



**AARP SMART DRIVER COURSE**

Age 50+

AARP presents a course for drivers 50 and over to learn how to handle dangerous situations and compensate for the effects of aging while earning extra discounts on auto insurance. To register, request an application from the Senior Center, call 661-2001.

Tu/Th 12/2-12/4 9:00 am-2:00 pm \$15/\$20

Instructor: Avis Sloan  
Location: Woodland CSC

**AFFORDABLE ADVENTURES**

All Ages

Local day-trips are offered by Senior Center Inc.'s Affordable Adventure program. Senior Center Inc. members receive a \$5 discount on each trip. Affordable Adventures depart from the Woodland Target parking lot. Detailed trip flyers are available at the Woodland Senior Center and for more information call 661-2001.

Escape to Monterey	MT	8/18-8/19	\$229
Apple Hill	W	10/22	\$50
A Day at the Races	Th	11/13	\$79
Victorian Christmas	Su	12/7	

**ARM CHAIR TRAVEL**

Age 50+

Enjoying travelling without leaving Woodland. Join Ralph and Ardeen Quinn as they take you on guided "tours" of amazing destinations they have travelled. Group meets on the second and fourth Friday of each month.

F	8/8 & 8/22	1:00 pm-2:30 pm	FREE
F	9/12 & 9/26	1:00 pm-2:30 pm	FREE
F	10/10 & 10/24	1:00 pm-2:30 pm	FREE
F	11/14	1:00 pm-2:30 pm	FREE
F	12/12 & 12/26	1:00 pm-2:30 pm	FREE
F	1/9 & 23	1:00 pm-2:30 pm	FREE

Instructor: Ralph & Ardeen Quinn  
Location: Woodland CSC

**ART WORKSHOP**

Ages 50+

Artists of all talents and media are invited to join this ongoing group. This class meets every Wednesday, and registration for this class is taken at the Community Services Desk.

W	8/6-8/27	9:30 am-11:30 am	\$5
W	9/3-9/24	9:30 am-11:30 am	\$5
W	10/1-10/29	9:30 am-11:30 am	\$5
W	11/5-11/26	9:30 am-11:30 am	\$5
W	12/3-12/17	9:30 am-11:30 am	\$5
W	1/7-1/28	9:30 am-11:30 am	\$5

Location: Woodland CSC, Arts & Craft Room

**ARTHRITIS SUPPORT GROUP**

Age 50+

Seniors can join a network of others living with a similar condition and take comfort in the experiences of others. This group provides support for anyone after an arthritis diagnosis. This group meets the first Monday of each month.

Th	8/1	1:00 pm-2:00 pm	FREE
Th	9/4	1:00 pm-2:00 pm	FREE
Th	10/2	1:00 pm-2:00 pm	FREE
Th	11/6	1:00 pm-2:00 pm	FREE
Th	12/4	1:00 pm-2:00 pm	FREE
Th	1/8	1:00 pm-2:00 pm	FREE

Location: Woodland CSC, Warren Meyer Game Room

**BADMINTON**

Age 16+

Enjoy the quick and fun sport of badminton. Come to learn how to play, get a great workout, or enjoy playing with new friends. Instruction is available and loaner equipment is available.

MW	8/4-1/28	9:30 am-11:30 am	FREE
----	----------	------------------	------

Location: Woodland CSC, Gymnasium

**BINGO**

Age 50+

Play bingo and make new friends. This group meets every Wednesday and Friday and no reservations are necessary. Pay 5 cents per bingo card played.

WF 8/6-1/30 11:45am-3:00 pm VARIES

Location: Woodland CSC

**BRIDGE FOR FUN**

Age 50+

The Bridge group meets every Wednesday, be sure to arrive early, as late-comers may not have a spot.

W 8/6-1/28 12:00 pm-3:00 pm FREE

Location: Woodland CSC, Warren Meyer Game Room

**CERAMICS**

Age 50+

The Ceramics group is for all levels of creation. Some supplies are offered for beginners and a kiln is available to fire finished projects. The group meets every Thursday and program registration taken at the Community Services Desk.

