

# Senior Gram

Volume 12

Issue 7

July 2016



Trip information	P. 4
Aquatic Activities	P. 5
AARP Drivers Safety Program	P. 5
Scrapbook ALL-DAY Workshop	P. 5
Ice Cream Social	P. 5
Mandela Washington Fellowship Cultural Presentation	P. 6
Teens Helping Seniors	P. 9
Telephone Reassurance Program	P. 9
“Chit Chat Café” July Menu	P. 10

## **SENIOR MOVIE DAY**

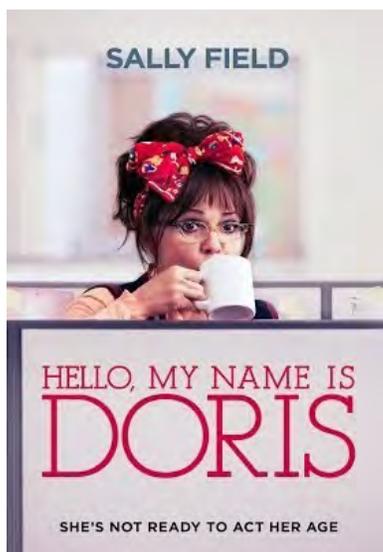
**Monday, July 11th**

**12:30 p.m.**

**Hello, My Name is Doris**

R 1hr. 30min.

Drama/ Comedy, 2016



Inspired by insights gained through a self-help seminar, 60 year old Doris Miller brazenly steps forward to pursue the affections of a much younger co-worker— and inadvertently becomes a hit with hipster cohorts.

### **SENIORS ONLY PLEASE!**

Exclusive SCI Member seating starts at noon and ends at 12:20 p.m.

*We want to thank Bill and Sharon Dittrich for their extremely generous donation of scrapbook supplies to the Senior Center! It is a “Scrapbookers Dream” to have people as generous as you both donate all of these wonderful supplies! THANK YOU!*

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

**Now through 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.

### **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. More information on page 6!**

### **Woodland Senior Center Retiree Assistance Group– Guest Speaker**

**July 12, 12:15 p.m.**

Yolo County Nurse Lisa Musser, RN, MPH, PHN, CSN, will be the guest speaker at the July 12 meeting of the Woodland Senior Center Retiree Assistance Group. The topic: “How your Pancreas health affects diabetes.” She will cover what is known about diabetes, how to lower one’s risk, and for those diagnosed, how to manage diabetes to prevent complications. The meeting starts at 12:15 pm in meeting room 3 of the Woodland Community and Senior Center.

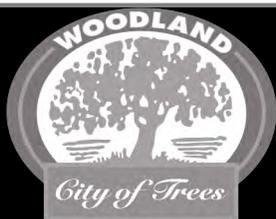
### **AARP Driver Safety Program– Recertification**

**August 18, 8:30 a. m.– 1:00 p. m.**

AARP recertification class at the Woodland Senior Center. \$15.00 for AARP members or \$20.00 for non-AARP members. Enrollment forms available at Senior Center Welcome Desk. Enrollment in this course is limited.

### **Utility Assistance Program is BACK!**

The City of Woodland is pleased to announce new changes to the Utility Assistance Program. The UAP was created in 2010 to help qualifying residents with their City utility bill. The UAP now provides low-income residents (must own the property at which they live) with up to 6 months of assistance at \$60.00 per month. Program qualifying criteria and applications available at City Hall and the Community and Senior Center Welcome Desk. For more information please call (530) 661-5831.



**Woodland Senior Center**

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

**www.cityofwoodland.org/seniors**

**The mailing of this publication is paid for by Senior Center, Inc.**

# 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

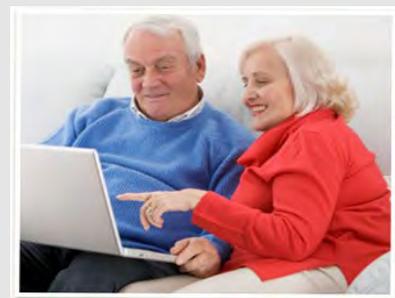
Bingo	Wednesdays & Fridays	11:45 am
Bridge for Fun	Wednesdays	12:00 pm
Cribbage	Wednesdays	1:00 pm
Hand & Foot	Wednesdays	8:30 am
Mah Jong	Thursdays	12:30 pm
Open Game Days	Mon Tues Fri	12:30 pm
Pedro	Tuesdays	12:00 pm
Pinochle	Thursdays	5:15 pm



