

# Senior Gram

**Volume 12  
Issue 4  
April 2016**



Trip information (also see insert)	P. 4
Telephone Reassurance Program	P. 5
Digital You– Intro to Tablets Workshop	P. 6
Healthy Living Workshops	P. 8
Important Documents Presentation	P. 9
Conflict Resolution Workshop	P. 9
Alzheimer's Association Workshop	P. 9
Cache Creek Nature Preserve- Free Enrichment Program	P. 10
SCI Installation Dinner	Insert
Senior Resource Fair	Insert
Elderly Nutrition April Menu	Front Desk

## SENIOR MOVIE DAY



**Monday, April 11th  
12:30 p.m.**

**(2015) PG 13 2 hr. 1min.**

Comedy

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules

**SENIORS ONLY PLEASE!**

## **Experience the Cache Creek Nature Preserve- Free Mind, Body, and Spirit Enrichment Program! *Series begins April 5, 1-3 p.m: History of the Cache Creek Nature Preserve. April 21st: Ecology & Food Webs. May 3rd: Native Plants & Their Cultural Uses***

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. See flyer on page 10 for additional information and other series dates!

### **Conflict Resolution Workshop**

**April 26, 10:00 a.m.**

Spend some time with Lora Barrett, an elder care mediator, who will provide you with the tools you need for moving forward through conflict with intergenerational families.

### **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.**

### **Important Healthcare Documents Presentation**

**Presented by Joanne Hatchett, FNP, RN**

**Thursday, April 28, 1:30 p.m.– 3:00 p.m.**

Join us for an interactive and important conversation regarding documents EVERYONE needs to have in place to assure their health choices are followed. Joanne Hatchett, FNP, RN will present on Advance Directive for Healthcare and Physician Orders for Life-Sustaining Treatment, two important documents that allow a patient, medical personnel and family members clear guidelines on a patients choice of treatment in critical times. **Please sign-up at Senior Center front desk 661-2001.**

### **SCI Installation Dinner**

**May 12, 5:30 p.m.**

Join SCI in the annual meeting for membership (not limited to SCI members) and installation of the 2016-17 board members. Full dinner provided by SCI. **RSVP at front desk 530-661-2001.**



**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	
Scrapbook Workshop	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 details
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
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
Tuesday's Table— Food Bank distribution	Tuesday's	9:00 am– 9:45 am	Bring your own bag. Q's 668-0690
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>	2nd & 4th 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– Deadline approaching. Sign-up now!

\$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.

### Apple Hill

\$55.00 per person

September 17, 2016

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

**Coming Soon- Sign up after June 1**

### 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



Collette Travel Presentation:

**ATTENTION!**

May 26th at 1:30 p.m.

\*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– book by 4/13 & SAVE \$200

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

### 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



## Free 1-on-1 Tech Help

*Fridays, 12:00 p.m.—3:00 p.m.*

Do you need help with your iPhone, iPad, smart phone, camera, PC, or tablet? Arnon is available to assist you in a 1-on-1 private setting. This will take place in the Senior Center consultation office. Make a reservation in advance with the Welcome Desk at (530) 661-2001.



## Telephone Reassurance Program

A new program at the Woodland Senior Center. Serving individuals age 50 and older, living 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 (530) 661-2001.

# 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! The Clinic will be held from 9:30 a.m. to 10:30 a.m. every 2nd & 4th Wednesday. Please join us!*



Did you donate an iPhone to the Senior Center? We have some questions. Please call us at the front desk (530) 661-2001.



**April menu for ENP  
Chit Chat Café Dining  
available at Senior Center  
Welcome Desk!**

**For reservations call  
(530) 662-7035 ext. 0**



# 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.

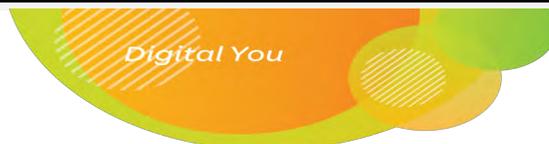
Speakers speak on computer and internet-based topics. Membership dues are \$12 a year. For more information contact, the Senior Center or [www.wsgcc.com](http://www.wsgcc.com)



## 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**



**7**

# 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 668-0690 or [yolofoodbank.org](http://yolofoodbank.org)

**NEW CLASS!**



## Art of Living Meditation

3:00 p.m. – 4:00 p.m.

