

Senior Gram

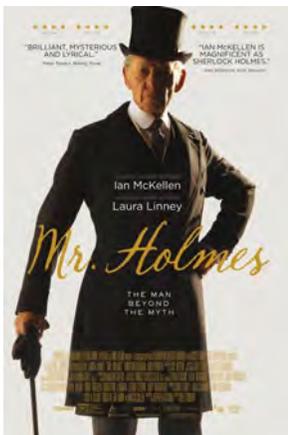
Volume 10
Issue 1
January 2016



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SENIOR MOVIE DAY



Mr. Holmes

Monday, January 11th
12:30 p.m.

(2015) PG 1 hr. 44 min.

Drama/ Mystery & Suspense

Long-retired and near the end of his life, Sherlock Holmes (Ian McKellen) grapples with an unreliable memory and must rely on his housekeeper's son as he revisits the still-unsolved case that led to his retirement.

SENIORS ONLY PLEASE!

Exclusive SCI Member seating starts at noon and ends at 12:20 p.m.

Collette and Affordable Adventures 2016 Trip Preview

January 7, 1:30pm

Come preview the exciting upcoming Collette and Affordable Adventure trips!

Tax Aid Preparation

Taking reservations for February through April 15 starting 1/15

Appointments for free tax aid preparation will be held Mondays and Fridays February 1 through April 15. Starting January 15, contact the Senior Center Desk at 661-2001 for an appointment. Priority reservations are given to seniors.

Pickleball- NEW!

Tuesdays & Thursdays, 9:30 a.m.

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. The word is spreading. Pickleball is a great way to have fun, meet new people and stay physically active.

Woodland Telephone Reassurance Program

COMING SOON!

A new program coming soon to the Woodland Senior Center. Serving individuals age 50 and older, living alone or in the City of Woodland, and in need of daily or weekly reassurance calls. In addition to checking on the physical well-being of the client, the program, also services the client by reducing loneliness by providing and opportunity to socialize through friendly conversations, and also increasing community connections. Seeking interested volunteers and participants. Applications available at Senior Center Welcome Desk and online at www.WoodlandSCI.org.

White Elephant Thrift Store

Volunteers & Donations needed

Senior Center Inc. is working on expanding the open days and times of the Thrift Store. If you are interested in becoming a volunteer for the thrift store please inquire at the Welcome Desk. Looking for donations to help fill the store! Drop your donations at the Senior Center office or call and arrange for a pickup if you need assistance 661-2001.



Woodland Senior Center

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

www.cityofwoodland.org/seniors

The mailing of this publication is paid for by Senior Center, Inc.

Meetings at the Senior Center

Commission on Aging

Monthly, 3rd Thursday
3:00 p.m.

Advocates for seniors, advisory board to the City Council and is open to the public. Visit www.cityofwoodland.org/seniors for agendas and minutes.

COA Commissioners

Therese Brown
Don Campbell
Regan Overholt
Carla Sanborn
Heidi Wheeler

Senior Center, Inc.

Monthly, 1st Thursday
9:30 a.m.

Senior Center Inc. is a non-profit organization who raises money and helps plan programs and events for seniors. Meetings are open to the public. All members are invited to attend and participate in board meetings. For membership information, contact the Senior Center at 661-2001. www.WoodlandSCI.org

Computer Club

Monthly, 4th Monday
1:00 p.m.

Speakers speak on computer and internet-based topics.

Membership dues are \$12 a year. For more information contact, the Computer Club at 662-9598 or at

www.wsccc.com



Support & Special Groups

Arthritis Support Group

Monthly, 1st Thursday, 1:00 p.m.

Joining a network of others living with a similar condition is one way to find support after an arthritis diagnosis. Take comfort in the experiences of others in this support group.

Transitions

(formerly "Changes to Choices")

Whether you are dealing with health problems, feeling blue, loss of a loved one, or just the trials of aging, you can find insight and support with this group.

Support Group/Walk-in Consult

2nd & 4th Tuesday, 1:00-2:00 p.m.

