

# Senior Gram

Volume 12

Issue 8

August 2016



Trip information	P. 4
Aquatic Activities	P. 5
FALL Potluck	P. 5
Hearing Exam & Blood Pressure Clinics	P. 8
Telephone Reassurance Program	P. 8
STOP FALLS 2016– Fall Prevention Festival	P. 9
“Chit Chat Café” August Menu	P. 10

## SENIOR MOVIE DAY

Monday, August 8th

12:30 p.m.

*The Finest Hours*

PG-13 1hr. 57min.

Drama/ Disaster, 2016



On Feb. 18, 1952, a massive storm splits the SS Pendleton in two, trapping more than 30 sailors inside the tanker's sinking stern. Engineer Ray Sybert bravely takes charge to organize a strategy for his fellow survivors. As word of the disaster reaches the Coast Guard in Chatham, Mass., Chief Warrant Officer Daniel Cluff orders a daring rescue mission. Despite the ferocious weather, coxswain Bernie Webber takes three men on a lifeboat to try and save the crew against seemingly impossible odds

**SENIORS ONLY PLEASE!**

## 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.

## Fall Potluck

**Thursday, September 22, Dinner Served at 5:30 p.m.**

Bring your favorite side dish or appetizer to share with all. Senior Center Inc. will provide the main dish and the dessert. Guests under 55 will be charged \$5 for dinner. RSVP to the Senior Center Welcome Desk at (530) 661-2001.

## STOP FALLS 2016– Fall Prevention Festival

**Tuesday, September 27th, 12:30– 3:30 p.m.**

Each year, millions of older people– those 65 and older– fall. In fact, one out of three older people fall each year. Falling once doubles your chances of falling again. Fall prevention may not seem like a lively topic, but its important and its being discussed more and more. Fear of falling does not need to rule your life, instead consider attending this comprehensive workshop where you will hear from aging professionals and other community agency members for tips and suggestions to help prevent falls. The workshop on September 27th starts at 12:30 p.m. at the Woodland Community and Senior Center. Sign up at the welcome desk or call 661-2001.

## 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](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	Thursdays	1:00 pm	
	3rd Mondays	3:00 pm	



## Social Games

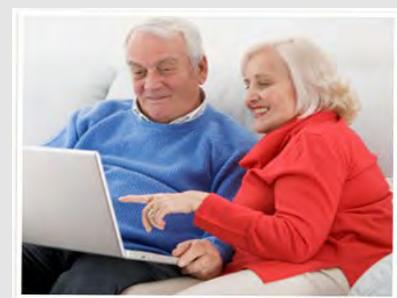
Bingo	Wednesdays & Fridays	11:45 am
Bridge for Fun	Wednesdays	12:00 pm
Cribbage	Wednesdays	1:00 pm
Hand & Foot	Wednesdays	8:30 am
Mah Jong	Thursdays	12:30 pm
Open Game Days	Mon Tues Fri	12:30 pm
Pedro	Tuesdays	12:00 pm
Pinochle	Thursdays	5:15 pm



# 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 DAY &amp; TIME!!</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays	9:30-11:30 am	By appointment & drop-in
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 DAY &amp; TIME!!</b>	2nd & 4th Thursdays	9:30 am– 11:30 am	By appointment & drop-in

## 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

### **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 \* (Almost Full– Reserve Your Space! )

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!

Now accepting credit cards for Affordable Adventures!



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.



**Senior Center Inc.'s 2016  
Fall Potluck**

**Thursday, September 22  
Dinner served at 5:30 p.m.**

**Woodland Senior Center  
2001 East Street**

**Senior Center Inc. hosts another great party.  
SCI will bring the main dish and dessert!**

**Bring a side dish or appetizer to share with everyone!**

**RSVP to the Senior Center Welcome Desk by September 15th  
(530) 661-2001**



# 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:**

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

## Opportunity Quilt Winner:



## Richard Belgum

Every year, the Needles and Friends quilting group donates a beautiful quilt to be raffled off at the 4th of July Ice Cream Social. Richard Belgum, a new resident to Woodland, had been visiting the center and thought he would make a contribution to the Ice Cream Social— he never imagined he would win the quilt!

