

Senior Gram

**Volume 12
Issue 5
May 2016**



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SENIOR MOVIE DAY



**Monday, May 9th
12:30 p.m.
(2015) PG 13 2 hr. 4min.
Drama**

JOY is the wild story of a family across four generations centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right. Betrayal, treachery, the loss of innocence and the scars of love, pave the road in this intense emotional and human comedy about becoming a true boss of family and enterprise facing a world of unforgiving commerce. Allies become adversaries and adversaries become allies, both inside and outside the family, as Joy's inner life and fierce imagination carry her through the storm she faces.

SENIORS ONLY PLEASE!

Experience the Cache Creek Nature Preserve- Free Mind, Body, and Spirit Enrichment Program!

May 3, 1-3 p.m.- Last class for the series: Taking place at the Cache Creek Nature Preserve. Learn about Native Plants and 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. Contact the Cache Creek Conservancy at 530-661-1070 to register for this program.

Senior Center Inc. 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 Welcome desk 530-661-2001.**

Healthy Living Workshops

May 18, 10:30 a.m.

Topic: Using your mind to feel better. There is a strong connection between mental and physical health. Come learn about how to use a few cerebral techniques to help reduce symptoms like pain and anxiety.

Computer Club Meeting– Guest Speaker

May 23, 1:00 p.m.

Pat Turner will join the computer club and give you a tour of the inside of a computer, explaining all of the parts. It's a CPU dissection! Location: Woodland Senior Center– Meeting Room 3 & 4. Open to the public 18+.

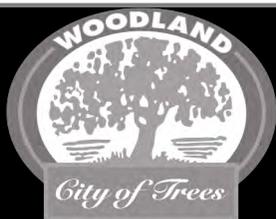
Senior Resource Fair

May 26, 10:00 a.m.– 12:00 p.m.

Local resources for seniors from health care, health & fitness, support groups, in-home support, volunteerism, and more will be available to answer questions. Informative presentations also taking place during the event. Contact the Senior Center at 661-2001 for a complete schedule for the event.

May Commit2Fit Woodland

Looking for some motivation to get moving and be healthy, need a push to try something out of your comfort zone, or do you just like fitness challenges where you can win some great prizes? Join fellow Woodlanders during the month of May for the fourth "Commit2Fit Woodland"- (C2Fit) challenge. Anyone who lives, plays, or works in Woodland is welcome to participate. Sign up at the Community Service Desk 661-2000 or online at cityofwoodland.org/commit2Fit.



**Woodland Senior Center
2001 East Street | Woodland, CA 95776 | (530) 661-2001
www.cityofwoodland.org/seniors7
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	



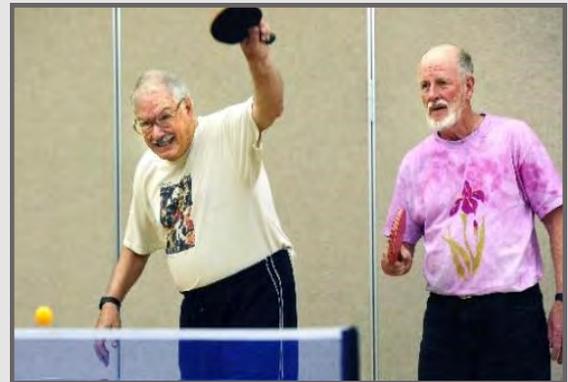
Exercise Classes

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 NEW!	Thursdays	1:00 pm	
	3rd Mondays	3:00 pm	



Social Games

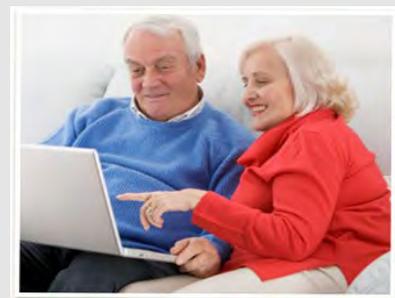
Bingo	Wednesdays & Fridays	12:00 pm
Bridge for Fun	Wednesdays	12:00 pm
Cribbage	Wednesdays	1:00 pm
Hand & Foot	Wednesdays	8:30 am
Mah Jong	Thursdays	12:30 pm
Open Game Days	Mon Tues Fri	12:30 pm
Pedro	Tuesdays	12:00 pm
Pinochle	Thursdays	5:15 pm



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 nd & 4 th Tuesdays	12:30-3:30 pm	By appointment
HICAP Consultations (Health Insurance counseling)	2 nd & 4 th Thursdays	1:00-4:00 pm	By appointment
Legal Consultations	3 rd 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 NEW!	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	
Writing Your Life History	Class offered through Woodland Adult Ed Program—662-0798	



Travel with the Senior Center

AFFORDABLE ADVENTURES

* Per Person rates

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 (\$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 SCImember (\$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 *

September 17, 2016

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

Sign up NOW!

