

Senior Gram

Volume 10
Issue 2
February 2016



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SENIOR MOVIE DAY



St Vincent
Monday, February 8th
12:30 p.m.
(2015) PG-13 102 min.
Comedy/Drama

A young boy whose parents have just divorced finds an unlikely friend and mentor in the misanthropic, bawdy, hedonistic war veteran who lives next door.
Stars: Bill Murray, Melissa McCarthy, Naomi Watts

SENIORS ONLY PLEASE!
Exclusive SCI Member seating starts at noon and ends at 12:20 p.m.

White Elephant Thrift Store— NOW OPEN Monday– Friday!

Volunteers & Donations needed

Come check out our newly revamped Thrift Store! Senior Center Inc. worked hard on cleaning out and restocking the Thrift Store. Come see us today! If you are interested in becoming a volunteer for the Thrift Store please inquire at the Welcome Desk. Always 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.

Tax Aid Preparation

Taking reservations for February through April 15

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

Senior Art Show & ReXpo Event—FREE!

Friday, March 4th 4:00 p.m.– 7:00 p.m.

See artwork created by senior artists participating in classes at the Senior Center, including paintings, ceramics, needlework, quilts, woodcarving pieces, and scrapbooking. To celebrate the agricultural heritage of our community come and enjoy wine tasting provided by *Simas Family Vineyard*. Also, as part of the Community Service Department ReXpo event, enjoy food and beverages from our local favorites: Blue Note Brewing Company, Morgan's on Main, Black Pine Catering, and Savory Café.

Hand and Foot Card Party

Saturday, March 12th 11:00 a.m.– 4:00 p.m.

Senior Center Inc. is sponsoring a fun afternoon of playing cards and lunch. Tickets are \$20 each and lunch is included. Reservations made at the Welcome Desk. Raffle tickets for prizes available during event!

SHRED EVENT! Location: 203 Main Street Woodland 95695.

Friday, February 5th 10:00 a.m.– 2:00 p.m.

Yolo County District Attorney's Office and AARP in conjunction with Umpqua Bank will be hosting a Shred Day. Bring any number or size of box filled with documents to Umpqua Bank and they will send it through the shredder for you.



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.wsgcc.com



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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.

OutaSight

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, 10:30p.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.

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



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 information.

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



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

Recreation Activities

FREE!

HEALTHY LIVING WORKSHOPS

Third Wednesdays
10:30– 11:30 a.m.

Healthy living for Older Adults is a Yolo County public health program aimed at helping people with chronic conditions adopt healthier behaviors, take charge of their health conditions, and improve their quality of life. Lisa Musser, RN is the Public Health Nurse for this program and she is offering a series of FREE Healthy Living Workshops at the Senior Center. Come join us before lunch the third Wednesdays of the month from 10:30-11:30 a.m. to learn more about healthy living. Classes are drop-in.

February 17: Healthy Eating after 50

March 16 : What's a Pancreas?

April 20: Don't Take Your Bones for Granted

May 18: Using Your Mind to Feel Better

For more information on these classes, contact Lisa Musser, RN at (530) 666-8524.

AARP Driver's Safety Class

February 23 & 25

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

Travel with the Senior Center

AFFORDABLE ADVENTURES

* Per Person rates

Reno Show Overnight– Seats still available!

February 10-11, 2016

Oscar de la Renta-Golden Gate Park– Day Trip

\$74 (\$69 SCI members)

March 17, 2016

This premiere of Oscar de la Renta's work celebrates his life and career. The exhibition (De Young Museum) will include more than 100 ensembles produced over five decades. Lunch on your own at museum.

Palm Springs

\$675.00 double (\$875 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– Day Trip

\$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 Boudin's Flagship.

Silver Legacy- Day Trip - Sign up early– fills up fast!

\$40.00 per person (\$35.00 SCI members)

July 16, 2016

Each person receives a bonus of \$10 cash \$3 food.

Cambria, Hearst Castle & Morro Bay

\$375.00 double- \$370.00 SCI members (\$525.00 single)

August 31-September 2, 2016

Spend two nights in Cambria on 25 fabulous garden acres. Visit the incredible Hearst Castle. Visit a glass blower and pottery maker. Stroll the seaside town of Morro Bay.

Coming Soon- Sign up after June 1

Apple Hill

\$55.00 per person

September 17, 2016

Trip includes guided tour of Apple Hill ranches. Chicken lunch with apple pie dessert.

Fleet Day on San Francisco Bay– Day Trip

\$145.00 per person

October 8, 2016

Enjoy a buffet lunch on the Horn Blowers San Francisco Bell Ship. Weather permitting see the Blue Angels fly overhead in the afternoon.