Th 8/7-8/28 9:00 am-11:00 am \$5

Th 9/4-9/25 9:00 am-11:00 am \$5

Th 10/2-10/30 9:00 am-11:00 am \$5

Th 11/6-11/20 9:00 am-11:00 am \$5

Th 12/4-12/18 9:00 am-11:00 am \$5

Th 1/8-1/29 9:00 am-11:00 am \$5

Location: Woodland CSC, Arts & Crafts Room

**CHANGES TO CHOICES**

Age 50+

This group is for seniors overwhelmed by day-to-day activities and who are in the midst of life changing experiences and feelings. Changes to Choices can provide an insight and support for anyone dealing with health problems, feeling blue, have lost a loved one, or just the trials of aging. The group allows for sharing concerns with others in a comfortable, supportive and informal setting. Changes to Choices meets the first and third Tuesday of each month.

Tu 8/5 & 8/19 10:00 am-11:00 am FREE

Tu 9/2 & 9/16 10:00 am-11:00 am FREE

Tu 10/7 & 10/21 10:00 am-11:00 am FREE

Tu 11/4 & 11/18 10:00 am-11:00 am FREE

Tu 12/9 10:00 am-11:00 am FREE

Tu 1/6 & 1/20 10:00 am-11:00 am FREE

Location: Woodland CSC

**COMPUTER LAB**

Age 18+

The Woodland Senior Center Computer offers a computer lab every Friday for basic computer uses, such as: word processing, emailing, or surfing the internet. Computers available have Windows XP, Windows Vista and Windows 7 operating systems. The lab supervisor can assist with computers and programs. There is a service charge for print services of five cents per page. Computer classes are scheduled by the Woodland Senior Center Computer Club, contact to the Senior Center be placed on an interest list.

F 8/8-8/29 12:00 pm-3:00 pm \$1

F 9/5-9/26 12:00 pm-3:00 pm \$1

F 10/3-10/31 12:00 pm-3:00 pm \$1

F 11/7-11/21 12:00 pm-3:00 pm \$1

F 12/5-12/26 12:00 pm-3:00 pm \$1

F 1/2-1/30 12:00 pm-3:00 pm \$1

Location: Woodland CSC, Computer Lab

**HAND & FOOT**

Age 50+

This easy card game is a version of Canasta. Players aim to get rid of cards from an eleven card hand, and then from the eleven card foot by melding them. Games can be played in partners or individually. The group plays every Wednesday starting at 8:30 am.

W 8/6-1/28 8:30 am-11:30 am FREE

Location: Woodland CSC, Warren Meyer Game Room

**HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (H.I.C.A.P.)**

Age 65+

HICAP assists individuals and families with Medicare problems and other health insurance concerns. Service provided monthly on the second and fourth Thursday by appointment only. For reservations, call the Woodland Senior Center at 661-2001.

Th 8/14 & 8/28 1:00 pm-4:00 pm FREE

Th 9/11 & 9/25 1:00 pm-4:00 pm FREE

Th 10/9 & 10/23 1:00 pm-4:00 pm FREE

Th 11/6, 13, 20 1:00 pm-4:00 pm FREE

Th 12/4 & 18 1:00 pm-4:00 pm FREE

Th 1/8 & 1/22 1:00 pm-4:00 pm FREE

Location: Woodland CSC, Consultation Room

**INFORMATION & ASSISTANCE FOR SENIORS**

Ages 50+

Seniors can receive the information or services they are seeking. This service is provided by Senior Link, a group “linking” seniors to the information they need. Services are available every Monday, Wednesday, and Friday drop-in, or by appointment. Contact Senior Link directly (530) 207-4250 for questions.

MWF 8/4-1/30 10:00 am-12:00 pm FREE

Location: Woodland CSC, Consultation Room

**LEGAL CONSULTATION**

Age 50+

This service is available for free legal advice is given for seniors on wills, trusts, estates, and more. For an appointment, call 661-2001. Service is available the third Thursday of each month.