Fleet Day on San Francisco Bay– Day Trip

\$145.00 *

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 *

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

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

Travel Presentations:



Collette & Affordable Adventures
May 26th at 1:30 p.m.



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.

AARP Drivers Safety Program

June 28 & 30, 2016

9:00 a.m.– 1:00 p.m.

Enrollment is limited. Sign-up at the Senior Center Welcome Desk.

\$15 (AARP members)

\$20 (non-AARP members)

Computer Club Meeting

Guest Speaker

May 23, 1:00 p.m.

Pat Turner will give you a tour of the inside of a computer, explaining all of the parts. A CPU dissection!



Open to the public

(18 years old +)



The City of Woodland Presents

May

Commit2Fit Woodland



Looking for some motivation to get moving and be healthy, need a push to try something out of your comfort zone, or do you just like fitness challenges where you can win some great prizes? Join fellow Woodlanders during the month of May for the fourth "Commit2Fit Woodland" – (C2Fit) challenge. Anyone who lives, plays, or works in Woodland is welcome to participate.

Or sign up at the Community Service Desk 661-2000 or online at cityofwoodland.org/commit2fit

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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
Melody Parker
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 Senior Center or 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 Fundraiser	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

TEENS HELPING SENIORS

Seniors, if you need any help at all, whether it be gardening, painting, window washing, or other housework, our teen workforce will be glad to assist you! Give Woodland's Teens Helping Seniors program the opportunity to volunteer with you! You will have to provide all supplies and materials to get the job done, but we will drive six teens out to your home or property to help out with your task!

For: Seniors in the Woodland community

Dates/ Times: June 13 — August 19 (M-Th)
9 am — 4:30 pm

Where: Your home/property!
(we use your supplies)

Fee: Absolutely Free!

Register: Call (530) 661-2001 or come to Woodland Community & Senior Center to fill out a work order.

All you need to do is fill out a job request form or call! It's that easy! Please submit as early as you can as the work times are limited.

If you have any questions about tasks, please don't hesitate to call 661-2001!

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 668-0690 or yolofoodbank.org



PING PONG

Join us today!

Fridays 10:00 am

Tuesdays 6:00 pm
(18+ welcome!)

Top 10 Health Benefits of Ping Pong:

Improves hand-eye coordination, develops mental acuity, improves reflexes, easy on the joints, burns calories, offers a social outlet, keeps your brain sharp, improves coordination, improves balance, and stimulates different parts of the brain!

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 Welcome Desk at (530) 661-2001

FREE!

HEALTHY LIVING

WORKSHOPS

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.

Wednesday, May 18th:

Using Your Mind to Feel Better

We know there is a strong connection between mental and physical health. Come find out how to use a few cerebral techniques to help reduce symptoms like pain and anxiety.

Wednesday, June 15th:

Just added!

Breathe Better

We can all benefit from breathing better. Shortness of breath is a common symptom of many chronic conditions. Come learn about the respiratory system, about common breathing problems, and learn some tips on how to breathe better.

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

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.

(Tri-tip, chili, baby red potatoes, salad)

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

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

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 95776
(530) 661-2001

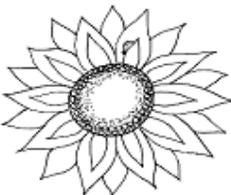


RESOURCES FOR SENIORS INCLUDING

Health Care • Volunteerism • Legal Assistance • Health & Fitness • Support Groups • In-Home Support • Repairs & Chores • Fraud Prevention • Assistive Devices • Recreation & Leisure Activities • And more

PRESENTATIONS

Yolo County Sheriff's Office (STARS)-
Fraud Prevention
Comfort Keepers, Cindi Unger-
Brain Health Promotion
Yolo Hospice
Five Wishes Living Will
Outa Sight Support Group-
Low vision aids & informative examples of eye diseases
St. Johns Retirement Village-
Healthy Eating
Kindred At Home-
Hospice & Personal Home Care
Awakening Wellness
Benefits of Essential Oils
Health Net-
Medicare Advantage Plan Information

