May 2009

Volume 3 Issue 5

City of Woodland

SeniorGram

Senior Center

(530) 661.5890

Susannah Reinhart, Senior Center Manager

Paula Crum, Special Programs Coordinator

Linnie Faina, Special Programs Coordinator

Parks & Recreation

(530) 661.5880

Dan Gentry, Director

Dan Rice, Recreation Superintendent & C&SC Facility Manager

Community & Senior Center

Closed

Monday, May 25,

Memorial Day

AARP Driver Safety

May 30

&

June 6, 2009

Older Americans Month

City Council will proclaim May 2009 as "**Older Americans Month**" at the May 19, 2009 Council meeting. They urge our community to take time to honor older adults in ways that recognize the changing nature of their needs, and that provide older adults with more opportunities to make informed choices about their lives. Our efforts can improve the lives of seniors and help pave the way for future generations. The *US Administration on Aging* has selected as this year's theme,

Living Today for a Better Tomorrow

OLDER AMERICANS MONTH MAY 2009

Woodland Community Band Concert

You are invited to the *Woodland Community Band's* **FREE Music Concert**, beginning 6 PM on Thursday, May 21, 1009.

Medicare Update & Part D Prescriptions

Steve Allison from the *HICAP* office will present current information at **10:30AM** on **Thursday, May 14, 2009.** *HICAP (Health Insurance Counseling & Advocacy Program)* is a federally funded & mandated non-profit org. designed to provide unbiased service to help seniors decide what is best for their individual healthcare needs. Mr. Allison will discuss the *Part D Prescription Extra Help Subsidy*, which offers qualified Medicare Part D Beneficiaries substantial savings on their prescription drug costs.

Senior Resource Fair

The **Senior Resource Fair** will be held from 10:30-1PM on Wednesday, May 13, 2009. It's a great opportunity to speak with local agency representatives on a variety of senior programs & services. 50+ non-profit/ government agencies will provide information on healthcare, housing, recreation, support groups, caregiving, etc.

This annual event is a project of the *Commission on Aging.*

Monday-Friday

Information & Assistance
530.661.5890 *(Area 4 Agency on Aging)*
Community Care Car
530.662.7800 *(Reservations 9-2:30 p.m.)*
Chit Chat Café *(Elderly Nutrition Program)*
530.661.5890 (11:30 a.m. New Time)
(Reservations-by noon the previous business day)
Family Caregiver Support Program *(by appt.)*
530.666.8828
Life History *(Woodland Adult Education)*
530.662.0798

Information Available

- Advance Health Care Directive
- Apartment List
- Battery Recycling
- Book & Video Libraries
- Postage Stamps
- Yolo County Senior Resource Guide

Seasonally Available

- Tax-Aide, Flu Clinic

Resources

www.medicare.gov

or 1.800.633.4227

www.socialsecurity.gov

or 1.800.772.1213

Monday

- **8:00 a.m.** Low Impact Aerobics
- **8:45 a.m**. T'ai Chi
- **9:00 a.m.** Handicrafter's
- **9:00 a.m.** Needles & Friends
- **10:00 a.m.** Low Impact Aerobics

May 11

* **1:30 p.m. Outa-Sight!**
  "Cell Phones & Optical Aids/*Sterling Adaptives*"

May 18

* **1:00 p.m.** Stroke Support
* **3:30 p.m.** Peripheral Neuropathy Self-Help 661-3238
* **3:30 p.m.** COA Meeting
* **6:30 p.m.** P&R Commission

May 25 **Memorial Day Holiday**

* **1:00 p.m.** Computer Club Meeting
  (No Meeting this month)
* **2:00 p.m.** Hear! Here! Self-Help
  (No Meeting this month)

Rotary Club Senior BBQ

Pick up your ticket for the annual *Rotary Club Senior Citizen BBQ*, to be held at 11:30 a.m. on Tuesday, May 12, 2009 at **Rotary Park** in the YC Fairgrounds. Tickets available at the *Senior Center Welcome Desk*.

