City of Woodland

SeniorGram

Volume 5, Issue 1 January 2011

NEW PHONE NUMBERS

Senior Center
(530) 661-2001

STAFF
Kris Bain
Senior Center Supervisor

Paula Crum
Program Coordinator

Parks & Recreation
(530) 661-2000

Coming Soon

Senior Movie Day

February 10
12:30 pm

Big Band & Swing Dance Party

February 17
6-9:30 pm

Travel Showcase 2011

February 24
1:30 pm

Contact Senior Center to register or for more info.

January Events

Senior Center Closed
January 17, 2011

Elder Financial Abuse Seminar
January 25, 9 am

This 2-hour seminar is to educate seniors and their families concerning estate planning matters and how to be protected from estate planning abuses. This is not a platforms for the marketing of legal services, this is an informational only seminar.

Senior Art Show
January 28, 3-7 pm

All seniors and families are invited to attend this special presentation of the artwork made locally and within our own classes. Artisans will be available to answer questions about their art and the classes they attend. Some pieces may be for sale. Contact Kris Bain for more information at (530) 661-2001.

AARP Driving Class
February 19 & 26, 9 am to 12 pm

Sign up now for the upcoming driving course. Fees are $12 for AARP members and $14 for non-members. Contact the Welcome Desk for registration at (530) 661-2001.

AARP Tax Assistance
February 2-April 14, Wednesdays 12-5 pm and Thursdays 8 am—12 pm

Trained volunteers will be here Wednesday afternoon and Thursday mornings to help prepare simple income tax returns. Sign up now to reserve your spot for tax assistance, contact (530) 661-2001 or come to the Welcome Desk to make an appointment.

PARKS & RECREATION

cityofwoodland.org/seniors

Woodland Senior Center
2001 East St.
Woodland, CA 95776
Phone: (530) 661-2001

Parks Make Life Better!

