

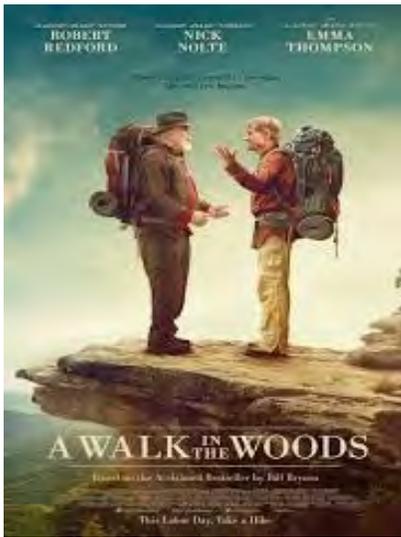
# Senior Gram

Volume 12  
Issue 3  
March 2016



Trip information (also see insert)	P. 4
Healthy Living Workshops	P. 8
Retiree Assistance– Guest Speaker!	P. 9
Hand & Foot Card Party	P. 5
Digital You– Intro to Tablets Workshop	P. 6
Alzheimer's Association Workshop	P. 9
Cache Creek Nature Preserve- Free Enrichment Program	P. 10

## SENIOR MOVIE DAY



**Monday, March 14th**  
**12:30 p.m.**  
(2015) R 1 hr. 44min.  
Adventure/Comedy

In this comedy adventure, celebrated travel writer, Bill Bryson (played by Robert Redford), instead of retiring to enjoy his loving and beautiful wife (Emma Thompson), and large and happy family, challenges himself to hike the Appalachian trail. The peace and tranquility he hopes to find, though, is anything but, once he agrees to be accompanied by the only person willing to join him on the trek– his long lost and former friend Katz (Nick Nolte).

**SENIORS ONLY PLEASE!**

## Hand and Foot Card Party

**Saturday, March 12, 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!

## St. John's FREE Blood Pressure Clinics– New!

**Every other Wednesday starting March 9– 9:30 a.m.- 10:30 a.m.**

St. John's fabulous nursing staff will be available to take blood pressures twice a month. Don't miss this complementary service from our great friends at St. Johns! Clinics will take place in the Woodland Senior Center consultation room.

## Art of Living Meditation Classes-New!

**3rd Mondays 3:00 p.m.– 4:00 p.m.**

There is an ample– and rapidly growing body of evidence indicating the positive health outcomes resulting from meditation. Simple meditation practices are proven to have a wide range of physical and mental health benefits, from increased longevity to improvements in one's ability to manage stress and chronic pain. Come meet Kavita and relax for an hour of light breathing technique.

## Experience the Cache Creek Nature Preserve- Free Mind, Body, and Spirit Enrichment Program! **Series begins April 5, 1-3 p.m. First topic: History of the Cache Creek Nature Preserve**

In this series you will learn about the Cache Creek Nature Preserve, with a focus on ecology, local food webs, and native plants and their cultural uses. You will be able to tour the Nature Preserve with the guidance of expert naturalists who can answer your questions. This adult life enrichment program is free. A \$5 donation for materials is requested for optional activities including dissecting owl pellets and tile weaving. See flyer on page 10 for additional registration information and other series dates!

## Digital You– Technology Training Workshop Intro to Tablets– Location: Woodland Senior Center

**Thursday, April 28 , 1:00 p.m.– 3:00 p.m.**

Agency on Aging\ Area 4 and AT&T bring you this free technology training workshop ,Intro to tablets. Learn the basics of using a tablet in this hands-on course covering touchscreen basics, surfing the web, taking and sharing photos, downloading apps and more! This course is intended for beginners. Tablets are provided for hands-on practice during the workshop. **Location: Woodland Senior Center. RSVP to Bobby Owell (916) 486-1876 if you are able to attend.**



**Woodland Senior Center**  
2001 East Street | Woodland, CA 95776 | (530) 661-2001  
[www.cityofwoodland.org/seniors](http://www.cityofwoodland.org/seniors)  
*the mailing of this publication is paid for by Senior Center, Inc.*