Th 8/21 2:00 pm-4:00 pm FREE

Th 9/18 2:00 pm-4:00 pm FREE

Th 10/16 2:00 pm-4:00 pm FREE

Th 11/20 2:00 pm-4:00 pm FREE

Th 12/18 2:00 pm-4:00 pm FREE

Th 1/15 2:00 pm-4:00 pm FREE

Location: Woodland CSC, Consultation Room

**LOW IMPACT AEROBICS**

Age 50+

This basic workout provides 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 health, and to simply feel better. This class is ongoing and regularly meets Monday, Wednesday, and Fridays with two class times of 8:00 am and 10:00 am Class registration is taken at the Community Services Desk.

MWF 8/4-8/29 8:00 am-8:30 am or 10:00 am-10:30 am \$5

MWF 9/3-9/29 8:00 am-8:30 am or 10:00 am-10:30 am \$5

MWF 10/1-10/31 8:00 am-8:30 am or 10:00 am-10:30 am \$5

MWF 11/3-11/26 8:00 am-8:30 am or 10:00 am-10:30 am \$5

MWF 12/1-12/31 8:00 am-8:30 am or 10:00 am-10:30 am \$5

MWF 1/2-1/30 8:00 am-8:30 am or 10:00 am-10:30 am \$5

Location: Woodland CSC, Small Gymnasium

**MAH JONG**

Age 50+

Learn how to play the ancient Chinese tile game. Mah Jong is played every Thursday, no pre-registration is necessary.

Th 8/7-1/29 12:30 pm-2:30 pm

Location: Woodland CSC, Senior Lounge

**NEEDLES & FRIENDS/HANDICRAFTERS**

Age 50+

This friendly group combines quilters, crafters, or anyone who just wants advice on unfinished projects. Beginners are always welcomed. Some material and equipment is furnished, or you may feel free to bring your own. This group meets weekly Monday mornings and typically stays through lunch.

M 8/4-1/26 9:00 am-2:00 pm FREE

Location: Woodland CSC, Arts & Craft Room

**OUTA SIGHT**

Ages 50+

This group serves blind and low-vision people and provides support for one another. This group teaches participants independent living skills in order to enhance our lives. Outa Sight also identifies and develops resources for the sight-impaired within the community, and advocates for disability rights. On the first Tuesday of every month, the group has a speaker talk to the group and on the third Tuesday, the group meets for support services.

Tu 9/2 & 9/16 12:30 pm-2:00 pm FREE

Tu 10/7 & 10/21 12:30 pm-2:00 pm FREE

Tu 11/4 & 11/18 12:30 pm-2:00 pm FREE

Tu 12/2 & 12/16 12:30 pm-2:00 pm FREE

Tu 1/6 & 1/20 12:30 pm-2:00 pm FREE

Location: Woodland CSC

**PARKINSON'S SUPPORT**

Ages 50+

This peer led group welcomes caregivers as well as those with Parkinson's disease. Held on the fourth Tuesday of every month, this group has guest speakers, but most share experiences and help provide tips for families and caregivers.

Tu 8/26 1:00 pm-2:00 pm FREE

Tu 9/23 1:00 pm-2:00 pm FREE

Tu 10/28 1:00 pm-2:00 pm FREE

Tu 11/25 1:00 pm-2:00 pm FREE

Tu 12/23 1:00 pm-2:00 pm FREE

Tu 1/26 1:00 pm-2:00 pm FREE

Location: Woodland CSC

**PEDRO**

Age 50+

Pronounced “peedro”, this is an American trick-taking card game. This active group has a consistent weekly following playing every Tuesday afternoon.

Tu 8/5-1/27 12:00 pm-3:00 pm FREE

Location: Woodland CSC, Warren Meyer Game Room

**PERIPHERAL NEUROPATHY**

Age 50+

The group encourages others with neuropathy to share information and to educate other about the condition. Some meetings feature speakers. This group meets the first Tuesday of every month.

Tu 9/2 1:30 pm-2:30 pm FREE

Tu 10/7 1:30 pm-2:30 pm FREE

Tu 11/4 1:30 pm-2:30 pm FREE

Tu 12/2 1:30 pm-2:30 pm FREE

Tu 1/6 1:30 pm-2:30 pm FREE

Location: Woodland CSC

**PING PONG**

Age 50+

Paddles and balls are available. Ping Pong is played every Friday morning at 10:00 am in the Youth Center.

