action Items (none)
- XI. Old Business-Information Items
- **XII.** Committee Reports



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

- XIII. Communication-Commission/Staff Statements and Requests
- XIV. Other Business
- **XV.** Business Items for Next Meeting:

Monkey Survey,

Guest Kristi Link, Senior Link

XVI. Next Meeting Date:

COA Meeting 3:30 p.m., May 26, 2010 at 3:30 p.m.

XVII. Adjourn:

Chairperson Wright adjourned the meeting at 5:12 p.m.

Respectfully submitted,

Cathy Haynie, Administrative Secretary Parks & Recreation Department



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Pledge of Allegiance

Minutes

Meeting Minutes of April 26, 2010 (Item 1)
Meeting Minutes of May 26, 2010 (Item 2)

Correspondence

Public Comment

Kristi Link from Senior Link explained the new program and supplies flyers, brochure and business card.

Communications Written-Staff

Commissioner Overholt moved approval of the Consent Calendar; Commissioner Campbell seconded. Motion carried.

Presentations (none)

New Business-Action Items

A. Survey Monkey

Staff will hold any survey's that are brought to the C&SC for Commissioner Overholt, who will enter them into the system. Commissioner Overholt will bring results to the next COA meeting.

PARKS& RECREATION

Commission on Aging

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

New Business-Information Items

A. Discuss approaching SCI about bridge funding of Coordinator positions.

Commissioner Campbell mad a motion to have Commissioner Overholt write letter to SCI, with proposal for funding of one of the Program Coordinator positions at the Senior Center. Commissioner Talkington seconded the motion. Motion carried

Old Business-Action Items (none)

Old Business-Information Items

Committee Reports

Communication-Commission/Staff Statements and Requests

Other Business

Commissioner Campbell attended the Council Meeting on Tuesday, to present the COA yearly report to Council and to receive the Proclamation of the month of May as senior month.

Business Items for Next Meeting:

Monkey Survey Results

Status of SCI proposal for funding

Next Meeting Date:

June 30, 2010

Adjourn:

Chairperson Wright adjourned the meeting at 4:15p.m.

Respectfully submitted,

Cathy Haynie, Administrative Secretary Parks & Recreation Department



Woodland Parks & Recreation Department

2001 East Street • Woodland, CA 95776 • (530) 661-5880

COMMISSION REPORT

June 2010

TO: Carey Sullivan, Interim Director

FROM: Yvette Smith, Recreation Supervisor

Highlighted Programs

- The June OutaSight meeting featured Karate expert Cristella Garcia, who is vision-impaired, gave a most inspiring program. The Outa-Sight general and self-help groups will not meet during July and August.
- Parkinson's Support and Exercise groups will not meet in July and August.
- The Senior Center, Inc. board will not meet again until September.
- The second movie for the Senior Theater was "The Blind Side" and was well received.
- Two new services for Senior's are available through Legal Services of Northern California.
 - 1.) One is called Consumer Assistance Project, open to low income and senior customers. Services cover a range of consumer-related legal problems including identity theft, credit reporting errors and so forth. Persons can phone for appointment Monday through Friday and they have walk-in hours Monday through Thursday. The location is 619 North Street.
 - 2.) The second, also through Legal Services of Northern California, is called Senior Link and is funded in part by the Area 4 Agency on Aging. This information and Assistance program will help seniors find the right programs or services to fit their needs with regard to consumer problems, caregiver support, housing and many other situations in Yolo County. They have offices in Woodland, 619 North Street, and in other communities in the area.
- Surveys prepared by the Commission on Aging were distributed to the various classes and support groups and some are also available on-line at (http://www.surveymonkey.com/s/BMZHTZG) and also on the Welcome Desk Counter. A good number have been returned. As of today we have a total of approx. 119 surveys that have been turn in.