Woodland Senior Center

Monday				Tuesday				Wednesday			
3				**4**				**5**			
8 a.m.	**Low Impact Aerobics**	FC	$	9 a.m.	**Ceramics**	AC	$	8 a.m.	**Low Impact Aerobics**	FC	$
8:45 a.m.	**T'ai Chi**	FC	$	10 a.m.	**Ship Shape**	FC	$	9:30 a.m.	**Art**	AC	$
9 a.m.	Handicrafters	GR		10 a.m.	Chan/Choices	MR		10 a.m.	**SeniorLink**	CR	☎
9 a.m.	Needles/Friends	AC		12 p.m.	Canasta	L		10 a.m.	**Low Impact Aerobics**	FC	$
10 a.m.	**SeniorLink**	CR	☎	12:15 p.m	**Pedro**	GR	$	12:15 p.m.	**Bingo**	MR	$
10 a.m.	**Low Impact Aerobics**	FC	$	1 p.m.	**Belly Dance for Seniors**	YC	$	12:30 p.m.	Bridge	GR	
10 a.m.	Parkinson's Exercise	MR		1:30 p.m.	OutaSight Self Help	MR		1 p.m.	Cribbage	L	
3 p.m.	**Stompers**	FC	$	6 p.m.	**Pilates**	MR	$	1 p.m.	Woodcarvers	AC	
				7 p.m.	**Yoga**	MR	$	1 p.m.	**HICAP**	CR	☎
				7:15 p.m.	**Swing Dance**	BR	$				
10				**11**				**12**			
8 a.m.	**Low Impact Aerobics**	FC	$	9 a.m.	**Ceramics**	AC	$	8 a.m.	**Low Impact Aerobics**	FC	$
8:45 a.m.	**T'ai Chi**	FC	$	9:30 a.m.	The Novel	MR		9:30 a.m.	**Art**	AC	$
9 a.m.	Handicrafters	GR		10 a.m.	**Ship Shape**	FC	$	10 a.m.	**SeniorLink**	CR	☎
9 a.m.	Needles/Friends	AC		12 p.m.	Canasta	L		10 a.m.	**Low Impact Aerobics**	FC	$
10 a.m.	**SeniorLink**	CR	☎	12:15 p.m	**Pedro**	GR	$	12:15 p.m.	**Bingo**	MR	$
10 a.m.	**Low Impact Aerobics**	FC	$	1 p.m.	**Belly Dance for Seniors**	YC	$	12:30 p.m.	Bridge	GR	
10 a.m.	Parkinson's Exercise	MR		6 p.m.	**Pilates**	MR	$	1 p.m.	Cribbage	L	
10:30 a.m.	**Zumba GOLD**	FC	$	7 p.m.	**Yoga**	MR	$	1 p.m.	**HICAP**	CR	☎
1:30 p.m.	Outa Sight Speaker	MR									
3 p.m.	**Stompers**	FC	$								
3:30 p.m.	Peripheral Neropathy	GR									
17				**18**				**19**			
Senior Center Closed				9 a.m.	**Ceramics**	AC	$	8 a.m.	**Low Impact Aerobics**	FC	$
				10 a.m.	**Ship Shape**	FC	$	9:30 a.m.	**Art**	AC	$
				10 a.m.	Chan/Choices	MR		10 a.m.	**SeniorLink**	CR	☎
				12 p.m.	Canasta	L		10 a.m.	**Low Impact Aerobics**	FC	$
				12:15 p.m	**Pedro**	GR	$	12:15 p.m.	**Bingo**	MR	$
				1 p.m.	**Belly Dance for Seniors**	YC	$	12:30 p.m.	Bridge	GR	
				1:30 p.m.	OutaSight Self Help	MR		1 p.m.	Cribbage	L	
				6 p.m.	**Pilates**	MR	$	1 p.m.	Woodcarvers	AC	
				7 p.m.	**Yoga**	MR	$				
				7:15 p.m.	**Swing Dance**	BR	$				
24				25				**26**			
8 a.m.	**Low Impact Aerobics**	FC	$	9 a.m.	**Ceramics**	AC	$	8 a.m.	**Low Impact Aerobics**	FC	$
8:45 a.m.	**T'ai Chi**	FC	$	9:30 a.m.	The Novel	MR		9:30 a.m.	**Art**	AC	$
9 a.m.	Handicrafters	GR		10 a.m.	**Ship Shape**	FC	$	10 a.m.	**SeniorLink**	CR	☎
9 a.m.	Needles/Friends	AC		10 a.m.	Blood Pressure Clinic	CR		10 a.m.	**Low Impact Aerobics**	FC	$
10 a.m.	**SeniorLink**	CR	☎	12 p.m.	Canasta	L		12:15 p.m.	**Bingo**	MR	$
10 a.m.	Hear Here!	MR	$	12:15 p.m	**Pedro**	GR	$	12:30 p.m.	Bridge	GR	
10 a.m.	**Low Impact Aerobics**	FC	$	1 p.m.	**Belly Dance for Seniors**	YC	$	1 p.m.	Cribbage	L	
10 a.m.	Parkinson's Exercise	MR		1 p.m.	Parkinson's Support Gp	MR					
10:30 a.m.	**Zumba GOLD**	FC	$	6 p.m.	**Pilates**	MR	$				
3 p.m.	**Stompers**	FC	$	7 p.m.	**Yoga**	MR	$				
31											
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 a.m.	Parkinson's Exercise										
10:30 a.m.	**Zumba GOLD**	FC	$								
3 p.m.	**Stompers**	FC	$								

