

### Senior Center (530) 668-2001

### **STAFF**

Kris Bain Senior Center Supervisor

Paula Crum Program Coordinator

### Parks & Recreation

(530) 668-2000

### Save the Date!



### **Senior Art Show**

All artwork created by seniors. January 28, 3-7 pm

### **Elder Financial Abuse**

January 25, 9a-12p

### **AARP Tax Assistance**

Feb. 2-Ap. 14

### **AARP Driving**

Feb. 19 & 26

Contact Senior Center to register or for more info.

# December Events

### **Movie Day**

December 3, 12:30 p.m.

The Senior movie of the month is **DIARY OF A WIMPY KID.** Popcorn and drinks will be served free in the Warren Meyer Game Room. Showing Friday, December 3, at 12:30 p.m. No reservation is required, just show up for the show.

### Christmas Centerpiece Creation Workshop *December 8, 1 p.m.*

Sign up for this holiday workshop in creating just the right centerpiece for your holiday table. Fee is \$10.00 per student. Register and pay at the Welcome Desk.

### Santa's Christmas Brunch

December 9, 11 a.m. to 1 p.m.

All seniors are invited to a casual holiday social. Please join us for fine food, fun, and holiday spirit. Contact the Welcome Desk to make your reservation.

### Five Wishes Workshop *December 15, 10 a.m.*

Sponsored by Vitas, the Five Wishes Seminar provides seniors and their families the information necessary to make a decision on advanced health directives. Light refreshments are provided. Contact Vitas Community Liaison for questions, (916) 925-7010.

### Senior Center Inc. Membership

The membership campaign for 2011 continues. Please complete the membership form and return to the Senior Center. Membership fees are used to support Senior Center programs.

### **AARP Tax Aid Volunteers**

Volunteers are needed to prepare tax forms using tax preparation software to do electronic filing. Volunteers receive comprehensive training. Contact the Welcome Desk for information.



cityofwoodland.org/seniors

### **Woodland Senior Center**

2001 East St. Woodland, CA 95776

Phone: (530) 661-5890



# Woodland Senior Center

Monday	Tuesday	Wednesday
Library L Consulation Room CR Fitness Center/Dance Studic FC Computer Lab LAB Thrift Store @ WCSC TS Davis Senior Center Dav  Register in advance or fee associated. Make appointment, call 668-2001	Meeting Room MR Game Room GR Banquet Room BR Arts & Craft AC Gymnasium GYM Youth Center YC	1 8 a.m. Low Impact Aerobics FC \$ 9:30 a.m. Art AC \$ 10 a.m. SeniorLink CR 10 a.m. Low Impact Aerobics FC \$ 12:15 p.m. Bingo MR \$ 12:30 p.m. Bridge GR 1 p.m. Cribbage L 1 p.m. Wood Carvers AC 1 p.m. HICAP CR
6 8 a.m. Low Impact Aerobics FC \$ 8:45 a.m. T'ai Chi FC \$ 9 a.m. Handicrafters GR 9 a.m. Needles/Friends AC 10 a.m. SeniorLink CR 10 a.m. Low Impact Aerobics FC \$ 3 p.m. Stompers FC \$	7           9 a.m.         Ceramics         AC \$           10 a.m.         Ship Shape         FC \$           10 a.m.         Chan/Choices         MR           12 p.m.         Canasta         L           12:15 p.m         Pedro         GR \$           1 p.m.         Belly Dance for Seniors         YC \$           6 p.m.         Pilates         MR \$           7 p.m.         Yoga         MR \$           7:15 p.m.         Swing Dance         BR \$	8 8 a.m. Low Impact Aerobics FC \$ 9:30 a.m. Art AC \$ 10 a.m. SeniorLink CR ↑ 10 a.m. Low Impact Aerobics FC \$ 12:15 p.m. Bingo MR \$ 12:30 p.m. Bridge GR 1 p.m. Cribbage L 1 p.m. HICAP CR ♣
13 8 a.m. Low Impact Aerobics FC \$ 8:45 a.m. T'ai Chi FC \$ 9 a.m. Handicrafters GR 9 a.m. Needles/Friends AC 10 a.m. SeniorLink CR 10 a.m. Low Impact Aerobics FC \$ 10:30 a.m. Zumba GOLD FC \$ 3 p.m. Stompers FC \$	14         9 a.m.       Ceramics       AC \$         9:30 a.m.       The Novel       MR         10 a.m.       Ship Shape       FC \$         12 p.m.       Canasta       L         12:15 p.m       Pedro       GR \$         1 p.m.       Belly Dance for Seniors       YC \$         6 p.m.       Pilates       MR \$         7 p.m.       Yoga       MR \$	15 8 a.m. Low Impact Aerobics FC \$ 9:30 a.m. Art AC \$ 10 a.m. SeniorLink CR 10 a.m. Low Impact Aerobics FC \$ 10 a.m. Five Wishes Seminar MR 12:15 p.m. Bingo MR \$ 12:30 p.m. Bridge GR 1 p.m. Cribbage L 1 p.m. Wood Carvers AC
CLOSED	CLOSED	CLOSED
27	28	29
CLOSED	CLOSED	CLOSED

