

# Senior Gram

Volume 12

Issue 6

June 2016



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## **SENIOR MOVIE DAY**

**Monday, June 13th**

**12:30 p.m.**

***The Lady in The Van***

**(2015) PG 13 1 hr. 44min.**

Drama



The LADY IN THE VAN is based on Bennett's true story of Miss Shepard (played by Maggie Smith), a woman of uncertain origins who "temporarily" parked her van in Bennett's London driveway and proceeded to live there for 15 years. What begins as a begrudged favor becomes a relationship that will change both their lives. SENIORS ONLY PLEASE!

## **Yolo Hospice presents screening and discussion of PBS FRONTLINE film *Being Mortal***

**June 10, 1:00 p.m.**

Free screening and discussion at the Woodland Senior Center of the PBS FRONTLINE film *Being Mortal*. Based on the best-selling book by Atul Gawande, MD. See the film and be apart of a national conversation that brings medical professionals and community members together around the shared responsibility of discussing what matters most to patients and families facing difficult treatment decisions. RSVP by calling 530-758-5566 or emailing [ljreyes@yolohospice.org](mailto:ljreyes@yolohospice.org) by June 5th.

## **Teens Helping Seniors: Sign up for free help around the yard or house!**

**June 13—August 19**

The Teens Helping Seniors program takes 7th-12th graders out to senior homes to perform housework or yardwork free of charge during the school summer break (June 8-August 14). If you are interested in these services, call the Welcome desk at 661-2001 to fill out a work order. See page 9 for more information.

## **Healthy Living Workshops**

**June 15, 10:30 a.m.**

Topic: Breathe Better. We can all benefit from breathing better. Shortness of breath is a common symptoms of many chronic conditions. Come learn about the respiratory system, about common breathing problems, and learn some tips on how to breathe better. Class is drop in at the Woodland Senior Center.

## **Spaghetti Feed Fundraiser benefitting the Teens Helping Seniors volunteer program**

**June 22, dinner served from 5:30– 7:00 p.m.**

Every year, the volunteers are rewarded with a trip to the Santa Cruz Beach Boardwalk. This new fundraising effort aims to get them to The Boardwalk for a full day of fun. Meals will be served for \$4 in advance (\$3 for Senior Center, Inc. members), or \$5 at the door. Sign up at the Welcome Desk, or call (530) 661-2001 for more information.

## **Mandela Washington Fellowship Cultural Presentation**

**July 11, 9:00 a. m.– 11:30 a. m.**

UC Davis will be hosting 25 scholars from Sub-Saharan Africa this summer for a six-week program, the Mandela Washington Fellowship. **During the six-week program, the Fellows will be bringing their culture to the City of Woodland Senior Center and host a 2-hour cultural experience. Cultural topics can include storytelling, interests such as music or dance, and other related possibilities. Stay tuned for more information! More information on page 6!**



**Woodland Senior Center**

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

**[www.cityofwoodland.org/seniors7](http://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 <b>NEW!</b>	Thursdays	1:00 pm	
	3rd Mondays	3:00 pm	



## Social Games

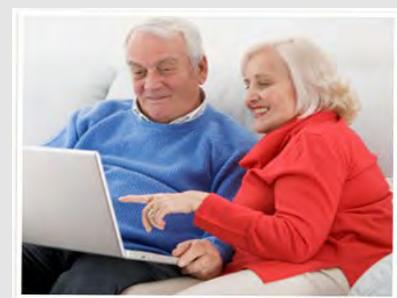
Bingo	Wednesdays & Fridays	12:00 pm
Bridge for Fun	Wednesdays	12:00 pm
Cribbage	Wednesdays	1:00 pm
Hand & Foot	Wednesdays	8:30 am
Mah Jong	Thursdays	12:30 pm
Open Game Days	Mon Tues Fri	12:30 pm
Pedro	Tuesdays	12:00 pm
Pinochle	Thursdays	5:15 pm



# 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	9:30 am– 10:30 am	



## 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

## 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)



Woodland Senior Center  
Computer Club's Annual

## Ice Cream Social

Saturday, July 4

1:00-3:00 p.m.

Make this annual event a stop on your holiday agenda. The Woodland Senior Center Computer Club hosts the Ice Cream Social with entertainment, patriotic music, and ICE CREAM! For \$2.00, get a bowl of ice cream, cookies, and lemonade. All proceeds benefit the Woodland Senior Center Computer Club.



