

Senior Gram

Volume 12

Issue 10



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SENIOR MOVIE DAY

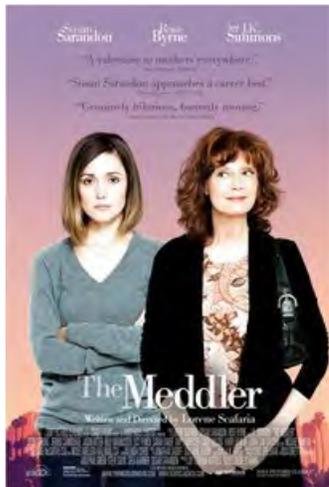
Monday, October 10th

12:30 p.m.

The Meddler

PG-13 1hr. 40min.

Drama/ Romance, 2015



With a new iPhone, an apartment near the Grove, and a comfortable bank account left to her by her beloved late husband, Marnie Minervini has happily relocated from New Jersey to Los Angeles to be near her daughter Lori, a successful (but still single) screenwriter, and smother her with motherly love. But when the dozens of texts, unexpected visits, and conversations dominated by unsolicited advice force Lori to draw strict personal boundaries, Marnie finds ways to channel her eternal optimism and forceful generosity to change the lives of others - as well as her own - and find a new purpose in life.

SENIORS ONLY PLEASE!

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.

Del Oro Caregiver Resource Center Workshop

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

The caregiving journey may be a long, arduous, and stressful time. Join us for an enriching discussion on how to facilitate healthier communication among family members. This workshop will explore family dynamics, roles, varying communication styles, and interpersonal effectiveness skills. See page 8 for more info.

Understanding Medicare Presentation

Wednesday, October 26th; 9:00 a.m., 12:30 p.m., or 3:00 p.m. (en espanol).

Join us to learn how to enroll in Medicare, what Medicare does and does not cover, how you can control your out-of-pocket costs— and much more.

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.

Travel Presentations for Upcoming Trips!

Collette Trips Presentation: October 27th; 2:00 p.m.

Affordable Adventure Presentation: November 3rd; 2:00 p.m.



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

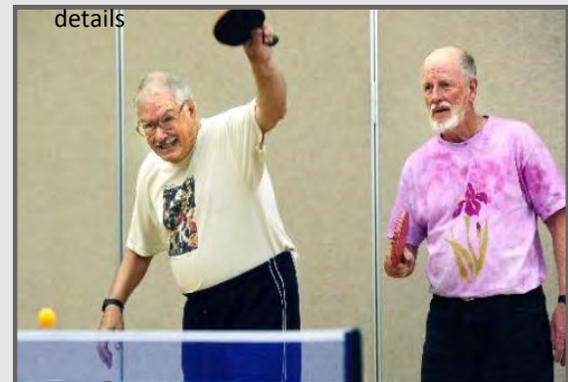
Art Classes

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	
Everyday Yoga	Mondays	9:30 am	\$5/month
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
			Call for details
Yoga & Meditation	Mondays	1:30 pm	
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 appt. & 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
Telephone Reassurance Program	Mon– Fri	9:00 am– 3:00 pm	Call for application
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 NEW Affordable Adventure TRIPS:

NOVEMBER 3rd at 2:00 p.m.



* Per Person rates

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.



TRAVEL PRESENTATION FOR NEW Collette TRIPS: OCTOBER 27th at 2:00 p.m.



*Per Person rates

Mackinac Island

May 11– 18, 2017

\$3,499 (Double)*

Highlights include: Chicago, Millennium Park, Holland Tulip Festival, Grand Rapids, Mackinac Island, The Grand Hotel, Frankenmuth, Choice of Greenfield Village or Henry Ford Museum.

Maritimes Coastal Wonders

June 14– 24, 2017

\$3,899 (Double)*

Highlights include: Halifax, Peggy's Cove, Cape Breton Island, Cabot Trail, Prince Edward Island, Diner's Choice, Anne of Green Gables House, Hopewell Rocks, Fundy Trail, Lunenburg

Northern National Parks

July 7– 14, 2017

\$2,999 (Double)*

Highlights include: Salt Lake City, Jackson Hole, Yellowstone National Park, Old Faithful, Grand Teton National Park, Park City

The Best of Eastern Canada

September 24– October 1, 2017

\$3,499 (Double)*

Highlights include: Montreal, Quebec City, Ottawa, 1000 Islands, Niagara Falls

Sells Fast!

