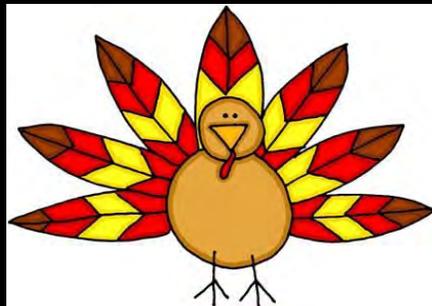


# Senior Gram

Volume 10  
Issue 11  
November 2016



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## **SENIOR MOVIE DAY**

**Monday, November 14th**

**12:30 p.m.**

**Me Before You**

PG-13 1hr. 50min.

Drama/ Romance, 2016



Young and quirky Louisa "Lou" Clark (Emilia Clarke) moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes a caregiver for Will Traynor (Sam Claflin), a wealthy young banker left paralyzed from an accident two years earlier. Will's cynical outlook starts to change when Louisa shows him that life is worth living. As their bond deepens, their lives and hearts change in ways neither one could have imagined

**SENIORS ONLY PLEASE!**

## **November Commit2Fit Woodland**

Looking for some motivation to get moving and be healthy, need a push to try something out of your comfort zone, or do you just like fitness challenges where you can win some great prizes? Join fellow Woodlanders during the month of November for the "Commit2Fit Woodland"- (C2Fit) challenge. Anyone who lives, plays, or works in Woodland is welcome to participate. Sign up at the Community Service Desk 661-2000 or online at [cityofwoodland.org/commit2Fit](http://cityofwoodland.org/commit2Fit).

## **Travel Presentation for Upcoming Trips!**

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

## **Retiree Assistance Group– Guest Speaker**

**Tuesday, November 8; 12:15 p.m.**

Yolo County District Attorney Elder Abuse/ Real Estate Fraud Enforcement Officer, Kevin Clark will be the guest speaker at the November Retiree Assistance Meeting. See page 5 for all the details.

## **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.

## **Senior Thanksgiving Dinner**

**Thursday, November 17, Doors open at 5:00 p.m.- Dinner Served at 5:30 p.m.**

Enjoy a holiday meal with friends from the Senior Center. A great traditional Thanksgiving dinner will be provided by Senior Center Inc. including turkey, dressing, mashed potatoes, and pumpkin pie. Contact the Senior Center to reserve your spot for dinner by November 10.

## **Community Care Car Holiday Light Tour**

**December 13, 14 & 15th**

Community Care Car offers Woodland seniors an opportunity to enjoy holiday lights. Participants are picked up from their homes, driven around Woodland to view lights and a stop for holiday carols and cheer. Sign up at the Community Care Car Desk at (530) 662-7800. Space is limited and event fills up fast!

## **Senior Center Closed for November Holidays**

**Veterans Day Friday, November 11**

**Thanksgiving, Thursday, November 24**

**Day After Thanksgiving, Friday, November 25**



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	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 Pickle ball	Tue & Thur	9:30 am	
Drop In Ping Pong	Fridays & Tuesdays (18+ welcome!)	10:00 am 6: 00 pm	
Ship Shape (resistance band training)	Tue & Thur	10:00 am	\$5/month
Stompers (line dance troupe)	Mondays	1:30 pm	Call for details
Yoga & Meditation	Thursdays	1:00 pm	
Art of Living Meditation	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	Fridays (Starting November 4th)	10 am– 12pm



# 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
HICAP Consultations (Health Insurance counseling)	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays	1:00-4:00 pm	Call (916) 376-8915 for 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
Telephone Reassurance Program	Mon– Fri	9:00 am– 3:00 pm	Call 661-2001 for application
St. John's Blood Pressure Clinics	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.



### NEW TRIPS COMING SOON!!

\* Per Person rates

#### 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

#### 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



## NEEDLES & FRIENDS

*Every Monday at 9:00 a.m.*

Come check out the Senior Center's quilting, sewing and crafts class! Beginners and advanced participants welcome!

Located in the Arts and Crafts room

## All-Day Scrapbook Retreat



### 3rd Tuesdays of ODD Months

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

*Upcoming workshop.*

*November 15th*

*9:00 a.m.—4:00 p.m.*

*Refreshments and snacks provided*

*Bring your own brown bag lunch!*

## Retiree Assistance Group

### Elder Finance Protection and Avoiding Fraud

Yolo County District Attorney Elder Abuse/Real

Estate Fraud Enforcement Officer **Kevin Clark** will be the guest speaker at the

**November 8 meeting of the Woodland Senior Center Retiree Assistance**

**Group that starts at 12:15 PM** in Meeting Room 3 at the Woodland

Community & Senior Center.

He will provide new information on Elder Finance Protection and Avoiding Fraud. Come and get answers to your questions. Officers for 2017 will be installed and proposed Congressional legislation affecting retiree benefits will be discussed. All retirees are welcome.



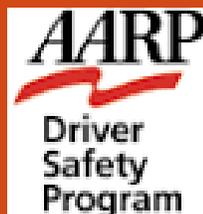
NEW!