## Aquatic Activities 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**.

**Fees: \$30 for 10 visits or \$4 daily. Or \$40 a month! Registration taken at POOL OFFICE at time of class.**

### Lap Swim/ Water Aerobics

Monday through Friday

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

Water Aerobics 11:30-12:30

Saturday-Sunday

10:00-11:00

Water Aerobics 10:00-11:00



### Lap Swim Only

Monday– Thursday

7:30 p.m.-8:30 p.m.

### Aerobics Only

June 13th– August 11th

Monday, Wednesday, Friday

8:30– 9:30 a.m.



# 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  
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](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 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

**UC DAVIS**  
UNIVERSITY OF CALIFORNIA



**MANDELA WASHINGTON FELLOWSHIP**  
FOR YOUNG AFRICAN LEADERS

UC Davis will be hosting 25 scholars from Sub-Saharan Africa this summer for a six-week program, the Mandela Washington Fellowship. The Mandela Washington Fellowship is a flagship program of President Obama's Young African Leaders Initiative (YALI) that empowers young leaders from Sub-Saharan Africa through academic coursework, leadership training, and networking opportunities. These scholars, ages 25 – 35 years old, have established records of accomplishments in promoting innovation and positive change in their communities and are eager to share their story with the U.S. community.

**During the six-week program, the Fellows will be bringing their culture to the City of Woodland Senior Center and host a 2-hour cultural experience on July 11<sup>th</sup> from 9:00am to 11:30am. Cultural topics can include storytelling, interests such as music or dance, and other related possibilities. Stay tuned for more information!**

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](http://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, June 15th:

### 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

# TEENS HELPING SENIORS

**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.

**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!**

**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!**



**Spaghetti Feed Fundraiser  
benefitting**

**Teens Helping Seniors  
volunteer program**

**Wednesday, June 22**

*Dinner served from 5:30-7:00 p.m.*

**Every year, the volunteers are rewarded with a trip to the Santa Cruz Beach Boardwalk. This new fundraising effort aims to get them to The Boardwalk for a full day of fun. Meals will be served for \$4 in advance (\$3 for Senior Center, Inc. members), or \$5 at the door. Sign up at the Welcome Desk, or call (530) 661-2001 for more information.**

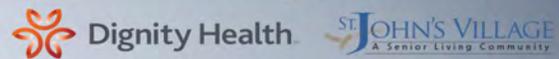


**“Hope is not a plan.”**  
**Dr. Atul Gawande**

**JOIN US for a free  
screening and discussion  
of the PBS FRONTLINE film  
*Being Mortal*. Based on  
the best-selling book by  
Atul Gawande, MD**



Community Partners



**Woodland Community & Senior Center**

### **BEING MORTAL: Medicine and What Matters in the End**

JOIN US for a free screening and discussion of the PBS FRONTLINE film *Being Mortal*. Based on the best-selling book by Atul Gawande, MD, this documentary explores the hopes of patients and families facing terminal illness and their relationships with the physicians who treat them.

See the film and be part of a national conversation that brings medical professionals and community members together around the shared responsibility of discussing what matters most to patients and families facing difficult treatment decisions and how to have these conversations ahead of a medical crisis.

#### **Presented by Yolo Hospice**

Hors d'oeuvres and beverages provided by St. John's Village

June 10th, Friday @ 1pm

Woodland Community & Senior Center

2001 East Street, Woodland, CA 95776

**Please RSVP by calling 530-758-5566 or emailing [ljreyes@yolohospice.org](mailto:ljreyes@yolohospice.org) by June 5th**

Discussion Facilitators include:

Dr. Jeffery Yee, MD of Woodland Memorial Hospital

Joanne Hatchett, RN of Woodland Memorial Hospital

Sandy Chen Stokes, RN, MSN of the Chinese Coalition for Compassionate Care

# *Fleet Day in San Francisco*

Saturday, October 8, 2016

Cruise aboard Hornblower's San Francisco Belle as you dine on a sumptuous buffet. Champagne is included and there is musical entertainment for your enjoyment. The U.S. Navy's Blue Angels team are scheduled to fly over San Francisco Bay during the two hour cruise. With three decks on the paddlewheeler boat, the view is great as the planes perform thrilling maneuvers overhead as you cruise San Francisco Bay. (Please note: The Flying of the Blue Angels are always subject to weather and unforeseen circumstances.)



It is always a great day on the Bay with free flowing champagne on board the Belle and musical entertainment!