January 2011 Events & Classes

For information, contact (530) 661-2001

Thursday				Friday			
6				**7**			
9 a.m.	Donations to Thrift Store	TS		8 a.m.	**Low Impact Aerobics**	FC	$
9:30 a.m.	Senior Center Inc. Mtg	AC		9:30 a.m.	**Benefit Thrift Store**	TS	$
10 a.m.	**Ship Shape**	FC	$	10 a.m.	**Low Impact Aerobics**	FC	$
1 p.m	Arthritis Support Group	GR		10 a.m.	Ping Pong	YC	
1 p.m	Mah Jong	L		10 a.m.	**SeniorLink**	CR	☎
1 p.m.	**Shakespeare**	MR	$	12 p.m.	**Computer Lab**	LAB	$
1 p.m.	**Belly Dance for Seniors**	YC	$	12:15 p.m.	**Bingo**	MR	$
3 p.m.	Beg. Line Dance	YC		6 p.m.	Second Horizon Bingo	MR	$
6 p.m.	Pinochle	GR					
13				**14**			
9 a.m.	Donations to Thrift Store	TS		8 a.m.	**Low Impact Aerobics**	FC	$
10 a.m.	**Ship Shape**	FC	$	9:30 a.m.	**Benefit Thrift Store**	TS	$
1 p.m	Mah Jong	L		10 a.m.	**Low Impact Aerobics**	FC	$
1 p.m.	**Shakespeare**	MR	$	10 a.m.	Ping Pong	YC	
1 p.m.	**Belly Dance for Seniors**	YC	$	10 a.m.	**SeniorLink**	CR	☎
3 p.m.	Beg. Line Dance	YC		12 p.m.	**Computer Lab**	LAB	$
6 p.m.	Pinochle	GR		12:15 p.m.	**Bingo**	MR	$
6:45 p.m.	**Ballroom/Salsa Dance**	BR	$				
20				**21**			
9 a.m.	Donations to Thrift Store	TS		8 a.m.	**Low Impact Aerobics**	FC	$
10 a.m.	**Ship Shape**	FC	$	9:30 a.m.	**Benefit Thrift Store**	TS	$
1 p.m	Mah Jong	L		10 a.m.	**Low Impact Aerobics**	FC	$
1 p.m.	**Shakespeare**	MR	$	10 a.m.	Ping Pong	YC	
1 p.m.	**HICAP**	CR	☎	10 a.m.	**SeniorLink**	CR	☎
1 p.m.	**Belly Dance for Seniors**	YC	$	12 p.m.	**Computer Lab**	LAB	$
3 p.m.	Beg. Line Dance	YC		12:15 p.m.	**Bingo**	MR	$
6 p.m.	Pinochle	GR		2 p.m.	**Legal Consulation**	CR	☎
27				**28**			
9 a.m.	Donations to Thrift Store	TS		8 a.m.	**Low Impact Aerobics**	FC	$
10 a.m.	**Ship Shape**	FC	$	9:30 a.m.	**Benefit Thrift Store**	TS	$
1 p.m	Mah Jong	L		10 a.m.	**Low Impact Aerobics**	FC	$
1 p.m.	**Shakespeare**	MR	$	10 a.m.	Ping Pong	YC	
1 p.m.	**Belly Dance for Seniors**	YC	$	12 p.m.	**Computer Lab**	LAB	$
3 p.m.	Beg. Line Dance	YC		12:15 p.m.	**Bingo**	MR	$
6 p.m.	Pinochle	GR		3-7 p.m.	Senior Art Show	BR	
6:45 p.m.	**Ballroom/Salsa Dance**	BR	$				

ROOM KEY

Library	L	Meeting Room	MR
Consulation Room	CR	Game Room	GR
Fitness Center/Dance Studio	FC	Banquet Room	BR
Computer Lab	LAB	Arts & Craft	AC
Thrift Store @ WCSC	TS	Gymnasium	GYM
Davis Senior Center	Dav	Youth Center	YC