Tuesday

- **9:00 a.m.** Ceramics
- **10:00 a.m.** S.H.I.P. S.H.A.P.E.
- **12-2:30 p.m.** Canasta (NEW)
- **12:15 p.m.** Pedro
- **2:00 p.m.** Life History
- **3:00 p.m.** Woodland Stompers

May 5

* **10:00 a.m.** Changes to Choices
* **1:30 p.m. Outa-Sight! Self-Help**

May 12

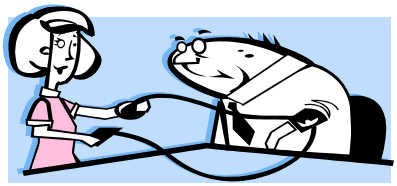
* **9:00 a.m.** Partnership*Advantage*
* **9:30 a.m.** The Novel
* **1:00 p.m.** Computer Club Board

May 19

* **10:00 a.m.** Changes to Choices
* **1:30 p.m. Outa-Sight! Self-Help**

May 26

* **10-12 p.m.** Blood Pressure Clinic
* **1:00 p.m.** Parkinson's Self-Help



Wednesday

- **8:00 a.m.** Low Impact Aerobics
- **9:00 a.m.** Life History
- **10:00 a.m.** Low Impact Aerobics
- **9:30 a.m.** Art Workshop
- **12:15 p.m.** Bingo *(bring change)*
- **12:30 p.m.** Bridge for Fun
- **12:30 p.m.** Line Dance *(Beginning)*
- **1-4 p.m.** Computer Open Lab*(50¢/hr)*
- **1:00 p.m.** Cribbage
- **1:30 p.m.** Line Dance *(Intermediate)*
- **4:00 p.m.** Gentle Yoga

- **6:30 p.m.** Line Dance (*Beginning*)

May 6

* **1:00 p.m.** HICAP (by appt.)
* **1:00 p.m.** Woodcarving

May 13

* **10:30-1 p.m. Sr. Resource Fair**

May 20

* **1:00 p.m.** HICAP (by appt.)
* **1:00 p.m.** Woodcarving

May 27

Senior Center Coffee

Generously provided by Senior Center, Inc.

Donations Appreciated

Thursday

- **9-11 a.m.** Donations for Thrift Shop
- **10:00 a.m.** S.H.I.P. S.H.A.P.E.
- **1:00 p.m.** Mah Jong
- **1:00 p.m.** Discover Shakespeare
- **1:00 p.m.** Life History
- **6:00 p.m.** Pinochle

May 7

* **9:30 a.m**. SCI Board Meeting

May 14

* **10:30 a.m. Special Medicare Presentation/** *HICAP*
* **1:00 p.m.** Arthritis Support
* **1:30 p.m.** Computer Vista Class by *Brad Montgomery* (*Register by 5/8/09 - No walk-ins*)

May 21

* **3:30 p.m.** Bereavement Self-Help

May 28

Applebee's Neighborhood Grill & Bar

The Woodland Senior Center receives a donation of 25¢ for every cup of coffee *(regular or* decaf) purchased at Applebee's in Woodland!

Thanks, Applebee's!

Friday

- **8:00 a.m.** Low Impact Aerobics
- **9:30 a.m.** Benefit Thrift Shop
- **10:00 a.m.** Low Impact Aerobics
- **10:00 a.m.** Ping Pong *(equipment incl.)*
- **12:15 p.m.** Bingo (bring change)
- **12-3 p.m.** Computer Open Lab (fee 50¢/hr)

Community Care Car: Donations for riders are $2/ round trip. Rider Coupons are available at their desk. For information, to make a donation, or a reservation, call 662-7800.

May 1

* **6:00 p.m.** *Second Horizons* Bingo

May 8

* **6:00 p.m.** Western Dance Party

May 15

* **2:00 p.m.** Legal Consultations (by appt.)
* **5:30 p.m. SCI General Meeting & Potluck Dinner**

May 22

* **2:00 p.m.** Foster Care/Kinship Program

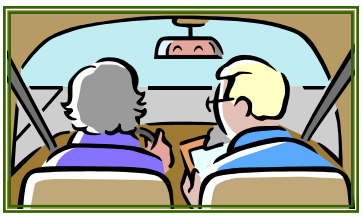
Saturday

May 16

* **11:30-3 p.m.** *Cabrillo Club* Pedro Party/Lunch $2.50. (Call 662-1976 for reservations)

May 30 & June 6

* **9:00 a.m.** *AARP Driver Safety*



City of Woodland

Woodland Community & Senior Center
2001 East Street
Woodland, CA 95776

Nonprofit Organization
U.S. POSTAGE PAID
Permit No. 53
Woodland, CA

Address Service Requested

Welcome to the Woodland Community & Senior Center!

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 & Assistance.

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.