Outa Sight

This group serves blind and low-vision persons and members provide support for one another. The goal for the group is to learn independent living skills in order to enhance our lives. Outa Sight also develops and identifies resources for the sight-impaired in our community, and advocates for disability rights.

Speaker 1st Tuesday, 12:30 p.m.

This month discuss technology and what is out there to use, costs, and ease of use

Support 3rd Tuesday, 12:30 p.m.

Peripheral Neuropathy

Monthly, 2nd Tuesday, 1:30 p.m.

The group's purpose is to share information and to encourage others with neuropathy. Some meetings feature speakers.

Parkinson's Support

Monthly, 4th Tuesday, 1:00 p.m.

This peer led group welcomes caregivers as well as those with Parkinson's Disease. This group has guest speakers, but most share experiences and tips for families and caregivers.

Stroke Support

Monthly, 3rd Monday, 1:00 p.m.

A support group so you don't feel you're alone in your rehabilitation and recovery from a stroke. Participating in a support group will not only help you learn more about strokes, it will also help you become inspired to move forward.

Woodland Senior Center Retiree Assistance

Bi-monthly, *ODD numbered months*,
2nd Tuesday, 12:15 p.m.

This group provides information and assistance to seniors and retirees about retirement, Medicare, Social Security, and other related subjects.

Yolo Prostate Cancer Support Group

Bi-monthly, *ODD numbered months*,
2nd Monday 7:00 p.m.

The Yolo Prostate Cancer Support Group welcomes men 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.

Utility Assistance Program

The UAP now provides low-income residents (must own the property at which they live) with up to 6 months of assistance at \$75.00 per month. Program qualifying criteria and applications available at City Hall and the Community and Senior Center welcome desk. For more information please call (530) 661-5831.



Recreation Activities

Current Event Discussion

1st & 3rd Friday
1:00 p.m.
Join in the peer-led conversation about today's hot topics. Be prepared to bring articles to discuss.

Computer Lab

Fridays, 12:00-3:00 p.m.
Fee: \$1 per use

For adults 18 & over. Computers available have been updated to have Windows 7. Lab supervisor can assist with computers and programs.

The Novel Book Club

Monthly, 2nd Tuesday
10:00a.m. – 11:30 **note time change*

A group for enjoying and reading literature with others. Contact Senior Center for more information.

Senior Movie Day

Monthly, 2nd Monday
12:30 p.m.

Movie showings are free to seniors. Popcorn and drinks are provided. Please arrive early, as seating is limited and late arrivals won't be seated. SCI members receive priority seating.

Senior Travel

Trips beyond California are provided by Collette Vacations and local trips are offered by Senior Center Inc's Affordable Adventures.

The Senior Center has current flyers for all upcoming trips. *Contact the Senior Center for more information at 661-2001.*

Writing Your Life History

This course is offered through the Woodland Adult Education program. *Registration is taken at the Woodland Adult Education office. Call 662-0798 to register or for course*

AARP Driver's Safety Class

February 23 & 25

Contact the Senior Center Welcome Desk for Registration Information at (530) 661-2001.

NEW! WEBSITE!



Please visit the new Senior Center Inc. website. Here you will find the latest information on upcoming SCI events, trips and more! Membership & volunteer applications available online. Help support your Senior Center, donate or volunteer today!

www.WoodlandSCI.org

Tax Aid Preparation

Appointments for free tax aid preparation will be held Mondays and Fridays February 1 through April 15. Starting January 15, contact the Senior Center Desk at 661-2001 for an appointment. Priority reservations are given to seniors.

Travel with the Senior Center

AFFORDABLE ADVENTURES

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

* Per Person rates

Reno Show Overnight

\$160 double (\$155 SCI members)

\$180 single (\$175 SCI members)

February 10-11, 2016

Silver Legacy, Dinner, "Footloose" Show, Hotel @ El Dorado, Breakfast, Explore Reno

Oscar de la Renta-Golden Gate Park

\$74 (\$69 SCI members)

March 17, 2016

This world premiere retrospective of Oscar de la Renta's work celebrates the life and career of one of fashion's most influential designers. The exhibition (De Young Museum at Golden Gate park) will include more than 100 ensembles produced over five decades, and is presented in collaboration with the house of de la Renta and the designer's family. Lunch on your own at museum.