# Art, Fitness & Games

## Art Classes

Art Workshop (painting & drawing)	Wednesdays	9:30 am	\$5/month
Ceramics	Thursdays	9:00 am	\$5/month
Needles & Friends (quilting & crafts)	Mondays	9:00 am	
Scrapbooking	2nd & 4th Tuesdays	10:00 am	
Woodcarvers	1st & 3rd Wednesdays	1:00 pm	



## Exercise Classes

Aquatic Activities (Charles Brooks Community Swim Center)	Call 661-2000		\$4/ day
Drop In Badminton	Mon Wed Fri	9:30 am	
Low Impact Aerobics	Mon Wed Fri	8:00 & 10:00 am	\$5/month
Drop In Pickleball	Tue & Thur	9:30 am	
Drop In Ping Pong	Fridays	10:00 am	
Ship Shape (resistance band training)	Tuesdays (18+ welcome!)	6:00 pm	
Stompers (line dance troupe)	Tue & Thur	10:00 am	\$5/month
Yoga & Meditation	Mondays	1:30 pm	Call for
Art of Living Meditation <b>NEW!</b>	Thursdays	1:00 pm	
	3rd Mondays	3:00 pm	



## Social Games

Bingo	Wednesdays & Fridays	12:00 pm
Bridge for Fun	Wednesdays	12:00 pm
Cribbage	Wednesdays	1:00 pm
Hand & Foot	Wednesdays	8:30 am
Mah Jong	Thursdays	12:30 pm
Open Game Days	Mon Tues Fri	12:30 pm
Pedro	Tuesdays	12:00 pm
Pinochle	Thursdays	5:15 pm



# Support & Special Groups

## Support Groups

Arthritis Support	1st Thursday	1:00 pm
Outa Sight (vision support)	1st & 3rd Tuesdays	12:30 pm
Parkinson's Support	4th Tuesdays	1:00 pm
Peripheral Neuropathy	2nd Tuesdays	1:30 pm
Prostate Cancer Support	2nd Monday of odd months	7:00 pm
Retiree Assistance	2nd Tuesday of odd months	12:15 pm
Stroke Support	3rd Mondays	1:00 pm
Transitions (aging-related topics)	2nd & 4th Tuesdays	1:00 pm



## Resources *call 661-2001 to make your appointment*

1 on 1 Tech Help	Fridays	12:00-3:00 pm	By appointment
Community Care Car (530) 662-7800	Mon-Fri	8:00 am-3:00 pm	By appointment
Computer Lab	Fridays	12:00-3:00 pm	\$1/visit
Hearing Exams	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays	12:30-3:30 pm	By appointment
HICAP Consultations (Health Insurance counseling)	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays	1:00-4:00 pm	By appointment
Legal Consultations	3 <sup>rd</sup> Thursdays	12:00-3:00 pm	By appointment
Senior Link (information & assistance)	Mon Wed Fri	10:00-11:45 am	Drop In
St. John's Blood Pressure Clinics <b>NEW!</b>	Every other Wednesdays	Starting March 9th!	



## General Programs

Affordable Adventures	Short trips & day trips	Flyers available at Senior Center
Chit Chat Café Senior Lunch	Monday-Fridays	11:30 am Call in advance 662-7035
Collette Travel	Luxurious travel	Flyers available at Senior Center
Current Events	1st & 3rd Fridays	1:00 pm
Discussion Group		
Media Library	Free check out of books, audio books, VHS, and DVDs	
The Novel Book Club	2nd Tuesdays	10:00 am Sign up in advance
Senior Movie Day	2nd Mondays	12:30 pm Free popcorn & drinks
Thrift Store	Tue 8:00-11:00 am Mon, Wed, Thurs, Fri 9:30 am-12:00 pm	
Donations needed!		



# Travel with the Senior Center

## AFFORDABLE ADVENTURES

\* Per Person rates

### 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- CANCELLED

### 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.

4



\*Per Person Rates

### 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

\$4,249 (Double) after 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 price

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

### Spotlight on Washington, D.C.

April 6- 11, 2017

\$2,699 (Double)\*

Highlights include: U.S. Capitol Building Tour, World War II Memorial, White House Visitor Center, Mount Vernon, Arlington National Cemetery, Smithsonian Institution, Washington National cathedral, Ford's Theatre

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



Card Party

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

NEW!

