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

Woodland Senior Center Travel

Collette Vacations

The Best of Eastern Canada



Featuring Quebec, Niagara Falls, & Toronto July 22-30, 2012

For details, call 661-2001.

March Highlights

Senior Movie Day—Moneyball March 15, 12:30 p.m.

Seniors are invited to watch a showing of *Moneyball*. Synapsis: An all-star cast brings to life the true story of Billy Beane (Brad Pitt), a former jock turned general manager who uses unconventional methods to bring the best players to the Oakland A's, a major league baseball team struggling against financial hardship.

AARP Driver's Safety Program Tuesday, March 13 & Thursday, March 15, 9 a.m.-1 p.m.

AARP is sponsoring a Driver's Safety Course. This class fulfills the requirements for insurance discounts for seniors. For registration materials, contact the Senior Center at 661-2001. This course costs \$14, or \$12 for AARP members. No registration is taken for this course without the registration form and registration fee.

Hand & Foot Card Party Saturday, March 31, 10 a.m.

Senior Center, Inc. is sponsoring a Hand & Foot Card Party at the Community & Senior Center. Entry fee is \$15 per person and includes lunch. Tickets can be purchased at the welcome desk, or call 661-2001.

AARP Tax Preparation Assistance Wednesdays 12-5 p.m. and Thursdays 8 a.m.-12 p.m. through April 12 For appointments, contact the Woodland Senior Center at (530) 661-2001.

Computer Lab Open to Public Fridays, 12-3 p.m.

The Woodland Senior Center Computer Club opens the doors to the Computer Lab every Friday afternoon. And adult may use one of the computers for \$1. Computers may be used for word processing or just internet surfing. Kindly ask the room attendant and they could provide some tips to help you become more "computer literate."



www.cityofwoodland.org/seniors

Woodland Senior Center

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



"Taking it Easy" at 90 Rill Earbass —

He's known as the "hat man" because he wears a different hat to Thursday Night Pinochle Club. He has a collection of about 150-200 ball caps because he has family and friends who travel and feed his collection. He also furnishes jokes to digest while they are playing cards.

Bill was born in Clarendon, Arkansas on August 20, 1921, but spent most of his youth in Kansas where he graduated from Hutchinson High in 1942, and immediately enlisted in the U.S. Navy. He served on a Landing Ship Tank in the European Theater of Operations. He took part in the Normandy Invasion, the invasion of Sicily, Italy, and France.



After discharge in 1945, he enrolled at Kansas State University where he met and married his wife Lois. They celebrated their 65th wedding anniversary last year. Bill and Lois moved to California where he resumed his education briefly at UC Berkeley and worked for the Dept. of Fish and Game for 3 years. He then returned to get his degree in Agriculture from Fresno State College in 1953.

Returning to the Midwest, Bill worked for the State of Kansas as a Grain Inspector, later moving to Missouri to open the first Soil Conservation Office for the USDA thus beginning his career with the Federal Government. He worked for the Corp of Engineers with a brief sojourn of two years as a Field Agronomist in Hawaii. He then returned to the Corps of Engineers where he worked until his retirement in 1983. Thus, he began his life long dream of raising and racing quarter-horses. Horses were raced in Nebraska, Iowa, Oklahoma and Kansas—actually getting in the Winner's Circle a few times.

Finally, it was time to "take it easy". After much persuasion from #1 daughter in the Capay Valley, the horses were sold, the farm was sold and he made the big move West in 2003—in time to attend his 50th reunion at Fresno State. His wife said she was glad to get him away from his tractor and chain saw which he used to fell and cut his own trees for firewood.

The move has been good—no more breaking ice on ponds, shoveling snow to get to town, and just plain being cold. He enjoys sun time on the patio. He has become somewhat proficient on the computer keeping up with his beloved Kansas City Chiefs and getting music from around the country.

He has two daughters—Sue Heitman and Kimberlee Rix, both now in the Capay Valley. He and Lois have four grandchildren—Preston in Portland, Oregon, Destaneigh in Ft. Bragg, N. Carolina, and Josh and Olivia in Capay Valley. Now there are two greats—Hayleigh and Jay in North Carolina.

Bill has done most of the things on his "bucket list" but a float trip down Cache Creek is planned in the Spring. He says he is happy doing "absolutely nothing" now. The highlight of his week is having breakfast with one or both of his daughters. They reminisce and have lots of laughs.

Thank you to Lois Forbess for submitting this article.

