Senior Center

(530) 661-2001

Senior Center Hours 8 a.m. to 4 p.m.

STAFF Kris Bain

Senior Center Supervisor

Paula Crum

Senior Center Program
Coordinator

Trip Information

Contact 661-2001 for info

ALL WEST

Lunch Presentation
During Chit Chat Café
December 19, 11:30 a.m.

Christmas Around San Francisco December 17-18

Rose Parade in Pasadena December 30-Jan. 2

Amtrak through Sierras February 26-28

Collette Vacation Showcase 2012 January 12, 1:30 p.m.

December Highlights

Senior Movie Day—Super 8

December 15, 12:30 p.m.

Seniors are invited for a free a showing of **Super 8**. Writer-director **J.J. Abrams** crafts a supernatural tale about six kids who witness something incredible while shooting a movie with their Super 8 camera.

Santa's Holiday Social

December 15, 4-6:30 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 at 661-2001 to make your reservation.

Chit Chat Café relocates—for December 19-30

Mark your calendars! Chit Chat Café moves to the Methodist Church located 620 North Street, at 2nd and North. This is due to the resurfacing of the Banquet Room floor at the Community Center. For the week of 12/27-30, direct all lunch reservations and cancellations to 668-0974.

Holiday Closures	Closed	Closed	Closed
December 26	YES	YES	YES
December 27-30	YES	NO	NO
January 2	YES	YES	YES
January 16	YES	YES	YES

Senior Center Inc. Membership

The membership campaign for 2012 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.



Woodland Senior Center 2001 East Street

2001 East Street Woodland, CA 95776 Phone: (530) 661-2001



www.cityofwoodland.org/seniors

Beating the Winter Blues



Winter brings shorter days and less sunshine, which can lead to condition called SAD (Seasonable Affective Disorder), or the "winter blues". Occurring most often in January and February, the "winter blues" are characterized by the mild, lack of motivation, and low energy that many people experience during this cold season. Luckily, there's a lot you can do to both prevent the blues from coming on and get yourself back to normal.

Here's some tips to prevent the blues:

- EAT. Eat bright, fresh food such as grapefruit, butternut squash, and brussel sprouts. They not only taste good, but boost your immune system too.
- ♦ LAUGH. Having a good laugh can reduce stress hormones that typically cause depression.
- **SOCIALIZE**. Resist the urge to stay home. It's good for your emotional and mental health to socialize.
- ◆ **LEARN.** Pick a culture and learn about it. Use an encyclopedia, the internet, or magazines.
- **SLEEP.** People naturally want to sleep a little bit more during the winter. Aim for 7-8 hours per night, and try not to oversleep. A short (10-30 minute) afternoon nap may be all you need to re-energize your midday.
- Cheer up someone else. Do something thoughtful for someone else and you just might feel better yourself.
- Limit refined carbohydrates and sugars. It has been found carbohydrates can lead to fatigue and depression. Avoid soda, white flour, cookies, and other food high in carbohydrates.

Support Senior Center Inc.

Thrift Store

Open Tuesdays at 9 a.m. & Fridays at 9:30 a.m.

Come to the Thrift Store to find great holiday gifts or décor. Senior Center, Inc. operates a thrift store within the Community & Senior Center. All proceeds from the Thrift Store go to Senior Center Inc, all of which support senior services at the Woodland Senior Center.





If you have gently used donations that may be sold within the Thrift Store, please bring them to the Senior Center. Donations for the Thrift Store may be made Monday through Friday from 8 a.m. to noon.

If you would like the donations to be picked up directly from your home, contact Ronni Koebel at 662-0618.

Meetings at the Senior Center

Commission on Aging

2nd Thursday of each Month 3:30 p.m.

Advocates for seniors, this is an advisory board to the City Council . For agendas and minutes, please go to

www.cityofwoodland.org/seniors

Senior Center, Inc.

1st Thursday of each Month 9:30 a.m.

This board raises money and helps plan programs and events for seniors.

Meetings are open to the public.

web at www.wsccc.com

Computer Club

4th Monday of each Month 1:00 p.m.

Speakers speak on computer and internet-based topics. For more information contact, the Computer Club at (530) 662-9598 or find them on the

Support Groups & Special Speakers

Arthritis Support Group

1st Thursday of each month, 1:00 p.m.

Joining a network of others living with a similar condition is one way to find support after an arthritis diagnosis. Take comfort in the experiences of others in this support group.

Changes to Choices

1st & 3rd Tuesdays of each month, 10:00 a.m.

The purpose of Changes to Choices is to look at choices of how to handle changes. Many of the participants have similar issues and by talking about them, they gather ideas about how

an issue may be resolved. Any senior is welcome to attend.

Hear! Here!

