Commission on Aging

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

Agenda

May26, 2010

4:30 –5:30 p.m.

Commission Members	Karen Wright, Chair; Regan Overholt, Vice-Chair; Lucinda Talkington, Don Campbell, (1) Vacancies
4:30 p.m.	**Call to Order**
4:30 p.m.	**Pledge of Allegiance**
4:32 p.m.	**Minutes:** 1. April 26, 2010 (at June Meeting)
4:32 p.m.	**Correspondence (none)**
4:32 p.m.	**Public Comment**
4:32 p.m.	**Communications Written-Staff Reports** 2. Senior Center Report-Yvette Smith
4:35 p.m.	**Presentations**
4:35 p.m.	**New Business-Action Items** A. Survey Monkey
5:40 p.m.	**New Business-Information Items** A. Discuss approaching SCI about bridge funding of Coordinator positions.
5:10 p.m.	**Old Business-Ation Items**
5:10 p.m.	**Old Business-Information Items**
5:10 p.m.	**Committee Reports**

Note: Times indicated are approximate For video broadcast schedule can be viewed at www.wavetv.org.

Documents for meeting are available online at www.cityofwoodland.org

For information on this meeting, contact the Parks & Recreation Department, 661-5880.

Upon request, agendas and documents in the agenda packet will be made available in appropriate alternative formats to persons with a disability, as required by law. Any such request must be made in writing to the Office of the City Clerk of the City of Woodland. Requests will be valid for the calendar year in which the request is received, and must be renewed prior to January 1st. Persons needing disability-related modifications or accommodations in order to participate in public meetings, including persons requiring auxiliary aids or services, may request such modifications or accommodations by calling the Office of the City Clerk (530-661-5806) at least 48 hours prior to the meeting.

5:15 p.m.	**Other Business**
5:20 p.m.	**Communications-Commission/Staff Statements and Requests** *This is an opportunity for the Commission Members and Staff to make comments and announcements, to express concerns, or to request Commission's consideration of any items a Commission Member would like to have discussed at a future Commission Meeting.*
5:25 p.m.	**Business Items for Next Meeting**
5:30 p.m.	**Next Meeting Date:** May 26, 2010
5:30 p.m.	**Adjournment**

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Woodland Parks & Recreation Department
2001 East Street • Woodland, CA 95776 • (530) 661-5880

COMMISSION REPORT
May 2010

TO: Carey Sullivan, Interim Director

FROM: Yvette Smith, Recreation Supervisor

Highlighted Programs

- A mother's Day program was presented on May 7th by Brenda Shea who now lives in Florida but is the daughter of local residents. She offered to do a reading of her own special poetry and also encourage others to take part in the event with their own poetry.
- AARP Driver Safety Class was held on May 15th and the next one will be held on May 22nd.
- Twelve trained AARP volunteers aided Senior's with tax preparation from February through April 14th. A total of 206 persons received this free service.
- Senior Center, Inc. had its annual meeting and installation of officers on May 20th. The event was a potluck as usual and SCI furnish the main dish, bread, dessert and others are asking to bring a side dish of salad or vegetables. Jan Bello will be serving her second year as President and there will be several new members installed as Board Members.
- The first movie in the Senior Theater was held on April 15th and was well received. The flat screen TV in the Game Room worked out very well and seating was comfortable around the tables and chairs in the room.
- A request was received from Warren Meyer to print a notice in the Senior Gram about Ombudsman Services. There is a great need for volunteers for this program as they work to aid and support the elderly who are confined to rest homes and may not have anyone to hear their complaints. A new training session will begin May 17th and applications are available by calling 668 – 5775 or emailing to dwong@osnc.net.
- Both the OutaSight Group and the Parkinson's Support Group will have presentations by Dave Edwards from the District Attorney's Office. He will talk about Fraud protection and avoiding scams at their next meetings. OutaSight will also have a program by the Society for the Blind at one of their Self-Help Meetings.
- A representative from Collette Vacations was here on May 13th to present slides, and answer questions about trips planned for 2010 and 2011. Travelers from various areas meet up at the destination point so there is never a problem having to have a certain number to meet a quota for a trip from here.

- ***Blood Pressure Clinic*** – This clinic is held on the 4th Tuesday of the month. The lead volunteer Mariesa Nyman wants to retire so she will be looking for a new lead volunteer for this clinic.

- ***Legal Consultations*** – This is offered to Senior's on the third Friday of the month. Local Woodland Attorneys donate their time on a rotating basis. Sponsored by, the Yolo County Bar Association.