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

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

Friendly Reminders

November SCI Membership Drive coming up! Also, it's not too soon to begin thinking about donating a prize/ basket for the SCI Christmas Brunch.

NEW!

All-Day Scrapbook Retreat



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

Upcoming workshop.

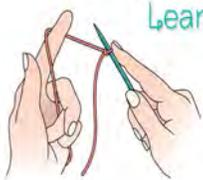
November 15th

Refreshments and snacks provided

Bring your own brown bag lunch!

3rd Tuesdays of ODD Months

9:00 a.m.—4:00 p.m.



Learn to Knit

Do you want to learn how to knit or refresh your skills? You are in luck Knitting Classes Now available through Woodland Community Services: Parks & Rec

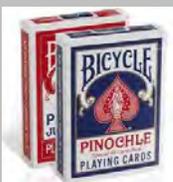
Nancy's Nifty Knitting

Beginning Knitting II: Already know how to cast-on, knit & purl, then this is the class for you. Learn new stitches and start a sampler scarf.

Thursdays 11/3-12/15/2016 (6:00– 8:00 pm) Ages 10– Adult

\$45 Resident/ \$54 Non-Resident

Register at: rec.cityofwoodland.org or call (530) 661-2000.



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



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

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

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Upcoming Senior Center Events

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

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
September 28, 2017	Fall Potluck	Dinner served at 5:30 pm

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



Telephone Reassurance Program

Know someone who could benefit?

If you think you, or someone you know, could benefit from the Telephone Reassurance Program, or if you wish to know more about how the service works, please call 661-2001.

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.



COMING SOON November Commit2Fit Woodland



Mayor Stallard is Committed!



Free TRX Class @ Cross Court



Fibit Raffle Winner



Healthy Living | Free Exercise Classes | Awesome Raffle Prizes

C2FIT IS A FREE CITYWIDE FITNESS INITIATIVE AIMED TO INCREASE PHYSICAL ACTIVITY AND PROMOTE A HEALTHY LIFESTYLE DURING THE MONTH OF NOVEMBER. C2FIT OFFERS FREE EXERCISE CLASSES AT LOCAL GYMS, FITNESS ACTIVITIES AT LOCAL VENUES, AND A CHANCE TO WIN RAFFLE PRIZES BASED ON YOUR INDIVIDUAL PARTICIPATION.

REGISTRATION AVAILABLE STARTING OCTOBER 1ST AT WWW.C2FWOODLAND.ORG

Simple Exercise Calendar

Day	Time	Activity	Location
Monday	5:00-6:00	TRX Class	Cross Court
Tuesday	6:00-7:00	Yoga	Woodland Senior Center
Wednesday	7:00-8:00	Cardio	Woodland Senior Center
Thursday	8:00-9:00	Strength Training	Woodland Senior Center
Friday	9:00-10:00	Group Exercise	Woodland Senior Center
Saturday	10:00-11:00	Senior Fitness	Woodland Senior Center
Sunday	11:00-12:00	Community Walk	Woodland Senior Center

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



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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 peace 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

Transition Made Simple:

Understanding Medicare

Wednesday,
October 26, 2016



Choose one session: 9:00 a.m.; 12:30 p.m.; 3:00 p.m. (en español)

Join us to learn how to enroll in Medicare, what Medicare does and does not cover, how you can control your out-of-pocket costs — and much more. We can advise you on what steps to take to make your next stage of life all you've dreamed of. Enjoy refreshments at one of these 90-minute educational seminars. There will be a Spanish language seminar at 3:00 p.m. Service offered by Physicians Mutual Insurance.

