

Senior Gram

Volume 11
Issue 01
January 2017



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SENIOR MOVIE DAY

Monday, January 9
12:30 p.m.

The Bucket List

PG13 1hr. 37min.

Comedy—Drama, 2007



Jack Nicholson and Morgan Freeman star as two terminally ill cancer patients who decide to break out of the hospital and live their last days to the fullest in director Rob Reiner's seriocomic road movie. Edward Cole (Nicholson) is a corporate billionaire who is currently sharing a hospital room with blue-collar mechanic Carter Chambers (Freeman). Though initially the pair seems to have nothing in common, conversation gradually reveals that both men have a long list of goals they wish to accomplish before they kick the bucket, and an un-realized desire to discover what kind of men they really are.

SENIORS ONLY PLEASE!

Thursdays Yoga Class

Thursdays Yoga Class will resume January 19, 2017

Senior Center Closed for Holiday Closures

January 2, 2017 and January 16, 2017

Senior Peer Counseling Program

Tuesdays, January 10 - 31; 3:00 - 5:00 p.m.

The Senior Peer Counseling Program is a no cost service for older adults in Yolo County by trained volunteers. This program provides one - one support for area seniors in times of struggle. Citizens Who Care is recruiting volunteers 55 and older to be screened and trained for this program. This training session takes place on four consecutive Tuesdays at 3:00 p.m. For questions about this program or to sign up, contact Alice Moore at 758 - 3704.

Woodland Senior Center Retiree Assistance Group

January 10, 2017; 12:15 pm

Dottie Schmidt, California State Federation of Chapters District VI Vice President will be presenting and providing information on Congressional bills that would affect retiree benefits and the efforts by National Active Retired Federal Employees Association (NARFE) to protect those benefits. Come get answers to your questions. All retirees welcome.

Affordable Adventure Presentation.

January 11, 2017; 2:00 pm.

New and more affordable trips are coming for the year 2017. Come preview the exciting upcoming Affordable Adventure trips!

Collette Travel Presentation

January 26, 2017; 2:00 p.m.

Come have fun learning about new trips coming up with Collet for the year 2017.

Tax Aide Preparation

February 3 through April 14

Please see page 8 for more information

Bereavement Support Group

January 25 to March 15; 10:00am to noon

Grief is a natural and normal response to loss. Though there are common experiences people share as they grieve, each of us has a unique experience of grief as influenced by our personalities, life experiences, coping styles, and the meaning of loss to us. This group is available to anyone needing guidance or support.

Dinner & A Movie

February 9, 2017; Doors open at 5pm dinner served at 5:30pm

Bring your Valentine or come with friends to the first annual Dinner & A Movie event. \$10.00 per person (SCI members) \$20.00 per person (non- SCI members). See page 8 for more information.



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 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	9:30 am– 10:00am am	Bring your own bag. Q's 668-0690
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 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



* Per Person rates

Beach Blanket Babylon Show

\$140 (\$135 SCI Members)

Sunday March 19, 2017

Steve Silver's beach Blanket Babylon the longest running musical revenue in theater history. Lunch is included at Pompeii's Grotto before the show.

Silver Legacy

\$40 (\$35 SCI Members)

Saturday, April 1, 2017

Lots of fun and games on the bus and at The Silver Legacy Casino in Reno. A bonus of \$10.00 cash and \$3.00 food credit.

49er's Levi Stadium

\$69.00 (\$64 SCI Members)

Saturday, June 24, 2017

Celebrate Father's Day weekend by taking your special guy to this docent tour of Levi Stadium.

Lunch is on your own at Black Bear Diner before the tour.



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

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.

SAVE the DATE

Woodland Senior Center Presents:

SENIOR

FRIDAY

March 3rd

4:00-7:00P.M.

ART SHOW

Hand & Foot

March 18th

11 a.m.-4 p.m.

Lunch is included with
the purchase of
ticket.



Tickets are \$20.00

For more information
call

The Woodland Senior
Center

530-661-2001

Sponsored by Woodland Senior Center, Inc.
Supporting Senior programs within Woodland

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.wsgccc.com

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Upcoming Senior Center Events

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

February 9, 2017	Movie & Dinner	Doors open at 5pm dinner served at 5:30pm
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
November 16, 2017	Thanksgiving Dinner	Dinner served at 5:30 pm

NOW ACCEPTING CREDIT CARDS for Memberships, Trips & Donations!

(+2.75% service charge per swipe)



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.

Do you like to walk for fun? Do you want to meet new people? If yes, The Woodland Senior Center is looking for some Volunteers to help start a walking group.



Please contact
Senior Front Desk
530-661-2001
for more information

Computer Classes are now being offered at the Woodland Senior Center.

Contact the Welcome Desk at 661-2001 to get more information.



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.

HICAP

(Health Insurance Counseling and Advocacy Program)



For help with Health Insurance problems such as Medicare questions, HMO comparison questions, or supplemental health Insurance questions and or to make an appointment.

Call (916) 376-8915 or 1(800) 434-0222

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 Life Fitness 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.**

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



DINNER & A MOVIE

Bring your Valentine or come with friends to a dinner and a movie at the Woodland Senior Center on Feb 9. Doors open at 5pm and dinner is served at 5:30 pm.

The movie that will be featured is "And So It Goes"

SCI member \$10.00

Non-members \$20.00

Please call Senior Front Desk for more information

Sponsored by Senior Center Inc.



