September 2009
Volume 3 Issue 9

City of Woodland

SeniorGram

Senior Center
(530) 661.5890
Paula Crum,
Special Programs Coordinator
Linnie Faina,
Special Programs Coordinator

Parks & Recreation
(530) 661.5880
Chief Carey Sullivan,
Interim Director

Save the Date:

Compassionate Care

Oct. 29, 2009;

Flu Clinic

Oct. 3, 2009

Closed

Monday,

Sept. 7, 2009

In Observance of

Labor Day

Senior Center, Inc. Fall Potluck

We hope you can join us on Friday, September 25, 2009 for the ***SCI* Fall Potluck**. 5:30 p.m. Conversation & Snacks, 6 p.m. Dinner.

Main dish, bread, beverage, and dessert provided by ***SCI***. Please bring a salad or side dish to share and your own table service. Reservation deadline is September 18th.

Outstanding Volunteers

Three individuals and one group were recognized for their outstanding contributions to the Senior Center at our annual **Volunteer Recognition**.

They include: Sue Ahlquist, Bruce Ahlquist, Karen Wright, and the *Outa-Sight* group.

Thank you & Congratulations!

Home Smart Home

Can you imagine living in your home for the rest of your life? This **Home Smart Home Expo** brings under one roof, for one day, access solutions for your home. Come learn about cutting-edge home technologies and renovations that will enhance your life without compromising the beauty of your home.

Join us on Saturday, September 26, 2009 from 10-4PM. $5 suggested donation. All proceeds benefit the *National MS Society*. For a list of exhibitors and presentations, visit: www.homesmarthomeexpo.com

Enjoyment Survey

The annual survey is enclosed with this ***Senior Gram***. It helps us know how we are doing and what we could be doing better. Please take time to fill this out and return to the *Welcome Desk* by the end of September.

Monday—Friday

Community Care Car
530.662.7800 *(Reservations 9-2:30 p.m.)*

Chit Chat Café *(Elderly Nutrition Program)*
530.661.5890
(Reservations required by 12 noon the previous business day; Lunch served at 11:30 a.m.)

Family Caregiver Support Program *(by appt.)*
530.666.8828

Information Available

- Advance Health Care Directive
- Apartment List
- Battery Recycling
- Book & Video Libraries
- Yolo County Senior Resource Guide

Seasonally Available

- Tax-Aide, Flu Clinic

Resources

www.medicare.gov
or 1.800.633.4227
www.socialsecurity.gov
or 1.800.772.1213
Partnership *Advantage*
707.863.4400

Monday

- **8:00 a.m.** Low Impact Aerobics
- **8:45 a.m.** T'ai Chi
- **9:00 a.m.** Handicrafter's
- **9:00 a.m.** Needles & Friends
- **10:00 a.m.** Low Impact Aerobics

September 7 **Labor Day Holiday**
September 14
* **1:30 p.m. Outa-Sight! Speaker**
(Living Skills Techniques/Joannie Tolla)
September 21
* **1:00 p.m.** Stroke Support
* **3:30 p.m.** Peripheral Neuropathy 661-3238

September 28
* **1:00 p.m.** Computer Club
* **2:00 p.m.** Hear! Hear! Self-Help *(Teaching Deaf Children/CCHAT)*
* **3:30 p.m.** Commission on Aging
* **6:30 p.m.** Parks & Rec. Com.

Tuesday

- **9:00 a.m.** Ceramics
- **10:00 a.m.** S.H.I.P. S.H.A.P.E.
- **12:00 p.m.** Canasta
- **12:15 p.m.** Pedro
- **3:00 p.m.** Woodland Stompers

September 1
* **10:00 a.m.** Changes to Choices
September 8
* **9:30 a.m.** The Novel
* **1:00 p.m.** Computer Club Board
* **1:30 p.m. Outa-Sight! Self-Help**
September 15
* **10:00 a.m.** Changes to Choices

September 22
* **10:00 a.m.** Blood Pressure Clinic
* **1:00 p.m.** Parkinson's Self-Help
* **1:30 p.m. Outa-Sight! Self-Help**

Community Care Car:
Donations for riders are $2/ round trip. Rider Coupons are available at their desk. For information, to make a donation, or a reservation, call 662-7800.