4th Monday of January, March, May, & October 10:00 a.m.

This support group gives people with hearing loss an opportunity to speak their piece and be heard with sympathy. The group hosts guest speakers about hearing aids and other assistive devices. The group meets four times a year at the Woodland Senior Center.

Peripheral Neuropathy

3rd Monday of each month, 1:30 p.m.

The group's purpose is to share information and to encourage others with neuropathy. Some meetings feature speakers.

Parkinson's Support

4th Tuesday of each month, 1:00 p.m.

This peer led group welcomes caregivers as well as those with Parkinson's Disease. This group sometimes has guest speakers, but mainly shares experiences and tips for families and caregivers.

Outa Sight Support

1st & 3rd Tuesdays of each month, 12:30 p.m.

We serve blind and low-vision persons and mutually support one another. Our goal is to learn independent living skills in order to enhance our lives. We also develop and identify resources for the sight-impaired in our community, and we advocate for disability rights.

Stroke Support

3rd Monday of each month, 1:00 p.m.

A stroke survivors support group is exactly what it says — a support group so you don't feel you're alone in your rehabilitation

and recovery. Participating in a support group will not only help you learn more about stroke, it will also help you become inspired to move forward.



Transportation to the Senior Center

Community Care Car offers transportation to the Senior Center Monday through Friday. In addition, seniors can make reservations for doctor appointments, grocery shopping, hair appointments, or church on Sundays. Riders must be able to climb into a van and out of the van without the assistance of a lift. Reservations must be made a minimum of 24 hours in advance by calling **662-7800**. Reservations are made Monday through Friday, 9 a.m. to 3:30 p.m.



Art Classes



Senior Art Workshop

Wednesdays 9:30 a.m.

\$5 per month

Registration taken at Parks & Recreation desk

Artists who enjoy painting or drawing are invited to join this ongoing group.

Ceramics

Tuesdays, 9:30 a.m. \$5 per month

Registration taken at Parks & Recreation desk

Handicrafters

Mondays, 10:00 a.m.

A friendly place for finishing your own projects, helping with charity projects, sharing ideas, and meeting people with similar interests.

Woodcarvers

1st & 3rd Wednesdays, 1:00 p.m.

Needles & Friends

Mondays, 9:00 a.m.

This group of quilters create quilts for events, friends, and more. Tips and ideas are shared and beginnings are always welcome.



Games



Badminton NEW!

Tuesdays

9:30 a.m.

FREE! Any level of play, for anyone interested in playing or learning how to play badminton.

Bingo

Wednesdays and Fridays 12:15 p.m.

Play three cards for \$.15 or six cards for \$.30 or eight cards for \$.40

Bridge for Fun

Wednesdays, 12:45 p.m. For novice or intermediate levels.

Canasta

Tuesdays, 12 p.m.
Meet other Canasta lovers, novice players are welcome.

Cribbage

Wednesdays, 1:00 p.m.
Drop-in games of cribbage held every
Wednesday.

Hand & Foot

Wednesdays, 8:30 a.m.
All levels welcome for this game similar to Canasta.

Mah Jong

*Thursdays, 12:30 p.m.*Ancient Chinese tile game, beginners welcome.

Pedro

Tuesdays, 12:15pm
To get on a waiting list, contact Annette at 406-1020.

Ping Pong

Fridays, 10:00 a.m.

Pinochle

Thursdays, 6:00 p.m.

Second Horizon Bingo

1st Friday of each month, 6:00 p.m.

Senior Center Game room is open for seniors Monday through Friday during Senior Center hours.

Lost something?

Lost & Found is located at the **Welcome Desk in the Senior Center**. If you have lost something while visiting the Senior Center or while riding the Community Care Car, your lost item is probably with us. We might have items such as: glasses, books, canes, or gloves. Please check with us to find your lost items. Contact the Welcome Desk **661-2001** to find your lost items.

Exercise & Dance Classes

Pilates

Tuesdays, 6:00 p.m.

Fee: \$11/visit, paid monthly

Registration taken at Parks & Recreation

desk

This class focuses on pure Pilates technique emphasizing proper breathing, correct spinal and pelvic alignment, and complete

concentration on smooth, flowing movement. Pilates exercises strengthen core abdominal muscles as well as train several muscle groups at once in non-impact, continuous movements.



Tue. & Thu. 1:00 p.m. Fee: \$40/8 week session

Registration taken at Parks & Recreation desk

Learn to dance with effortless graces as you learn the basic foot work of dance; lean hip circles, rolls, lifts, and swings; shimmies, figure-eights, shoulder rolls, and more.

Low Impact Aerobics

Monday, Wednesday, & Fridays 8:00 a.m. or 10:00 a.m.