## St. John's Blood Pressure Clinic

*Taking place in the Woodland Senior Center consultation room*

*St. John's fabulous nursing staff will be available to take blood pressures twice a month starting Wednesday, March 9th. The Clinic will be held from 9:30 a.m. to 10:30 a.m. every other Wednesday. Please join us!*



Appointments for  
**FREE** Tax-Aide  
preparation will be held  
Mondays and Fridays  
through April 15.

Call (530) 661-2001 for an appointment.

Please visit the new Senior Center Inc.

website. Here you will find the latest

information on upcoming SCI events, Affordable

Adventure trips and more! Membership & volunteer

applications available online. Help support your Senior

Center, donate or volunteer today!

[www.woodlandSCI.org](http://www.woodlandSCI.org)



5

# 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](http://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](http://www.WoodlandSCI.org)

## Computer Club

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

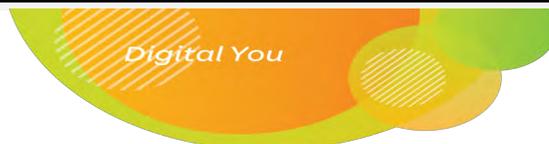
Speakers speak on computer and internet-based topics. Membership dues are \$12 a year. For more information contact, the Computer Club at 662-9598 or at [www.wsgcc.com](http://www.wsgcc.com)



## Senior Center Events 2016

Contact the Senior Center Welcome Desk at (530) 661-2001 to make your reservation

Mar 4	Senior Art Show & ReXpo	4:00-7:00 pm
Mar 12	Hand & Foot Card Party	Lunch served at 11:30 am
May 12	Senior Center Inc. Installation Dinner	Dinner served at 5:30 pm
May 26	Senior Resource Fair	10:00 am-12:00 pm
Jun 22	Teens Helping Seniors Spaghetti Feed	Dinner served at 5:30 pm
Jul 4	Ice Cream Social by Computer Club	1:00-3:00 pm
Sep 22	Fall Potluck	Dinner served at 5:30 pm
Oct 13	Crime Prevention Fair	10:00 am-2:00 pm
Nov 17	Thanksgiving Dinner	Dinner served at 5:30 pm
Dec 15	Santa's Holiday Social & Brunch	11:00 am-1:00 pm



### You are cordially invited to join AT&T and Agency on Aging \ Area 4 for the Technology Training Workshop Intro to Tablets

*If you are new to mobile technology, but want to learn more, we hope you will join us for this course teaching the basics of using a tablet. This course is intended for beginners.*

*Tablets are provided for hands-on practice during the workshop.*

DATE: Thursday, April 28, 2016

TIME: 1:00 p.m. – 3:00 p.m.

LOCATION: Woodland Community Senior Center

AGENDA: Learn the basics of using a tablet in this hands-on course covering touchscreen basics, surfing the web, taking and sharing photos, downloading apps and more.

Please RSVP to Bobby Olwell at

[MatureEdge@agencyonaging4.org](mailto:MatureEdge@agencyonaging4.org)

or

916-486-1876 if you are able to attend.



Woodland Senior Center- 2001 East Street (around back)

# Check out the newly revamped **THRIFT STORE**

All proceeds benefit Senior Center, Inc. and Senior Programs

**NOW OPEN  
5 DAYS A WEEK!**



Many selections of good quality clothing, kitchen ware , accessories, and household items. Big variety in a small store! Donations always accepted.

#### Store Hours:

Monday, Wednesday, Thursday, & Friday : 9:30 am– 12:00 pm

Tuesday: 8:00 am– 11:00 am

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

  
**Keep  
Calm  
AND  
Go Thrift  
Shopping**



**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 advise 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.

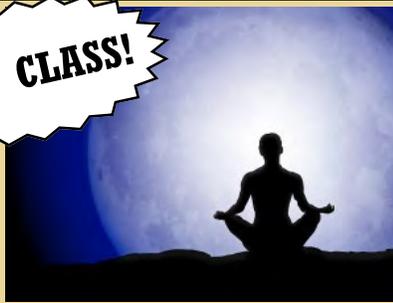
## Social Security

(800) 772-1213

## Yolo Food Bank

Food programs for the hungry 668-0698 or [yolofoodbank.org](http://yolofoodbank.org)

**NEW CLASS!**



Art of Living  
Meditation

3:00 p.m.– 4:00 p.m.