Special Events & Activities (location, times & dates are subject to change)

- Aerobics classes are offered Monday, Wednesday, Friday at 8am and 10am. Fee is \$5/month.
- Art Workshop This program meets on Wednesdays @ 9:30am. Seniors can work on their own art projects in the company of other artists. Fee is \$5/month.
- **Arthritis Support Group** Meetings held on the 1st Thursday 1 3:00pm. For more information call 753-2799.
- Bingo This program is offered Wednesday & Friday @ 12:15pm. (Bring exact change)
- **Blood Pressure** Blood Pressure taken on the 4th Tuesday from 10:00 12:00.
- Bridge for Fun This program is offered Wednesdays @ 1:00pm.
- Canasta Join us if you have an interest in learning the game, bushing up, or just finding game partners for Canasta. This group meets Tuesdays @ 12 noon in the SC Lounge.
- Ceramics Underglaze, glaze, dry brushing and antiquing. This class if offered on Tuesdays @ 9:30am. Fee is \$5.00 per month.
- **Changes to Choices** This Peer Counselors discussion group meets on the 1st & 3rd Tuesdays for 10-11:30am. For more information call 753-1933.
- **Chit Chat Café** Lunch is served at the Senior Center Monday Friday. Check in at 11:15, and lunch served at 11:30am. Senior donation (age 60+) \$3.00. Reservations are required by noon the previous day 661-5890. Monthly Birthday Social is held at 11:30am on the last Wednesday.
- **Community Care Car** Rides offered Monday Friday, 8:00am 3:00pm. Reservations must be made in advance. This all volunteer transportation program takes seniors to local appointments Monday Friday. Seniors must be ambulatory and be able to get into and out of the minivan on their own. \$2.00 round-trip Rider Coupons are available at the front desk. Desk is open to take reservation from 9:00am 2:30pm. For more information call 662-7800.
- **Computer Club Meeting** This meeting is held on the 4th Monday from 1:00pm-3;00PM. Speaker program and help for beginning and experienced users.
- **Computer Open Lab** Supervised labs are available on Wednesdays 12:05 3:00pm and Fridays 12-3pm. Learn to operate the computer and use the Internet. Help available. Fee: \$0.50/hour.
- Cribbage This table game is held on Wednesdays @ 1pm. Located in the Senior Center Lounge.
- *Family Caregiver Support* Appointments may be scheduled with Peggy Phelps, Caregiver Resource Specialist from Yolo Adult Day Health Care. For information, call 666-8828.
- Gentle Yoga This class offers postures, slow movements and breath techniques to build strength, flexibility and balance and focus the mind. This popular class is held Wednesday @ 4pm.
- Handicrafters Program meets on every Monday @ 9am.

- Hear! Here! This self help group has changed its meeting time. Starting in April this group will meet on the 4th Monday at 10am.
- **HICAP** Health Insurance Counseling: 1st & 3rd Wednesday from 1-3pm. State registered counselor offers help with Medicare billing problems and comparisons of HMO's and supplemental health insurance policies. (Appointments)
- **Legal Consultations** 3rd Friday 2:00pm-4:00pm. Brief consultations (15 minutes) with local attorneys at no charge. (Form and document completion, etc. may be arranged at normal fees). Sponsored by the Yolo County Bar Association. (Appointments)
- *Library (books)* Books are available to browse and borrow. Donations are welcome.
- *Life History* Tuesdays, Wednesdays & Thursdays during school term through Woodland Adult Education, 662-0798.
- Mah Jong This is offered on Thursdays @ 1pm. Join in on learning this stimulating venerable game of Chinese Tiles.
- Needles & Friends Quilting group meets every Monday @ 9am. For information about the group, or for fabric donation, call 668-5628.
- OutaSight This self-help group meets at 1:30pm on the 1st & 3rd Tuesdays of the month.
- *Parkinson's* This support group meets on the 4th Tuesday of the month at 1pm.
- Parkinson's Exercise Group This class was well received and will continue for the upcoming months. This group meets everyone Monday at 10am.
- **Pedro** This program is held on Tuesday @ 12:15pm.
- **Pilates** This class focuses on pure Pilates technique emphasizing proper breathing, correct spinal and pelvic alignment, and complete concentration on smooth, flowing movement. Pilates exercise strengthen core abdominal muscles as well as train several muscle groups at once in non-impact, continuous movements. Classes are held on Thursdays. 4 classes for \$44. Instructor Liz Shull.
- Ping Pong Playing Ping Pong is a fun way to exercise your body and your brain and meet wonderful people. Seniors are invited to join the fun on Fridays at 10:00am in the Teen Center.
- Pinochle This groups meets @ 6pm on Thursdays.
- **Salsa Dance** The most popular club dance Salsa is fun and easy to learn. Come learn basic Salsa patterns so you can stay loose and enjoy the Salsa Club. No experience necessary, with or without a partner. Classes are held on Thursdays 6:30pm 7:30pm. \$35 for 5 classes.
- Second Horizons Bingo This program meets on the 1st Friday of the month @ 6pm.
- Ship Shape This chair exercise class is held on Tuesdays & Thursdays @ 10am.
 Fee is \$5/month.
- **Social Dance** 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 Swing to get you out on the dance floor. No experience necessary, no partner needed. Classes are held on Thursdays 7:30pm 8:30pm. \$35 for 5 classes.

