

Senior Gram

Volume 12
Issue 9
September 2016



Trip information	P. 4
Aquatic Activities	P. 5
FALL Potluck	P. 5
2016 Outstanding Volunteers	P. 6
Senior Resource and Crime Prevention Fair	P. 7
Important Healthcare Documents Presentation	P. 7
New! Country Western Line Dance Classes	P. 8
Del Oro Caregiver Resource Center Workshop	P. 8
Fall Prevention Workshop	P. 9
"Chit Chat Café" September Menu	P. 10

SENIOR MOVIE DAY

Monday, September 12th

12:30 p.m.

Miracles from Heaven

PG 1hr. 49min.

Drama, 2016



Anna Beam (Kylie Rogers) lives with a rare, incurable disorder that leaves her unable to digest food. Despite the dire diagnosis, devoted mom Christy (Jennifer Garner) relentlessly searches for a way to save her beloved daughter. Everything changes in an instant when Anna tells an amazing story of a visit to heaven after surviving a headlong tumble into a tree. Her family and doctors become even more baffled when the young girl begins to show signs of recovering from her fatal condition.

SENIORS ONLY PLEASE!

Outa Sight Support Group– Guest Speaker

September 6th; 12:45 p.m.– 1:30 p.m.

Guest speaker Kevin Clark, Enforcement Officer for Yolo County Fraud Prevention Division, will update the group on new fraud issues in our region.

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 Workshop

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

Please join us for informative speakers, community resources, wellness activities (strength and balance assessment, vision screening, home modification, & physical/medication issues related to falls) and much more! 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.

Yolo County Crime Prevention & Senior Resource Fair

Thursday, October 13th; 9:00– 12:00 p.m.

Learn how to stop and fight fraud, identity theft, and scams targeting local residents. You will also have the chance to meet local law enforcement leaders. Fraud and scam– fighting experts will be on hand to educate people and distribute materials. Raffle prizes and FREE flu shots on a first come first serve basis. There will also be a free continental breakfast to attendees. Fair takes place at the Woodland Community and Senior Center. For more information call (530) 666-8416

Important Documents Presentation

Presented by Joanne Hatchett, FNP, RN

Thursday, October 27th; 10:30 a.m.– 12:00 p.m.

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

AARP Driver Safety Program

November 15th & 17th; 9:00 a.m.– 1:00 p.m.

AARP Driver Safety Program 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.



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	9:00 am	
ALL-DAY Scrapbook Retreat	3rd Tuesdays of ODD months	9:00 am- 4:00 pm	
Woodcarvers	1st & 3rd Wednesdays	1:00 pm	



Exercise Classes

Aquatic Activities (Charles Brooks Community Swim Center)	Call 661-2000		
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

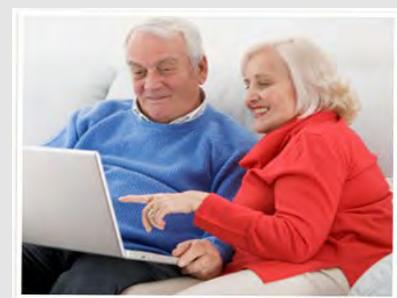
Bingo	Wednesdays & Fridays	11:45 am
Bridge for Fun	Wednesdays	12:00 pm
Cribbage	Wednesdays	1:00 pm
Hand & Foot	Wednesdays	8:30 am
Mah Jong	Thursdays	12:30 pm
Open Game Days	Mon Tues Fri	12:30 pm
Pedro	Tuesdays	12:00 pm



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	12:00-2:30 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	Tuesdays	9:00 am– 9:45 am	Bring your own bag. Q's 668-0690
Hearing Exams NEW DAY & TIME!!	2 nd & 4 th Thursdays	9:30-11:30 am	By appointment & drop-in
HICAP Consultations (Health Insurance counseling)	2 nd & 4 th Thursdays	1:00-4:00 pm	Call (916) 376-8915 for 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 DAY & TIME!!	2nd & 4th Thursdays	10:00am– 11:00am	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



TRAVEL PRESENTATION FOR COLLETTE TRIPS:

OCTOBER 27th at 2:00 p.m.