Support your Senior Center

Commission on Aging

- Karen Wright, Chairperson
- Regan Overholt, Vice-Chair
- Don Campbell
- Lucinda Talkington

WOODLAND

Senior Center, Inc.
Board of Directors

Bruce Ahlquist, President
Jan Bello, Vice-President
Pat Hayes, Secretary
Marlene Rumsey, Treasurer
Diva Del Grande
Eleanor Ewald
Roni Koebel
Lorraine Krivohlavek
Warren Meyer
Stan Moorhead
Teddy Plocher
Homer Swigert

Senior Center, Inc.

A non-profit organization sponsoring social events and providing supplemental financial support for Senior Center programs.

Please join or renew for 2009

Annual Membership $8

Century Club $100

Mailed *Senior Gram* **$5**

(Not Required to participate in senior activities.)

Commission on Aging

NEEDED: A concerned citizen to represent and advocate for seniors in our community. One vacancy currently exists on the City's official **Commission on Aging**. For information and an application, contact Susannah Reinhart at the Senior Center.

Canasta, anyone?

On Tuesdays 12-2:30 PM, (beginning May 5, 2009) **Canasta** instruction and games will be held in the Senior Lounge.

Cribbage

Drop by the Senior Lounge at 1PM on any Wednesday to enjoy this board and card game. Players say **Cribbage** keeps their mind active and it's a lot of fun, too!

Travel News

'Great Smokies & Kentucky', October 10-17, 2009. (*Sign-ups due by June 10th*). Spend New Year's in '**San Antonio & Dallas'** from December 28–January 2, 2010. Our '**Copper Canyon'** adventure to Mexico will be from March 20–28, 2010. Details are not finalized yet but in the spring we are planning a '**Tulip River Cruise'** featuring Dutch and Belgian Waterways! Details at Welcome Desk or by calling 661-5890.

Community Care Car

$2 Rider Coupons are a great gift idea for a friend, relative or yourself! Available at *Care Car* desk on Monday-Friday, 9-3:30P.M.

For information, call 662-7800.

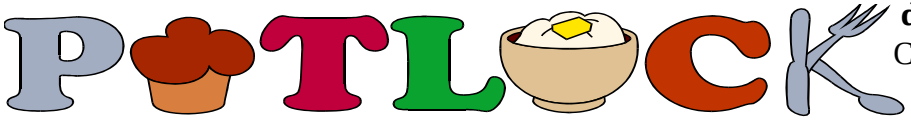
Woodland Senior Center, Inc.
Annual General Meeting & Potluck Dinner: Friday, May 15, 2009

Social Time 5:30; *Dinner* 6:00PM; followed by the *Installation of Board of Directors* by Mayor Skip Davies, and voting on changes to by-laws.

Principal entrée is a *Mexican specialty* which will be provided along with beverages, & dessert.

Seniors, please bring salad or side dish and table service.

Reservations are required; deadline is May 11. Call 661-5890.



Discover Shakespeare

Ralph Quinn's next class will review two special plays, the '*Merry Wives of Windsor*' and '*Henry V*'. This Thursday afternoon class is from May 14-July 2, 2009 and includes video and a selected musical score that captures the emotions of the plays. Each scene is described in detail beforehand, with specially prepared handouts to aid in understanding these works of England's great playwright. Register at Parks & Rec.

Yolo County Grand Jurors Needed 2009/2010

One of the goals of the **YC Grand Jury** is to recommend constructive action to improve the quality and effectiveness of local government. Applications available at *Welcome Desk*. For more information call 530.406.6828 or go online at: www.yolo.courts.ca.gov