**Congratulations!**



**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**



## COMING SOON!

**We will soon be accepting credit cards for Memberships & Donations.**

**Stay Tuned!**



# 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 CLINIC!**

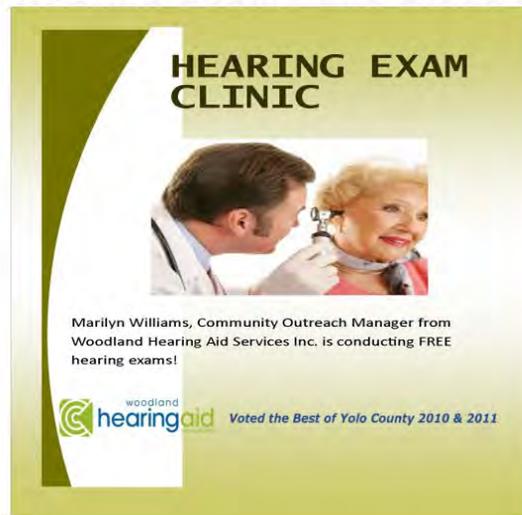
**2nd & 4th**

**THURSDAYS**

**9:30- 11:30am**

**Hearing Exams and Blood Pressure**

Please contact the Woodland Senior Center Welcome Desk to book an appointment at (530) 661-2016. Walk-ins welcome!  
Location: Senior Center Consultation Rooms

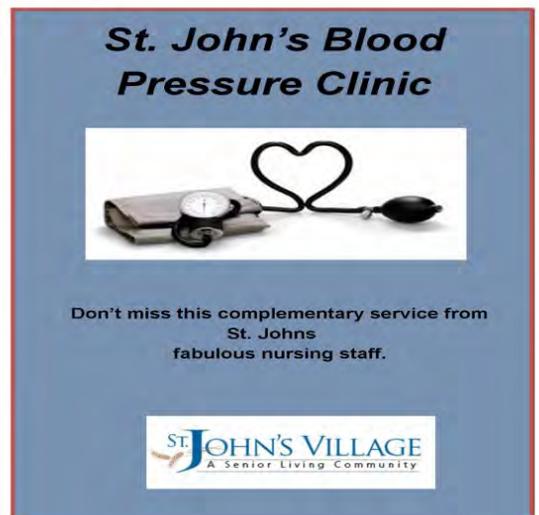


**HEARING EXAM CLINIC**



Marilyn Williams, Community Outreach Manager from Woodland Hearing Aid Services Inc. is conducting FREE hearing exams!

woodland **hearingaid** Voted the Best of Yolo County 2010 & 2011



**St. John's Blood Pressure Clinic**



Don't miss this complementary service from St. Johns fabulous nursing staff.

**ST. JOHN'S VILLAGE**  
A Senior Living Community

## Telephone Reassurance



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.

## Ceramics Class

**Thursdays 9:00am**

Come meet Ted Bedford, the new ceramics class instructor. Ted has many years experience with ceramics and is looking forward to working with you! Always welcoming new participants!



Any questions please call or visit the Welcome Desk (530) 661-2001.



**STOP FALLS 2016**  
**September 27, 2016**  
**12:30-3:30**

*Woodland Community and Senior Center*

*Join us for informative speakers, community resources, wellness activities (strength and balance assessment, vision screening, & exercise demonstrations & more!)*

**Sign-up at the Senior Center Welcome Desk or call 530-661-2001.**

**For more information about this event contact: Cindi Unger from Comfort Keepers at (530) 400-8538.**

Each year, millions of older people—those 65 and older—fall. In fact, one out of three older people fall each year, but less than half tell their doctor. Falling once doubles your chances of falling again. Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider attending this comprehensive workshop where you will hear from aging professionals and other community agency members for tips and suggestions help prevent falls.

**Falls Are Serious and Costly**

One out of five falls causes a serious injury such as broken bones or a head injury. Each year, 2.5 million older people are treated in emergency departments for fall injuries. Over 700,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture. Each year at least 250,000 older people are hospitalized for hip fractures. More than 95% of hip fractures are caused by falling, usually by falling sideways. Falls are also the most common cause of traumatic brain injuries (TBI).

**What Can Happen After a Fall?**

Many falls do not cause injuries. But one out of five falls does cause a serious injury such as a broken bone or a head injury. An older person who falls and hits their head should see their doctor right away to make sure they don't have a brain injury. These injuries can make it hard for a person to get around, do everyday activities, or live on their own. Many people who fall, even if they're not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling.

