City of Woodland

SeniorGram

Volume 5, Issue 8 August 2011

Senior Center
(530) 661-2001

STAFF
Kris Bain
Senior Center Supervisor

Paula Crum
Senior Center Program Coordinator

Parks & Recreation
(530) 661-2000

All West Travel

Contact 661-2001 more info.

August 15
Lunch Presentation
Call to make lunch reservations @ 661-2001

August 11
Charm of Venice @ Lake Merritt
$145 per person

July 31
Gilroy Garlic Festival
$69 per person

August 22-25
Tour of North Coast
$625 per person

August Events

Collette Vacation Showcase— for Spring & Summer 2012

August 8, 1 pm

Collette Vacations has a variety of tours being offered through the Senior Center. Tours include seeing New England via back roads, an exploration of Panama, a truly Irish St. Patrick's day, and swaying your hips to America's Music cities of New Orleans, Memphis, and Nashville. Vacation information is available at the Welcome Desk or , contact 661-2001.

Senior Movie Day—*The Lincoln Lawyer*

August 18, 12:30 p.m.

Tasked with defending rich lothario Louis Roulet, (Matthew McConaughey) who's been charged with assault, lawyer Mick Haller finds himself and his family in danger when he deduces the truth behind this and former cases he's worked on. Also starring Marisa Tomei, William H. Macy, John Leguizamo, and Bryan Cranston.

Your Senses *presented by Our Home Care*

August 10, 10:00 a.m., Meeting Room 1

A presentation for adults on their five senses, using them, losing them and being aware of bodily changes.

Trip to FEATHER FALLS Fundraiser $35 per person

August 20, departing at 10 a.m. from Senior Center

Victor and Crystal Rodriguez were married June 4 in Roseville before heading off to the Bahamas for their honeymoon. It was a much needed break for the newlyweds, who worked seven jobs between the two of them. On the day before their return home, they decided to have one last adventure and try parasailing. According to bystanders, their harness snapped and they fell from about 40 feet into the water below. Crystal was pronounced dead at the hospital and Victor is in intensive care with extensive internal injuries. Neither of them had insurance. Now the McBride Center in Vacaville and Woodland Senior Center are raising funds to help pay for Crystal's funeral costs and Victor's medical needs.

Senior Center Closed for Labor Day, September 5

All regular services at the Senior Center are closed including the Community Care Car and Chit Chat Café on September 5.

City of Woodland PARKS & RECREATION

www.cityofwoodland.org/seniors

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

Parks Make Life Better!™

90 & Enjoying Life

Stella Eiola

Stella Eiola is a dynamo. She makes young "oldsters" look like wimps. She walks two miles a day (weather permitting) and swims everyday in the summer. She has been seen on a ladder washing her second story window. She will play any card game anytime, anywhere, including Bridge, Pinochle, and Pedro. She also enjoys Bunko. Stella reads several books a month, and is one of our most prolific users of the Senior Center's library. She enjoys going to the casino and even to the horse races twice a year.

Stella Kwapis was born January 22, 1921 in Gaylord, Michigan. She was one of eight children. Her father owned a meat market and grocery and died when she was only two years old. Though Stella does not remember much from that time, they had to move from a large home to a much smaller one. Her mother carried on with the store and took in washing to help raise the children. She remembers a loving and lively childhood where they played a lot of cards , which of course, she continues to love to this day.

Stella met her husband on first day of teaching. He was her principal. She married Al Eiola in 1945. They moved to Woodland in 1956 because they were tired of the harsh cold winters in Michigan. Stella returns to Michigan once a year to visit two older sisters.

Both Stella and Al had careers as teachers. Stella taught for 35 years. They travelled together all over the world including Italy, France, Portugal, Sweden, Hong Kong, and may trips to Finland. They were able to celebrate 50 years together. They raised two daughters and she has four grandchildren, and four great-grandchildren, which she thoroughly enjoys at family get-togethers.

Stella is a faithful member of Holy Rosary Church. She also spends much of her time volunteering at St. Vincent de Paul, the hospital auxiliary, and the Food Closet.

Stella is an inspiration to all.