Fee: \$5/month

Registration taken at Parks & Recreation desk

A basic workout starting with a walking warm-up, followed by exercises performed standing. This class is designed to build strength (muscles, tendons, and ligaments) increase flexibility, improve balance, and coordination, enhance your health, and lighten your mood.

Ship Shape

Tue. & Thu. 10:00 a.m.

Fee: \$5/month

Registration taken at Parks & Recreation desk

This class utilizes resistance bands to increase flexibility and strengthen muscle tone in a fun, supportive environment. All exercises are done from a seated position, and are led by experienced senior volunteers. Class and registration includes your resistance band.

Power Flow Yoga

Tuesdays, 7:00 p.m.

Fee: \$11/visit, paid monthly

Registration taken at Parks & Recreation desk

Power Yoga Flow is a practice of movement, balance and intention that elevates the heart rate, improves circulation, and sculpts lean muscle. This class is appropriate for students of all levels.



Swing Dance

Tuesdays, 7:15 p.m. \$35/5 week session

Registration taken at Parks & Recreation desk

Get ready to Swing! This beginning class will teach you the basic steps and simple patterns to get great for social swing. No experience necessary, no partner needed.

T'ai Chi

Mondays, 8:45 a.m.

Fee: \$9/class, paid monthly

Reaistration taken at Parks & Recreation desk

This class is for students who wish to learn the traditional Chinese way to a healthy body and depth of mind. Come and enjoy this beneficial class with instructor Sue Chan.

Water Aerobics

Monday, Wednesday, & Fridays, 8:0 Fee: \$25 for 10 visits

Enjoy a great Nijoto workout in the pool, year round a swimming experience is necessary. It great for aging bodies with low

or no impact to those aching joints. For more pool related information, contact 661-2000.

Zumba Gold

Fridays, 4:30 p.m. Fee: \$30/month

Registration taken at Parks & Recreation desk

For the active senior; this class fuses together Latin-inspired music and fun dance fitness movements. Zumba is more like a dance party than a workout and leaves people feeling fit and happy!



YMCA Wellness Center

within Community & Senior Center

Please contact the YMCA directly at (530) 666-9623 for membership information.

General Recreation Activites

The Novel Book Club

2nd Tuesday of each month, 9:30 a.m. A group for enjoying and reading literature with others. Reservation and cost of books is required.

Computer Lab

Fridays, 12:00-3:00 p.m.

Fee: \$1 per use

Senior Computer Club's lab is open to adult Woodland Stompers

public.

Senior Movie Day

3rd Thursday of each month 12:30 p.m.

Movies vary and showings are free to seniors. December 15 is showing

Super 9

Senior Travel

Contact the Senior Center for upcoming trips within California & Abroad at 661-2001.

Country Line Dance Party

3rd Friday of each month, 6:00 p.m.

Fee: \$6

Mondays, 3 p.m. An energetic western dance troupe that performs throughout Yolo County. Visitors and newcomers are always welcome.



Writing Your Life History

Contact Woodland Adult Education at

662-0798 for registration information.

Is there something missing you would like to see at the Senior Center? Do you have a skill or craft you would like to share with other seniors? Contact the Senior Center at 661-2001 to start vour class.

Other Services offered at the Senior Center

Legal Consultations

3rd Friday of each month, 2-5 p.m. Call 661-2001 for appointment

Health Insurance Consultations

1st two Wed & 3rd Thurs of ea. Month, 1:00-4:00 p.m. Call 661-2001 for appointment.

Information & Assistance via Senior Link

Mon, Wed, Fri, 10:00 am-12:00 p.m.

Thrift Store

Tuesdays 9 a.m. & Fridays 9:30 a.m. Donations taken M-F 8 am-12 pm.

Community Care Car

Desk open 9 a.m.—3:30 p.m. Reservations required, call 662-7800.

Computer Classes

Call 661-2001 to get on class list or for upcoming class information.

Computer Lab

Fridays 12:00-3:00 p.m. Computer lab is open to adults, \$1 per visit.

Chit Chat Café

Elderly Nutrition Call 661-2001 for reservations. Reservations required at least one day in advance. Lunch served at 11:30 a.m. See note on front page.

Media Library

Come to Senior Center to check out books, audio books, VHS movies & DVD movies.

YC Food Bank low cost food Tuesdays, 9:00 a.m.



Mark your CALENDARS Senior Art Show Friday, February 24th

Artists of the Senior Center are invited to share their art work.