**3rd Monday's**

*Light breathing technique*

*Meditation*

*Relax*

*Share the experience*

## **Chit Chat Café**



**March Menu for ENP Chit Chat Café Dining on back of trip insert. Copies also available at Senior Center Welcome Desk!**  
**For reservations call (530) 662-7035 ext. 0**

**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.

**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

## The Basics: Memory Loss, Dementia and Alzheimer's Disease



Learn about the differences between normal aging and dementia, the basics of Alzheimer's disease and related disorders, the diagnostic process, and management of the disease. Learn about resources offered by the Alzheimer's Association, keys for planning for the future, and how family members and caregivers can help the person with dementia.

**Date: Wednesday, April 6, 2016**

**Time: 1 – 3 pm**

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

### **REGISTRATION REQUESTED**

Please call the Alzheimer's Association at 800.272.3900 to register or email [ptardio@alz.org](mailto:ptardio@alz.org)

**Co-sponsored by:  
Woodland Senior  
Center**



**WWW.ALZ.ORG | 800.272.3900**



### **Woodland Retiree Assistance Group Guest Speaker– March 8, 12:15 p.m.**

#### **Round the World Trip Across Russia by Motorcycle**

Woodland Rotarian **Gary Wegener** will be the guest speaker at the March 8 meeting of the Woodland Senior Center Retiree Assistance Group that starts at 12:15 PM in Meeting Room 3 at the Woodland Community & Senior Center. He has motorcycle camped around the country several times on a Gold Wing motorcycle, from Key West to the north coast of Alaska (Dead Horse). In the summer of 2014, he took a 'solo' motorcycle trip across Russia, hosted the whole way by Russian Rotarians. Come hear how much has changed since "perestroika", and how easy 'round the world' travel has become. Members will also discuss the proposed Save Benefits Act -S.2251 that would provide a one-time payment of \$581 to Social Security and Veteran beneficiaries to make up for no COLA this year. All retirees are welcome!

WOODLAND SENIOR CENTER INC. presents *Affordable Adventures*

# Oscar de la Renta: Five Decades of Style

THURSDAY  
~~Saturday~~, March 17, 2016

Celebrate the life and career of Oscar de la Renta's, one of fashion's most influential designers at the de Young Museum in Golden Gate Park. This world premier exhibition will include more than 100 ensembles which he produced over 50 years. Follow the life of Oscar de la Renta starting with his upbringing in the Dominican Republic to the rise of his career in Spain. His early years in the world's most iconic fashion houses lead to his role as a designer for many of the most influential and celebrated personalities of the 20th century. De la Renta's ready to wear designs are available worldwide. In 2014, the George W. Bush Presidential Center hosted an exhibit entitled "Oscar de la Renta: Five Decades of Style" which shared the designers creation for Mrs. Bush and America's First Ladies.

Depart from the Target parking lot in Woodland at 8:00am and return at 5:30pm.



Price: **\$ 74.00**  
Payment due with sign up.  
Non refundable after March 1

Tour Inclusions  
Escorted by Jan Bello & Linda Bevins  
Admission to the de Young &  
Special Exhibit with Audio Headset  
Amador Stage Lines  
Driver & All Gratuities

Senior Center Inc. Members can deduct \$5.00

WOODLAND SENIOR CENTER INC. presents *Affordable Adventures*

# Silver Legacy

## Get away to Reno for the Day

Saturday, July 16, 2016



Summer is the perfect time to leave the heat of the valley and take a day trip to the Sierra mountains. The Silver Legacy in Reno is waiting with a bonus for all the Woodland passengers of \$10.00 Cash and \$3.00 Food credit.

Depart from Target in Woodland at 7:30am and return approximately 7:30pm.  
Sign up early - this trip will sell out.