* Per Person rates

Apple Hill (waitlist only)

\$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 (waitlist only)

\$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 (waitlist only)

\$79.00 *

November 10, 2016 Lunch buffet at the Turf Club. Afternoon of racing!



Now accepting credit cards for Affordable Adventures! (+2.75% service charge per swipe)

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.

*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 per calendar month (for unlimited visits!)

Lap Swim	Mon-Fri	Year Round	11:30 am - 1:00 pm
Lap Swim Aqua	Sat & Sun	Year Round	10:00 - 11:30 am
Aqua Aerobics	Mon-Fri	Sept-May	11:30 am - 12:30 pm
Lap Swim Aqua	Mon-Thu	Sept-March	7:00 - 8:00 pm
Lap Swim Aqua	Mon-Thu	April-August	7:30 - 8:30 pm
Aqua Aerobics	M W F	June-August	8:30 - 9:30 am

Registration taken at POOL OFFICE at time of class.



For questions about the Water Exercise or Lap Swim program, contact the Community Services office at (530) 661-2000



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**



NEW!

All-Day Scrapbook Retreat



Still need to complete your scrapbook pages, cards, and any other paper crafting projects?

Come join us!

Upcoming workshops:

September 20th

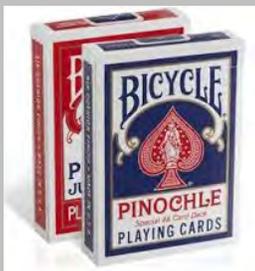
November 15th

Refreshments and snacks provided

Bring your own brown bag lunch!

3rd Tuesdays of ODD Months

9:00 a.m.—4:00 p.m.



Interested in playing PINOCHLE? Talk to us and we'll try to coordinate players, days & times.

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:

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

Upcoming Senior Center Events

Contact the Senior Center Welcome Desk at (530) 661-2001 to make your reservation

September 22, 2016	Fall Potluck	Dinner served at 5:30 pm
October 13, 2016	Yolo County Crime Prevention & Senior Resource Fair	10:00 am-2:00 pm
November 17, 2016	Thanksgiving Dinner	Dinner served at 5:30 pm
December 15, 2016	Santa's Holiday Social & Brunch	11:00 am-1:00 pm
March 3, 2017	Senior Art Show & ReXpo	4:00-7:00 pm
March 11, 2017	Hand & Foot Card Party	Lunch served at 11:30 am
May 11, 2017	Senior Center Inc. Installation Dinner	Dinner served at 5:30 pm
May 25, 2017	Senior Resource Fair	10:00 am-12:00 pm
June 21, 2017	Teens Helping Seniors Spaghetti Feed Fundraiser	Dinner served at 5:30 pm
July 4, 2017	Ice Cream Social by Computer Club	1:00-3:00 pm

NOW ACCEPTING CREDIT CARDS
for Memberships, Trips &
Donations! (+2.75% service charge per swipe)



CONGRATULATIONS to our 2016 Outstanding Volunteers!



Bonnie Gartung

Carol Miller

Mardi Bagan

Joan Tolla

Angela Ramirez

Margie Blixt

Garrie Wright

Jessie Helin (not pictured)

Avis Sloan (not pictured)

The Woodland Senior Center recognizes and thanks you for your devoted time and effort in volunteering. Your hard work and dedication has impacted the lives of many and your contributions allowed the Senior Center to offer exceptional experiences for the community.

2016 Yolo County Crime Prevention & Senior Resource Fair

Thursday, October 13
9:00 a.m.-12:00 p.m.

Learn how to stop and fight fraud, identity theft, and scams targeting local residents. You will also have the chance to meet local law enforcement leaders. Fraud and scam-fighting experts will be on hand to educate people and distribute materials. There is also a free continental breakfast to attendees. The fair takes place at the Woodland Community & Senior Center. For more information, please contact Kevin Clark at Kevin.clark@yolocounty.org or (530) 666-8416.