**3rd Mondays**

*Light breathing technique*

*Meditation*

*Relax*

*Share the experience*

## Kiwanis of Woodland Handy Helpers



Need assistance with simple home repairs? They will provide the tools and labor for FREE and you supply the materials. Here are some things they can do:

### Plumbing

- Leaky faucets and drains
- Minor plumbing clogs
- Running toilets
- Sprinkler repairs

### Electrical

- Light bulb replacement
- Smoke detector installation and battery replacement
- Fuse replacement

### Carpentry

- Fence and gate repairs
- Furniture repairs
- General carpentry repairs

### Heating & Ventilation

- Filter replacements
- Thermostat adjustments

### Miscellaneous

- Door latch & lock replacement
- Small safety repairs

Sorry they cannot:

- Clean gutters
- Work on roofs
- Crawl under houses or in attics
- Furnace and air conditioning repair

**CALL The Woodland Senior Center Front Desk at (530) 661-2001**

**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.

**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

# Important Healthcare Documents ALL seniors Should Have

Presented by Joanne Hatchett, FNP, RN

**Thursday April 28, 1:30 p.m.– 3:00 p.m.**

**Location: Woodland Senior Center**



**Please sign-up at front desk 530-661-2001**

What could be better than piece of mind? Join us for an interactive and important conversation regarding documents EVERYONE needs to have in place to assure their health choices are followed. Joanne Hatchett, FNP, RN will present on Advance Directive for Healthcare and Physician Orders for Life-Sustaining Treatment, two important documents that allow a patient, medical personnel and family members clear guidelines on a patients choice of treatment in critical times. Also included will be the Commission on Aging developed "Important Records" packet that will help family members with valuable information in times of crisis. Documents will be available on site for participants at the workshop.

## Are you feeling stuck in a conflict?



Spend some time with Lora Barrett, an elder Care mediator, who will provide tools for moving forward through conflict with intergenerational families.

**Date:** April 26th, 10 a.m.

**Location:** Woodland Senior Center

## Mother's Day Flower Arranging Workshop

Thursday May 5th

1:00 p.m.– 3:00 p.m.

**Provided:** Fresh flowers, greens, ribbons

**YOU bring:** Scissors, vase, artificial greens if desired

**RSVP at Senior Center front desk 530-661-2001**



alzheimer's  
association

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

Learn 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.

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

**Time:** 1-3 pm

**Location:** Woodland Senior Center

Register at Alzheimer's Association 800-272-3900 or email [ptardio@alz.org](mailto:ptardio@alz.org)