# 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 <b>NEW DAYS &amp; TIME!!</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays	9:30-11:30 am	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	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 Study Group- "Studies Literature"	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

### **Silver Legacy- Day Trip**- Sign up now- almost full!

\$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. (WAITLIST ONLY)**

\$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. **(WAITLIST ONLY)**

### **Apple Hill**

\$55.00 \*

September 17, 2016

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

### **Fleet Day on San Francisco Bay- Day Trip**

\$145.00 \*

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!

Jan Bello and Linda Bevins are taking 2017 trip suggestions. Please send suggestions to:

Jan Bello

6699 Midway Road

Dixon, Ca 95620

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

4



\*Per Person Rates

### **Rediscover Cuba**

October 13-21, 2016

\$4,249 (Double) after discount\*

*Highlights include: Cayo Santa Maria Island, Sugar Museum, Remedios, Cienfuegos, Botanical Gardens, Cuban Cigar Factory, Havana, Literacy Museum, Cuban Fine Arts Museum, salsa dancing, Casa Fuster*

### **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

# **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.



**Do you have a scrapbook project you've  
been wanting to finish?**



**Come join us for an all day scrapbook  
workshop-**

**Tuesday, July 19th 10am– 4pm**

**Refreshments and snack provided,  
bring your brown bag lunch!**

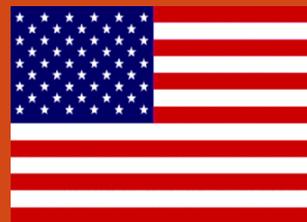
**New scrappers... bring your favorite items,  
scissors and books– we have lots of goodies for  
you to use!**

Regular Scrapbook Class is held

2nd & 4th Tuesdays

NEW extended TIME: 10:00 am– 1:00 pm

**Come out and scrap with us!**



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.

# 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. Meet-  
ings are open to the pub-  
lic. All members are invit-  
ed to attend and partici-  
pate in board meetings.  
For membership infor-  
mation, 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 com-  
puter 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.**

VOLUNTEERS NEEDED!



VOLUNTEERS NEEDED TO HELP RUN THE THRIFT STORE!  
PLEASE VISIT THE THRIFT STORE OR THE WELCOME DESK  
FOR AN APPLICATION.

Donations are also needed! Drop off at the center from 8am-  
3pm Monday-Friday or call and arrange for a pickup.

*All proceeds benefit Senior Center Programs!*

# THRIFT STORE

Woodland Senior Center- 2001 East Street (around back)



## Store Hours:

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

Tuesday: 8:00 am– 11:00 am



**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 1:00 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)

## FREE Hearing Exams!

### NEW SUMMER DATES & TIMES



**2nd & 4th Thursdays 9:30– 11:30am**

*Visit or call the front desk for an appointment today! Walk-ins welcome too, may need to wait a few minutes. (530)661-2001.*

## **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**

## VOLUNTEERS NEEDED!



## Share your talent with us!

We are looking for a volunteer to head the Ceramic Class at the Senior Center!

This person will supervise the Ceramics class; plan and instruct special technique classes if desired; instruct participants; oversee inventory and purchase supplies.



Please inquire at the Welcome Desk or call (530) 661-2001.