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



7

Important Healthcare Documents Presentation

Presented by Joanne Hatchett, FNP, RN

Thursday, October 27
10:30 a.m. – 12:00 p.m.

Location: Woodland Senior Center

What could be better than piece of mind? Join us for an interactive and important conversation regarding documents EVERYONE needs to have in place to assure their health choices are followed. Joanne Hatchett, FNP, RN will present on Advance Directive for Healthcare and Physician Orders for Life-Sustaining Treatment, two important documents that allow a patient, medical personnel and family members clear guidelines on a patients choice of treatment in critical times. Also included will be the Commission on Aging developed "Important Records" packet that will help family members with valuable information in times of crisis. Documents will be available on site for participants at the workshop. **SIGN-UP AT WELCOME DESK or call 661-2001**



Resources for Seniors

Adult Protective Services

661-2955

American Lutheran Church- MEDICAL CLOSET

1114 College Street Woodland
530-662-6338. Medical equip. avail to borrow for free. Please donate items as well!

Caregiver Information & Support

Information & Appointment Services
530-666-8828

Community Care Car

Local transportation Service 662-7800

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

Telephone Reassurance Program

Free daily or weekly reassurance calls to seniors.
530-661-2001

Yolo Food Bank

Food programs for the hungry
530-668-0690 or yolofoodbank.org



Line Dancing

Country Western Line Dance Classes for Beginners

Date: 8/31- 10/5 (Six Weeks)—Wednesdays

Time: 2:00 p.m.— 3:30 p.m.

Location: Woodland Community & Senior Center

The dance room is located on the southeast side of the complex. Enter at the door marked “YMCA” and take an immediate right to the “small gym.”

Cost: \$6.00 per person per class, payable at the class. Please note: although each class is paid individually. It is important to attend all six classes to get the most benefit because we start with the basics and build on each week.

Instructor: Judy Bechtold, 17 years experience in line dance instruction.

For more info email jabkeb@aol.com

Description: This is a basic beginning class for country western line dance. No previous experience is needed. Partners are not needed. Smooth sole shoes are preferred (bowling shoes work very well). Your shoes also should be secured to your feet (no slides or backless sandals). Casual attire— dress in layers so you can remove long sleeves as you warm up.

Goals: To have fun, exercise and learn!



Del Oro Caregiver Resource Center Workshop

Topic: Family Communication-
Keeping it Healthy and Productive”
for family caregivers



Are you tired of being the ONLY family member providing care for your loved one? Are you frustrated or upset at the lack of support from other family members? The caregiving journey may be a long, arduous, and stressful time. It is important to become care partners with other family members to be able to continue along the caregiving journey. Join us for an enriching discussion on how to facilitate healthier communication among family members. We will explore family dynamics, roles, varying communication styles, and interpersonal effectiveness skills.

Wednesday, October 19th: 1:30 p.m.— 3:00 p.m.

Location: Woodland Community & Senior Center



Fall Prevention Workshop 2016 September 27th, 12:30 - 3:30 p.m.

Woodland Community and Senior Center

Join us for informative speakers, community resources, wellness activities (strength and balance assessment, vision screening, home modification, & physical/ medication issues related to falls) . Vendor booths will provide interactive activities related to fall prevention & more!



Walmart Pharmacy will provide flu shots for Seniors age 65+ attending the event. (Flu shots reimbursed through Medicare Part B)



Senior Empowerment Partnership
Promoting independence and health through prevention



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.



AARP DRIVER'S SAFETY CLASS

November 15th & 17th, 9:00 a.m. - 1:00 p.m.