Wednesday

- **8:00 a.m.** Low Impact Aerobics
- **10:00 a.m.** Low Impact Aerobics
- **9:30 a.m.** Art Workshop
- **12:15 p.m.** Bingo *(bring change)*
- **12:30 p.m.** Bridge for Fun
- **12:30 p.m.** Line Dance *(Beginning)*
- **12:30 p.m.** Computer Open Lab *(50¢/hr)*
- **1:00 p.m.** Cribbage
- **1:30 p.m.** Line Dance *(Intermediate)*
- **4:00 p.m.** Gentle Yoga

September 2

* **1:00 p.m.** HICAP (by appt.)
* **1:00 p.m.** Woodcarving

September16

* **1:00 p.m.** HICAP (by appt.)
* **1:00 p.m.** Woodcarving

Senior Center Coffee

Generously provided by

Senior Center, Inc.

Donations Appreciated

Thursday

- **9-11 a.m.** Donations: Thrift Shop
- **10:00 a.m.** S.H.I.P. S.H.A.P.E.
- **1:00 p.m.** Mah Jong
- **1:00 p.m.** Discover Shakespeare
- **6:00 p.m.** Pinochle

September 3

* **9:30 a.m.** *SCI* Board Meeting
* **1:00 p.m.** Arthritis Self-Help

September 10

* **9:00 a.m.** Partnership *Advantage* *(Drop in)*

September 24

* **11 a.m.** ***Trips Preview/Slides***

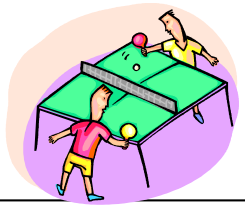
Applebee's

The Woodland Senior Center receives a donation of 25¢ for every cup of coffee *(regular or* decaf) purchased at Applebee's in Woodland!

Thanks, Applebee's!

Friday

- **8:00 a.m.** Low Impact Aerobics
- **9:30 a.m.** Benefit Thrift Shop
- **10:00 a.m.** Low Impact Aerobics
- **10:00 a.m.** Ping Pong *(equipment included)*
- **12:15 p.m.** Bingo *(bring change)*
- **12-3 p.m.** Computer Open Lab*(50¢/hr)*



September 4

* **6:00 p.m.** *Second Horizons Bingo*

September 11

* **6:00 p.m.** Western Dance Party

September 18

* **2:00 p.m.** Legal Consultations (by appt.)

September 25

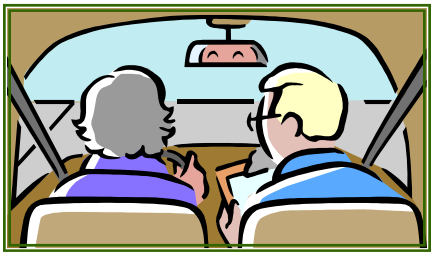
* **1:00 p.m.** Kinship Foster Care Training (574-1964)
* **5:30 p.m.** ***SCI* Fall Potluck**

Saturday

****AARP Driver Safety:***

October 17 & 24, 2009

* Sat. Pedro (Cancelled as of 8/09)



City of Woodland

Community & Senior Center
2001 East Street

Welcome to the Woodland Community & Senior Center!

The Senior Center is a designated "Focal Point" for 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.

Nonprofit Organization
U.S. POSTAGE PAID
Permit No. 53
Woodland, CA

Address Service Requested

Support your Senior Center

Commission on Aging

- Karen Wright
- Regan Overholt
- Lucinda Talkington
- Don Campbell

Senior Center, Inc.