Register in advance or fee $

Make appointment, call 668-2001 ☎

Elderly Nutrition Program in Yolo County
People Resources, Inc

☒ =Higher Sodium Meal

January 2011

Monday Jan 3	Tuesday Jan 4	Wednesday Jan 5	Thursday Jan 6	Friday Jan 7
Garlic Chicken *Stir Fried Brown Rice Asian Vegetable Blend *Whole Wheat Bread *Fruit Juice+	Spanish Heritage Day ***Shrimp Paella w/Rice** *Jicama Slaw *Juice+ Spinach* w/Sautéed Peppers *Whole Wheat Roll **Valencia Orange Cake	***Chunky Vegetable Soup*** **Turkey Salad in a Croissant *Gelatin w/Fruit+	**Meatloaf w/Gravy** *Mashed Potatoes+ Winter Vegetable Medley+* *Whole Wheat Bread *Fruit Cocktail	*Fruit Juice+ ***Rustic White Beans & Sausage** (contains pork) Mixed Vegetables* **Bread Pudding
Monday Jan 10	**Tuesday Jan 11**	**Wednesday Jan 12**	**Thursday Jan 13**	**Friday Jan 14**
Lemon Pepper Fish w/tartar sauce *Lentil & Tomato Medley+ Chef's Vegetable Blend *Bread *Apricot Halves*	**Chicken Fondue** *New Potatoes *Baby Carrots* *Whole Wheat Bread *Blushed Pears	***Hearty Beef & Barley Soup*** **Half Cheese Sandwich on Rye Bread *Ambrosia+	****Bocca Burger w/Sautéed Mushrooms** on Wheat Bun *Corn Niblets *Broccoli Salad+* *Fruit Juice+	**BBQ Chicken** *Rodeo Beans Spinach Salad* *Biscuit *Fresh Fruit+
Monday Jan 17	**Tuesday Jan 18**	**Wednesday Jan 19**	**Thursday Jan 20**	**Friday Jan 21**
Martin Luther King Day Closed	**Swedish Meatballs** *Whipped Potatoes+ Scandinavian Vegetables* *Whole Wheat Bread *Fruit Juice+	***Brunswick Chicken Stew** Brussel Sprouts+ *Baguette *Spiced Apples	***Creamy Pumpkin Bisque*** **Ham Sandwich on Wheat *Romaine Salad w/Mandarin Orange Segments+	***Heavenly Beef & Rice** *Gourmet Veggie Blend Whole Wheat Roll *Fruit Juice+ ☒ **Tapioca Pudding
Monday Jan 24	**Tuesday Jan 25**	**Wednesday Jan 26**	**Thursday Jan 27**	**Friday Jan 28**
Oven Fried Chicken *Au Gratin Potatoes Broccoli+* *Whole Wheat Bread *Tropical Fruit+	***Tamale Pie** w/Beef & Cornbread Crust Green Beans *Whole Wheat Bread *Pineapple Tidbits+	***Happy Birthday*** **Roast Turkey w/Gravy** *Dressing & Cranberry Sauce *Baked Sweet Potatoes* *Bread * Fruit Juice+ **Birthday Cake	***Pork Ragout** Served over Brown Rice Delightful Veggie Blend+* *Whole Wheat Bread *Baked Peaches	**Pan Style Omelet** *O'Brien Potatoes *Blueberry Crumble *Banana+
Monday Jan 31	**Alternate Meal**	**$3.00 Suggested Senior Contribution** **$3.50 for Essential Volunteers (under 60)**		**$ 7.00 GUEST FEE for people under 60 unless accompanied by their senior spouse**
Beef Pepper Steak w/Bell Peppers+ and Onions *Penne Pasta California Blend Vegetables* *Baguette *Applesauce	Southern Fried Steak w/Gravy *Mashed Potatoes+ *Veggie Blend* ***See the site manager to order your alternate meal.***			

Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C * Vitamin A Please See reverse side for info about "*" used on this menu. Menu subject to change

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

Davis Senior Center 646 A Street 757-5541 ♦♦♦ **West Sac Senior Center** 664 Cummins Way (916) 373-5805

Winters Community Center 201 Railroad Avenue 795-4241 ♦♦♦ **Woodland Senior Center** 2001 East Street 668-0974

Knights Landing/Esparto 662-7035 ♦♦♦ **Elderly Nutrition Program Main Office 662-7035**

Partial funded by A4AA

Celebrating Woodland's Nonagenarians

Maria Szabo was born in Budapest, Hungary in 1919. Her life story is also a history lesson.