May 2009

				Friday May 1
Each meal includes 8 oz 1% milk Margarine & Condiments optional **+ = Vitamin C** *** = Vitamin A**	$3.00 Senior Contribution Mandatory charge of $3.50 for Essential Volunteers (under 60)	$7.00 GUEST FEE for people under 60 unless accompanied by their senior spouse		∗Ginger Plum Chicken ∗Au Gratin Potatoes+ Chef's Blend Vegetables+ ∗Wheat Bread ∗Pears
Monday May 4	**Tuesday May 5**	**Wednesday May 6**	**Thursday May 7**	**Friday May 8**
∗Fish N' Chips ∗Baked Breaded Fish w/French Fries & Malt Vinegar Broccoli+ ∗Whole Wheat Bread ∗Apricot Halves*	**Cinco De Mayo** ∗Gazpacho ∗Chicken Taco Salad w/Guacamole Dressing ∗Spanish Rice ∗Fruit Juice+ ∗∗Mexican Wedding Cookie	**∗∗Spaghetti w/Meat Sauce** Italian Vegetable Blend+ ∗Garlic Bread ∗Peaches	BBQ Pork Riblet ∗White Beans & Greens ∗Vegetable Trio*+ ∗Buttermilk Biscuit Higher Sodium Meal	Mother's Day Celebration **∗∗Greek Salad** topped w/Feta & Jack Cheese, Artichokes, Olives, Egg, Creamy Dressing ∗Macaroni Salad ∗Fruit Juice+ ∗∗Special Dessert Surprise
Monday May 11	**Tuesday May 12**	**Wednesday May 13**	**Thursday May 14**	**Friday May 15**
Spanish Meatballs ∗Rice Pilaf ∗Carrots* ∗Fresh Fruit+ ∗Whole Wheat Bread	**∗∗Tuna Sandwich** on Whole Wheat Bread ∗Cottage Cheese ∗Fresh Veggie Sticks* w/Ranch Dip ∗Fruit Juice+	∗Potato Salad **∗∗BBQ Burger on a Bun** ∗Buttery Corn ∗Fresh Fruit+ Higher Sodium Meal	**∗Baked Ham** ∗Sweet Potatoes* Green Beans ∗Whole Wheat Roll ∗Fruit Juice+ Higher Sodium Meal	**∗∗Chicken Salad** served on Fresh Greens w/Toasted Almonds & Mandarin Oranges+ ∗3 Bean Salad ∗Wheat Crackers
Monday May 18	**Tuesday May 19**	**Wednesday May 20**	**Thursday May 21**	**Friday May 22**
∗∗Polish Dog w/Bun ∗Sauerkraut+ Mixed Vegetables* ∗Fresh Fruit+ Higher Sodium Meal	**∗Ricotta Tortellini** Spinach Salad ∗∗Baguette ∗Fruit Juice+	**∗Teriyaki Chicken** w/Pineapple Slices+ ∗Steamed Brown Rice Oriental Vegetables+ ∗∗Tapioca Pudding	**∗Puff Pastry Beef Bake** Brussel Sprouts+ ∗Apricot Barley Supreme* ∗Pears	**∗∗Turkey Under Wraps** Turkey in a Flour Tortilla w/Spring Mix & Seasoned Spread ∗Creamy Cucumber Salad ∗Peach Gelatin+ Higher Sodium Meal
Monday May 25	**Tuesday May 26**	**Wednesday May 27**	**Thursday May 28**	**Friday May 29**
∗Oven Fried Chicken ∗Ranch Beans Capri Blend Vegetables* ∗Buttermilk Biscuit ∗Tropical Fruit+	**Pork Chop w/Gravy** ∗Mashed Potatoes Stewed Tomatoes ∗Cornbread ∗Applesauce	Happy Birthday **∗Chicken Kiev** ∗Confetti Rice Garden Salad ∗Whole Wheat Bread ∗Fresh Fruit ∗∗Birthday Cake	**∗Seafood Salad** Served over a bed of Fresh Greens w/Lemon Wedge ∗Marinated Beets ∗Oyster Crackers ∗Sugar Free Gelatin w/Fruit	**Pepper Steak** w/Bell Pepper & Tomatoes+ ∗Baked Potato w/Sour Cream ∗Steamed Peas ∗Whole Wheat Bread ∗Fruit Cup

Congregate Dining Sites Reservations/Cancellations must be made by noon the day before by calling the site:

Davis Senior Center	West Sac Senior Center	Winters Community Center	Woodland Senior Center	Knights Landing/Esparto	Elderly Nutrition Program
646 A Street	664 Cummins Way	201 Railroad Avenue	2001 East Street	662-7035	Main Office Woodland
757-5541	**(916) 373-5805**	**795-4241**	**668-0974**		**662-7035**

Menu Information

Each meal includes 8 oz 2% milk; Margarine & condiments optional; *** = Vitamin A + = Vitamin C ∗ = carbohydrate exchange**

Special Note: The triangles (∗) listed next to foods are for those people following our diabetes carbohydrate exchange system. We recommend the average person with diabetes to eat 3-4 exchanges (∗) per meal and to save the rest of the exchanges (∗) for an afternoon snack. As diet changes can help your diabetes, we recommend you show this to your doctor.

Elderly Nutrition Program in Yolo County People Resources, Inc