Transportation to the Senior Center

Community Care Car offers transportation to the Senior Center Monday-Friday. Seniors can also 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 are taken Monday-Friday and must



be made a minimum of 24 hours in advance by calling **662-7800**.

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 , 10 :00 a.m.

January, March, May, & October

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.

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.

Dementia Support Group

2nd and 4th Thursdays of each month, 1 pm HOSTED BY: St. John's Retirement Village, 135 Woodland Ave.

This is a confidential support group for anyone who has a loved one with dementia to share their experiences and tips for caring for a loved one.





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.

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.

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.

Woodcarvers

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

Ceramics

Thursdays, 9:00 a.m. \$5 per month

Painting

Tue. 6:30-8:00 p.m.

Fee: \$60/4week session Registration taken at Parks &

Recreation desk

Fun with oil and acrylic! Learn to paint or improve your painting skills. All levels welcome. Class will cover color mixing, composition, perspective, and more. Students provide their own supplies. A supply list is available. Instructor is Joanne Jensen.



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.

Cribbage

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

Ping Pong

Fridays, 10:00 a.m.

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.

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.

Is there something missing you would like to share with others? Contact the Senior Center at 661-2001 with your ideas.

Bus Trip to Reno

Senior Center Inc. Presents

Bus to Silver Legacy

April 21, bus loading at 7:15 a.m.

Departing from Cottonwood Plaza @ Cottonwood and Cross Streets

A special trip going to Reno, Nevada and back in one day. Registration fee of \$30 includes coach-ride, snacks, a coupon voucher for lunch, and \$10 cash-card at the Silver Legacy. All registration is taken in advance, pre-paid and are taken at the Welcome Desk. Please make checks payable to Senior Center, Inc. Friday, April 6 the deadline to register.



Exercise & Dance Classes

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.

Country Line Dance Party

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

Fee: \$6

An energetic western dance troupe that performs throughout Yolo County. Visitors and newcomers are always welcome.

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, go to www.cityofwoodland.org/aquatics or contact 661-2000.

Pilates

Tuesdays, 6:00 p.m. Fee: \$44/month

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: \$44/month

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



Old School Fitness

Mon. & Wed. 6:00-7:30 p.m.

March 12-May 16

Fee: \$80 for complete session

Program is hosted in the Lee Middle School Wrestling RoomRegistration taken at Parks & Recreation desk

Get your heart and body in shape, the old school style. Using the proven method to increase muscular strength, muscular endurance, flexibility, aerobic capacity, and lower body fat composition. Led by an instructor with over 25

years of experience teaching adult from all ranges

of ages and backgrounds.

Ballroom & Social Dance

Thursdays, 7:00-8:00 p.m.

Fee: \$35/session

Registration taken at Parks & Recreation desk

Learn the basic skills of dancing with a partner, while having fun and meeting people. The class covers basic steps of the most popular social dances: Foxtrot, Waltz, Tango, Cha Cha, Rumba, and Swim to get you out on the dance floor. No experience is necessary, no partner is need. Class is taught by Mallory Gorenzel.

Salsa Dance

Thursdays, 8:00-9:00 p.m.

Fee: \$35/session

Registration taken at Parks & Recreation desk

The most popular club dance Salsa is fun and easy to learn. Come learn basic Salsa patterns so you can stay loose. No experience is necessary, with or without a partner. Class is taught by Mallory Gorenzel.

Woodland Stompers

Mondays, 3 p.m.



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.

Senior Movie Day

3rd Thurs. of each month, 12:30 p.m. March 15 is showing Moneyball

Movies vary and showings are free to seniors. Popcorn and drinks are provided.

Senior Travel

Contact the Senior Center at 661-2001. for upcoming trips offered through the Woodland Senior Center. All trips are provided by Collette Vacations. Upcoming tours include: The Best of Eastern Canada (including Montreal, Quebec, Ottawa, Niagara Falls, and Toronto), and the Islands of New England.

Badminton

Monday & Wednesdays 9:30 a.m.

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

Writing Your Life History

Contact Woodland Adult Education at 662-0798 for registration information.

What do 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.

Other Services offered at the Senior Center

AARP Driver's Safety Program

Upcoming classes include 3/13 & 15, 6/26 & 28, 7/19, 8/28 & 30, 11/27 & 29. Call 661-2001 for registration form

Health Insurance Counseling Program (HICAP)

2nd & 4th Wed. of ea. Month, 1-4 p.m. Call 661-2001 for appointment.