Before WWII, Hungary enjoyed good trade and economic relationships with both Germany and Italy. Consequently, Hungarians commonly spoke German as a second language. When Hungary was forced to take sides in the War, they opted to join the AXIS for economic reasons. In 1944, the German army occupied Hungary and fought the Soviets for control of Europe with the Hungarians caught in the middle.

In Maria's case, caught underground in a basement for 4 months with her daughter and very little food. Her first husband was a prisoner of war and passed shortly after he was released. She was feeding their daughter the last bit of corn and honey she had when the battle above stopped. The citizens came up out of their shelters to find they were now in a communist country under the control of the Soviet Union (*and it would be that way for decades).* Maria describes this time as "terrible". The borders were closed and education was discouraged.

In 1956, a spontaneous national uprising occurred in Hungary. The entire nation bearing kitchen implements, gasoline, and weapons taken from army depots and police stations, began a revolution which spread to Poland. Initially, the Soviets appeared to relent, but days into the revolt, world attention shifted to the Egyptian takeover of the Suez canal and the bombing campaign on Egypt. Soviet forces took advantage of the diversion and crushed the revolts in both Hungary and Poland in one week.

Maria says her childhood was "beautiful, beautiful." Her father was a club manager for aristocrats. Maria was educated in Catholic schools and enjoyed ballroom dancing. She was married at 19 and had a child at 21. WWII changed Maria's life completely when she was 25. Maria's daughter attended Catholic school until the communists began hanging around church doorways and taking names of the churchgoers. Maria said they continued to go to church in spite of the harassment. From 1944 until 1956, Maria and her family lived under Soviet communist rule. When the revolt began in 1956, hundreds of thousands of Hungarians tried to flee Hungary. By sheer providence, Maria at age 37, her daughter, and her second husband, Laszlo, slipped away from a train unseen by border guards and were hidden by a farmer until they could be escorted across the border into Austria. They eventually arrived at a refugee camp on New Year's Eve in New York.

Laszlo had been a baker and cook his whole life, so they signed up to go to Westminister, Maryland where he was a baker for 3 years. They lived with a professor who taught them to speak English. They then moved to Milwaukee, Wisconsin where Laszlo worked for American Motors and they saved their money.

In the refugee camp, Maria's daughter met another young refugee who she fell in love with and married. He was an economist who spoke seven languages and was snapped up by General Electric who moved them to San Jose. Maria's daughter worked for Wells Fargo Bank. To be closer to their daughter, Maria and Laszlo moved again to California and opened a restaurant in Carmel. At that time they met another family of Hungarian refugees, the Simons. After seeing Woodland, both families elected to move here. The Szabo's opened *Laszlo's European Restaurant* and ran it for 20 years. The Simons, who have remained Maria's closest friends, opened the *Evergreen Delicatessen.* Maria was allowed to return to Hungary after 1962 and visited relatives every year until 1993 when the last of her homeland relatives passed.

In 1996, Maria met Erma Swaim at a block party. Erma brought Maria to the Senior Center and Maria has been part of our family since then. She has volunteered in our kitchen for years. She now exercises here 3 days a week, lunches here, uses the Senior Library regularly, and she is a Care Car rider (s*he never learned to drive*.) Maria has been widowed for 15 years. She has one grandson, and two great granddaughters. She tells us her grandparents lived well past the century mark. Thank you Maria, so much, for sharing your life story with us.

Woodland Community & Senior Center
2001 East St.
Woodland, CA 95776
Phone: (530) 661-2001

*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
Lucinda Talkington
Benjamin Garman
Regan Overholt
Don Campbell

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