Palm Springs

\$710 double

\$\$910 single

April 11-14, 2016

Amtrak from Stockton to Bakersfield. Visit the Palm Springs aerial tram, living desert zoo and gardens, air museum, Reagan library & much more!

Ferry to San Francisco & Lunch @ Boudin

\$74.00 (\$69.00 SCI members)

June 4, 2016

Catamaran ferry from Vallejo to Pier 41 in San Francisco. Visit Boudin's Museum and bakery. Lunch included at Boudins Flagship.

UPCOMING TRIPS

Cambria, Hearst Castle & Morro Bay

August 31-September 2, 2016- Info TBA



The Senior Center partners with Collette Vacations for trips domestic and abroad. All flights for travel depart from Sacramento International Airport. These trips are all inclusive, including travel insurance. Some special excursions are not included in the price of the trip. More trips and complete flyers with trip details and payment deadlines are available at the Senior Center. Collette travel bookings are done in person, by appointment only. Call 661-2005 to schedule appointment with Dallas.

* Per Person Rates

Spotlight on New York City

April 21- 26, 2016

\$2,679 (Double)*

Highlights include: Two Broadway Shows, Greenwich Village, Wall Street, Metropolitan Museum of Art. Statue of Liberty, Ellis

The Best of Eastern Canada

September 6-13, 2016

\$3,299 (Double)*

Highlights include: Montreal, Quebec City, Ottawa, 1000 Islands, Niagara Falls

Rediscover Cuba

October 13-21, 2016

\$4,449 (Double) before discount*

Highlights include: Cayo Santa Maria Island, Sugar Museum, Remedios, Cienfuegos, Botanical Gardens, Cuban Cigar Factory, Havana, Literacy Museum, Cuban Fine Arts Museum, salsa dancing, Casa Fuster

Northern National Parks

July 29- August 5, 2016

\$2,749 (Double) before discount*

Highlights include: Salt Lake City, Jackson Hole, Yellowstone National Park, Old Faithful, Grand Teton National Park, Park City

Spotlight on San Antonio Holiday

November 30- December 4, 2016

\$1,999 (Double)*

Highlights include: Fiesta de las Luminarias, Mission San Jose, The Alamo, Paseo del Rio Cruise, Mayan dude Ranch, LBJ Ranch, Fredericksburg, El Mercado, south Texas Heritage Center, Sandy Oaks Olive Orchard

Discover Tuscany

March 23-31, 2017

\$3,499 (Double)*

Highlights include: Montecatini Terme, Florence, Lucca, Gothic Line, Siena, Winery Tour, Pisa, San Gimignano



THANK YOU to ALL of the volunteers who run the many programs and services at the Woodland Senior Center! You make a difference in the lives of others and we appreciate all you do!

Did you know...

Some of the better-known benefits of volunteering is the impact on the community and the people or organization you help. Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. However, volunteering is a two-way street, and it can benefit you, your family and business as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.



Volunteering benefits the organization or individual

One of the best things about volunteering is that you are making a direct, positive impact on the organization or individual. Whether it is volunteering time or money the results are tremendous.

Volunteering helps you make new friends and contacts

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. Volunteering also strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.



Volunteering increases your social and relationship skills

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

Take the time to make an impact in your community. If you are interested in becoming a volunteer please do not hesitate to contact the Woodland Senior Center Front Desk! We have several volunteer opportunities available!

Applications available at the Welcome Desk and online at www.WoodlandSCI.org.

Art Classes

Art Workshop

Wednesdays, 9:30 a.m.

Fee: \$5 /month

Registration taken at the Community Services Desk.

Artists who enjoy painting or drawing are invited to join this ongoing group.

Ceramics

Thursdays, 9:00 a.m.

Fee: \$5 per month

Registration taken at the Community Services Desk.

Needles & Friends/ Handicrafters

Mondays, 9:00 a.m.

This friendly group combines quilters, crafters, or anyone who just wants advice on unfinished projects.