- Stroke Support Group This support group meets on the 3rd Monday of the month at 1pm.
- **Tai Chi** This standing exercise class is held from 8:45 9:45 on Mondays.
- **The Novel** This discussion group meets at 9:30am on the 2nd Tuesday of each month.
- **Thrift Shop** The shop is open on Fridays 9:30 11:30am. All ages welcome, but seniors shop first. Donations are accepted on Thursdays from 9am 11am.
- *Video Library* Videos are available to borrow. Donations are welcome.
- **Woodcarving** This class meets on the 1st & 3rd Wednesday of the month @ 1pm. 18 and over and all skill levels are welcome. Experienced carvers should bring gloves, tools and something to carve.
- Woodland Senior Travel Tours planned for 2010 for Seniors (flights leave from Sacramento International Airport) <u>CANADIAN ROCKIES & GLACIER NATIONAL PARK</u> (July 31-August 7) Tour starts in Calgary and highlights will be Waterton Lakes National Park, Glacier National Park, "Going to the Sun" Road, Banff, Columbia Icefields, Athabasca Falls, and Jasper Cost per person Double Occupancy \$2,489.00. <u>BRANSON MUSICAL GETAWAY</u> (September 17 September 22) Fly to Branson and enjoy a variety of shows from banjo playing to Broadway-style revues. Eight meals are included on this trip. Cost per person Double Occupancy is \$1,965.00. <u>SHADES OF IRELAND</u> (September 21 October 3). You will fly to Dublin to start this adventure traveling to Northern Ireland. See Kilkenny, Waterford Crystal, Blarney Castle, Killarney, Limerick and many other wonderful sites. The end of the tour will be in Belfast and you will spend the last night at Cabra Castle. Rates for this trip are \$3,499.00 per person Double Occupancy.
- Woodland Stompers Group rehearses on Mondays @ 3pm.
- Yoga Classes This popular class is held from 4-5pm on Wednesdays. Gentle Yoga offers
 postures, slow movements and breath techniques to build strength, flexibility and balance and
 focus the mind. Instructor: Ann Pearson-Franke.
- **Zumba Gold** For the active senior: this class fuses together Latin-inspired music and fun dance fitness movements. Zumba is more like a dance party than a workout and leaves people feeling fit and happy! Class taught by Mallory Gorenzel and is held on Mondays at 10:30am 11:15am for 50 year olds and up. 6 class for \$35.

Other Programs, Services & Upcoming Events

- AARP Drivers Safety Classes
- Ballroom
- RPEA
- User Group Meeting
- Discover Shakespeare
- Western Line Dance/Party
- Kinship
- Peripheral Neuropathy

Boards/Committees

*Commission on Aging (COA): The next Regular meeting will be held on Wednesday, June 30, 2010 at 3:30 PM at the Community & Senior Center. Public Welcome. Concerned citizens are encouraged to apply for the one vacancy on the Commission. For information and an application, please contact Sue Vannucci, Director of Administrative Services at 661-5800.

*Senior Center, Inc. (SCI): The next meeting of the BOD (Board of Directors) will be held on Thursday, September 2, 2010 at 9:30 AM.

- Benefit Thrift Shop: This program is coordinated by staff and utilizes many volunteers who
 work diligently to make it a successful fundraiser. Proceeds from the Thrift Shop continue
 to support programming at the Senior Center.
- Membership: Membership dues are \$8/calendar year. SCI provides supplemental financial and advisory support for senior programs. In addition to the general membership, seniors are contributing to the Century Club (minimum \$100 donation), General Fund, and the Building Fund.
- <u>Volunteers Wanted</u>: There are several ongoing volunteer opportunities at the Senior Center. Please call or come by the Senior Center if you, or someone you know, would be interested in volunteering. Current opportunities are: HICAP/Medicare counseling, Front Desk receptionists, and drivers & substitute drivers for Meals on Wheels. If you are interested, or know of someone wanting to volunteer, please contact Paula Crum.

Community and Senior Center/Facility Rentals

• In the upcoming months we will be having several: Quinceanera's, Conferences, Meetings, Weddings, Wedding Receptions, Anniversary Party's.