Monday May 2	Tuesday May 3	Wednesday May 4	Thursday May 5	Friday May 6
Asian Beef and Broccoli+ ▶Served over Brown Rice ▶Chef's Blend Vegetables* ▶Wheat Roll ▶Pineapple Tidbits+	▶ Scrumptious Macaroni & Cheese Stewed tomatoes+ ▶Wheat Roll ▶Applesauce+	Mediterranean Chicken ▶Parsley Potatoes ▶Lemon Glazed Carrots* ▶Whole Wheat Bread ▶Fresh Fruit+	<i>Celebrate Cinco De Mayo</i> ▶ Chicken Pozole w/ Hominy Fresh Cabbage & Radishes ▶Tortilla Chips & Salsa ▶Fruit Juice+ ▶▶Mexican Wedding Cookie	<i>Celebrate Mothers Day</i> Greek Salad w/Feta, Olives, Tomatoes, Eggs ▶Pasta Salad ▶Gelatin w/Fruit+ ▶▶Special Dessert
Monday May 9	Tuesday May 10	Wednesday May 11	Thursday May 12	Friday May 13
Seafood Creole w/ Delicious White Fish ▶Served over Brown Rice Steamed Spinach+* ▶Wheat Roll/ ▶Fresh Fruit	▶ Oven Fried Chicken ▶Peas & Pearl Onions Cauliflower+ ▶Whole Wheat Bread ▶Diced Apricots*	▶▶ Hamburger On Whole Wheat Bun w/Lettuce & Tomato ▶Oven Fried Potatoes ▶▶Berry Fruit Crisp+	▶ Chinese Chicken Salad* Crisp lettuce & cabbage, chicken, mushrooms, green onions, crispy won tons ▶▶Ambrosia+ ▶Crackers	▶▶ Stuffed Potato topped with Ground Turkey w/Sour Cream & Chives Mixed Vegetables* ▶Wheat Roll ▶Banana+
Monday May 16	Tuesday May 17	Wednesday May 18	Thursday May 19	Friday May 20
▶ Swedish Meatballs <i>Served over Noodles</i> Scandinavian Vegetables* ▶Whole Wheat Roll ▶Applesauce+	▶▶ Cheese Ravioli w/ Marinara Zucchini ▶Garlic Bread ▶Citrus Cup+	Delicious Mock Crab Salad* <i>Served on lettuce</i> with tomato & lemon wedge ▶Pickled Beets/ ▶Crackers ▶▶Gelatin with Fruit+	▶ Glazed Ham ▶Whipped Sweet Potatoes* ▶Steamed Peas ▶Whole Wheat Bread ▶Fresh Fruit+	BBQ Chicken ▶Ranch Style Beans California Vegetables+* ▶Cornbread ▶Fruit Juice+
Monday May 23	Tuesday May 24	Wednesday May 25	Thursday May 26	Friday May 27
▶ Black Bean Chili w/Turkey Mixed Vegetables* ▶Cornbread ▶Fruit Juice+	▶▶ Excellent Egg Salad Sandwich on Whole Wheat Bread ▶Garden Salad* ▶▶Gelatin with Fruit+	<i>Happy Birthday</i> ▶ Pepper Steak w/ Bell Peppers & Tomato Sauce+ ▶Whole Wheat Pasta ▶Green Beans/ ▶Juice+ ▶▶Birthday Cake	▶ Teriyaki Chicken ▶"Stir Fry" Brown Rice* Japanese Vegetables ▶Pineapple Tidbits+ ▶Fortune Cookies	Salisbury Steak w/Gravy ▶Baked Potato w/Sour Cream ▶Peas & Carrots* ▶Wheat Roll ▶Fresh Fruit+
Monday May 30	Tuesday May 31		Thursday May 26	Friday May 27
CLOSED <i>Memorial Day</i>	▶ Hot Dog ▶▶Wheat Bun ▶Carrot Coins* ▶Potato Chips ▶Mandarin Oranges+ <i>Higher Sodium Meal</i>		Alternate Meal ▶▶Black Bean Sliders w/Buns ▶String Cheese ▶Vegetable of the Day ▶Fruit of the Day	Suggested Contributions: \$4.00 Seniors \$3.50 Volunteers(< 60) \$7.00 GUEST FEE (< 60 unless w/ senior spouse) Menu subject to change <i>Partially funded by A4AAA</i>

<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</p>	<p>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</p>
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Cambria & Morro Bay

Wednesday thru Friday, August 31 - September 2, 2016



featuring Hearst Castle

Nestled among towering pines and the shimmering sea on California's Central Coast, Cambria California is a picturesque village along scenic Highway 1. Free of chain stores and brimming with charm, Cambria invites you to exit the beaten path as it evokes an earlier era of coastal California, when life was in sync with the peaceful rhythms of the adjacent Pacific Ocean. Your hotel is the Cambria Pines, set on 25 acres of gardens. Before you arrive at the Pines, enjoy a visit to Harmony, visiting a glass blowing shop and a pottery shop.