BEGINNERS ARE ALWAYS WELCOMED. Material and equipment is furnished, or you may feel free to bring your own.

Scrapbooking

2nd & 4th Tuesdays, 10:00 a.m.

What to do with all of those pictures you have? Get hands on tips and pointers and assistance creating your very own pages. Bring your own scissors, photos, and any other supplies you may have. Some supplies may be available.

Woodcarvers

1st & 3rd Wednesday, 1:00 a.m.

Woodcarving for beginners to advanced beginners.

Instruction is provided to novice members by advanced carvers. Loan of some equipment to new carvers.



Games



Bingo

Wednesdays & Fridays
11:45 a.m.

Play 3 cards for \$.15 or 6 cards for \$.30.

Bridge for Fun

Wednesdays, 12:00 p.m.

Cribbage

Wednesdays, 1:00 p.m.

Hand & Foot

Wednesdays, 8:30 a.m.

Mah Jong

Thursdays, 12:30 p.m.

Learn how to play the ancient Chinese tile game.

Open Game Days

Mondays, Tuesdays, Fridays
12:30 p.m.

Pedro

Tuesdays, 12:00 p.m.

This active group has a consistent weekly following. To be placed on the contact list, contact Annette at 406-1020.

Ping Pong

Tuesdays, 6:00 p.m.
Fridays, 10:00 a.m.

Pinochle

Thursdays, 5:15 p.m.

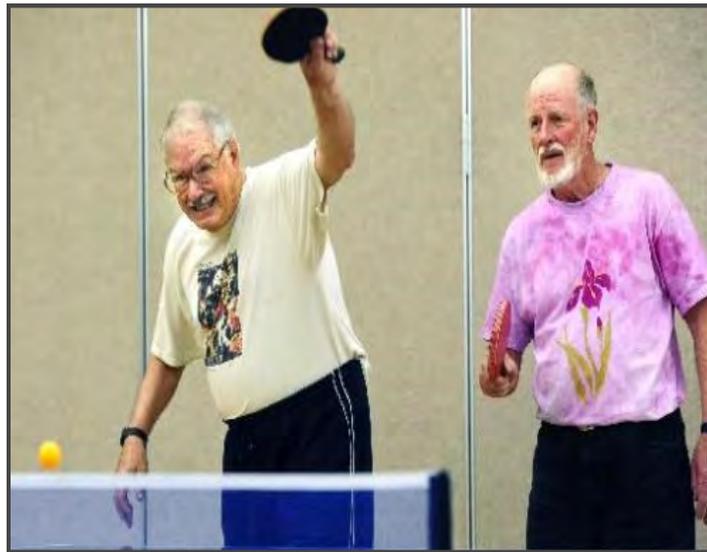


Fitness

Badminton

Monday, Wednesday, Friday
9:30 a.m.

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



Everyday Yoga

Mondays, 9:00 a.m.

Fee: \$20/month

Registration taken at the
Community Services Desk.

Simple yoga practices for overall health and how to cope with stress, anxiety, and certain ailments such as diabetes, arthritis, and high

Ping Pong

Fridays, 10 a.m. &
Tuesdays, 6 p.m.



Join this group of seniors who consider themselves as "over the hill", but still love to have fun and play games.

Pickleball

Tuesdays & Thursdays,
9:30 a.m.



A paddle sport created for all ages and skill levels.

The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.



Low Impact Aerobics

Monday, Wednesday, Friday
8:00 a.m. or 10:00 a.m.

Fee: \$5/month

Registration taken at the Community
Services Desk.

A basic workout starting with 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 your health, and lighten your mood.



& Exercise

Aquatic Activities

*Fees: \$30 for 10 visits (buy 4 10-visit cards, get the 5th free!), or \$4 daily
Registration taken at POOL OFFICE at time of class.*

All Aquatics Activities are held at the **Charles Brooks Community Swim Center**, 155 N. West Street, next to Woodland High School

Enjoy a great all-body workout in the pool, year round. Swimming is great for aging bodies with low or no impact to those aching joints. For more pool related information contact **Woodland Community Services Department** at **661-2000**.