Price: **\$40.00**  
Payment is due with sign up.  
Non refundable after June 30, 2016

Tour Inclusions  
Escorted by Jan Bello  
6 Hours Stay at the **Silver Legacy Casino**  
Amador Stage Lines  
Driver gratuity

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



**ENGAGE YOUR MIND, BODY, AND SPRIT**  
*A free enrichment program for older adults developed by the Cache Creek Conservancy*

# Experience the Cache Creek Nature Preserve

Engage your mind, body, and spirit through the Experience the Cache Creek Nature Preserve, a free series of talking and walking with local expert naturalists. You will learn about the Cache Creek Nature Preserve, with a focus on ecology, local food webs, and native plants and their cultural uses.



You will be able to tour the Nature Preserve with the guidance of expert naturalists who can answer your questions about the native flora and fauna, and explore on your own the various trails at the Preserve. Optional

activities include dissecting owl pellets and tule weaving.

This adult life enrichment program is free. A \$5 donation for materials is requested for the owl pellets. This program is co-sponsored by the Cache Creek Conservancy, Yolo Healthy Aging Alliance, and the City of Woodland Senior Center.

- Engage your mind with talks and activities with expert naturalists
- Engage your body with walks guided by expert naturalists
- Engage your spirit by reconnecting with nature

Contact the Cache Creek Conservancy at 530-661-1070 to register for this program.

## Topics and Dates:

- **History of the Cache Creek Nature Preserve:**  
 Tuesday, April 5, 1-3 p.m., Woodland Community and Senior Center
- **Ecology and Food Webs:** Thursday, April 21,  
 1-3 p.m., Cache Creek Nature Preserve
- **Native Plants and Their Cultural Uses,**  
 Tuesday, May 3, 1-3 p.m., Cache Creek Nature Preserve



**CACHE CREEK  
 CONSERVANCY**



34199 County Road 20  
 Woodland, CA 95776

Phone: 530-661-1070  
 Fax: 530-661-1757

Web: [www.cachecreekconservancy.org](http://www.cachecreekconservancy.org)