<p><b>Monday</b></p> <p><b>Suggested Contributions:</b>  <b>\$4.00</b> Seniors  <b>\$3.50</b> Volunteers(&lt; 60)  <b>\$ 7.00</b>          GUEST FEE          (&lt; 60 unless w/ senior spouse)</p>	<p>Each meal includes 8oz of 1% milk          Margarine &amp; condiments optional          +Vitamin C * Vitamin A          Higher sodium meal=           Partially Funded by A4AA  <b>Menu subject to change</b></p>	<p><b>Alternate Meal</b>          &lt;Turkey Al a King          &lt;Served over Rice          Veggies+          &lt;Fruit of the Day</p>		<p><b>Friday April 1</b></p> <p>&lt;<b>Salisbury Steak</b>          w/Mushroom Sauce          &lt;Mashed Potatoes          &lt;Sweet Peas          &lt;Wheat Bread          &lt;Pineapple Tidbits+</p>
<p><b>Monday April 4</b></p> <p><b>Rosemary Chicken</b>          &lt;w/Bread Stuffing          Mixed Vegetables+*          &lt;Fruit Cup+</p>	<p><b>Tuesday April 5</b></p> <p>&lt;<b>Heavenly Beef Casserole</b>+ w/ Rice          Green Beans          &lt;Wheat Roll          &lt;Apricot Halves*</p>	<p><b>Wednesday April 6</b></p> <p><b>Ham Sandwich</b> on          &lt;&lt;Whole Wheat Bread          &lt;Broccoli Salad*+          &lt;Fruited Gelatin+</p>	<p><b>Thursday April 7</b></p> <p><b>Savory Meatballs</b>          w/ Gravy  <b>Chef's Blend Vegetables</b>          &lt;Mashed Potatoes+          &lt;Bread/ &lt;Banana+</p>	<p><b>Friday April 8</b></p> <p><b>Crispy Baked Fish</b>          w/tartar sauce          &lt;Brown Rice          &lt;Coleslaw*+          &lt;Bread/ &lt;Fruit Juice+</p>
<p><b>Monday April 11</b></p> <p>&lt;<b>Baked Ziti Pasta</b>          w/Cheese &amp; Marinara          Mediterranean Vegetables*          &lt;Wheat Roll          &lt;Mandarin Oranges+</p>	<p><b>Tuesday April 12</b></p> <p>&lt;&lt;<b>Hamburger</b>          w/Lettuce, Tomato &amp;          Condiments          &lt;Wheat Bun          &lt;Ranch Beans          &lt;Cinnamon Apples</p>	<p><b>Wednesday April 13</b></p> <p><b>Mango Chicken</b>          &lt;Asian Noodles          &lt;Peas &amp; Carrots*          &lt;Pineapple Tidbits+          &lt;Fortune Cookies</p>	<p><b>Thursday April 14</b></p> <p><b>Mild Seafood Creole</b>          &lt;Served over Rice          Garden Salad*          &lt;Wheat Bread          &lt;Fruit Juice+</p>	<p><b>Friday April 15</b></p> <p>&lt;<b>Omelet w/Zucchini &amp; Sundried Tomatoes</b>          &lt;Oven Fried Potatoes          &lt;Sweet Potato Bread*          &lt;Banana+</p>
<p><b>Monday April 18</b></p> <p>&lt;<b>Turkey a la Royale*</b>          Served Over Pasta          Brussels Sprouts+          &lt;Wheat Bread          &lt;Fruit</p>	<p><b>Tuesday April 19</b></p> <p>&lt;<b>Scalloped Potatoes and Ham</b>          Steamed Green Beans          &lt;Whole Wheat Roll          &lt;Tropical Fruit*+</p>	<p><b>Wednesday April 20</b></p> <p><b>Herb &amp; Garlic Chicken</b>          Stewed Tomatoes          &lt;Barley w/Thyme          &lt;Wheat Bread          &lt;Fruit Juice+</p>	<p><b>Thursday April 21</b></p> <p><b>Special Treat Day!</b>  <b>Pot Roast</b>          Spring Salad Mix          &lt;Mashed Potatoes+          &lt;Roll          &lt;Fruit w/Dessert+</p>	<p><b>Friday April 22</b></p> <p>&lt;&lt;<b>Chicken Taco Salad</b>          w/Chicken, Tortilla Chips,          Cheese, Tomatoes &amp; more!          Jicama &amp; Cucumber Medley          &lt;Fruited Gelatin+</p>
<p><b>Monday April 25</b></p> <p><b>Teriyaki Chicken</b>          &lt;Stir Fried Rice          Japanese Vegetables+          &lt;Pineapple Tidbits+          &lt;Fortune Cookies</p>	<p><b>Tuesday April 26</b></p> <p><b>Fish Nuggets</b>          w/Tartar Sauce          &lt;Au Gratin Potatoes          &lt;Coleslaw+*          &lt;Wheat Bread          &lt;Fresh Fruit+</p>	<p><b>Wednesday April 27</b></p> <p><i>Happy Birthday</i>  <b>Southern Fried Steak</b>          w/County Gravy          &lt;Mashed Potatoes          &lt;Mixed Vegetables          &lt;Roll/ &lt;Fruit Juice+          &lt;&lt;Birthday Cake</p>	<p><b>Thursday April 28</b></p> <p><b>Polish Dog(contains pork) w/Sauerkraut+</b>          &lt;&lt;Wheat Bun          &lt;Savory Carrots*          &lt;Mixed Fruit</p> 	<p><b>Friday April 29</b></p> <p>&lt;<b>Multi Cheese Lasagna</b>          Tossed Salad with a          "Super Mix" of Greens+*          &lt;Garlic Bread          &lt;Fresh Fruit+</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**  
**Knights Landing/Esparto** **662-7035 ext 0**  
**Woodland Senior Center** 2001 East Street **662-7035 ext 0**  
**Elderly Nutrition Program Main Office** **662-7035**