F 8/8-1/30 10:00 am-11:00 am FREE

Location: Woodland CSC, Youth Center Room

**PINOCHLE**

Age 50+

Pinochle is a trick-taking card game played with two or four players with a 48 card deck. Group welcomes new members and meets every Thursday at 6:00 pm

Th 8/7-1/29 6:00 pm-9:00 pm FREE

Location: Woodland CSC, Warren Meyer Game Room



**SCRAPBOOKING**

What to do with all of those pictures and how to organize them? Get hands on tips and pointers and assistance in creating a page. Some supplies may be available, but be sure to bring your own photos. Scrapbooking meets on the second and fourth Friday of each month.

F 8/8 & 8/22 9:00 am-10:30 am FREE

F 9/12 & 9/26 9:00 am-10:30 am FREE

F 10/10 & 10/24 9:00 am-10:30 am FREE

F 11/14 9:00 am-10:30 am FREE

F 12/12 & 12/26 9:00 am-10:30 am FREE

F 1/9 & 1/23 9:00 am-10:30 am FREE

Location: Woodland CSC, Arts & Craft Room

**SENIOR MOVIE DAY**

Ages 50+

Movie showings are free and limited to seniors. Movies selections are newly released to dvd of all genres. Popcorn and drinks are provided. Arrive early, as seating is limited and late arrivals won't be seated. SCI members receive priority seating.

Th 8/28 12:30 pm FREE

Th 9/18 12:30 pm FREE

Th 10/16 12:30 pm FREE

Th 11/13 12:30 pm FREE

Th 12/11 12:30 pm FREE

Th 1/15 12:30 pm FREE

Location: Woodland CSC, Youth Center

**SHIP SHAPE**

Age 50+

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. Bands are available for purchase. Class registration taken at the Community Services Desk.

Tu/Th 8/5-8/28 10:00 am-10:30 am \$5

Tu/Th 9/2-9/30 10:00 am-10:30 am \$5

Tu/Th 10/2-10/30 10:00 am-10:30 am \$5

Tu/Th 11/4-11/25 10:00 am-10:30 am \$5

Tu/Th 12/2-12/30 10:00 am-10:30 am \$5

Tu/Th 1/6-1/29 10:00 am-10:30 am \$5

Location: Woodland CSC, Small Gymnasium

**STROKE SUPPORT**

Ages 50+

This support group is for stroke survivors and caregivers to assist rehabilitation and for a faster recovery. Stroke survivors are encouraged to participate in a support group to become more educated and to become more inspired to move forward in life. This group meets every third month of the month.

M	8/18	1:00 pm	FREE
M	9/15	1:00 pm	FREE
M	10/21	1:00 pm	FREE
M	11/17	1:00 pm	FREE
M	12/15	1:00 pm	FREE
M	1/26	1:00 pm	FREE

Location: Woodland CSC

**THE NOVEL BOOK CLUB**

Age 50+

A group for the enjoyment and the studying of literature. Participants discuss various literary works, shares reading recommendations, and trades books. The group meets every second Tuesday of the month, contact the Senior Center at 661-2001 for more information.

Tu	8/12	9:30 am-11:30 am	FREE
Tu	9/9	9:30 am-11:30 am	FREE
Tu	10/14	9:30 am-11:30 am	FREE
Tu	12/9	9:30 am-11:30 am	FREE
Tu	1/13	9:30 am-11:30 am	FREE

Location: Woodland CSC

**WOODCARVERS**

Age 50+

Create elaborate artwork out of a piece of wood. Instruction to novice members is provided by advanced carvers. Some equipment is available for loan to new carvers. The Woodcarvers meet on the first and third Wednesday of each month.