Tax Aide Preparation

Taking reservations for February 3 through April 14 starting Jan 13.

Appointments for free tax aid preparation will be held Mondays between 1 pm to 4 pm and Fridays between 9 am to 12 pm, February 3 through April 14.

Starting January 15, please contact the Senior Desk at 661-2001 for an appointment. Priority reservations will be given to Seniors first.



Kiwanis of Woodland presents Handy Helpers for Seniors



Kiwanis will provide tools and labor for free, you provide any needed materials

Call: Woodland Senior Center at 661-2001 today!

The Handy Helpers coordinator will call you back within 48 hours to discuss your request.

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

Donate!

The Thrift store is in need of donations of the following items: kitchen items, winter items and holiday items.

If you have items to donate to the thrift store and need assistance getting them to us, please call the Welcome Desk and arrange for a pick up! All proceeds benefit Senior Center, Inc. and Senior Programs!

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

Elderly Nutrition Program in Yolo County
People Resources, Inc

January 2017

Happy New Year Closed	Tuesday Jan 3	Wednesday Jan 4	Thursday Jan 5	Friday Jan 6
	▶ Pepper Steak+ w/Bell Peppers & Tomatoes Cauliflower+ ▶Penne Pasta / ▶Bread ▶Applesauce+	▶▶ Loaded Baked Potato w/Savory Ground Turkey ▶Steamed Carrots+ ▶Wheat Roll ▶Tropical Fruit+	Lemon Pepper Fish ▶Lentils Florentine ▶Coleslaw*+ ▶Wheat Crackers ▶Fruit Surprise	▶ Meatloaf w/Gravy Winter Vegetable Blend ▶Mashed Potatoes+ ▶Whole Wheat Bread ▶Mixed Fruit
Monday Jan 9	Tuesday Jan 10	Wednesday Jan 11	Thursday Jan 12	Friday Jan 13
▶ Teriyaki Chicken Japanese Veggie Blend+ ▶"Stir Fried" Brown Rice ▶Wheat Bread ▶Pineapple Tidbits+	Swedish Meatballs ▶Scandinavian Vegetables+ ▶Mashed Potatoes+ ▶Wheat Bread ▶Banana+	▶ White Beans & Ham Garden Salad* ▶Combread ▶Warm Fruit Compote+	▶ Classic Tuna Noodle Casserole Brussel Sprouts+ ▶Wheat Bread ▶Fruit of the Day+	Oven Fried Chicken Strips Green Beans ▶Cheesy Spuds+ / ▶Biscuit ▶Mandarin Orange Segments+
Monday Jan 16	Tuesday Jan 17	Wednesday Jan 18	Thursday Jan 19	Friday Jan 20
 Martin Luther King Day Closed	Crispy Baked Fish ▶Au Gratin Potatoes ▶Mixed Vegetables* ▶Wheat Bread ▶Fruit Juice+	▶▶ Hearty Minestrone Soup w/Beef Tossed Salad ▶Baguette ▶Cinnamon Apples	▶▶ Pulled BBQ Pork Sandwich ▶Oven Fried Potatoes Green Beans ▶Tropical Fruit+	▶ Turkey Stuffed Cabbage Rolls ▶Peas & Carrots ▶▶Bread Pudding ▶Fruit Juice+
Monday Jan 23	Tuesday Jan 24	Wednesday Jan 25	Thursday Jan 26	Friday Jan 27
▶ Southern Fried Steak w/Country Gravy ▶Carrots+ ▶Mashed Potatoes+ ▶Wheat Roll ▶Fruit Cocktail	Paprika Chicken ▶Served over Noodles Steamed Spinach+ ▶Wheat Bread ▶Citrus Cup+	<i>Happy Birthday</i> ▶ Clam Chowder Steamed Broccoli*+ ▶▶Fruited Gelatin ▶Crackers ▶▶Birthday Cake	▶▶ Classic Four Cheese Lasagna w/Spinach+ Tossed Green Salad ▶Garlic Bread ▶Fresh Fruit+	Garlic Chicken ▶"Stir Fried" Brown Rice+ ▶Asian Vegetable Blend ▶Pineapple Tidbits+ ▶Fortune Cookies
Monday Jan 30	Tuesday Jan 31	Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C * Vitamin A Partially Funded by A4AA	The arrows (▶) listed next to foods are for those people following a carbohydrate exchange system.	Suggested Contributions: \$4.00 Seniors \$3.50 Volunteers (< 60) \$7.00 GUEST FEE (under 60 unless w/ senior spouse) <i>Menu Subject to Change</i>
▶▶ Biscuits & Gravy w/Sausage ▶O'Brien Potatoes+ Stewed Tomatoes ▶Citrus Medley+	▶ Turkey Chili w/Black Beans Garden Salad* ▶Combread ▶Applesauce+			
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 Sharon Coulombe Stan Moorhead
Linda Nantz Maxine Polkinghorne Carla Sanborn
Judy Tommeraason Gil Walker

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



Overview of Upcoming Dates

January 2 & 16

Center Closed for Holiday

January 10-31

Senior Peer Counseling Program

January 10

Retiree Assistance Group Meeting

January 11

Affordable Adventure presentation

January 25

Bereavement Support Group

January 26

Collet Travel Presentation

February 3 through April 14

AARP Tax Preparation

February 9

Dinner & Movie

February 20

Center Closed for Holiday

March 3

Senior Art Show

March 18

Hand & Foot card party