# 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!**

## 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.

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

**July 2016**

<p><i>Congregate Alternate Meal</i> <b>Fish Nuggets</b> ▶Vegetable of the Day ▶Daily Fruit Selection ▶Bread of the Day</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) <i>Menu Subject to Change</i></p>			<p><b>Friday July 1</b> <i>Celebrate the 4<sup>th</sup>!</i> ▶▶<b>Hamburger</b> ▶Corn off the Cob ▶Potato Chips ▶Juice+ ▶▶Star Spangled Dessert</p>
<p><b>Monday July 4</b>  <b>Happy 4<sup>th</sup> of July</b>  <b>Closed</b></p>	<p><b>Tuesday July 5</b> ▶ <b>Traditional Salisbury Steak w/ Gravy</b> ▶Peas &amp; Carrots* ▶Mashed Potatoes+ ▶Wheat Roll ▶Fruit Juice+</p>	<p><b>Wednesday July 6</b> <b>Summertime Salad Bar Plate</b> ▶Spinach Salad w/Cheese, Kidney Beans and more! ▶Pasta Salad* ▶▶Cottage Cheese &amp; Fruit+</p>	<p><b>Thursday July 7</b> ▶<b>Chicken Divan</b> w/Broccoli &amp; Creamy Cheddar ▶Mixed Vegetables* ▶Fresh Fruit +</p>	<p><b>Friday July 8</b> <b>Crispy Fish Fillet</b> w/tartar sauce Stewed Tomatoes ▶Au Gratin Potatoes ▶Bread ▶Tropical Fruit+</p>
<p><b>Monday July 11</b> <b>Chicken Salad</b> Over Spring Mix* ▶w/Mandarin Oranges+ ▶Marinated Bean Medley ▶Wheat Crackers</p>	<p><b>Tuesday July 12</b> ▶▶<b>Sloppy Joe</b> Served on Wheat Bun ▶O'Brian Potatoes ▶Mixed Vegetables* ▶Fruit Cocktail</p>	<p><b>Wednesday July 13</b> ▶▶<b>Tuna Sandwich*</b> On Whole Wheat bread ▶Potato Chips ▶▶Fruited Gelatin+</p>	<p><b>Thursday July 14</b> <b>Hearty Ham &amp; Potato Casserole</b> Green Beans ▶Wheat Roll ▶Fruit Crisp+</p>	<p><b>Friday July 15</b> <b>Oven Fried Chicken</b> ▶Savory Carrots* ▶Ranch Beans ▶Cornbread Muffin ▶Applesauce+</p>
<p><b>Monday July 18</b> <b>Herb &amp; Garlic Fish</b> w/ Tartar Sauce Brussels Sprouts+ ▶Brown Rice Pilaf ▶Wheat Roll ▶Peaches</p>	<p><b>Tuesday July 19</b> <b>Veggie Lo Mein Salad</b> w/broccoli, carrots, spinach, and shelled edamame Hard Boiled Egg ▶Citrus Cup+</p>	<p><b>Wednesday July 20</b> <b>Parmesan Chicken</b> ▶Served Over Pasta Italian Vegetable Blend* ▶Garlic Bread ▶Juice+</p>	<p><b>Thursday July 21</b> ▶▶<b>Turkey Sandwich</b> On Wheat W/ lettuce &amp; tomato ▶Delicious Broccoli Salad+* ▶Gelatin w/Fruit+</p>	<p><b>Friday July 22</b> <b>Home-Style Meatloaf</b> w/Gravy Chef's Blend Vegetables* ▶Mashed Potatoes+ ▶Wheat Bread ▶Fresh Fruit</p>
<p><b>Monday July 25</b> <b>Lemon Chicken</b> Vegetable Blend ▶Brown Rice* ▶Wheat Bread ▶Pineapple Tidbits+</p>	<p><b>Tuesday July 26</b> <b>All Beef Frankfurter</b> ▶▶Whole Wheat Bun Sauerkraut+ Green Beans ▶Tropical Fruit+</p> 	<p><b>Wednesday July 27</b> ▶<b>Fuse Chicken Burger</b> ▶Black Bean Chili ▶Fruit Juice+ ▶▶Birthday Cake</p>	<p><b>Thursday July 28</b> ▶<b>Chef's Salad</b> Crispy Greens Topped w/Turkey, Ham, Cheese, &amp; Tomatoes ▶Crackers ▶Ambrosia+</p>	<p><b>Friday July 29</b> <b>Mildly Seasoned</b> ▶▶<b>Beef Taco</b> ▶Buttery Corn Spanish Green Beans ▶Fresh Fruit+</p>

Each meal includes 8 oz 1% milk    Margarine & Condiments optional    +Vitamin C \* Vitamin A  =Higher Sodium Meal.    Partially funded by A4AA

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

**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 13– August 19

Teens Helping Seniors Program

## July 4

Ice Cream Social, Sponsored by the Senior Center  
Computer Club

## July 11

Senior Movie Day: Hello, My Name is Doris

## July 11

Mandela Washington Fellowship Cultural Presentation

## July 12

Woodland Retiree Assistance Group– Guest Speaker

## August 18

AARP Driver Safety Class– Recertification