Lap Swim / Water Aerobics

Monday through Friday

11:30 a.m. - 1:00 p.m.

Water Aerobics 11:30-12:30

Saturday-Sunday

10:00-11:30 a.m.

Water Aerobics 10:00-11:00

Lap Swim Only

Monday through Thursday

7:00-8:00 p.m.



Ship Shape

Tuesday & Thursday, 10:00 a.m.

Fee: \$5/month

Registration taken at the Community Services Desk.

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.

Woodland Stompers

Mondays, 1:30 p.m.

A friendly line-dance troupe who dance for exercise, to be social, and because it's fun. The group regularly performs around town. No experience is necessary, and beginners can start at any time.

Yoga & Meditation

Thursdays, 1:00 p.m.

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.



The YMCA Fitness & Wellness Center is the biggest secret in Woodland!

The Center is small, clean, friendly, well-equipped and it is conveniently located within the Community & Senior Center (entrance is at the rear of the facility.)

The YMCA Fitness and Wellness Center features state-of-the-art LifeFitness cardio and strength training equipment.

The Center also offers a wide variety of group exercise classes free for members. Personal training is available by certified personal trainers.

Monday-Friday

6:00 a.m. to 8:00 p.m.

Saturdays

8:00 a.m. to 4:00 p.m.

666-9623



Resources for Seniors

Adult Protective Services

661-2955

Caregiver Information & Support

Information & Appointment Services 666-8828

Elderly Nutrition/ Meals on Wheels

Call 662-7035 ext. 0 reservations & cancellations. Reservations required at least one day in advance.

Handy Helpers Sponsored by Kiwanis

To request service, call the Senior Center Desk at 661-2001

Medicare

(800) 633-4227

Legal Services of Northern California

Free legal advice for seniors for Housing, public benefits, consumer law, employment law, health rights, education rights, civil rights, senior issues. For help call, 662-1065.

Senior Link

Information & Assistance for seniors. Call 207-4250 to make an appointment.

Social Security

(800) 772-1213

Yolo Food Bank

Food programs for the hungry 668-0698 or yolofoodbank.org

Other Senior Services

AARP Driver's Safety Program

Registration taken at the Senior Center. Call 661-2001 for upcoming classes and for registration materials.

Chit Chat Café & Meals on Wheels Lunch Service

Lunch served at 11:30 a.m. Call 662-7035 ext. 0 reservations & cancellations. Reservations required at least one day in advance.

Community Care Car

Desk open 8:00 a.m. to 3:00 p.m. Reservations required. Call 662-7800 for reservations.

Computer Classes

Offered by the Woodland Senior Center Computer Club. Classes are for adults, 18 & over and are scheduled based on volunteer availability. Stop by the Senior Center to see the complete listing of classes offered.

Health Insurance Counseling and Advocacy Program (HICAP)

2nd & 4th Thursday 1:00 p.m. to 4:00 p.m. Appointments taken at the Senior Center Desk. Call 661-2001 to make an appointment.

Information & Assistance via Senior Link

Monday, Wednesday, Friday 10:00 a.m. to 12:00 p.m. Call (530) 207-4250 to make an appointment. Walk-ins welcome during office hours.

Legal Consultations

Monthly, 3rd Thursday afternoons Free legal advice is given on wills, trusts, estates and more. Appointments taken at the Senior Center Desk. Call 661-2001 to make an appointment.

Media Library

The Senior Center has a large selection of books, audio books, VHS movies & DVD movies. All are available to check out for free. Donations are taken for most media. Call the Senior Center at 661-2001 for details.

Thrift Store

Tuesdays 8:00-10:30 a.m. Fridays 9:30-11:30 a.m. Gently used goods for sale. Donations accepted at the Senior Center Desk, Monday through Friday, 8:00 a.m. to 3:00 p.m. (no electronics, books, or used medical equipment)

Tuesday's Table Yolo Food Bank

Tuesdays, 9:00 a.m. Located at the rear of the Community & Senior Center. Bring your own bag for groceries. For information, call 668-0690

1-on-1 Tech Help Free for Seniors

Fridays 12:00 p.m. - 3:00 p.m. For those needing help with their iPhone, iPad, smart phone, tablet, or laptop computer. Schedule an appointment by calling the Welcome Desk at 661-2001

Hearing Exams Free for Seniors

2nd & 4th Tuesdays 12:30-3:00 p.m. Receive a free hearing exam offered by Woodland Hearing Aid Services Inc. Schedule an appointment by calling the Welcome Desk at 661-2001.