W	8/6 & 8/27	1:00 pm-3:00 pm	FREE
W	9/3 & 9/17	1:00 pm-3:00 pm	FREE
W	10/1 & 10/15	1:00 pm-3:00 pm	FREE
W	11/5 & 11/19	1:00 pm-3:00 pm	FREE
W	12/3 & 12/17	1:00 pm-3:00 pm	FREE
W	1/7 & 1/21	1:00 pm-3:00 pm	FREE

Location: Woodland CSC, Arts & Craft Room

**WOODLAND STOMPERS**

Age 50+

A friendly line-dance troupe who dance for exercise, to be social, and for fun. The group regularly performs around town. No experience is necessary, and new-comers to the group may join at any time. The Stompers meet every Monday at 1:30 pm

M	8/4-1/29	1:00 pm-3:00 pm	FREE
---	----------	-----------------	------

Location: Woodland CSC, Small Gymnasium

**YOGA & MEDITATION**

Age 50+

Senior participants are taught basic & gentle yoga postures and stretching to help increase flexibility, strength, and balance. Breathing techniques are shown to create more energy, and to help relieve stress and discomfort. Also, seniors are introduced to creative visualization to help calm the body and mind. Class is designed for students with limited range of motion and mobility. Students are encouraged to wear comfortable clothes and bring a towel. Class is ongoing, every Thursday.

Thursdays 8/7-1/29, 1:00-2:00 pm.



**YOLO PROSTATE CANCER SUPPORT GROUP**

Ages 50+

The Yolo Prostate Cancer Support Group welcomes men, or loved ones of those who have been diagnosed with prostate cancer, 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. The group meets on the second Monday of odd numbered months.

M	9/8	7:00 pm-9:00 pm	FREE
M	11/18	7:00 pm-9:00 pm	FREE
M	1/12	7:00 pm-9:00 pm	FREE

Location: Woodland CSC

**OTHER SERVICES AVAILABLE AT THE SENIOR CENTER**

**Collette Vacations**

The Senior Center partners with Collette Vacations for trips domestic and abroad. All flights for travel depart from the Sacramento International Airport. These trips are all-inclusive, including travel insurance. Some special excursions are not included in the price of the trip. The Senior Center has current flyers for all upcoming trips with trip details and payment deadlines. A Collette representative will present upcoming trips on October 23, 1:30 pm

TRIP	DATES	FEE
San Antonio Holiday	12/4-12/8	\$1,899
Southern Charm	3/22-3/28	\$2,449
Washington D.C.	4/1-4/7	\$2,739

**Community Care Car**

The Community Care Car provides rides for seniors, within Woodland. Care Car desk is open Monday-Friday, 8:30a.m.-3:00 pm Call 662-7800 for an appointment one day in advance.

**Elderly Nutrition**

Lunch is served for seniors 60+ Monday through Friday at the Senior Center at 11:30 am by reservation only. Reservations are required at least one day in advance. Call Elderly Nutrition for lunch reservations at 662-7035 (extension 0).

**Thrift Store**

Woodland Senior Center Inc. operates a Thrift Store held at the Community & Senior Center. The Thrift Store is open Tuesdays at 8:00 am - 10:30 am and Friday at 9:30 am - 11:30 am staffed by volunteers. The Thrift Store is seeking gently used donations for resale in the Thrift Store that operates in the Community & Senior Center. Donations for the Thrift Store may be made Monday through Friday from 8 am to noon. All proceeds from the Thrift Store go to Senior Center Inc, all supporting senior services within Woodland.

**Enhanced Smog Inspection Specialists**

**YOLO SMOG**  
*Test Only Center*

374 W. Main St. • Woodland  
530-669-3505

**STAR STATION**

**SMOG CHECK**  
\$34<sup>95</sup>\* \*+98<sup>25</sup> for smog certificate

**\$15 off**  
All other Vehicles

FOR CARS & LIGHT TRUCKS 1996 or newer.  
Extra charge for vans, motor homes, trucks, heavy duty & raised. 1976-1995 Extra. EVAP Testing Extra. Please present coupon prior to service. Not valid with any other offer. Expires 12/31/14

**GROCERY OUTLET**  
*bargain market*

**SHOP US FIRST. GET MORE.**

Family Owned & Operated Grocery Outlet, the largest "extreme-value" grocer in the U. S. with prices up to 60% less than conventional retailers.

**1366 East Main Street  
Woodland  
662-1891**