Golden Gate Fields Horse Racing– Day Trip

\$79.00 per person

November 10, 2016 Lunch buffet at the Turf Club. Afternoon of racing!

Local trips are offered by Senior Center Inc.'s Affordable Adventures. All trips depart from the Woodland Target parking lot. SCI members receive a \$5 discount. Detailed trip flyers are available at the Woodland Senior Center. Call for info 661-2001.

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*Per Person Rates

Spotlight on New York City

April 28– May 2, 2016

\$2,779 (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

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

SAVE the DATE

Hand & Foot

March 12th
11 a.m.- 4 p.m.

Lunch served at 11:30
a.m.

WOODLAND COMMUNITY
& SENIOR CENTER



Tickets

\$20

For more info

Maxine

530-662-9797

Register and buy
tickets at the Welcome
Desk

Sponsored by Woodland Senior Center, Inc.

Supporting Senior programs within Woodland



Appointments for **FREE**
tax aid preparation will be
held Mondays and Fridays
February 1 through April 15.

Contact the Senior Center Desk at 661-2001 for an appointment.

COMING SOON!

Woodland Telephone Reassurance Program

A new program coming soon to the Woodland Senior Center. Serving individuals age 50 and older, living alone 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 661-2001 and online at www.WoodlandSCI.org. Please spread the word!

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.



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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.

Play CHESS?

We have some interested players. Please contact Kim at the Senior Center and she will coordinate a game for you!
661-2016



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.

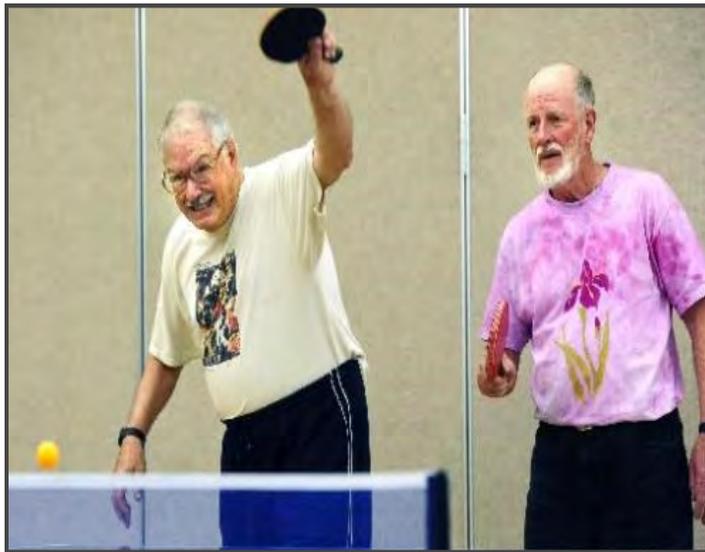
Simple yoga practices for overall health and how to cope with stress, anxiety, and certain ailments such as diabetes, arthritis, and high



Ping Pong

Fridays, 10 a.m. Tuesdays, 6 p.m. (18 years and older Welcome!)

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 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



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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

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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

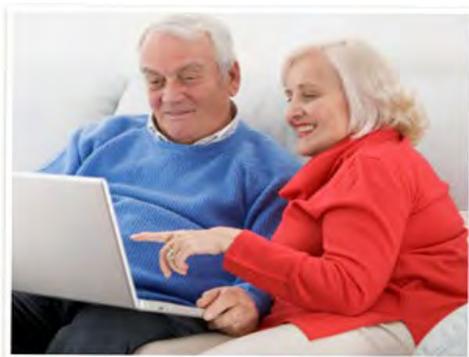
Offered by the **Woodland Senior Center Computer Club**. Classes are for adults, 18 & over and are scheduled based on volunteer availability. Stop by the Senior Center to see the complete listing of classes offered.

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: 8:00-11:00 a.m. Mon, Wed, Thur, Fri : 9:30 a.m.-12:00 p.m. Gently used goods for sale.

Donations needed (no electronics, books, or used medical equipment). Need help getting your items to us? Call the front desk to schedule a pickup!



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.

SENIOR ART SHOW

Sponsored by Senior Center Inc.

Woodland Community & Senior Center

2001 EAST STREET WOODLAND 95776

FRIDAY

March 4th

4:00-7:00P.M.

See artwork created by senior artists participating in classes at the Senior Center Including paintings, ceramics, needlework, quilts, woodcarving pieces, and scrapbooking. Artists will be available to answer questions and some pieces ,may be for sale.

To celebrate the agricultural heritage of our community, wine tasting will be a part of the Art Show provided by Simas Family Vineyard. Also, in conjunction with the Senior Art Show is the Community Services ReXpo Event, a Recreation Program Exposition, fun for the whole family! Enjoy refreshments and food from Blue Note Brewery, Morgan's on Main, Maria's Cantina, Black Pine Catering and Savory Café.