2001 East Street (around back)

THRIFT STORE

All Proceeds benefit Senior Center, Inc. and Senior Programs

The Senior Center
THRIFT STORE at
the Senior Center
must make room for
new inventory
coming in.

Plenty of good
quality used clothing
available. Lots of
other new & used items. Big variety
in small store.

Come see us *Tuesdays 8:00 am-11:00am*
OR Fridays 9:30 am-11:30 am



**VOLUNTEERS NEEDED TO HELP RUN
THRIFT STORE— APPLY AT WELCOME DESK**

For more information, contact the Senior Center at (530) 661-2001



THRIFT STORE DONATIONS ALSO NEEDED!

If you have items to donate to the thrift store and need assistance getting them to us, please call the Welcome Desk and arrange for a pick up! All proceeds benefit Senior Center, Inc. and Senior Programs!

Elderly Nutrition Program in Yolo County
People Resources, Inc

January 2016

<p>Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C * Vitamin A.</p> <p>Menu subject to change.</p> <p><i>Partially funded by AAAA</i></p>	<p>Suggested Contributions: \$4.00 Seniors & Spouses</p> <p>Fees: \$3.50 Volunteers (< 60) \$7.00 GUEST FEE</p>			<p>Friday Jan 1</p> 
<p>Monday Jan 4</p> <p>▶Chicken Fondue Capri Vegetable Blend+ ▶Savory Brown Rice ▶Whole Wheat Bread ▶Fruit Juice+</p>	<p>Tuesday Jan 5</p> <p>▶Beef Pepper Steak+ w/Bell Peppers & Tomatoes Cauliflower+ ▶Penne Pasta ▶Bread ▶Applesauce+</p>	<p>Wednesday Jan 6</p> <p>▶▶Twice Baked Potato w/Savory Ground Turkey, Sour Cream and Green Onions ▶Steamed Carrots+ ▶Roll ▶Tropical Fruit+</p>	<p>Thursday Jan 7</p> <p>▶Lemon Herb Fish ▶Lentils Florentine ▶Coleslaw*+ ▶Wheat Crackers ▶Apricot Halves*</p>	<p>Friday Jan 8</p> <p>▶Meatloaf w/Gravy Winter Vegetable Blend ▶Scalloped Potatoes+ ▶Whole Wheat Bread ▶Fruit Cocktail</p>
<p>Monday Jan 11</p> <p>▶▶Chicken and Biscuit Bake w/Vegetables and Potatoes ▶Stewed Tomatoes ▶Cinnamon Apples</p>	<p>Tuesday Jan 12</p> <p>▶Swedish Meatballs Scandinavian Vegetables+ ▶Mashed Potatoes+ ▶Wheat Bread ▶Banana+</p>	<p>Wednesday Jan 13</p> <p>▶1/2 Ham Sandwich ▶Vegetable Minestrone Soup+ Romaine Salad w/ ▶Mandarin Oranges+ & Dried Cranberries</p>	<p>Thursday Jan 14</p> <p>▶Oven Fried Chicken Green Beans ▶Cheesy Spuds+ ▶Cornbread ▶Blushed Pears</p>	<p>Friday Jan 15</p> <p>▶Heavenly Beef & Rice Gourmet Veggie Blend* ▶Wheat Roll ▶Fruit Juice+ ▶▶Tapioca</p>
<p>Monday Jan 18</p> <p>Closed</p> 	<p>Tuesday Jan 19</p> <p>▶Crispy Baked Fish ▶Au Gratin Potatoes Mixed Vegetables* ▶Wheat Bread ▶Fruit Juice+</p>	<p>Wednesday Jan 20</p> <p>▶Pork Ragout ▶Brown Rice Garden Salad*+ ▶Whole Wheat Bread ▶▶Baked Peaches</p>	<p>Thursday Jan 21</p> <p>▶Fuse Turkey Burger ▶Served Open Faced on Bun w/Mushroom Sauce ▶Baked Sweet Potato+ ▶Peas ▶Fruit Juice+</p>	<p>Friday Jan 22</p> <p>▶Pan Style Omelet w/ spinach, peppers, & cheese ▶Oven Fried Potatoes ▶Banana+ ▶▶Blueberry Crumble+</p>
<p>Monday Jan 25</p> <p>▶Southern Fried Steak w/Country Gravy ▶Carrots+ ▶Mashed Potatoes+ ▶Wheat Roll ▶Fruit Cocktail</p>	<p>Tuesday Jan 26</p> <p>▶Chicken Paprika Served over Noodles Steamed Spinach+ ▶Wheat Bread ▶Citrus Cup+</p>	<p>Wednesday Jan 27</p> <p><i>Happy Birthday</i> ▶Seafood Chowder Fresh Broccoli/Ranch+ ▶Sugar Free Gelatin/Fruit ▶Crackers ▶▶Birthday Cake</p>	<p>Thursday Jan 28</p> <p>▶Classic Four Cheese Lasagna w/Spinach Tossed Green Salad Garlic Bread ▶Fresh Fruit</p>	<p>Friday Jan 29</p> <p>▶Garlic Chicken ▶Stir Fried Brown Rice+ ▶Asian Vegetable Blend ▶Pineapple Tidbits+ ▶Fortune Cookies</p>