Elderly Nutrition Program in Yolo County People Resources, Inc

December 2011

Suggested Centributions:		0 1 1 1 1 1 1 1 1 1	Thursday Dec 1	Friday Dec 2
\$3.00 Seniors \$3.50 Volunteers (< 60) \$7.00 GUEST FEE (< 60 unless w/ senior spouse)	Alternate Meal Breaded Baked Fish w/Tartar Sauce Oven Baked Potatoes California Vegetables+*	On behalf of the staff, thank you for your participation this year! We look forward to serving you in 2012.	Vegetable Minestrone Soup &1/2 Cheese ▶Sandwich on Rye ▶Quinoa Salad ▶▶Fruited Gelatin+	Southern Fried Steak w/ Country Gravy ▶Peas and Carrots* ▶Mashed Potatoes+ ▶Wheat Roll ▶Apricot Halves
Monday Dec 5	Tuesday Dec 6	Wednesday Dec 7	Thursday Dec 8	Friday Dec 9
▶Turkey Tetrazzini w/Pasta Capri Vegetables* ▶Whole Wheat Bread ▶Fresh Fruit+	Pepper Steak w/ Tomato & Bell Pepper Sauce Steamed Carrots* ▶Brown Rice ▶Wheat Bread ▶Pineapple Tidbits+	BBQ Chicken ▶Baked Winter Squash* ▶Ranch Beans Coleslaw+* ▶Biscuit ▶Fruit Juice+	□ Savory Pork Chop Green Beans ▶Baked Sweet Potato* ▶Applesauce+ ▶Gingerbread	□Old Fashioned Meatloat w/ Gravy Chef's Blend Vegetables ▶Scalloped Potatoes+ ▶Wheat Roll ▶Fruit Cocktail
Monday Dec 12	Tuesday Dec 13	Wednesday Dec 14	Thursday Dec 15	Friday Dec 16
►►Macaroni & Cheese Stewed Tomatoes Country Blend Vegetables* ►Wheat Roll ►Fruit Juice+	Chinese Garlic Chicken Broccoli+ ► Stir fried" Brown Rice ► Wheat Bread ► Tropical Fruit	Swedish Meatballs Scandinavian Blend Vegetables* Parsley Noodles Wheat Roll Fruit Juice+	Lemon Pepper Fish w/ Tartar Sauce ▶Peas & Pearl Onions ▶ New Potatoes ▶Wheat Bread ▶Citrus Salad+	►Chicken Tortilla Soup w/ Black Beans Tossed Green Salad* ►Tortilla Chips ►Ambrosia+
Monday Dec 19	Tuesday Dec 20	Wednesday Dec 21	Thursday Dec 22	Friday Dec 23
Mushroom Chicken Cauliflower ▶Brown Rice ▶Whole Wheat Roll ▶ Mandarin Oranges+	►Cheese Ravioli Lasagna Caesar Salad ►Garlic Bread ►Fruit Juice+	▶►Hot Turkey Sandwich w/Gravy on a Wheat Bun Brussel Sprouts ►Mashed Potatoes+ ►Plum Halves*	►Lentil Soup* ►Tuna Sandwich w/ Lettuce & Pickles on Whole Wheat Bread ►Fruited Gelatin+	HOLIDAY CELEBRATION Glazed Baked Ham ►Yams* & Vegetable Gratin+ ► Wheat Roll ► Fruit Juice+ & ► Holiday Pie
Monday Dec 26	Tuesday Dec 27	Wednesday Dec 28	Thursday Dec 29	Friday Dec 30
Winter Winter Holiday	►Chili con Carne California Vegetables+* ►Cornbread Muffin ►Fresh Fruit	Crispy Baked Fish Coleslaw+* ►Au Gratin Potatoes ►Wheat Bread ►Fruit Juice+ ►Birthday Cake	Beef Stew w/ Hearty Vegetables & Potatoes* ► Wheat Roll ►► Cinnamon Apples	Roasted Chicken Breast Mixed Vegetables Stuffing w/ Gravy Bread Fruit Juice+ Holiday Dessert

Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C * Vitamin A ⊠ =Higher Sodium Meal. 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 747-5870 • 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 • Partially funded by A4AA

Woodland Community & Senior Center

2001 East Street 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.

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 activities.

SCI Board of Directors

Jan Bello, President
Beverley Radford, Secretary
Bruce Ahlquist
Steve Etters
Ed Marquez
Nick Pohl

Stan Moorhead, Vice-President Elizabeth Kemper, Treasurer Nancy Fritts

Roni Koebel

Maxine Polkinghorne Judy Tommeraason

Commission on Aging

Sharon Zielesch

An advisory and advocacy board to City Council for Woodland Seniors.

COA Commissioners

Karen Wright Lucinda Talkington Benjamin Garman Regan Overholt Don Campbell

Resources for Seniors

Elderly Nutrition/Chit Chat Café For reservations (530) 661-2001 General Questions (530) 662-7035

Caregiver Info & Support Information & Appoint. Services (530) 666-8828

Handy Helpers (sponsored by Kiwanis)
To request service
(530) 661-2001

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