**Register at the Woodland Senior Center, 2001 East St. or
call 661-2001.**



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



2016 Yolo County Senior Resource & Crime Prevention Fair



**Thursday
October 13, 2016
9 am - 12 pm**

**Woodland Senior
Center
2001 East Street
Woodland, CA**

**Meet Your Local Law
Enforcement!
Many Senior
Resources Available**



FREE Flu Shots

(provided by Yolo County Immunization)

FREE Raffle Prizes

(provided by participating organizations)

FREE Onsite Shredding

(provided by Yolo County District Attorney's Office)

FREE Continental Breakfast

(provided by Atria Covell Gardens)



City of Woodland

For more information, contact: (530) 666-8416 or kevin.clark@yolocounty.org

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



October 2016

Monday Oct 3	Tuesday Oct 4	Wednesday Oct 5	Thursday Oct 6	Friday Oct 7
Black Bean Chili w/Turkey Garden Salad* Cornbread Mandarin Oranges+	Macaroni and Cheese Brussel Sprouts+ Wheat Roll Fresh Fruit	Almond Chicken w/Strawberry Balsamic Glaze Spinach Salad* Savory Brown Rice Bread♦/Fresh Fruit+	Old Fashioned Meatloaf w/Gravy Mashed Potatoes+ Savory Carrots* Bread♦//Apricot Halves*	Chef Salad w/Turkey, Hard Boiled Egg, Cheese, Tomatoes and more Pasta Salad Berry Whip+
Monday Oct 10	Tuesday Oct 11	Wednesday Oct 12	Thursday Oct 13	Friday Oct 14
Crispy Baked Fish Stewed Tomatoes+ Green Beans Whole Wheat Roll Fresh Fruit+	Sweet & Sour Pork Steamed Brown Rice Broccoli+* Fortune Cookie Fruit Juice+	Cheese Lasagna Garden Salad Garlic Bread Applesauce+	White Wine Chicken w/Mushrooms Mashed Potatoes+ Winter Veggie Blend Fresh Fruit+	Hamburger w/Lettuce, pickles & more on Whole Wheat Bun Buttery Corn Juice+
Monday Oct 17	Tuesday Oct 18	Wednesday Oct 19	Thursday Oct 20	Friday Oct 21
Pepper Steak w/Tomatoes & Bell Peppers Over Pasta Mixed Vegetables Bread//Fruit Crisp+	"Crabby Patty" AuGratin Potatoes Broccoli Salad*+ Whole Wheat Roll Fruit Juice+	Chicken Tortilla Chip Bake Fiesta Rice Green Beans Tropical Fruit+	Autumn Pork Stew w/Potatoes & Hearty Vegetables * Cornbread Fruit Juice□□+	All Beef Hotdog w/Bun Sauerkraut+ Carrot Coins* Apple Slices 
Monday Oct 24	Tuesday Oct 25	Wednesday Oct 26	Thursday Oct 27	Friday Oct 28
Chicken a la King* Steamed Brown Rice Tasty Green Peas Wheat Roll Fruit Juice+	Spaghetti & Meatballs Garden Salad Garlic Bread Fresh Fruit+	<i>Happy Birthday!</i> Loaded Potato w/Savory Beef Mixed Vegetables//Roll Cake//Fruit Juice+	Herb & Garlic Fish Stewed Tomatoes Roasted Winter Squash* Whole Wheat Bread Fruit Cup+	Teriyaki Chicken Mock Fried Rice Broccoli and Carrots* Whole Wheat Bread Pineapple Tidbits+
Monday Oct 31				Suggested Contributions: \$4.00 Seniors \$3.50 Volunteers (< 60) \$7.00 GUEST FEE (under 60 unless w/ senior spouse) Menu Subject to Change
It's Time for a Monster Mash!!! Spooky Sloppy Joe Mix Served over Ghostly Mashed Potatoes+ Frankenstein's Monster Vegetables Goblin Fruit Juice+ Dracula's Delicious Dessert 				
Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C * Vitamin A  =Higher Sodium Meal. Menu subject to change.				

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

Connie Crandall

Stan Moorhead

Linda Nantz

Maxine Polkinghorne

Carla Sanborn

Judy Tommeraason

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!



October 13

Yolo County Crime Prevention & Senior Resource Fair

October 19

Del Oro Caregiver Resource Workshop-

October 26

Understanding Medicare Presentation

October 27

Collette Travel Presentation

October 27

Important Documents Presentation

November 11

CENTER CLOSED- Veterans Day

November 3

Affordable Adventure Travel Presentation

November 15 & 17

AARP Driver Safety Program

November 15

All-Day Scrapbook Retreat

November 17

Thanksgiving Dinner

November 24

CENTER CLOSED- Thanksgiving Day

November 25

CENTER CLOSED- Day after Thanksgiving

Overview of Upcoming Dates