## Pinochle

(located in the game room)



it's not too soon to begin thinking about donating a prize/ basket for the SCI Christmas Brunch.



## 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](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.wsgccc.com](http://www.wsgccc.com)



## Upcoming Senior Center Events

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

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 18, 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
October 12, 2017	Yolo County Crime Prevention & Senior Resource Fair	10:00 am-2:00 pm

**NOW ACCEPTING CREDIT CARDS for Memberships, Trips & Donations!**

(+2.75% service charge per swipe)



# WOODLAND SENIOR CENTER INC.

# 2017 MEMBERSHIP DRIVE

It's time to pay the annual membership for Senior Center Inc. Annual dues are \$20 per couple or \$15 for single. Dues include the mailing of the Senior Gram, a special discounted rate for every Affordable Adventure trip, and early seating into each movie on Movie Day.

Or why worry about paying a membership fee every year? You could opt to become a Century Club lifetime member. Enjoy all of the benefits as a Senior Center Inc. member and pay a one-time fee of \$100.

Membership fees, fundraisers, and donations to Senior Center Inc. help to support senior programs and activities for the

Senior Center such as the special events offered during the year.

Please complete the membership form (inserted with this newsletter) and return to the Senior Center. For questions, contact the Woodland Senior Center at 661-2001.



# REGISTER NOW



# November Commit2Fit Challenge

Free Group Exercise Classes



Free Fitness Towel



Free Raffle Prizes



## 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.

Sample Exercise Calendar

Activity	Location	Time	Notes
SELF-DEFENSE TRAINING	WOODLAND SENIOR CENTER	10:00 AM - 11:00 AM	Free of charge
YOGA	WOODLAND SENIOR CENTER	10:00 AM - 11:00 AM	Free of charge
WALKING	WOODLAND SENIOR CENTER	10:00 AM - 11:00 AM	Free of charge
...	...	...	...

REGISTRATION AVAILABLE STARTING OCTOBER 1ST AT [WWW.C2FWOODLAND.ORG](http://WWW.C2FWOODLAND.ORG)



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

## 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.

# 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](http://yolofoodbank.org)



Please Join Us for The Woodland Senior Center Annual

## Thanksgiving Dinner

**Thursday, November 17th, 2016**

**Doors Open at 5:00 p.m.- Dinner Served at 5:30 p.m.**

**At the Woodland Community and Senior Center**

Join us to celebrate this day in the true spirit of Thanksgiving.

Senior Center, Inc. sponsors this delicious meal including turkey,

the dressing, and dessert! NO Charge.

**GOOD FOOD \* GOOD COMPANY**

To make reservations, please go to or call the Senior Center Welcome Desk at (530) 661-2001.

**Please RSVP by November 10th**



## *Community Care Car Holiday Light Tour*

**DECEMBER 13,14,& 15th**

Community Care Car offers Woodland seniors an opportunity to enjoy holiday lights. Participants are picked up from their homes, driven around

Woodland to view lights and a stop for holiday carols and cheer. Sign up at the Community Care Car Desk at (530) 662-7800.

Space is limited and event fills up fast!





# 2016 Holiday Centerpiece Flower Arranging Workshop

Wednesday, December 14th

1:00– 3:00 p.m.



Space is limited and  
reservations  
required to attend  
workshop.

To register contact the  
Senior Center Welcome  
Desk  
(530) 661-2001.

Learn to make beautiful centerpieces for the holiday table.

Make two, take one home!

SCI will supply the fresh flowers, Christmas greens, ribbon and  
instruction.

Just bring your scissors/ pruners, a sturdy basket, bowl, or vase,  
and any extra decorations you wish.

Woodland Senior Center- 2001 East Street (around back)

# Check out the newly revamped THRIFT STORE

All proceeds benefit Senior Center, Inc. and Senior Programs

**NOW OPEN  
5 DAYS A WEEK!**



Many selections of good quality clothing, kitchen ware ,  
accessories, and household items. Big variety in a small  
store! Donations always accepted.

### Store Hours:

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

Tuesday: 8:00 am– 11:00 am

For more information, contact the Senior Center (530) 661-2001



**Keep  
Calm  
AND  
Go Thrift  
Shopping**

## Senior Center VHS GIVEAWAY! NEW DVD RENTAL AREA!

**If you are interested in VHS movies please come by the center and take what you want. Making room for our DVD rentals! As of November 1st come rent a DVD for Free. Hundreds of DVD movies to choose from! Browse them in our Senior Center hallway and checkout at the Welcome Desk!**