# December 2010 Events & Classes

	Thursday		Friday	
9 a.m. 10 a.m. 1 p.m 1 p.m. 1 p.m. 3 p.m. 6 p.m. 6:45 p.m.	Donations to Thrift Store Ship Shape Mah Jong Shakespeare Belly Dance for Seniors Beg. Line Dance Pinochle Ballroom/Salsa Dance	TS FC \$ L MR \$ YC \$ YC GR BR \$	3 8 a.m. Low Impact Aerobics FC \$ 9:30 a.m. Benefit Thrift Store TS \$ 10 a.m. Low Impact Aerobics FC \$ 10 a.m. Ping Pong YC 12 p.m. Computer Lab LAB \$ 12:15 p.m Bingo BR 6 p.m. BINGO - 2nd Horizon MR \$	530)
9 a.m. 10 a.m. 11 a.m. 1 p.m 1 p.m. 1 p.m. 1 p.m. 3 p.m. 6 p.m.	Donations to Thrift Store Ship Shape Santa's Christmas Brunch Mah Jong Shakespeare: Kng. Henry HICAP Belly Dance for Seniors Beg. Line Dance Pinochle	TS FC \$ BR \$ L MR \$ CR \$ YC \$ YC GR	8 a.m. Low Impact Aerobics FC \$ 9:30 a.m. Benefit Thrift Store TS \$ 10 a.m. Low Impact Aerobics FC \$ 10 a.m. Ping Pong YC 12 p.m. Computer Lab LAB \$ 12:15 p.m Bingo BR	668
16 9 a.m. 10 a.m. 1 p.m. 1 p.m. 1 p.m. 3 p.m. 6 p.m. 6:45 p.m.	Donations to Thrift Store Ship Shape Mah Jong Shakespeare HICAP Belly Dance for Seniors Beg. Line Dance Pinochle Ballroom/Salsa Dance	TS FC \$ L MR \$ CR \$ YC \$ YC GR BR \$	17 8 a.m. Low Impact Aerobics FC \$ 9:30 a.m. Benefit Thrift Store TS \$ 10 a.m. Low Impact Aerobics FC \$ 10 a.m. Ping Pong YC 12 p.m. Computer Lab LAB \$ 12:15 p.m Bingo BR 2 p.m. Legal Consulation CR	200
23	CLOSED		CLOSED	
30			31	
	CLOSED		CLOSED	

information,

contact

### Woodland Community & Senior Center

2001 East St. Woodland, CA 95776

Phone: (530) 668-2001

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.

The **Woodland Senior Center does** not endorse the opinions, services or products discussed in support groups nor do we allow solicitation of our participants.

### Info Available at the Senior Center

Advance health care directive Senior housing Battery Recycling Books & Video library Yolo County Resource Guide Various supports groups Senior Exercise

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

### **Address Service Requested**



### **Support your Senior Center**

### Senior Center, Inc.

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

Annual Membership \$8
Century Club \$100
Mailed Senior Gram \$5

Membership to Senior Center Inc. is not required to participate in senior activities.

### **SCI Board of Directors**

Jan Bello, President
Roni Koebel, Secretary
Bruce Ahlquist
Steve Etters
Ed Marquez
Homer Swigert
Sharon Zielesch

Stan Moorhead, Vice-President
Elizabeth Kemper, Treasurer
Diva Del Grande
Eleanor Ewald
Maxine Polkinghorne
Judy Tommeraason

### **Commission on Aging**

An advisory and advocacy board to City Council programming and activities for Seniors within the City of Woodland.

### **COA Commissioners**

Karen Wright Regan Overholt Lucinda Talkington Don Campbell Benjamin Garman

## Resources for Seniors

### Chit Chat Café

Elderly Nutrition Reservations required Lunch served at 11:30 a.m. (530) 668-2001