Kids Activities

10% Registration Discount

Youth Programs

Senior Programs

Friday, March 4

PRIZES!

4-7 p.m.

FREE!



Learn About Summer Programs

**Woodland Community & Senior Center, 2001 East Street
(530) 661-2000 cityofwoodland.org/communityservices**

Summer Program Registration

Scholarship Information

Free Food!

Senior Art Show

Woodland Senior Center Inc. Presents Affordable Adventures

Palm Springs Playground

April 11-14, 2016

**\$675 Double Occ.
\$875 Single**



Ride Amtrak from Stockton to Bakersfield



Ride the Palm Springs Aerial Tram



Visit the Palm Springs Air Museum, with exhibits and aircraft from various Wars.



Visit the Reagan Library in Simi Valley. Enjoy the exhibit "Vatican Splendors, A Journey Through Faith and Art"

Tour Inclusions

- * Amtrak Ride from Stockton to Bakersfield
- * Box Lunch, Tram Tour at the Living Desert Zoo and Botanical Gardens
- * Docent Tour and Admission to the Palm Springs Air Museum
- * Palm Springs Aerial Tramway
- * Dinners at Kaiser Grille Restaurant and Woolgrowers Restaurant
- * One Night Accommodations at Four Points in Bakersfield with included Breakfast
- * Two Nights at Palm Mountain Resort with Daily Breakfasts
- * One Night at the Best Western Plus in Sherman Oaks
- * Admission and Docent Tour of the Reagan Museum AND the special exhibit "Vatican Splendor"
- * Lunch at Pea Soup Andersons
- * Amador Stage Lines Transportation & Driver Gratuity

Day 1, Monday, April 11– Board approximately 9am @ Target Woodland

Depart on the motorcoach for a short ride to Stockton. Board the **Amtrak** train for a delightful way to travel down the valley. A box lunch is provided for your ride. Arrive in Bakersfield late afternoon and check into your hotel for the evening. Dinner included at **Woolgrowers Restaurant**. (Box lunch, D)



Day 2 - Tuesday, April 12

After a private buffet breakfast at the hotel, travel to Palm Springs. Visit the **Living Desert Zoo and Gardens**. After a delicious box lunch there, step aboard the tram for a delightful ride around the Living Desert Zoo and Gardens. Living Desert tours is a unique way to visit the zoo and botanical garden. Giraffes, mountain lions, zebras, and cheetahs are just a few of the incredible animals that take you from Africa to North America. There is a stop at our Wildlife Hospital where you will be able to see the state of the art equipment. Enjoy some free time on your own to stroll thru the Gardens. Check in for two nights at the Palm Mountain Resort, located just a block from the Main Street. Two coupons are included for the next two days that are good for breakfast. (BK, Box Lunch)



Day 3 - Wednesday, April 13

Enjoy an included breakfast. Then its off to the Palm Springs Air Museum. This living history museum is dedicated to educating about the role Air Power played in preserving American liberties. See exhibits and aircraft from World War Two, Korea and the Vietnam Wars.

It is up the Mountain today as we ride aboard the Palm Springs Aerial Tramway, World's Largest Rotating Tramcar. Experience a breathtaking journey up the sheer cliffs of Chino Canyon. Begin the **10 minute ride** at the Valley Station – elevation 2,643 ft. and end at the Mountain Station – elevation 8,516 ft. Walk around and enjoy incredible views of the Santa Rosa and San Jacinto Mountains National Monument from the top of the mountain. Perhaps you will choose to enjoy refreshments on your own in the cafe at the top before riding back down to the valley floor. Return to the hotel to freshen up. Return to the hotel early afternoon before enjoying a delicious included dinner at the Kaiser Grille, one of the favorite restaurants of the tour groups. (The restaurant is located in downtown Palm Springs so enjoy a leisure evening with your friends.) (B, D)



Day 4- Thursday, April 14

After the included breakfast, bid farewell to Palm Springs, crossing the Mojave desert to Simi Valley. Arrive at the Reagan Museum. Take a docent tour, Climb aboard Air Force One, touch an authentic piece of the Berlin Wall AND see a very special exhibit that will be on display for only a few months. Vatican Splendors is one of the largest Vatican collections ever to tour North America. Many items have never been on public view. Items in the collection—which include mosaics, frescoes, paintings by Renaissance masters, works by well-known sculptors, intricately embroidered silk vestments, precious objects from the Papal Mass, uniforms of the Papal Swiss Guard, historical maps and documents and relics. You will feel transported to the Vatican, from the underground catacombs where the remains of Saint Peter were discovered to the magnificent papal chambers found above ground. From the sights and sounds of the grand Basilica to a touchable cast of Saint John Paul II's hand, the exhibition is a multi-sensory experience and a true "insiders" view of the Vatican. Don't miss this once-in-a-lifetime pilgrimage through the Catholic Church's spiritual, artistic and ceremonial treasures. Overnight at the Best Western Plus Carriage Inn. (B)



Day 5 - Friday, April 15

Breakfast on your own this morning, then depart from Sherman Oaks and travel back to Woodland.