# Meals on Wheels Yolo County

Elderly Nutrition Program in Yolo County

# November 2016

	Tuesday Nov 1	Wednesday Nov 2	Thursday Nov 3	Friday Nov 4
<b>Suggested Contributions:</b> \$4.00 Seniors \$3.50 Volunteers (< 60) \$7.00 GUEST FEE (under 60 unless w/ senior spouse)	<b>Classic Tuna Noodle Casserole</b> ♦ Savory Carrots* ♦ Wheat Roll ♦ Fruit of the Day ♦ ♦	<b>Hearty Minestrone Soup</b> ♦ ♦ Bread Stick ♦ Garden Salad ♦ Banana ♦ ♦	<b>Stuffed Bell Pepper</b> ♦ ♦ w/Rice & Turkey Mixed Veggies* Wheat Bread ♦ Fruit Compote ♦ ♦	<b>Oven Fried Chicken</b> Sweet Potatoes* ♦ Green Beans Wheat Bread ♦ Citrus Medley ♦ ♦
<b>Monday Nov 7</b>	<b>Tuesday Nov 8</b>	<b>Wednesday Nov 9</b>	<b>Thursday Nov 10</b>	<b>Friday Nov 11</b>
<b>Mandarin Chicken</b> ♦ Savory Brown Rice ♦ Stir Fried Vegetables ♦ Fortune Cookies ♦ Pineapple Tidbits ♦ ♦	<b>Confetti Spaghetti</b> w/Meat Sauce ♦ Garden Salad* Garlic Bread ♦ Applesauce ♦ ♦	<b>New England Clam Chowder</b> ♦ ♦ Steamed Broccoli+ Biscuit ♦ Fresh Fruit ♦ ♦	<b>Beefy Taco</b> ♦ ♦ ♦ w/Lettuce, Tomato, & Cheese Spanish Rice ♦ Buttery Corn ♦ Fruit Juice ♦ ♦	<b>Veterans Day</b> <i>Honoring All Who Served</i> 
<b>Monday Nov 14</b>	<b>Tuesday Nov 15</b>	<b>Wednesday Nov 16</b>	<b>Thursday Nov 17</b>	<b>Friday Nov 18</b>
<b>Crispy Baked Fish</b> ♦ w/Tartar Sauce Peas & Carrots ♦ Scalloped Potatoes ♦ ♦ Bread ♦ / Fruit Juice ♦ ♦	<b>Hamburger</b> ♦ ♦ w/Bun, Lettuce, Pickles & Condiments Ranch Beans ♦ Cinnamon Apples ♦ ♦	<b>Chicken Marsala</b> Brown Rice ♦ Orange Glazed Carrots* ♦ Dinner Roll ♦ Tropical Fruit ♦ ♦	<b>Glazed Ham</b> ♦ Squash* ♦ Coleslaw ♦ ♦ Wheat Bread ♦ Fresh Fruit ♦ ♦	<b>Meat Loaf</b> w/Gravy Mashed Potatoes ♦ ♦ California Blend Veggies* ♦ ♦ Wheat Bread ♦ Fruit Cocktail ♦
<b>Monday Nov 21</b>	<b>Tuesday Nov 22</b>	<b>Wednesday Nov 23</b>	<b>Thursday Nov 24</b>	<b>Friday Nov 25</b>
<b>Hearty Pork Stew</b> w/Vegetables* ♦ New Potatoes ♦ ♦ Wheat Roll ♦ Orange Segments ♦ ♦	<b>All Beef Hot Dog</b> w/Wheat Bun ♦ ♦ Sauerkraut+ Mixed Vegetables* ♦ Banana ♦ ♦	<b>Roast Turkey</b> w/Stuffing ♦, Gravy ♦ & Cranberry Sauce ♦ Whipped Sweet Potatoes* ♦ Green Beans / Roll ♦ Juice ♦ ♦ / Pumpkin Pie ♦ ♦	<b>Happy Thanksgiving</b>  <b>Closed</b>	<b>Happy Thanksgiving</b>  <b>Closed</b>
<b>Monday Nov 28</b>	<b>Tuesday Nov 29</b>	<b>Wednesday Nov 30</b>	<p>Each meal includes 8 oz 1% milk + Vitamin C *Vitamin A Higher Sodium Meal=  <b>Menu subject to change</b> <i>Partially Funded by A4AA</i></p> <p>The diamonds (♦) listed next to foods are for those people following a diabetes carbohydrate exchange system.</p>	
<b>Chicken Ala King</b> w/Veggies ♦ Brown Rice ♦ Biscuit ♦ Applesauce ♦ ♦	<b>Cheese Enchilada</b> ♦ ♦ Beans Ranchero ♦ Broccoli+ ♦ Fresh Fruit ♦ ♦	<i>Happy Birthday</i> <b>Salisbury Steak</b> w/Gravy Mashed Potatoes ♦ ♦ Chef's Blend Veggies Roll ♦ / Juice ♦ ♦ Birthday Cake ♦ ♦		
<p><b>Congregate Dining Sites</b> 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</p>			<p><b>Winters Community Center</b> 201 Railroad Avenue 795-4241 <b>Knights Landing/Esparto</b> 662-7035 ext 0 <b>Woodland Senior Center</b> 2001 East Street 662-7035 ext 0 <b>Main Office</b> 662-7035 ext 0</p>	



# 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](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**

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



**November 3**

Affordable Adventure Travel Presentation

**November 11**

CENTER CLOSED- Veterans Day

**November 14**

Senior Movie Day– Me Before You

**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

**December 14**

Flower Arranging Workshop

**December 13, 14, 15**

Community Care Car Holiday Light Tour

**December 15**

Santa's Holiday Social

**December 23**

Center Closes at NOON

**December 26– January 2**

Senior Center Closed

# Overview of Upcoming Dates

