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

Holiday Sample Sale @
Concourse
November 26

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.

November Events

HICAP Part D - Prescription Drug plan review

November 7, Call to make your appointment

HICAP will help you find the plan that covers your medicines best for 2012. They will also see if you qualify for extra help for your prescriptions. Contact the Welcome Desk at 661-2001 to make your appointment.

AARP Driver's Safety recertification course

November 15, 9 a.m. to 1 p.m.

To get your registration form, contact the Welcome Desk at 661-2001. Fee is \$12 for AARP members, \$14 for non-members or FREE for Veterans for NOVEMBER only.

Senior Movie Day—Water For Elephants

November 17, 12:30 p.m.

Seniors are invited for a free a showing of **Water For Elephants.** A In this captivating Depression-era melodrama, impetuous veterinary student Jacob Jankowski (Robert Pattinson) joins a celebrated circus as an animal caretaker but faces a wrenching dilemma when he's transfixed by angelic married performer Marlena (Reese Witherspoon). An affinity for elephants brings together the young pair, but the warmth between them sends Marlena's cruel husband, animal trainer August (Christoph Waltz), into a frightening fury.

Thanksgiving Dinner

November 17, social 5:30 p.m., dinner served at 6 p.m.

Senior Center, Inc. is sponsoring the Thanksgiving dinner, serving Turkey and all of its dressings and pie. Please contact the Welcome Desk at 661-2001 to make reservations for the dinner.

Holiday Closures	Senior Center Closed	Chit Chat Café Closed	Care Car Closed
November 11	YES	YES	YES
November 21-23	YES	NO	NO
November 24-25	YES	YES	YES
December 26	December 26 YES		YES
January 2	YES	YES	YES



Woodland Senior Center 2001 East Street

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



Senior Center Inc. Membership Drive

Woodland Senior Center, Inc is dedicated to helping the Senior Center. The membership campaign for 2011 begins November 1. Membership fees are \$8.00 per calendar year. All funds collected directly support seniors at the Senior Center and its programs. For an additional \$5.00 per year, the **SeniorGram** can be mailed directly to your home.

Or become a **Century Club** member. For a one-time cost of \$100.00, enjoy membership for life, no more annual dues. Additionally, all Century Club members get their name engraved on a gold leaf. Your support is proudly hung on the tree on the wall in the Senior Center.



Please complete the enclosed 2012 Membership application with your payment and return to:

Woodland Senior Center

c/o Senior Center Inc. 2001 East Street Woodland, CA 95776

Support Senior Center Inc.

Open Fridays at 9:30 a.m. (closed on 11/11 & 11/25)

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 are interested in volunteering at the Thrift Store, please contact 661-2001.



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.

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.

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.

Community Car Care's Annual

Christmas Light Tour

December 13, 14, 15

Enjoy viewing Christmas lights throughout Woodland with friends and a Care Car van driving you. Beginning 11/15 contact the Community Care Car desk at 662-7800 to make your reservations. Space is limited and this event typically fills early.

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

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 $\rm N.$

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 661-2001. 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. November 17 is showing

Water For Elephants

Senior Travel

Contact the Senior Center for upcoming trips within California & Abroad at

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 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 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

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

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 Woodland Senior Computer Club

November 28 Tim Errington will do a demonstration on how to take music from a record or tape and put it onto an ipod or other digital media.



Elderly Nutrition Program in Yolo County People Resources, Inc

November 2011

Suggested Contributions:	Tuesday Nov 1	Wednesday Nov 2	Thursday Nov 3	Friday Nov 4
\$3.00 Seniors \$3.50 Volunteers (< 60) \$ 7.00 GUEST FEE (< 60 unless w/ senior spouse)	►Creamy Chicken and a Biscuit ►California Vegetables* ►Tropical Fruit+	➤ Swiss Quiche ➤ O Brien Potatoes ➤ Wheat Bread ➤ Cinnamon Apples ➤ Fruit Juice+	Oven Fried Chicken ▶Buttery Corn Green Beans ▶Wheat Roll ▶Citrus Cup+	Salisbury Steak w/ Burgundy Sauce & Onions ▶▶Peas and Carrots* ▶Brown Rice Pilaf ▶Wheat Bread ▶Fruit Juice+
Monday Nov 7	Tuesday Nov 8	Wednesday Nov 9	Thursday Nov 10	Friday Nov 11
►Turkey Tetrazzini Winter Vegetable Blend+ ►Wheat Bread ►Apricot Halves*	Swedish Meatballs w/ Gravy Coleslaw* Mashed Potatoes+ Wheat Roll Fresh Fruit	Glazed Ham ►Baked Squash* Brussel Sprouts ►Raisin Bread ►Applesauce+	□► Seafood Crepe (does not contain Shrimp) Tossed Salad* ►Black Eyed Peas ►Wheat Roll ►Fruit Juice+	VETERANS DAY HOLIDAY
Monday Nov 14	Tuesday Nov 15	Wednesday Nov 16	Thursday Nov 17	Friday Nov 18
Teriyaki Chicken Japanese Vegetables ▶Steamed Brown Rice ▶Pineapple Tidbits+ ▶Fortune Cookies	►Corn Bread Pizza Mushrooms, Bell Peppers, Tomatoes Cheese & More Spinach* ►Fresh Fruit+	►►Tender French Dip Sandwich Broccoli ►Cheesy Spuds+ Fruit Cocktail	►►Cheese Ravioli W/Marinara Capri Vegetables* ► Wheat Roll ►Fruit Juice+	►New England Clam Chowder Garden Salad* w/ marinated beans ►Wheat crackers ►Fruited Gelatin+
Monday Nov 21	Tuesday Nov 22	Wednesday Nov 23	Thursday Nov 24	Friday Nov 25
Beef Stew w/ ▶Hearty Vegetables* New Potatoes ▶Wheat Roll ▶Mixed Fruit+	▶►Polish Dog w/ Wheat Bun Sauerkraut Mixed Vegetables ▶Applesauce+	Celebrate Thanksgiving Roast Turkey w/ Stuffing ►Whipped Sweet Potatoes* Green Beans & ►Dinner roll ►Fruit Juice+ ►Pumpkin Pie *	THANKSGIVING HOLIDAY	
Monday Nov 28	Tuesday Nov 29	Wednesday Nov 30		
Crispy Baked Fish w/Tartar Sauce Stewed Tomatoes Scalloped Potatoes+ Wheat Roll Fruit Juice+	▶►Hamburger w/ Lettuce, Pickles & Condiments on a Wheat Bun ▶Ranch Beans ▶Baked Peaches ▶Fruit Juice+	Happy Birthday Herb & Garlic Chicken ▶Baked Barley w/Thyme ▶Orange Glazed Carrots* ▶Biscuit & ▶Fruit Juice+ ▶▶Birthday Cake	Alternate Meal ►Chicken Noodle Bake ►Broccoli & Carrots*	THANK YOU TO ALL THE VETERANS & HAPPY HOLIDAYS TO ALL -FROM ENP STAFF

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 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 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)

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