Pedro Party

at Cabrillo Club #26

Cabrillo Club is hosting a Pedro Party on Saturday, August 6 from 11:30 a.m. to 3 p.m. All proceeds go to benefit the Community Care Car. Contact Betty at 662-1976 for table reservations. $5 per player includes lunch and a tournament.

Meetings at the Senior Center

Commission on Aging
2nd Thursday of each Month
3:30 p.m.
No meeting in August
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.
No meetings in August
This board raises money and helps plan programs and events for seniors. Meetings are open to the public.

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 web at **www.wsccc.com**

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.
No meetings in July & August
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.

What you want
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 your class.

Games

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, 9:00 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.

Learn to Quilt

The Needles & Friends quilting group is seeking anyone interested in learning to quilt or experienced quilters. Check out fun it can be—for FREE. Come Monday, September 12 at 9 a.m. to join the Needles & Friends group. All supplies and equipment can be provided to beginners. For more information, contact the Senior Center at 661-2001.

Exercise & Dance Classes

Belly Dance for Seniors

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.

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.

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
Registration 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, 8:00 a.m.
Fee: $25 for 10 visits
Program is hosted at the Community Swim Center at 155 N. West Street (next to Woodland High School)
Registration is taken at the pool.

Enjoy a great all-body workout in the pool, year round. No 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 public.

Country Line Dance Party
3rd Friday of each month, 6:00 p.m.
Fee: $6

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

Senior Movie Day
3rd Thursday of each month
12:30 p.m.
Movies vary and showings are free to seniors. **August 18 is showing *The Lincoln Lawyer***

Shakespeare
Thursdays, 1:00 p.m.
Fee: $5/session
Registration taken at Parks & Rec. desk
Discover Shakespeare is a series of individual classes presenting all of Shakespeare's plays via enhanced videos. Plays feature a modern orchestral background, selected by presenter Ralph Quinn.

Writing Your Life History
Contact Woodland Adult Education at 662-0798 for registration information.

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

Lunch Time Fun
During Chit Chat Café, 11-11:45 a.m.
Trivia—Thursdays
All West Travel info—3rd Monday

Other Services offered at the Senior Center

Blood Pressure Clinic
Fourth Tuesday of each month, 10-11:30 a.m.
Free, just drop-in

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, 2:00-5:00 p.m.
Call 661-2001 for appointment.

Information & Assistance *via Senior Link*
Mon, Wed, Fri, 10:00 am-12:00 p.m.

Thrift Store
Fridays, 9:30 a.m.

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 12-3 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.

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.

Byte News
from the Computer Club

The Computer Club's Meeting on August 22 is hosting Christina Stokke, RN from Woodland Healthcare to speak on heart attacks, preventing and living through them.

Elderly Nutrition Program in Yolo County
People Resources, Inc

The Yolo County Fair is celebrating its 75th anniversary this month. The theme this year is <u>We're Born to be Free.</u> In honor of the fair we have special promotions planned at the congregate sites.