Board of Directors:

Jan Bello, President
Stan Moorhead, Vice-President
Roni Koebel, Secretary
Beverley Radford, Treasurer
Bruce Ahlquist
Diva Del Grande
Eleanor Ewald
Pat Hayes
Roger Landucci
Teddy Plocher
Homer Swigert
Judy Tommeraason

Senior Center, Inc.

A non-profit organization sponsoring social events and providing supplemental financial support for Senior Center programs.

Please join or renew for 2009

Annual Membership $8

Century Club $100

Mailed Senior Gram $5

(Not Required to participate in senior activities.)

City Information Online

Monthly newsletters feature brief information from each city department on items of public interest, including a link to the ***Senior Gram***.

Email subscriptions are available at the City website, www.cityofwoodland.org or call Ana Gonzalez at 661-5800.

Swine Flu Precautions

Yolo Co. Health Officer Dr. Joseph Iser has **tips on how to protect yourself from becoming ill**: Wash you hands with soap & hot water or Use a waterless hand gel (alcohol base of at least 60%); Avoid kissing or shaking hands with people; Do not share food, drinks or utensils; Avoid touching your eyes, nose or mouth; Avoid close contact with sick people; Get the vaccine for seasonal flu, and if you are in a risk group for H1N1, get that vaccine when it becomes available. For more information on Novel H1N1 Influenza, visit: www.yolocounty.org

Senior Resource Guide

Drop by the *Welcome Desk* and pick up your copy of the 2009 directory which is designed to assist seniors, their families and those who provide services to seniors in Yolo County.

Discover Shakespeare

Ralph Quinn's next class will review a special play, '***Anthony & Cleopatra.***' This Thursday afternoon program is from September 17 - October 8, 2009 and includes video and a selected musical score that captures the emotions of the plays. Each scene is described in detail beforehand, with specially prepared handouts to aid in understanding these works of England's great playwright.

Senior Center Travel

Please join us for a '***Trips Preview***' at 11 a.m. on Thursday, September 24, 2009 regarding our future trips.

*Bring a friend to join you for ***New Year's in San Antonio/Dallas!*** This 6-day trip leaves on December 28, 2009 and includes a gala New Year's Eve dinner and entertainment at the exquisite *Gaylord Texan Hotel*. $2239.00 Double.

*In March it is off to Mexico for a ***Copper Canyon Adventure***. This 9-day trip includes a ride on the famous *Chihuahua Pacifico RR*. We will leave on March 10, 2010. $2309.00 Double.

*On April 10, 2010 we depart for the ***Springtime Tulip River Cruise*** which will feature Dutch & Belgian Waterways. 7 of the 9 days will be spent aboard the *MS Amadeus Diamond*. $3934 00-$4234.00 PP.

*These trips will be covered in the '***Trips Preview***' on September 24; there will also be a preview of another trip to the ***Canadian Rockies***. If you are interested in going to ***Oberammergau, Germany*** in 2010, we have several different options available for you.

There is never any pressure or obligation when you attend our previews. Please come and have your questions answered, or call the *Welcome Desk* at the Center 661-5890.