### **Community Care Car**

Reservations required Desk open 9 a.m.—2:30 p.m. (530) 662-7800

**Handy Helpers** (sponsored by Kiwanis) (530) 668-2001 for appointments

#### Senior Link

Info. & Assistance for seniors (530) 207-4250

**Legal Services of No. Calif.** (530) 662-1065

### Medicare

(800) 633-4227

**Social Security** (800) 772-1213

# Elderly Nutrition Program in Yolo County People Resources, Inc

Congregate MENU

December 2010

\$3.00 Suggested Senior Contribution	tribution	Wednesday Dec 1	I nursaay Dec 2	rriday Dec 3
\$3.50 for Essential Volunteers (under 60)	rs (under 60)	Teriyaki Chicken	*Lentil Soup*	*Southern Fried Steak
\$7.00 GUEST FEE for people under 60	under 60	*Stir Fried Brown Rice	**Tuna Sandwich w/Lettuce	w/Country Gravy
unless accompanied by their senior spouse	r senior spouse	Broccoli+*	& Pickles	*Mashed Potatoes+
Crispy Baked Fish w/Tartar Sauce is available as	tar Sauce is available as	*Fortune Cookies	on Whole Wheat	*Peas & Carrots*
an alternate hot entrée. The rest of the meal will be the same.	e rest of the meal will be the same.	*Pineapple Tidbits+	**Gelatin w/Fruit+	*Wheat Roll
				*Apricot Halves*
Monday Dec 6	Tuesday Dec 7	Wednesday Dec 8	Thursday Dec 9	Friday Dec 10
*Turkey Tetrazzini	*Minestrone Soup* w/Beef	BBQ Chicken	Old Fashioned Meatloaf	*Seafood Crepe
w/Pasta	Garden Salad	*Baked Barley	w/Gravy	*Jazzy Brown Rice
Capri Vegetables*	*Wheat Crackers	*Coleslaw+*	*Scalloped Potatoes	Brussel Sprouts+
*Whole Wheat Bread	**Pistachio Whip+	*Biscuit	*Chef's Blend Vegetables	*Baguette
*Fresh Fruit+		*Cinnamon Apples	*Wheat Roll	**Citrus Salad+
		10 200	*Fruit Juice+	
Monday Dec 13	Tuesday Dec 14	Wednesday Dec 15	Thursday Dec 16	Friday Dec 17
*Fruit Juice+	Chicken Marsala	HAPPY BIRTHDAY	*Leticia's Arroz Con Pollo	*Baked Fish w/Breading
**Macaroni & Cheese	*Quinoa	Swedish Meatballs	(Rice w/Chicken)	& Tartar Sauce
Stewed Tomatoes	Steamed Spinach*	*Parsley Noodles	*Refried Beans	*Creamy Cottage Potatoes
Country Blend Vegetables*	*Whole Wheat Bread	*Scandinavian Blend Veggies*	Crisp Green Salad	*Baby Carrots*
*Wheat Boll X	*Tropical Fruit+	*Fruit Juice+ * Wheat Roll	*Winter Fruit Medley+	*Whole Wheat Bread
		**Birthday Cake	300	*Fruit Juice+
Monday Dec 20	Tuesday Dec 21	Wednesday Dec 22	Thursday Dec 23	Friday Dec 24
Mushroom Chicken	*Cheese Ravioli w/Marinara	**Hot Turkey Sandwich	Holiday Celebration	Closed *
*Brown Rice Pilaf	Sauce	wGravy on Whole Wheat Bun	) :	Paccola Paccola
Cauliflower+	Tossed Green Salad*	*Mashed Potatoes+	Baked Ham	For
*Whole Wheat Bread	*Garlic Bread	*Sweet Peas	*Maple Glazed Butternut Squash*	
*Peaches	*Fruit Juice+	*Plum Halves*	*Broccoli Gratin+ *Dinner Roll ** Holiday Pie	Christmas
Monday Dec 27	Tuesday Dec 28	Wednesday Dec 29	0	Friday Dec 31
**Hearty Chili Con Carne	Savory Pork Chop	**Hamburger w/Bun	HAPPY NEW YEAR	Closed
California Blend	*Baked Sweet Potato*	*Oven Fried Potatoes	Roasted Chicken Breast	Closed Co.
Vegetables*+	Green Beans	*Buttery Corn	*Bread Stuffing w/Gravy	
*Cornbread Muffin	**Gingerbread	*Banana+	Mixed Vegetables* *Bread	A Happy New
*Fresh Fruit+	*Applesauce+		*Fruit Juice+	year
			**Special Dessert	,
Each meal includes 8 oz 1% milk	Margarine & Condiments optional +Vitam	+Vitamin C * Vitamin A Please See reverse side for info about "*" used on this menu. Menu subject to change	de for info about "*" used on this menu. Me	enu subject to change
Congregate Dining Sites	Reservations/Cancell	ations must be made by noon the day before by calling the site:	on the day before by callin	ng the cite.

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Partial funded by A4AA Winters Community Center 201 Railroad Avenue 795-4241 ◆◆◆ Woodland Senior Center 2001 East Street 668-0974 Davis Senior Center 646 A Street 757-5541 +++ West Sac Senior Center 664 Cummins Way (916) 373-5805 Knights Landing/Esparto 662-7035 + + + Elderly Nutrition Program Main Office 662-7035

### CDC Says "Take 3" Actions To Fight The Flu

Flu is a serious contagious disease that can lead to hospitalization and even death. In 2009–2010, a new and very different flu virus (called 2009 H1N1) spread worldwide causing the first flu pandemic in more than 40 years. Flu is unpredictable, but the Centers for Disease Control and Prevention (CDC) expects the 2009 H1N1 virus to spread this upcoming season along with other seasonal flu viruses.

CDC urges you to take the following actions to protect yourself and others from influenza (the flu):

### Take time to vaccinate

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common.
- The **2010-2011** flu vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus that caused so much illness last season.
- Everyone 6 months of age and older should get vaccinated against the flu as soon as the 2010-2011 season vaccine is available.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.

Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

### Take everyday preventive actions to stop the spread of germs.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based sanitizer
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu–like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.

### Take flu antiviral drugs if your doctor prescribes them.

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu
  complications.
- It's very important that antiviral drugs be used early (within the first 2 days of symptoms) to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are at increased risk of severe flu illness, such as pregnant women, young children, people 65 and older and people with certain chronic health conditions.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.