Special Events & Activities

- ***Aerobics*** – classes are offered Monday, Wednesday, Friday at 8am and 10am. Fee is $5/month.
- ***Art Workshop*** – This program meets on Wednesdays @ 9:30am. Seniors can work on their own art projects in the company of other artists. Fee is $5/month.
- ***Bingo*** – This program is offered Wednesday & Friday @ 12:15pm. (Bring exact change)
- ***Bridge for Fun*** – This program is offered Wednesdays @ 1:00pm.
- ***Canasta*** – Join us if you have an interest in learning the game, bushing up, or just finding game partners for Canasta. This group meets Tuesdays @ 12 noon in the SC Lounge.
- ***Ceramics*** – Underglaze, glaze, dry brushing and antiquing. This class if offered on Tuesdays @ 9:30am. Fee is $5.00 per month.
- ***Cribbage*** – This table game is held on Wednesdays @ 1pm. Located in the Senior Center Lounge.
- ***Gentle Yoga*** – This class offers postures, slow movements and breath techniques to build strength, flexibility and balance and focus the mind. This popular class is held Wednesday @ 4pm.
- ***Handicrafters*** – Program meets on every Monday @ 9am.
- ***Hear*****! Here!** – This self help group has changed its meeting time. Starting in April this group will meet on the 4th Monday at 10am.
- ***Mah Jong*** – This is offered on Thursdays @ 1pm. Join in on learning this stimulating venerable game of Chinese Tiles.
- ***Needles & Friends*** – Quilting group meets every Monday @ 9am. For information about the group, or for fabric donation, call 668-5628.
- ***OutaSight*** – This self-help group meets at 1:30pm on the 1st & 3rd Tuesdays of the month.
- ***Parkinson's*** – This support group meets on the 4th Tuesday of the month at 1pm.
- ***Parkinson's Exercise*** **Group** – This class was well received and will continue for the upcoming months. This group meets everyone Monday at 10am.
- ***Pedro*** – This program is held on Tuesday @ 12:15pm.
- ***Ping Pong*** – Playing Ping Pong is a fun way to exercise your body and your brain and meet wonderful people. Seniors are invited to join the fun on Fridays at 10:00am in the Teen Center.
- ***Pinochle*** - This groups meets @ 6pm on Thursdays.
- ***Second Horizons Bingo*** – This program meets on the 1st Friday of the month @ 6pm.
- ***Ship Shape*** – This chair exercise class is held on Tuesdays & Thursdays @ 10am. Fee is $5/month.
- ***Stroke Support Group*** – This support group meets on the 3rd Monday of the month at 1pm.

- ***Woodcarving*** – This class meets on the 1st & 3rd Wednesday of the month @ 1pm. 18 and over and all skill levels are welcome. Experienced carvers should bring gloves, tools and something to carve.
- ***Woodland Stompers*** – Group rehearses on Mondays @ 3pm.

Other Programs, Services & Upcoming Events

- AARP Drivers Safety Classes
- Arthritis Support Group
- Ballroom
- Blood Pressure
- Changes to Choices
- Chit Chat Café
- Community Care Car
- Computer Club Meeting
- Computer Open Lab
- Discover Shakespeare
- Family Caregiver Support
- HICAP
- Kinship
- Legal Consultations
- Library (books)
- Peripheral Neuropathy
- Life History
- Pilates
- RPEA
- Salsa Dance
- Social Dance
- Tai Chi
- The Novel
- Thrift Shop
- User Group Meeting
- Video Library
- Western Line Dance/Party
- Woodland Senior Travel 2010
- Yoga Classes
- Zumba Gold

Boards/Committees

**Commission on Aging (COA)*: The next Regular meeting will be held on Wednesday, May 26, 2010 at 3:30 PM at the Community & Senior Center. Public is welcome. Concerned citizens are encouraged to apply for the one vacancy on the Commission. For information and an application, please contact Sue Vannucci, Director of Administrative Services at 661-5800.

**Senior Center, Inc. (SCI)*: The next meeting of the BOD (Board of Directors) will be held on Thursday, June 3, 2010 at 9:30 AM.

- Benefit Thrift Shop: This program is coordinated by staff and utilizes many volunteers who work diligently to make it a successful fundraiser. Proceeds from the Thrift Shop continue to support programming at the Senior Center.
- Membership: Membership dues are $8/calendar year. SCI provides supplemental financial and advisory support for senior programs. In addition to the general membership, seniors are contributing to the Century Club (minimum $100 donation), General Fund, and the Building Fund.
- Volunteers Wanted: There are several ongoing volunteer opportunities at the Senior Center. Please call or come by the Senior Center if you, or someone you know, would be interested in volunteering. Current opportunities are: HICAP/Medicare counseling, Front Desk receptionists, and

drivers & substitute drivers for Meals on Wheels. If you are interested, or know of someone wanting to volunteer, please contact Paula Crum.

Community and Senior Center/Facility Rentals

- In the upcoming months we will be having several: Quinceanera's, Conferences, Meetings, Weddings, Wedding Receptions, Anniversary Party's, Proms and Graduations.