Congregate Dining Sites Reservations/Cancellations must be made by noon the day before by calling the site: **Davis Senior Center 646 A Street 747-5870** • **West Sac Senior Center 664 Cummins Way (916) 373-5805** • **Winters Community Center 201 Railroad Avenue 795-4241**
• **Woodland Senior Center 2001 East Street 662-7035 ext 0**
Knights Landing/Esparto 662-7035 ext 0 • **Elderly Nutrition Program Main Office 662-7035 ext 0**

Eldorado Hotel in Reno Show and Overnight

And including a visit to the National Automobile Museum



Tour Inclusions

Overnight at the El Dorado Resort & Casino
Ticket to **Footloose The Musical** Show
Dinner Buffet and Breakfast Buffet Tickets
Bonus at Silver Legacy
\$6.00 Cash & \$2.00 Food
Admission to National Automobile Museum
Refreshments on the Coach
Luggage Handling and all Resort Taxes
Amador Stage Lines Transportation
Driver & All Gratuities

Price \$ 160.00 per person double occ.
Single - \$180.00 per person
SCI Members deduct \$5.00

Wednesday & Thursday, February 10 & 11, 2016

The celebrated film musical **"Footloose"** now bursts explosively onto the Eldorado stage. The story begins when Ren and his mother move from Chicago to a small farming town, where Ren has to make big adjustments in his new high school. What he isn't prepared for are the local laws - including a ban on dancing - which are the brainchild of a local preacher bent on exercising control over the town's youths. When the Reverend's rebellious daughter sets her heart on Ren, her boyfriend tries to sabotage Ren's reputation and many of the locals are eager to believe the worst about the new kid. With its Oscar'-nominated hit score (the film soundtrack album has sold over 15 million copies world-wide) featuring **"Heaven Help Me," "Let's Hear It From The Boys," "Mama Says," "Almost Paradise," "Footloose,"** you will be tapping your toes and dancing in the aisles!

At the **National Automobile Museum**, we invite you to not just revel in our more than 200 glorious cars, but to relive their stories. Walk through our cobblestone street scenes, honk the antique "ooga" horn, perhaps put on a period hat and coat and create your own stories in our photo car. At the end of your journey, you'll understand why it is considered "One of America's Five Greatest Automobile Museums."