Depart from the Target parking lot in Woodland at 10:00am and return at 7:00/7:30pm.

**\$ 145.00 PER PERSON**

Payment due with sign up.  
Non refundable after 9/1

Tour Inclusions:  
Escorted by Jan Bello & Linda Bevins  
Luncheon Cruise on the Hornblower Ship  
Amador Stage Lines  
Driver and All Gratuities

Senior Center Inc. Members can deduct \$5.00

Sign up early - Limit 44passengers

Reservation Coupon

Fleet Day, October 8, 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

# Golden Gate Fields

**Thursday, November 10, 2016**

Your favorite trip is returning for 2016! Sign up early - we always sell out two coaches!!!

Join the your fellow daytrippers for a great afternoon of horse racing. Come visit Golden Gate Fields, Northern California's premier horse racing destination in the Bay Area. Located along the San Francisco Bay in Berkeley, Golden Gate Fields has offered exciting thoroughbred horse racing in the Bay Area since 1941.

Your table is reserved for a fantastic buffet lunch in the completely enclosed elegant Turf Club. After a delicious lunch, sit back and see if you can pick the winners. A delightful afternoon of good company and exciting horse racing awaits from the comfort of the clubhouse.

Depart from Woodland Target at 9:45am and return approximately 5:45pm.



Inclusions  
Reserved Seating in the Clubhouse  
Buffet Lunch  
Refreshments on the Coach  
Amador Stage Lines  
Driver & All Gratuities

**Price: \$ 79.00 per person**

**MENU**  
**Salad Bar** - Spring Greens, Cole Slaw, Potato Salad, Smoked Mozzarella & Penne, Beet Salad, Fruit Salad  
**Entrees & Sides** - Soup, Loaded Mashed Potatoes, Creamy Polenta, Steamed Vegetables, Meatloaf, Salmon, Fried Chicken  
**Carving Station** - Top Sirloin, Roasted Turkey  
**Desserts** - Pastries, Pies, Cakes, Pudding, Cobbler

Special Note: Senior Center, Inc. members can deduct \$5.00 from the price.

Reservation Coupon

Horse Racing, November 10, 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: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