The next morning tour the incredible Hearst Castle and see the IMAX show on "Building the Dream". Spend the afternoon in the seaside village of Morro Bay, located in a picture-perfect setting with a busy harbor and active fishing industry. Morro Bay is known as the place in San Luis Obispo County to savor local seafood, including local oysters and fresh salmon in harbor-view restaurants. For many, it's the antiquing, shopping and browsing the art galleries that pulls them in.

Buffet Dinner at Cambria Pines -- Pasta Bar with Chicken ..

Linguine and penne pastas, Alfredo and marinara sauces, green salad, garlic bread, and seasonal vegetable, desert coffee and iced tea.

Price per person double occ:

\$375.00

Single Price: \$525.00

\$100.00 due with sign up

Balance due: July 14

Non-refundable after July 14



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

Inclusions

Escorted by Jan Bello and Linda Bevins

Two nights lodging at the Cambria Pines

Two Breakfasts, One Dinner

Day Tour of Hearst Castle &

IMAX Showing of "Building the Dream"

Visit to Morro Bay

Visit to Harmony

Luggage Handling

Refreshments on the Coach

Amador Stage Lines, Driver & All Gratuities

More trip details & reservation coupons available on full flyer at Woodland Senior Center.

WOODLAND SENIOR CENTER INC. presents *Affordable Adventures*

Apple Hill Trip



Saturday, September 17, 2016

Freshly picked apples are a favorite at **High Hill Ranch**. Enjoy an old fashioned good time - craft fair, gift shop, apple pies, cakes, homemade caramel apples and wine tasting. Take a bus tour of other ranches in the Apple Hill area. We will make several stops. Lunch is included - BBQ Chicken (rotisserie style), macaroni salad, dinner roll w/butter & honey, apple juice or coffee. Dessert is a slice of their famous Hot Apple Pie Alamode!



Depart from the Target parking lot Woodland at 8:30am and return at 4:30pm.

\$ 55.00 PER PERSON

Payment due with sign up.
Non refundable after 8/17

Tour Inclusions
Escorted by Jan Bello & Linda Bevins
Guided Tour of Apple Hill Ranches
Chicken Lunch with Apple Pie
Free Time at High Hill Ranch
Amador Stage Lines
Driver & All Gratuities

Senior Center Inc. Members can deduct \$5.00

Sign up early - Limit 46 passengers

Reservation Coupon

Apple Hill, September 17, 2016

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

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

Enclosed is payment for \$ _____ for _____ passengers

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

Emergency Contact: _____ Phone: _____

I was informed about the refund policy





Woodland Senior Center

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

Open Monday through Friday

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

Closed Weekends & Holidays

The Woodland Senior Center is a designated “**Focal Point**” of services for seniors including nutrition, recreation, transportation, education, arts and crafts, health screenings, support groups, and information.

The Woodland Senior Center strives to be the recognized access point for programs that encourage healthy aging, provide basic social services and offer socialization opportunities for older adults.

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

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

Support the Woodland Senior Center



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

Senior Center, Inc. Board of Directors

Roy Miller, President

Steve Etters, Vice President

Chuck Winter, Secretary

Elizabeth Kemper, Treasurer

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
U.S. POSTAGE PAID
Permit No. 53
Woodland, CA

Address Service Requested

Interested in seeing
a new board or card
game at the Senior
Center? Give us a
call and let us know!
530-661-2001



Overview of Upcoming Dates

May 3

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

May 5

Mother's Day Flower Arranging Workshop

May 12

SCI Installation Dinner

May 18

Healthy Living Workshop: Using Your Mind to Feel Better

May 23

Computer Club Meeting– Guest Speaker

May 26

Senior Resource Fair

May 26

Collette & Affordable Adventures Travel
Presentations

May 30

Memorial Day– Center Closed

June 22

Spaghetti Feed Fundraiser for
Teens Helping Seniors program