# 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.

# Ferry to San Francisco

*Lunch included at Boudin's Flagship*

Saturday, June 4, 2016



Favorite summer's tour returns with a new twist! Board the enclosed catamaran ferry for leisurely ride from Vallejo to Pier 41 in San Francisco. Sit back, relax and enjoy incredible views of the Bay. Arrive in San Francisco and visit Boudin's Museum and Bakery flagship store. Stroll through Boudin's collection of historic and interactive exhibits while observing the bakers in action. After touring the museum, a meal voucher will be given to each passenger for a choice of two - a small Caesar Salad or Boudin's Sourdough Bread Bowl with Clam Chowder or Rustic Tomato Soup, or Half Sandwich (Tuna Salad, Chicken Salad, Grilled Cheese, Turkey & Havarti, or Ham & Swiss).



After lunch explore the Embarcadero with its many fascinating stores, stroll down the street to Pier 39 or simply enjoy the ocean air. Depart late afternoon on the motorcoach to return to Sacramento after a refreshing day to San Francisco Bay. 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 May 4

Tour Inclusions  
Escorted by Jan Bello & Linda Bevins  
Ferry Ride from Vallejo to San Francisco  
Lunch Voucher for Boudin's Restaurant  
Amador Stage Lines  
Driver & All Gratuities

Senior Center Inc. Members can deduct \$5.00



**Senior Center Inc.**  
**Membership & Installation Dinner**  
*Thursday May 12*

*Dinner Served at 5:30 p.m.*

Join Senior Center Inc. in the annual meeting for the membership (not limited to SCI members) and installation of the 2016-17 board members. Full dinner provided by SCI.

*Please RSVP at the Welcome Desk  
or call 661-2001 by May 5.*

*Dinner is free to seniors  
and \$10 for anyone under 55.*

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SENIOR RESOURCE FAIR

*Presented by the City of Woodland's Commission on Aging*

Thursday, May 26th

**10:00 a.m. — 12:00 p.m.**

Woodland Community & Senior Center

2001 East Street

Woodland, CA 95776

HIGHLIGHTING REGIONAL RESOURCES FOR SENIORS

Health Care ~ Volunteerism ~ Legal Assistance ~ Health & Fitness

Support Groups ~ In-Home Support ~ Repairs & Chores ~ And More!

WELLNESS PRESENTATIONS OFFERED

REFRESHMENTS & SNACKS AVAILABLE

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



**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



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.*



# 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) 661-2001



# Overview of Upcoming Dates

**April 5**

Mind, Body, and Spirit Life Enrichment Program by Cache Creek Conservancy  
 Topic: History of the Cache Creek Nature Preserve @ Woodland Senior Center

**April 6**

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

**April 11**

Senior Movie Day: The Intern

**April 21**

Mind, Body, and Spirit Life Enrichment Program by Cache Creek Conservancy.  
 Topic: Ecology and Food Webs @ Cache Creek nature Preserve

**April 28**

Digital You- Technology Training Workshop Intro to Tablets

**April 28**

Important Healthcare Documents Presentation

**April 26**

Conflict Resolutions Workshop

**May 5**

Mother's Day Flower Arranging Workshop

**May 3**

Mind, Body, and Spirit Life Enrichment Program by Cache Creek Conservancy  
 Topic: Native Plants & their Cultural Uses @ Cache Creek nature Preserve

**May 12**

SCI Installation Dinner

**May 26**

Colette Travel Presentation

**May 26**

Senior Resource fair

**May 30**

Memorial Day- Center Closed

