July 2009

Volume 3 Issue 7

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

AARP Driver Safety: October 17 & 24



City of Woodland



Oh, My Aching Back! Fall Prevention & Safe Transfer Training

Join us for a FREE caregiver workshop at 10:30-12:30 PM on Thursday, July 23, 2009. Seniors and their families will learn: How to preserve and increase your loved one's mobility; Strategies to prevent falls and to make your home safe; and How to prevent

This special event is sponsored by the *Del Oro Caregiver Resource Center* and led by Pam Cameron, LVN (Comfort Keepers).

injury to your back while safely

performing transfers.

For information, call 916.971.0893 or www.deloro.org

4th of July Ice Cream Social

4th of July Ice Cream Social: 1-3 PM at the Community & Senior Center, 2001 East Street. Hosted by the Woodland Senior Center Computer Club and featuring Cold Stone Creamery Ice Cream. (\$2/dish)



<u>Fireworks Display</u>: 9:30PM at Woodland High School Stadium.

Friday, July 3: Center Closed



Saturday, July 4:

Open only for *Ice*Cream Social, 1-3 p.m.

CA State Assemblywomen Mariko Yamada

CA State Assemblywoman MarikoYamada Office Hours: Friday, July 17, 2009 (1-3PM) Assemblywoman Yamada was recently appointed to the *Assembly Committee on Aging & Long Term Care*. She will be on hand to discuss her recently introduced legislation including AB 292, which extends funding for Alzheimer's Research. Yamada's office is your liaison to CA State agencies and they can assist you with issues and concerns. She and her staff will be on hand to provide assistance. For more information, please call her District office at 707.455.8025.

Monday-Friday

Community Care Car

530.662.7800 (Reservations 9-2:30 p.m.)

Chit Chat Café (Elderly Nutrition

Program in Yolo County)

530.661.5890

(Reservations-by noon the previous business day)

Family Caregiver Support

Program (by appt.)

530.666.8828

Information Available

- ♦ Advance Health Care Directive
- ♦ Apartment List
- ♦ Battery Recycling
- ♦ Book & Video Libraries
- ◆ 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 July 6

July 13

- * 1:30 p.m. Outa-Sight! Gen. Mtg. (No meeting in July & August)
- * 2:00 p.m. RPEA

July 20

- * 1:00 p.m. Stroke Support
- * 3:00 p.m. Hear! Here!
 ('Introduction' only this month)
- * 3:30 p.m. Peripheral Neuropathy Self-Help 661.3238

(No meeting in July)

July 27

* 1:00 p.m. Computer Club General Meeting (ID Theft/YC District Attorney)

- * 3:30 p.m. COA Meeting
- * **6:30 p.m.** P&R Commission

Bereavement Self-Help

As of July 2009, this meeting has re-located to *The Californian*, 1224 Cottonwood.

For information, please call Susan Willis at 916.566.2235.



Tuesday

- ♦9:00 a.m. Ceramics
- ♦10:00 a.m. S.H.I.P. S.H.A.P.E.
- ♦12:00 p.m. Canasta
- **♦ 12:15 p.m.** Pedro
- ♦3:00 p.m. Woodland Stompers



<u>'Teens Helping Seniors'</u> has been cancelled.

July 7

- * 10:00 a.m. Changes to Choices
- * 1:30 p.m. Outa-Sight! Self-Help July 14
- * 9:30 a.m. The Novel
- * 1:00 p.m. Computer Club Board July 21
- * 10:00 a.m. Changes to Choices
- * 1:30 p.m. Outa-Sight! Self-Help (No meeting in July & August)

July 28

- * 10-12 p.m. Blood Pressure Clinic
- * 1:00 p.m. Parkinson's Self-Help (No meeting in July & August)



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Wednesday

- ♦8:00 a.m. Low Impact Aerobics
- ♦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)
- **♦12:30-3 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

July 1

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

July 8

July 15

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





Thursday

- ♦9-11 a.m. Donations: 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
- **♦6:00 p.m.** Pinochle

July 2

- * SCI Board Meeting
 (No meeting in July & August)
- * 1:00 p.m. Arthritis Support (No meeting in July & August)

July 9

- * 3:30 p.m. Partnership Advantage July 16
- * 10:00 a.m. Caregiver Workshop (800.272.3900)

July 23

* 10:30 a.m. Fall Prevention (916.971.0893)





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 included)
- ♦12:15 p.m. Bingo (bring change)
- ♦12-3 p.m. Computer Open Lab(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.