*Funding for this program provided by the Woodland Recreation Foundation.*

**Elderly Nutrition Program in Yolo County**  
**People Resources, Inc**

**March 2016**

<b>Suggested Contributions:</b>	<b>Tuesday March 1</b>	<b>Wednesday March 2</b>	<b>Thursday March 3</b>	<b>Friday March 4</b>
<b>\$4.00</b> Seniors <b>\$3.50</b> Volunteers (< 60) <b>\$7.00</b> GUEST FEE (< 60 unless w/ senior spouse) Menu subject to change <i>Partially funded by A4AAA</i>	<b>▶Crispy Baked Fish</b> w/tartar sauce ▶Coleslaw+ ▶Cottage Potatoes ▶Bread ▶Fruit Juice+	<b>▶White Beans &amp; Ham</b> Mixed Vegetables* ▶Buttermilk Biscuit ▶Applesauce+ <b>Higher Sodium Meal</b>	<b>▶▶Spaghetti with Meat Sauce</b> Garden Salad* ▶Garlic Bread ▶Banana+	<b>▶Cornbread Pizza</b> w/Cheese & Veggies ▶Lentils Florentine* ▶Tropical Fruit+
<b>Monday March 7</b>	<b>Tuesday March 8</b>	<b>Wednesday March 9</b>	<b>Thursday March 10</b>	<b>Friday March 11</b>
<b>Oven Roasted Chicken</b> ▶Baked Barley ▶Steamed Carrots* ▶Wheat Bread ▶Fresh Fruit	<b>▶▶Hamburger</b> w/ Wheat Bun, Lettuce, Pickles & condiments ▶O'Brian Potatoes+ ▶Fruit Juice+	<b>▶▶Old Fashioned Egg Salad Sandwich</b> ▶Broccoli Salad+* ▶Gelatin w/Fruit+	<b>▶Brunswick Turkey Stew</b> w/Hearty Vegetables+ ▶Red Potatoes ▶Wheat Roll ▶Apricot Halves*+	<b>▶Crabby Cake</b> w/ Tartar Sauce Green Beans ▶Savory Brown Rice ▶Wheat Bread ▶Pineapple Tidbits+
<b>Monday March 14</b>	<b>Tuesday March 15</b>	<b>Wednesday March 16</b>	<b>Thursday March 17</b>	<b>Friday March 18</b>
<b><i>Brunch for Lunch</i></b> <b>Omelet</b> w/Zucchini & Sun Dried Tomatoes ▶Oven Roasted Potatoes ▶Corn Bread ▶Mandarin Orange+	<b>▶Sweet &amp; Sour Pork</b> ▶Sweet Peas ▶Stir Fry Brown Rice ▶Fresh Fruit+ ▶Fortune Cookies	<b>▶Chicken Tortilla Soup</b> w/Black Beans ▶Tortilla Chips Green Salad* ▶▶Ambrosia+	Celebrate St. Patrick's Day <b>▶Hearty Shepherd's Pie</b>  ▶Carrots* ▶Rye Bread ▶▶Special Dessert ▶Fruit Juice+ 	<b>▶Greek Salad</b> Crisp salad topped w/Feta, olives, hardboiled egg, tomatoes ▶Citrus Couscous ▶Wheat Crackers ▶Gelatin w/ Fruit+
<b>Monday March 21</b>	<b>Tuesday March 22</b>	<b>Wednesday March 23</b>	<b>Thursday March 24</b>	<b>Friday March 25</b>
<b>Breaded Baked Fish</b> w/Tartar sauce Mixed Vegetables* ▶Cheesy Macaroni ▶Wheat Bread ▶Fruit Juice+	<b>▶Southern Fried Steak</b> w/Country Gravy Green Beans ▶Mashed Potatoes+ ▶Biscuit ▶Citrus Blend+	<i>Happy Birthday</i> <b>Chicken Marsala</b> ▶Brown Rice Pilaf* Brussel Sprouts+ ▶▶Birthday Cake ▶Fruit Juice+	<b>▶Meatloaf w/Gravy</b> ▶Mashed Potatoes+ Super Greens Salad ▶Wheat Bread ▶Fresh Fruit+	Celebrate Spring <b>Glazed Ham</b> ▶Scalloped Potatoes ▶Seasonal Fresh Veggies* ▶Roll/ ▶Fruit Juice+ ▶Special Dessert
<b>Monday March 28</b>	<b>Tuesday March 29</b>	<b>Wednesday March 30</b>	<b>Thursday March 31</b>	<b>Alternate Meal</b>
<b>▶▶Polish Dog (contains pork) w/Bun</b> ▶Carrots*/ Sauerkraut+ ▶Mixed Fruit <b>Higher Sodium Meal</b>	<b>Chicken Florentine</b> Stewed Tomatoes+ ▶Pasta ▶Wheat Roll ▶Applesauce+	<b>▶Ginger Plum Chicken</b> California Vegetables*+ ▶Steamed Brown Rice ▶Wheat Bread ▶Blushed Pears	<b>▶Cheese Enchilada</b> ▶Spanish Rice ▶Beans Ranchero (a trio of hearty beans) ▶Tropical Fruit+	Breaded Fish w/Tartar Sauce Starch of the Day Vegetable of the Day Fruit of the Day

**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 Ethers, Vice President

Chuck Winter, Secretary

Elizabeth Kemper, Treasurer

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](http://www.WoodlandSCI.org)



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

**Nonprofit Organization**  
**U.S. POSTAGE PAID**  
 Permit No. 53  
 Woodland, CA

**Address Service Requested**

**Play CHESS?**

We have some interested players. Please contact Kim at the Senior Center and she will coordinate a game for you!  
 (530) 661-2016



# Overview of Upcoming Dates

**March 4**

Senior Art Show & ReXpo

**March 12**

Hand & Foot Card Party

**March 14**

Senior Movie Day: A Walk in The Woods

**March 16**

Healthy Living Workshop: What's a Pancreas?

**March 17**

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

**April 5**

Cache Creek Nature Preserve: Mind, Body, and Spirit Life Enrichment Program

**April 6**

Alzheimer's Association Workshop: The Basics-Memory Loss, Dementia, and Alzheimer's Disease.

**April 28**

Digital You- Technology Training Workshop Intro to Tablets