Elderly Nutrition Program in Yolo County People Resources, Inc

September 2009

	Tuesday Sept 1	Wednesday Sept 2	Thursday Sept 3	Friday Sept 4
+ Vitamin C ***Vitamin A** Each meal includes 8 oz 1% milk	*Caesar Slaw+* ****Ham Sandwich on Wheat** w/lettuce, pickles, & condiments **Dreamy Peaches N' Cream	****Cheesy Lasagna** *Italian Vegetable Blend *Garlic Bread *Fresh Fruit	***Sassy Chicken Strip Salad** with Spinach & Balsamic Vinaigrette *Chilled Rice Salad *Crackers *Sugar Free Gelatin w/Fruit+	**Salisbury Steak** w/Pearl Onions and Mushrooms *Mashed Potatoes+ *Wheat Bread *Blushed Pears
Monday Sept 7	**Tuesday Sept 8**	**Wednesday Sept 9**	**Thursday Sept 10**	**Friday Sept 11**
Labor Day Holiday!	**Mediterranean Chicken** *Spanish Potatoes *Summer Squash *Whole Wheat Roll *Fruit Juice+	***Shrimp 'Mocktail' Salad** Shrimp, mock crab, fresh greens, tomato, ½ egg, 1,000 island dressing *Pasta Salad *Sunset Gelatin+*	*National Hot Dog Day* ****Hotdog w/Bun** With all the Fixin's! *Chili Beans w/Beef *Mixed Vegetables* *Fruit Crisp+ Higher Sodium Meal	****Nantucket Croissant** w/ turkey, cream cheese & cranberry spread *Red Potato Salad *Fresh Fruit+
Monday Sept 14	**Tuesday Sept 15**	**Wednesday Sept 16**	**Thursday Sept 17**	**Friday Sept 18**
Dijon Chicken *Steamed Brown Rice *Peas & Carrots* *Whole Wheat Roll *Fruit Juice+	*Fruit Juice+ ****California Sandwich** Foccacia with Ranch spread, cheeses and veggies *Marinated Bean Salad **Sweet Surprise	***Baked Ham w/glaze** *Sweet Potatoes* Brussel Sprouts+ *Cornbread *Applesauce	****Chinese Chicken Salad** Teriyaki Chicken served over greens w/red bells, mushrooms water chestnuts,Crispy noodles *Whole Wheat Crackers *Citrus Cup+	**Meatloaf and Gravy** *A gratin Potatoes+ Spinach* w/ Lemon Butter *Whole Wheat Bread *Fresh Fruit+
Monday Sept 21	**Tuesday Sept 22**	**Wednesday Sept 23**	**Thursday Sept 24**	**Friday Sept 25**
****Twice Baked Potato** topped w/cheddar, mushrooms, green onions & sour cream Chefs Blend Vegetables*+ *Wheat Roll *Apricot Halves*	**Marinated Herb Chicken** Broccoli+* *Stewed Tomatoes+ *Wheat Bread *Tropical Fruit+	**Stuffed Tomato** w/ tuna, served on a bed of crisp greens and lemon wedge *Macaroni Salad *Rye Krisp Crackers **Fruit Juice+	****Hamburger w/Bun,** lettuce, onion, pickles & condiments *Corn *Fresh Melon+ *Ranch Beans	***Classic Wedge Salad** lettuce wedge, topped w/tomatoes bacon, bleu cheese, hard boiled egg and creamy dressing *Orzo Salad *Whole Wheat Bread *Raspberry Parfait+
Monday Sept 28	**Tuesday Sept 29**	**Wednesday Sept 30**		
Pork Chop in Marsala Sauce *Rosemary Potatoes *Tender Baby Carrots* *Whole Grain Bread *Mixed Fruit+	**Lemon Pepper Fish** *Quinoa w/Veggies *Coleslaw* *Whole Wheat Roll *Fresh Fruit+	***Happy Birthday*** **Oven Fried Chicken** *Mashed Potatoes n' Gravy Country Vegetable Blend+* *Biscuit *Fruit Juice+ **Birthday Cake	**$3.00 Senior Contribution** **Mandatory charge of $3.50 for Essential Volunteers (under 60)**	**$7.00 GUEST FEE for people under 60 unless accompanied by their senior spouse**

Congregate Dining Sites

Reservations/Cancellations must be made by noon the day before by calling the site:

Davis Senior Center	West Sac Senior Center	Winters Community Center	Woodland Senior Center	Knights Landing/Esparto
646 A Street	664 Cummins Way	201 Railroad Avenue	2001 East Street	662-7035
757-5541	**(916) 373-5805**	**795-4241**	**668-0974**	

Elderly Nutrition Program Main Office Woodland 662-7035

Menu Subject to Change