Contact the Senior Center for Registration Information at 661-2001

Suggested Contributions: \$4.00 Seniors \$3.50 Volunteers (< 60) \$7.00 GUEST FEE (< 60 unless w/ senior spouse) <small>Partially funded by ADA</small>				Thursday Sept 1 Cheese Ravioli Lasagna ♦ Garden Salad* Garlic Bread♦ Mandarin Orange♦♦	Friday Sept 2 Chef Salad ♦ Crispy Greens topped w/Turkey, Ham, Cheese, & Tomatoes Crackers♦//Ambrosia♦♦
Monday Sept 5 LABOR DAY HOLIDAY 	Tuesday Sept 6 Salisbury Steak w/Gravy Mashed Potatoes♦♦ Vegetable Blend*♦ Applesauce♦♦	Wednesday Sept 7 Tuna Stuffed Tomato Served on Lettuce Antipasto Salad*♦ Wheat Crackers♦ Raspberry Whip♦♦	Thursday Sept 9 Baked Ham w/Glaze Sweet Potatoes*♦ Steamed Peas♦ Cornbread♦ Pineapple Tidbits♦♦	Friday Sept 9 Arroz con Pollo ♦ (Chicken & Rice)  Tossed Salad Tortilla Chips & Salsa♦ Refried Beans♦//Juice♦♦	
Monday Sept 12 Pepper Steak w/Tomatoes & Bell Peppers+ Penne Pasta♦ Savory Carrots*♦ Bread♦//Diced Pears♦	Tuesday Sept 13 Savory Turkey Wrap w/Savory Cream Cheese plus Veggies♦ Broccoli Salad*♦♦ Gelatin w/Fruit♦♦	Wednesday Sept 14 Classic Sloppy Joe ♦♦ On a Wheat Bun Green Beans Buttered Corn♦ Fruit Juice♦♦	Thursday Sept 15 Chinese Chicken Salad Teriyaki Chicken on lettuce w/Red Bell Peppers+, Mushrooms, Green Onions Crispy Noodles♦ Citrus Cup♦♦	Friday Sept 16 Lemon Pepper Fish Oven Fried Potatoes♦ Steamed Spinach* Bread♦//Fresh Fruit♦♦	
Monday Sept 19 Old-fashioned Mac and Cheese ♦♦ Chef's Blend Vegetables Wheat Bread♦ Tropical Fruit♦♦	Tuesday Sept 20 Oven Fried Chicken ♦ Mashed Potatoes+ Coleslaw*♦ Biscuit♦ Fresh Fruit♦♦	Wednesday Sept 21 Hamburger ♦♦ w/Bun & Fixin's Mixed Vegetables*♦ Ranch Beans♦ Fruit Juice♦♦	Thursday Sept 22 Breaded Fish w/Tartar Sauce California Veggies*♦ Scalloped Potatoes♦♦ Fruit Juice♦♦	Friday Sept 23 Honey Dijon Chicken Brown Rice Pilaf♦ Steamed Cauliflower+ Wheat Roll♦ Fresh Fruit♦♦	
Monday Sept 26 All Beef Hot Dog w/Sauerkraut Whole Wheat Bun♦♦ Peas & Carrots*♦  Fruit Crisp♦	Tuesday Sept 27 Ham Sandwich ♦♦ On Whole Wheat Macaroni Salad♦ Gelatin w/Fruit♦♦	Wednesday Sept 28 <i>Happy Birthday</i> Southern Fried Steak w/Country Gravy♦ Mashed Potatoes♦♦  Savory Carrots*♦ Cake♦ // Juice♦♦	Thursday Sept 29 Hawaiian Style Meatballs ♦♦ Bahama Mix Veggies Brown Rice♦ // Roll♦ Cantaloupe*♦	Friday Sept 30 BBQ Chicken on Bun Ranch Beans♦ Corn off the Cob♦ Fruit Juice♦♦	

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



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

**WANT TO ADVOCATE
FOR SENIORS?**
The City of Woodland
Commission on Aging
needs members. Call Ana
Gonzalez at 530-661-5806
to apply!



Overview of Upcoming Dates

September 5

Labor Day– Center Closed

September 12

Senior Movie Day: Miracles from Heaven

September 22

SCI– Fall Potluck: Open to everyone!

September 27

Stop Fall 2016– Fall Prevention Workshop

October 13

Yolo County Crime Prevention & Senior Resource Fair

October 19

Del Oro Caregiver Resource Workshop- Family Communication:
Keeping it Healthy and Productive for family caregivers

October 27

Collette Travel Presentation

October 27

Important Documents Presentation

November 15 & 17

AARP Driver Safety Program