Information & Assistance via Senior Link

FUNDED BY: Area 4 on Aging

Mon, Wed, Fri, 10:00 am-12:00 pm Contact directly at (530) 207-4250.

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.

Legal Consultations

3rd Friday of each month, 2-5 p.m. Call 661-2001 for a 15-minute appointment.

Media Library

Come to Senior Center to check out books, audio books, VHS movies & DVD movies. For details, stop by the Welcome Desk.

Food Bank

Low cost food distribution

Tuesdays, 9:00 a.m.

Thrift Store

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

TUESDAYS 9:00-11:30 a.m. & **FRIDAYS** 9:30-11:30 a.m.

In the Community & Senior Center, at the North entrance



Elderly Nutrition Program in Yolo County People Resources, Inc

March 2012

	Alternate Meal		Thursday March 1	Friday March 2
\$3.00 Seniors \$3.50 Volunteers (< 60) \$7.00 GUEST FEE (< 60 unless w/ senior spouse)	Crab Stuffed Pollock California Vegetables*+ ▶Oven Roasted Potatoes No Shellfish	= High Sodium Meal	Chicken Florentine ►Steamed Carrots* ►Jazzy Brown Rice+ ►Wheat Roll ►Fruit Cocktail	Bean &Cheese Burrito Tossed Green Salace Corn ▶Tortilla Chips & Salsa ▶Fruit Juice+
Monday March 5	Tuesday March 6	Wednesday March 7	Thursday March 8	Friday March 9
Ginger Plum Chicken California Vegetables*+ Couscous Wheat Bread Blushed Pears	►Crispy Baked Fish Coleslaw+ ►Cottage Potatoes ►Wheat Roll ► Fruit Juice+	►►Hot Turkey Sandwich w/ Gravy ►Sweet Peas ►Whipped Sweet Potatoes* ►Applesauce+	▶▶Spaghetti & Meat Sauce Garden Salad ▶Garlic Bread ▶ Fruit Juice+	▶Cornbread Pizza w/Cheese & Veggies Steamed Spinach ▶Wheat Bread ▶Tropical Fruit+
Monday March 12	Tuesday March 13	Wednesday March 14	Thursday March 15	Friday March 16
Herb & Garlic Chicken Stewed tomatoes Broccoli Bake+ Wheat Bread Fresh Fruit	▶►Cheese Burger w/ wheat bun, Lettuce, Pickles and condiments ►O'Brian Potatoes+ ►Cinnamon Apples	►Chicken Tortilla soup w/ Black Beans Green Salad* ►►Ambrosia+	Glazed Ham ►Capri Vegetables* ►Yams w/ Orange Sauce* ►Wheat Roll ►Fruit Juice+	St. Patrick's Day Corned Beef & Cabbage w/Carrots* & Potatoes Rye Bread Emerald Isle Dessert+
Monday March 19	Tuesday March 20	Wednesday March 21	Thursday March 22	Friday March 23
Swedish Meatballs Scandinavian Veggies* Scalloped Potatoes+ Wheat Bread Peaches	Brunch for Lunch Pan Style Omelet Turkey Sausage Patty Zucchini ▶Bran Muffin ▶Citrus Cup+	Brunswick Chicken Stew + New Potatoes Wheat Bread Apricot Halves*	➤Sweet & Sour Pork Fritter Asian Vegetable Blend+ ➤Stir Fry Brown Rice ➤Fresh Fruit ➤Fortune Cookies	►Greek Cheese Ravioli w/ Feta & Artichokes Garden Salad* ►Wheat Roll ►Fruit Juice+
Monday March 26	Tuesday March 27	Wednesday March 28	Thursday March 29	Friday March 30
Baked White Fish with tomatoes and peppers Mixed Vegetables Quinoa Wheat Roll Fruit Juice+	➤ Southern Fried Steak w/ Country Gravy Green Beans ➤ Mashed Potatoes+ ➤ Biscuit ➤ Mandarin Oranges+	Happy Birthday Chicken Marsala ▶Brown Rice Pilaf Chefs Veggie Blend* ▶Birthday Cake ▶Fruit Juice+	Roast Beef w/ AuJus ▶Baked Potato w/sour cream Brussel Sprouts+ ▶Wheat Bread ▶Fresh Fruit	►Italian Vegetable Soup* w/cannellini beans ►½ turkey sandwich on rye bread ►Gelatin w/ Fruit+

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 6627035 • Partially funded by A4AAA

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

The mailing of this publication is paid for by Senior Center, Inc.

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