Day 1, Wednesday, February 10

Depart at 7:30am fro Target in Woodland. Arrive at the Silver Legacy for a four hour stay and receive a bonus of \$6.00 Cash and \$2.00 Food. Check into the El Dorado late afternoon. Receive a dinner buffet coupon, a ticket the the evening musical show and a breakfast buffet coupon for the next morning. Enjoy your evening. (D)

Day 2, Thursday, February 11

Enjoy the breakfast buffet and the morning at your leisure. After lunch on your own, depart at 12:30pm from the El Dorado. Arrive at the National Automobile Museum. Perhaps you will choose to enjoy the The Bill Harrah Story and the Magic Carriage are shown in the theatre or pick up a pair of earphones for an audio tour. The National Automobile Museum (The Harrah Collection) has a "Wow!" factor you don't often find in a museum. You'll see more than 200 eye-popping cars with authentic street scenes and sounds. The facades bring displays to life; a hardware store here, a movie theatre there which accompany artifacts from each era. Audio tours let you explore the museum at your own pace. Depart at 3:30pm and arrive back in Woodland approximately 6:30pm.

Price per person Double Occupancy: **\$ 160.00**

Price per person for Single Occupancy Price: \$ 180.00

\$ 75.00 due with sign up

Final Balance due: January 6, 2016

Non-refundable after January 6, 2016

Note: Senior Center, Inc. members can deduct \$5.00.

Special note: If there is an unforeseen cancellations of a restaurant or attraction, Affordable Adventures reserves the right to substitute an equal vendor or attraction. And the casino bonus is always subject to change by the casino.

Insurance is not sold through the Woodland Senior Center. However, you can obtain your own travel insurance through various travel insurance companies like AAA that sell individual policies for travel.

Reservation Coupon

Reno Overnight, February 10 & 11, 2016

Make checks payable to: **Senior Center Inc.**

Bring in or Mail to: **Woodland Senior Center, 2001 East Street, Woodland, CA 95776**

Enclosed is payment for \$_____ for _____ passengers

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

Roommate: _____

Room (all nonsmoking) 1. __ Single 2. ____ Two Beds 3. _____ Handicap

E-Mail Address: _____

Emergency Contact: _____

Phone: _____

_____ I was informed of the refund policy



Woodland Senior Center

2001 East Street | Woodland | (530) 661-2001

Open Monday through Friday

8:00 a.m. to 3:00 p.m.

Closed Weekends & Holidays

The Woodland Senior Center is a designated “**Focal Point**” of 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.

The **Woodland Senior Center** does not endorse the opinions, services or products discussed in support groups nor do we allow solicitation of our participants.

For questions or concerns, contact Senior Center staff at 661-2001.

Support the Woodland Senior Center



Senior Center, Incorporated is a non-profit organization dedicated to the betterment of the lives of Woodland seniors by supplementing and supporting programs at the Woodland Senior Center.

Senior Center, Inc. Board of Directors

Roy Miller, President

Steve Etters, Vice President

Chuck Winter, Secretary

Elizabeth Kemper, Treasurer

Nick Pohl, Past President

Jan Bello

Connie Crandall

Stan Moorhead

Linda Nantz

Maxine Polkinghorne

Carla Sanborn

Judy Tommeraason

Gil Walker

Annual dues for membership, fundraisers, and donations are vital to SCI’s non-profit mission. Senior Center Inc. supports events and programs within the Senior Center including the annual Thanksgiving Dinner, Holiday Social, and the Senior Art Exhibition.

All memberships and subscriptions are for the calendar year ending December 31, 2016.

To become a member of Senior Center Inc., call the Senior Center at 661-2001 for a membership application and ask about the benefits of membership.

www.WoodlandSCI.org



Woodland Senior Center
2001 East Street
Woodland, CA 95776
(530) 661-2001
www.cityofwoodland.org/seniors

Nonprofit Organization
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Address Service Requested



Overview of Upcoming Dates



January 1 & 18
Center Closed for Holidays

January 7
Collette & Affordable Adventure
Travel Presentation

January 11
Senior Movie Day: Mr. Holmes

February 10– 11
Affordable Adventure overnight
Reno, Eldorado 'Footloose' Show

February 15
Center Closed for Holiday

February 23 & 25
AARP Driver Safety Class

March 4
Senior Art Show & Rexpo

March 12
Hand & Foot Card Party