Monday August 1	Tuesday August 2	Wednesday August 3	Thursday August 4	Friday August 5
<b>&lt;Breaded Baked Fish</b> w/Tartar Sauce Mediterranean Vegetables** <Scalloped Potatoes+ <Wheat Roll <Applesauce+	<b>&lt;Spaghetti &amp; Meatballs</b> w/ Marinara Fresh Garden Salad** <Garlic Bread <Flavorful Fresh Fruit+	<b>&lt;Greek Salad</b> Fresh Greens topped w/Feta, Olives, Artichoke, Hardboiled Egg, Tomatoes <Red Potato Salad <Crackers/<Berry Whip+	<b>&lt;&lt;Turkey Chili</b> w/Mixed Bean <Vegetable of the Day <Cornbread <Fruit Juice+	<b>&lt;&lt;Chicken Salad on a Soft Roll</b> Tomato and Cucumber Vinaigrette <Rice Pilaf Salad <Banana+
Monday August 8	Tuesday August 9	Wednesday August 10	Thursday August 11	Friday August 12
<b>Hungarian Beef</b> <Served over Brown Rice <Cauliflower & Carrots* <Wheat Bread <Citrus Medley+	<b>&lt;Seafood Salad</b> "Crab-style" Seafood Blend Served on Spring Mix w/Tomatoes & Lemon Wedge <Wheat Crackers <Gelatin w/Fruit+	<b>BBQ Chicken</b> <Coleslaw** <Buttermilk Biscuit <Ice Cream Cup <Fruit Juice+	<b>&lt;&lt;Hot Dog (all-beef)</b> w/ Bun & Condiments <Firecracker Corn <Oven Fried Potatoes <Fresh Fruit+	<b>&lt;&lt;Tuna Sandwich</b> on Whole Wheat w/ Lettuce & Tomato <Pasta Salad* <Gelatin w/ Fruit+
Monday August 15	Tuesday August 16	Wednesday August 17	Thursday August 18	Friday August 19
<b>&lt;&lt;Creamy Macaroni &amp; Cheese</b> Brussel Sprouts+ <Baguette <<Berry Crisp+	<b>Apple Cider Chicken</b> <Au Gratin Potatoes California Vegetables** <Cornbread <Fresh Fruit	<b>&lt;&lt;Turkey Sandwich</b> w/ Swiss on Wheat <Broccoli Salad** <Potato Chips <Gelatin w/Fruit+	<b>Teriyaki Beef</b> Stir Fry Vegetables* <Steamed Brown Rice <Fortune Cookie <Pineapple Tidbits+	<b>&lt;Salad Bar Plate</b> Spinach Salad w/Cheese, Kidney Beans & more! <Pasta Salad* <<Cottage Cheese & Fruit+
Monday August 22	Tuesday August 23	Wednesday August 24	Thursday August 25	Friday August 26
<b>&lt;Salisbury Steak</b> w/Gravy Capri Vegetable Blend* <Baked Potato w/Sour Cream <Wheat Bread <Mandarin Oranges+	<b>Lemon Pepper Fish</b> <Oven Fried Potatoes Fresh Garden Salad* <Wheat Roll <Fresh Fruit+	<b>&lt;Tasty Summer Quiche</b> <Rice Pilaf* <Baguette <Tropical Fruit+	<b>&lt;&lt;Hamburger</b> w/Bun & the Fixing's Mixed Vegetables* <Baked Beans <Applesauce+	<b>&lt;Ranch Chicken Salad</b> Chicken Strips, Bacon, Cheddar, Cherry Tomatoes w/Ranch Dressing <Crackers <Fruited Gelatin+
Monday August 29	Tuesday August 30	Wednesday August 31	<b>Suggested Contributions:</b> <b>\$4.00 Seniors</b> <b>\$3.50 Volunteers (&lt; 60)</b> <b>\$7.00 GUEST FEE</b> (under 60 unless w/ senior spouse) <b>Menu Subject to Change</b>	
<b>&lt;Cheese Ravioli</b> w/Alfredo Sauce Stewed Tomatoes+ <Garlic Bread <Fruit Surprise+	<b>&lt;&lt;Veggie Lo Mein Salad*</b> w/Broccoli, Carrots, Spinach, & Shelled Edamame Hard Boiled Egg <Citrus Cup+	<b>Happy Birthday Chicken Fajita</b> w/Bell Peppers, Tomatoes, Onions Black Bean Chili <<Flour Tortilla /<Juice+ <<Birthday Cake		

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)

---

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

---

Address Service Requested

---



# Overview of Upcoming Dates

**June 13– August 19**

Teens Helping Seniors Program

**August 8**

Senior Movie Day: The Finest Hours

**August 18th**

AARP Driver Safety Program– Recertification

**September 5**

Labor Day– Center Closed

**September 27th**

Stop Fall 2016– Fall Prevention Festival

**October 13th**

Fraud Fair

**November 15th & 17th**

AARP Driver Safety Program