Elderly Nutrition Program in Yolo County
People Resources, Inc

February 2016

Monday Feb 1	Tuesday Feb 2	Wednesday Feb 3	Thursday Feb 4	Friday Feb 5
▶ Beef Tamale Pie+ w/ Cornbread Crust Green Beans ▶Wheat Roll ▶Cinnamon Apples	Chicken Fondue ▶Scalloped Potatoes+ California Vegetables*+ ▶Wheat Bread ▶Blushed Pears	Hamburger w/Lettuce, Pickles & Condiments ▶▶Wheat Bun ▶O'Brian Potatoes+ ▶▶Fruit Crisp	▶ Seafood Medley ▶Served with Brown Rice ▶Peas & Carrots* ▶Whole Wheat Bread ▶Fresh Fruit+	▶ Cheese Ravioli Garden Salad* ▶Garlic Bread ▶Fruit Juice+
Monday Feb 8	Tuesday Feb 9	Wednesday Feb 10	Thursday Feb 11	Friday Feb 12
Crispy Fish Fillet w/ Tartar Sauce ▶Sour Cream & Chive Potatoes ▶Steamed Spinach* ▶ Bread ▶Tropical Fruit+	▶ Beef w/Burgundy Sauce Served Over Pasta Chef's Blend Vegetables ▶Wheat Roll ▶Applesauce+	▶ Oven Fried Chicken ▶Mashed potatoes ▶Coleslaw* ▶Buttermilk Biscuit ▶Fruit Juice+	▶▶ Split Pea Soup ½ Ham Sandwich Tossed Green Salad ▶Crackers ▶▶Ambrosia+	<i>Happy Valentine's Day</i> Teriyaki Chicken ▶ "Stir Fry" Brown Rice Japanese Vegetables ▶Pineapple Tidbits+ ▶▶Sweet Treat
Monday Feb 15	Tuesday Feb 16	Wednesday Feb 17	Thursday Feb 18	Friday Feb 19
<i>Celebrating our Nation's Leaders</i> Presidents' Day Closed	Parmesan Chicken ▶Orzo Italian Vegetables* ▶Wheat Bread ▶Fruit Juice+	▶ Black Bean Chili w/ Turkey Garden Salad*♦ ▶▶Cornbread♦ ▶Mandarin Oranges+♦	▶▶ BBQ Beef on a Bun ▶Potato Chips 4 Way Vegetable Blend* ▶Fruit Cup+	Crispy Fish ▶Brown Rice Stewed Tomatoes ▶Wheat Bread ▶Fresh Fruit+
Monday Feb 22	Tuesday Feb 23	Wednesday Feb 24	Thursday Feb 25	Friday Feb 26
Swedish Meatballs ▶Au Gratin Potatoes+ Scandinavian Vegetables* ▶Wheat Bread ▶Peaches	▶ Turkey Ala King Over Brown Rice Winter Vegetables+ ▶Wheat Bread ▶Apricot Halves*	<i>Happy Birthday</i> Herb & Garlic Chicken ▶Baked Potato w/ Sour Cream ▶Roll ▶Fruit Juice+ ▶▶Birthday Cake	Polish Dog (contains pork) ▶▶w/Sauerkraut+ & Bun ▶Steamed Carrots* ▶Potato Chips ▶Fruit Juice+	▶ Clam Chowder* ▶3 Bean Salad Served Over Crisp Greens ▶Wheat Crackers ▶Applesauce+
Monday Feb 29	Suggested Contributions:			
▶▶ Macaroni & Cheese ▶Mixed Vegetables* ▶Wheat Roll ▶Fruit Compote+	\$4.00 Seniors \$3.50 Volunteers (< 60) \$ 7.00 Guest Fee (required) <i>(if under 60 unless w/ senior spouse)</i>			 = High Sodium Meal Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C * Vitamin A Menu Subject to Change <i>Partially funded by A4AA</i>

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**

Knights Landing/Esparto **662-7035 ext 0**

Woodland Senior Center 2001 East Street **662-7035 ext 0**

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



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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Woodland, CA

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Overview of Upcoming Dates

February 8

Senior Movie Day: St Vincent

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

March 17

Affordable Adventure Oscar de la
Renta Exhibit at the de Young Museum

