

Senior Gram

Volume 10
Issue 12
December 2016



Trip information (NEW Trips)	P. 4
Needles and Friends	P. 5
All-Day Scrapbook Retreat	P. 5
SCI 2017 Membership Drive (also see insert)	P. 6
Computer Classes	P. 7
Telephone Reassurance Program	P. 7
Santa's Holiday Social	P. 8
Community Care Car Holiday Light Tour	P. 8
Holiday Flower Arranging Workshop	P. 9
"Chit Chat Café" December Menu	P. 10

SENIOR MOVIE DAY

Monday, December 12

12:30 p.m.

Jingle All The Way

PG 1hr. 35min.

Comedy, 1996



Workaholic Howard Langston (Arnold Schwarzenegger) wants to make things up to his son, Jamie (Jake Lloyd), and wife, Liz (Rita Wilson). He promises to get Jamie the hottest toy of the season, Turbo-Man -- even though it's Christmas Eve and the toy is practically sold out. As Langston hunts down the elusive gift, he runs into mailman Myron (Sinbad), another father on the same quest. With the clock winding down, Langston's moral code is tested as he starts to learn the real meaning of Christmas.

SENIORS ONLY PLEASE!

Thursdays Yoga Class

Yoga classes are canceled 12/15, 12/22, 1/5 & 1/12
Thursdays Yoga Class will resume January 19, 2017

Santa's Holiday Social

Thursday, December 15, 11:00 a.m. – 1:00 p.m.

Seniors are welcomed to join the Senior Center for a casual social to celebrate the holidays. Join us for fine food, fun, and holiday spirit. Raffle prizes are available to win, purchase raffle tickets at the event. RSVP to Senior Center at 661-2001.

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 Holiday Closures

Wednesday, December 23 center closed at noon
Monday, December 26 through Monday, January 2

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.

Collette and Affordable Adventure Travel Presentation

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

Come have fun learning about new trips coming up with Collette and Affordable Adventure for the year 2017. See page 4 for upcoming trips.



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— 10:00 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.

4



*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.

January 17th

March 21st

9:00 a.m.—4:00 p.m.

Refreshments and snacks provided

Bring your own brown bag lunch!



Tuesday's Table Food Distribution



Food is donated for families in need.

Open Weekly: Tuesdays, 9:30 a.m.

Woodland Community and Senior Center (on the North side of the building). Please bring your own bag.

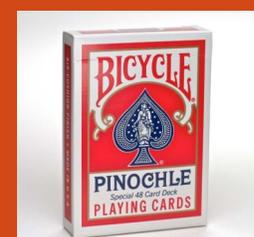


NEW!

Pinochle

(located in the game room)

Fridays 10:00 a.m.- 12 p.m.



5

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



Upcoming Senior Center Events

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

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
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)



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.

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
Bridget Luna 530-661-2016 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.



**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.

666-9623



7

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

Santa's Holiday



Social

December 15th Brunch from 11:00 a.m. — 1:00 p.m. All

Seniors are invited to a casual holiday social. Please join us for fine food, fun, and holiday spirit. Raffle prizes are available to win.

Purchase raffle tickets at the event. It's not to late to donate a gift basket for a prize for Santa's Holiday Social.

Contact the Welcome Desk at 661-2001 to make reservation.

SPONSORED BY SENIOR CENTER, INC.



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.



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.

Space is limited and reservations required to attend workshop.

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

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!



wiseGEEK



Woodland Senior Center Inc. & Affordable Adventures presents
Victoria & Vancouver, British Columbia

July 29 - August 8, 2017

*Price per person

Double Occupancy: **\$2450.00**

Single Occupancy Price: \$3775.00

\$450.00 due with sign up by.

Additional Monthly Payments - as you wish up to 4 payments

Note: Senior Center, Inc. members can deduct \$10.00.

Please call the front desk 661-2001 for more information.





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 Eters, 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



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

January 10-31

Senior Peer Counseling Program

January 26

Travel Presentation



Overview of Upcoming Dates

