

# 20 Seniors

Try Something  
New & Fun!

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. For questions or more information on any of these programs, contact the Woodland Senior Center at (530) 661-2001.

## Senior Center Events

Make your reservation to attend any senior event by contacting the Senior Center Welcome Desk at 661-2001.

March 4	Senior Art Show & ReXpo	4:00–7:00 pm
March 12	Hand & Foot Card Party	Lunch served at 11:30 am
May 12	Senior Center Inc. Installation Dinner	Dinner served at 5:30 pm
May 26	Senior Resource Fair	10:00 am–12:00 pm
June 22	Teens Helping Seniors Spaghetti Feed	Dinner served at 5:30 pm
July 4	Ice Cream Social by Computer Club	1:00–3:00 pm
Sep 22	Fall Potluck	Dinner served at 5:30 pm
Oct 13	Crime Prevention Fair	10:00 am–2:00 pm
Nov 17	Thanksgiving Dinner	Dinner served at 5:30 pm
Dec 15	Santa's Holiday Social & Brunch	11:00 am–1:00 pm



## Art Classes

Art Workshop (painting & drawing)	Wednesdays	9:30 am	\$5/month
Ceramics	Thursdays	9:00 am	\$5/month
Needles & Friends (quilting & crafts)	Mondays	9:00 am	
Scrapbooking	2nd & 4th Tuesdays	10:00 am	
Woodcarvers	1st & 3rd Wednesdays	1:00 pm	



## Exercise Classes

Drop In Badminton	Mon Wed Fri	9:30 am	
Low Impact Aerobics	Mon Wed Fri	8:00 & 10:00 am	\$5/month
Drop In Pickleball	Tue & Thur	9:30 am	
Drop In Ping Pong	Fridays	10:00 am	
Ship Shape (resistance band training)	Tue & Thur	10:00 am	\$5/month
Stompers (line dance troupe)	Mondays	1:30 pm	Call for details
Yoga & Meditation	Thursdays	1:00 pm	



## Resources

1 on 1 Tech Help	Fridays	12:00–3:00 pm	By appointment
Community Care Car (530) 662-7800	Mon–Fri	8:00 am–3:00 pm	By appointment
Computer Lab	Fridays	12:00–3:00 pm	\$1/visit
Hearing Exams	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays	12:30–3:30 pm	By appointment
HICAP Consultations	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays	1:00–4:00 pm	By appointment
Legal Consultations	3 <sup>rd</sup> Thursdays	12:00–3:00 pm	By appointment
Senior Link (information & assistance)	Mon Wed Fri	10:00–11:45 am	Drop-in

Check Out  
The Resources!



You may be eligible for an insurance discount afterwards!

## AARP Driver's Safety

Tuesday & Thursday

8:30 am-1:00 pm

February 23 & 25 • June 28 & 30

August 18 (recertification only) • November 15 & 17

Community & Senior Center, 2001 East St.

Ages 50/up, \$15 AARP members, \$20 non-members

This is an 8-hour course, as mandated by A.A.R.P. and the State of California. Completion of the course may make seniors eligible for insurance discounts. Registration is taken at the Senior Center.



## AARP Tax Assistance

Mondays; February 1-April 11; 1:00-5:00 pm

Fridays; February 5-April 15; 9:00 am-1:00 pm

Community & Senior Center, 2001 East St.

Ages 50/up, Free

AARP provides free tax preparation for seniors from February through April. Appointments are taken at the Senior Center, contact 661-2001 to make an appointment. Times are subject to change and availability.



## General Programs

Affordable Adventures	Short Trips & day trips	Flyers available at Senior Center
Chit Chat Café Senior Lunch	Monday-Fridays	11:30 am Call in advance 662-7035
Collette Travel	Luxurious travel	Flyers available at Senior Center
Current Events Discussion Group	1st & 3rd Fridays	1:00 pm
Media Library	Free check out of books, audio books, VHS, and DVDs	
The Novel Book Club	2nd Tuesdays	10:00 am Sign up in advance
Senior Movie Day	2nd Mondays	12:30 pm
Thrift Store	Tue 8:00-11:00 am Mon, Wed, Thurs, Fri 9:30 am-12:00 pm	



## Social Games

Bingo	Wednesdays & Fridays	12:00 pm
Bridge for Fun	Wednesdays	12:00 pm
Cribbage	Wednesdays	1:00 pm
Hand & Foot	Wednesdays	8:30 am
Mah Jong	Thursdays	12:30 pm
Open Game Days	Mon Tues Fri	12:30 pm
Pedro	Tuesdays	12:00 pm
Pinochle	Thursdays	5:15 pm

There's Something For Everyone!



## Support Groups

Arthritis Support	1st Thursday	1:00 pm
Outa Sight (vision support)	1st & 3rd Tuesdays	12:30 pm
Parkinson's Support	4th Tuesdays	1:00 pm
Peripheral Neuropathy	2nd Tuesdays	1:30 pm
Prostate Cancer Support	2nd Monday of odd months	7:00 pm
Retiree Assistance	2nd Tuesday of odd months	10:30 am
Stroke Support	3rd Mondays	1:00 pm
Transitions (aging-related topics)	2nd & 4th Tuesdays	1:00 pm



Register online at [rec.cityofwoodland.org](http://rec.cityofwoodland.org)