July 3 Holiday - Closed

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

(No meeting in July & August)

July 10

- * 6:00 p.m. Western Dance Party July 17
- 1-3 p.m. Assemblywoman Mariko Yamada "Office Hours"
- * **2:**00 **p.m.** Legal Consultations (by appt.)

Saturday

July 4

- * 1-3:00 p.m. *Ice Cream Social* July 18
- * 11:00 a.m. Pedro



Bridge?

We've had requests from card players who would like to brush up on their *Bridge* game before they jump back into Wednesday's regular *Bridge* players group.

If anyone is interested in teaching a *Bridge* class please contact the *Welcome Desk*.



Travel News



'Great Smokies & Kentucky',
October 10-17, 2009. Sign-ups
were due by June 10 but check
with us as space may still be
available. Spend New Year's in
'San Antonio & Dallas' from
December 28th-January 2nd. Our
'Copper Canyon' adventure to

Mexico will be from March 20 – 28, 2010. Details are not finalized yet, but we are planning a spring 'Tulip River Cruise' featuring Dutch and Belgian Waterways! (Next slide preview in September). Details at Welcome Desk or call 661.5890.

America the Beautiful

A suite of annual & lifetime passes are available to provide affordable and convenient ways for seniors to access Federal recreation lands. *Senior Pass* for those 62+ is \$10 and valid for a lifetime.

http://store.usgs.gov/pass/senior.html

Senior Center, Inc. (SCI)

Have you renewed your *Senior Center, Inc.* membership for 2009? This is one of the ways we can keep our programs going in our new center. It is quite a bargain at only \$8/year. Maybe you're considering becoming a *'SCI*

Century Club' member—that makes you a lifetime member, plus your name goes on a gold leaf on the three in the lobby!

SCI Membership forms available at the Welcome Desk.

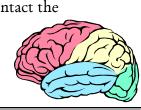


When You Suspect Memory Loss

This special workshop from 10-11:30 AM on Thursday, July 16, 2009 will help caregivers develop strategies designed to work better with your loved one's doctor in order to receive the best care. Learn to keep track of behaviors, medications, and questions between doctor's visits. Receive a 'Working with Your Doctor' booklet on diagnosis, questions to ask the doctor, and community

resources.

To register, contact the Alzheimer's Association at 800.272.3900



Facility Update



Discover Shakespeare

The Community & Senior Center now has electronic marquees (listing names of programs) in the Banquet & meeting rooms, lobby, and front lawn; also new are a projector and large screen in the SC Computer Room.

Ralph Quinn's next class will review a special play, 'Julius Caesar.'

This Thursday afternoon program is from August 5-27, 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 William Shakespeare, England's great playwright.

Elderly Nutrition Program in Yolo County People Resources, Inc

Congregate Dining Sites

Woodland Senior Center Reservations/Cancellations must be made by noon the day before by calling the site: West Sac Senior Center Winters Community Center **Davis Senior Center** 646 A Street

664 Cummins Way (916) 373-5805 757-5541

201 Railroad Avenue **795-4241**

2001 East Street 668-0974

Knights Landing/Esparto 662-7035

Elderly Nutrition Program Main Office Woodland 662-7035

City of Woodland

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

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.

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.

Nonprofit Organization U.S. POSTAGE PAID

Permit No. 53

Woodland, CA

Address Service Requested

| Support | vour | Senior | Center |
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Commission on Aging

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



Senior Center, Inc. Board of Directors

Jan Bello, President
Stan Moorhead, Vice-President
Roni Koebel, Secretary
Beverley Radford, Treasurer
Bruce Ahlquist
Diva Del Grande
Eleanor Ewald

Eleanor Ewald

Pat Hayes

Roger Landucci

Teddy Plocher

Homer Swigert

Judy Tommeraason

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.)