I was informed of the refund policy

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

**June 2016**

<p><b><u>Alternate Meal</u></b>          ▫Multigrain Breaded Fish            w/Tartar Sauce          ▶Starch of the Day          ▶Vegetable of the Day          ▶Fruit of the Day</p>	<p><b><u>Suggested Contributions:</u></b>  <b>\$4.00</b> Seniors  <b>\$3.50</b> Volunteers(&lt; 60)  <b>\$ 7.00</b> GUEST FEE  <i>(&lt; 60 unless w/ senior spouse)</i>  <i>Partially funded by A4AAA</i></p>	<p><b>Wednesday June 1</b>  <b>▶▶Turkey Sandwich</b>          w/ Lettuce, Pickles, and          Condiments          Served on a Soft Roll          ▶Potato Salad          ▶Fruited Gelatin+</p>	<p><b>Thursday June 2</b>  <b>Loaded Baked Potato</b>          ▶Topped with Savory Ground          Beef, Sour Cream, and          Green Onion          ▶Chef Choice Vegetables          ▶Roll / ▶Tropical Fruit +</p>	<p><b>Friday June 3</b>  <b>▶▶Signature Four Cheese          Lasagna</b>          Crisp Garden Salad*          ▶Garlic Bread          ▶ Fresh Fruit+</p>
<p><b>Monday June 6</b>  <b>▶▶Ortega Chicken</b>          w/Cheese, Tortilla Chips &amp;          ▶Black Beans          Mixed Vegetables          ▶Apricots*</p>	<p><b>Tuesday June 7</b>  <b>▶▶Hamburger</b>          w/Lettuce &amp; Tomato          on Wheat Bun          Green Beans          ▶Potato Chips          ▶Fruit Juice+</p>	<p><b>Wednesday June 8</b>  <b>Chicken Cobb Salad*</b>          Crisp Greens, Tomatoes,          Bacon, Blue Cheese          w/Avocado Dressing          ▶Macaroni Salad/ ▶Crackers          ▶Fruited Lime Gelatin Whip+</p>	<p><b>Thursday June 9</b>  <i>Island Paradise Fun</i>  <b>▶Jamaican Crab Cake</b>          w/Mango Salsa          Bahama Vegetables+          ▶Caribbean Rice*          ▶Wheat Roll ▶Fruit+</p>	<p><b>Friday June 10</b>  <b>▶Baked Ham</b> w/Orange Glaze          ▶Scalloped Potatoes*          ▶Broccoli+ +          ▶Wheat Bread          ▶Pineapple Tidbits+</p>
<p><b>Monday June 13</b>  <b>BBQ Chicken</b>          ▶Steamed Carrots*          ▶O'Brien Potatoes+          ▶Buttermilk Biscuit          ▶Citrus Cup+</p>	<p><b>Tuesday June 14</b>  <b>▶Sweet &amp; Sour Pork</b>          ▶Steamed Peas          ▶Stir Fry Rice          ▶Pineapple Tidbits+          ▶Fortune Cookie</p>	<p><b>Wednesday June 15</b>  <b>▶▶Tuna Sandwich</b>          w/Lettuce &amp; Tomato          on Whole Wheat          ▶Pasta Salad*          ▶Gelatin w/Fruit+</p>	<p><b>Thursday June 16</b>  <b>Delicious Fuse Turkey          Burger</b> w/Aioli          ▶Served Open Faced on Bun  <b>Chef's Blend Veggies+</b>          ▶Cinnamon Apples</p>	<p><b>Friday June 17</b>  <b><i>Celebrate Fathers Day</i></b>  <b>▶Southern Fried Steak</b>          w/Country Gravy          California Blend Veggies*          ▶Mashed Potatoes+/ ▶Roll          ▶Fruit Juice/ ▶▶<i>Special Dessert</i></p>
<p><b>Monday June 20</b>  <b>▶Meatballs w/Marinara</b>          served over pasta          Italian Vegetable Blend*          ▶Wheat Roll          ▶Fruit Medley+</p>	<p><b>Tuesday June 21</b>  <b>▶▶Hot Dog</b> (contains pork)          Wheat Bun          ▶Chili &amp; Cheese          Mixed Vegetables+          ▶Fresh Fruit</p>	<p><b>Wednesday June 22</b>  <b>Chicken Taco Salad</b>          Crisp Greens, Chicken,          Cheese, Tomatoes &amp; More!          ▶Jicama &amp; Cucumber Medley          ▶Applesauce+</p>	<p><b>Thursday June 23</b>  <b>▶Crispy Fish Filet</b>          Coleslaw+ *          ▶Scalloped Potatoes+          ▶Wheat Bread          ▶Blushed Pears</p>	<p><b>Friday June 24</b>  <b>Mediterranean Chicken</b>          ▶Marinated Salad          ▶Rice Pilaf*          ▶Bread          ▶Fruit Juice+</p>
<p><b>Monday June 27</b>  <b>▶Pepper Steak</b> w/ bell          peppers &amp; tomato sauce+          ▶Wheat Pasta          ▶Steamed Green Beans          ▶Fruit Juice+</p>	<p><b>Tuesday June 28</b>  <b>Home-Style Casserole</b>          ▶Fresh Green Salad*          ▶Wheat Bread          ▶Fresh Fruit+</p>	<p><b>Wednesday June 29</b>  <b><i>Birthday Celebration</i></b>  <b>▶Ham &amp; Scalloped          Potato Strata+</b>          Mixed Vegetables+*          ▶Wheat Bread          ▶Fruit Juice+/ ▶▶Cake</p>	<p><b>Thursday June 30</b>  <b>▶Savory Summer          Quiche</b>          ▶Brown Rice          Tossed Salad*          ▶Roll          ▶Applesauce+</p>	<p>          * indicates Vit A source          + indicates Vit C source          Served with 8 oz 1% milk  <b>Menu Subject to Change</b></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**



# 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  
Maxine Polkinghorne

Connie Crandall  
Carla Sanborn

Stan Moorhead  
Judy Tommeraason

Linda Nantz  
Gil Walker Sharon Coulombe

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)

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Nonprofit Organization  
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Woodland, CA

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Address Service Requested

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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

### June 10

Free Screening and discussion event of FRONTLINE film Being Mortal

### June 13

Senior Movie Day: The Woman in the Van

### June 13

Teens Helping Seniors Program begins!

### June 15

Healthy Living Workshop: Breathe Better

### June 22

Spaghetti Feed Fundraiser– Benefiting  
Teens Helping Seniors

### July 4

Ice Cream Social, Sponsored by the  
Senior Center Computer Club

### July 11

Mandela Washington Fellowship Cultural Presentation