August 2011

Monday August 1	Tuesday August 2	Wednesday August 3	Thursday August 4	Friday August 5
Apple Cider Chicken ▶Baked Beans Broccoli+ ▶Cornbread ▶Apricot Halves*	▶▶**Hamburger w/ Lettuce, Tomato** & Condiments Mixed Vegetables* ▶Potato Chips ▶▶Chocolate Chip Cookie ▶Fruit Juice+ ☒	▶**Sweet & Sour Pork Fritter** w/ Pineapple & Bell Pepper Sauce + Asian Vegetable Blend ▶Brown Rice ▶Wheat Roll ▶Fruit Cocktail	**Stuffed Tomato+ w/Tuna on Crisp Salad Mix** ▶Pasta Salad ▶Wheat Crackers ▶Fresh Fruit+	▶**Country Fried Steak w/ Gravy** Chef's Blend Vegetables* ▶Mashed Potatoes+ ▶Wheat Bread ▶Fruit Juice+
Monday August 8	**Tuesday August 9**	**Wednesday August 10**	**Thursday August 11**	**Friday August 12**
▶**Breaded Baked Fish** **W/Tartar Sauce** Mediterranean Vegetables*+ ▶Scalloped Potatoes+ ▶Wheat Roll & ▶Fresh Fruit	▶**Spaghetti &Meatballs** Garden Salad w/ Cherry Peppers*+ ▶Garlic Bread ▶Pears	**Chef Salad** Ham, Turkey, Cheddar, Jack Cheese & Tomatoes on Greens ▶Crackers ▶Potato Salad ▶Raspberry Whip+	**Acapulco Chicken** Baja Vegetables ▶ Brown Rice Pilaf ▶Mango*+ & Jicama Salad ▶Whole Wheat Bread	▶▶**Best of Summer Sub** (Cheese, Tomatoes, Cucumber, Spinach, Onion & Aioli Spread on Baguette) ▶Macaroni Salad ▶Ambrosia+
Monday August 15	**Tuesday August 16**	**Wednesday August 17**	**Thursday August 18**	**Friday August 19**
		We're Born to Be Free Theme Days in honor of the Fair		
Hungarian Beef Over ▶Noodles Cauliflower & Carrots* ▶Wheat Bread ▶Fruit Juice+	▶**Greek Salad*** (Fresh Greens topped w//Feta, Olives, Artichoke, Hard boiled Egg, Tomatoes & More!) Cucumber w/ Dill ▶Wheat Crackers ▶Sunset Gelatin Salad+	**Finger Lickin' BBQ Chicken** Coleslaw* ▶Buttermilk Biscuit ▶▶Ice Cream Cup ▶Juice+ **SENIORS EAT FREE TODAY*** **	▶▶**Hot Dog** (contains pork) w/ Bun & Condiments ▶▶Firecracker Corn ▶Oven Fried Potatoes ▶ Fruit Cup + ☒ ***CARNIVAL GAMES**	▶Cheesy Nachos **Chili (w/Beef)** Side Salad ▶Fruit Slushy+ ▶▶Sweet Treat ☒
Monday August 22	**Tuesday August 23**	**Wednesday August 24**	**Thursday August 25**	**Friday August 26**
▶▶**Macaroni & Cheese** Green Beans ▶Baguette ▶Fruit Juice+	**Savory Pork Chop** Seasonal Fresh Vegetables ▶Whipped Sweet Potatoes*+ ▶Wheat Roll ▶Tropical Fruit+	▶▶**Turkey Sandwich w/ Swiss on Wheat** Broccoli Salad+* ▶Potato Chips ▶Fresh Fruit	**Teriyaki Beef** Stir Fry Vegetables* ▶Steamed Brown Rice ▶Fortune Cookie ▶Pineapple Tidbits+	**Ranch Chicken Salad** ▶Crispy Chicken Strips, Bacon, Cheddar, Cherry Tomatoes w/Ranch Dressing ▶Wheat Crackers ▶Mandarin Oranges+
Monday August 29	**Tuesday August 30**	**Wednesday August 31**	**<u>Alternate Meal</u>**	**$3.00 Suggested Contribution** **$ 3.50 for Essential Volunteers (under 60)** **$ 7.00 GUEST FEE for under 60 unless accompanied by their senior spouse**
Salisbury Steak w/Gravy Capri Vegetable Blend* ▶Baked Potato w/Sour Cream ▶Wheat Bread ▶ Fruit Juice+	▶▶**Cornbread Pizza w/** Cheese, Bell Peppers, Mushrooms, Olives & More!!) Garden Salad* ▶Fresh Fruit+	**Happy Birthday Oven Fried Chicken** ▶Stewed Tomatoes+ w/Croutons ▶ Sweet peas ▶Wheat Bread▶Fruit Juice+ ▶Birthday Cake	▶**Breaded Baked Fish Filet** w/ Tartar Sauce Mixed Vegetables+* ▶Brown Rice *See site manager to order*	

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

*****Must make reservation by Monday August 15th for Seniors Eat Free Day. Limited number of seats available.**

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

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Woodland, CA

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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
Beverley Radford, Secretary
Bruce Ahlquist
Steve Etters
Ed Marquez
Nick Pohl
Sharon Zielesch
Stan Moorhead, Vice-President
Elizabeth Kemper, Treasurer
Nancy Fritts
Roni Koebel
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

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)
For appointments
(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