



Senior Gram

Volume 17

Issue 11

Nov. 2020

2021 Senior Center Inc. Membership Drive

Stay connected! Submit your 2021 membership application to keep membership benefits and a subscription to the Senior Gram newsletter. Any current Century Club members, 2020 annual members, and 2020 Senior Gram subscribers *will not need to pay dues for 2021*. All new members should pay dues according to the application. Find more information on page 5. Fill out the application on page 6 and return to the Woodland Senior Center (2001 East St. Woodland, CA 95776) to commence receiving your monthly Senior Gram newsletter.

Free Lap Swim for Adults 55/Over

Charles Brooks Community Swim Center, 155 N. West St.

Free lap swimming and water exercise is available to Woodland residents that are over the age of 55. Advanced registration is required with one-hour slots being available for each of the 18 lanes. Lap swimming times are available: Monday through Friday from 10 am – 1 pm (lane reservations at 10 and 11 am and 12 pm) and from 6 pm – 8 pm (lane reservations at 6 and 7 pm). Lap swimming times on Saturday and Sunday are from 10 am – 1 pm (lane reservations at 10, 11 am, and 12 pm). No indoor showers or locker rooms will be available for use. Participants will be limited to 60 minutes at the start of each hour. For additional information and to pre-register for a Lap Swimming time, call (530) 661-2000, or visit www.cityofwoodland.org/lapswim.

What's Happening Virtually?

There are a handful of classes currently operating online. You do need to have internet, a computer, a tablet, or a smartphone with a webcam and speakers in order to participate. If you have email, send a message directly to the facilitators (classes and emails listed below). If you have a special circumstance, call the Welcome Desk at (530) 661-2001 and leave me a message.

-Multiple Sclerosis Support Group: Nikki Hamilton, nikkicpa@sbcglobal.net

-Parkinson's Disease Support Group: Bernadee Murray, bemurray2008@gmail.com

-Prostate Cancer Support Group: Gil Walker, walkergil@hotmail.com

-Rock Steady Boxing/Funco nial Fitness: Steve Bonnel, sbonnel@a .net

Woodland Commission on Aging: Commissioners Still Needed!

The City of Woodland Commission on Aging is a City Council-appointed group who advises the Council on senior-related matters. If you would be interested in helping, contact City Clerk Ana Gonzalez at (530) 661-5806.

Food Bank Needs Volunteers

Yolo Food Bank is offering new Early-Bird Dry Product Packing time slots for volunteers who are interested but worried about coronavirus. We are making the environment as safe as possible to allow as many of our valued volunteers to contribute while we respond to the ongoing crises in Yolo County. We will also be pre-lining bins with bulk product if needed to ensure accessibility. For more information, contact Natalie McDonald at (530) 668-0690, extension 106.

ONGOING SENIOR CENTER ACTIVITIES

Art Classes

Art Workshop	Wednesdays	9:30 am	\$5/month
Ceramics	Thursdays	9:30 am	\$5/month
Cray Group	2nd & 4th Tues	9:00 am-1:00 pm	
Needles & Friends	Mondays	9:00 am-2:00 pm	
Woodcarvers	1st & 3rd Weds	1:00 pm	

Exercise Classes

Aqua cs Acvies	Charles Brooks Swim Center, 155 N. West St. Call 661-2000		
Beginning Pilates	Mon/Wed	6:00-7:00 pm	\$33/month
Drop-in Badminton	Mon/Wed/Fri	9:30-11:30 am	
Everyday Yoga	Mondays	9:00-10:00 am	\$20/month
Everyday Yoga	Thursdays	5:45-6:45 pm	\$20/month
Low Impact Aerobics	Mon/Wed/Fri	8:00-8:30 am	\$5/month
Low Impact Aerobics	Mon/Wed/Fri	10:00-10:30 am	\$5/month
Drop-in Pickleball	Tue/Thu	9:30-11:30 am	
Drop-in Ping Pong	Tuesdays	6:00-8:00 pm	
Drop-in Ping Pong	Fridays	9:30-11:30 am	
Funconal Fitness	Mon/Wed/Fri	8:45-9:45 am	\$5/session \$40/month
Rock Steady Boxing	Mon/Wed	8:30-10:00 am	\$5/month
Ship Shape	Tue/Thu	10:00-11:00 am	\$5/month
Woodland Stompers	Mondays	1:30-3:00 pm	Call 661-2001

Social Games

Bingo	Wed/Fri	11:30 am-2:30 pm	5¢/card
Bridge for Fun	Wednesdays	12:00-3:00 pm	
Cribbage	Wednesdays	12:30 pm	
Hand & Foot	Wednesdays	8:30-11:30 am	
Mah Jong	Thursdays	12:30 pm	
Open Game Days	Mon/Tue	12:30 pm	
Pedro	Tuesdays	12:00-3:00 pm	
Pinochle	Fridays	10:00 am-12:00 pm	

ONGOING SENIOR CENTER ACTIVITIES

Support Groups

Arthritis Support	1st Thursday	2:00-3:00 pm	
Multiple Sclerosis	4th Tuesday	10:00-11:00 am	
Outa Sight (vision)	1st & 3rd Tuesdays	12:30-2:00 pm	
Parkinson's Support	4th Tuesdays	1:00-2:30 pm	
Prostate Cancer	2nd Mondays	7:00-8:00 pm	Odd months only
Diabetes Support	1st Thursdays	1:30-2:30 pm	Spanish language
Diabetes Support	1st Thursdays	6:00-7:00 pm	Spanish language
Stroke Support	3rd Mondays	1:00-2:00 pm	4th Mon. in Jan/Feb
Transitions	2nd & 4th Tuesdays	1:00-2:00 pm	Aging-related topics
Transitions Spanish	1st & 3rd Tuesdays	1:00-2:00 pm	Spanish language

Resources

Call (530) 661-2001 to make an appointment

Community Care Car (530) 662-7800	Mon-Fri	8:00 am-3:00 pm	
Computer Lab	Fridays	12:00-3:00 pm	\$2/visit
Computer Club	4th Mondays	1:00-2:00 pm	Meets quarterly
Tuesday's Table	Tuesdays	9:30-10:00 am	Food distribution
HICAP Consultations	By appointment only	Call (916) 376-8915 for appointment	
Legal Consultations	3rd Thursdays	1:30-3:10 pm	By appointment
Yolo County 211	Information & assistance for seniors	Call 211	

Other Programs

Affordable Adventures	Short trips	Flyers available at Senior Center
Abbie's Tech Help	Mondays	1:45-4:00 pm By appointment
Chit Chat Café	Mon-Fri	11:30 am Call 662-7035
College Travel	Bigger trips	Flyers available at Senior Center
Media Library		Books, audio books, and DVDs available to rent
Senior Movie Day	2nd Mondays	12:30 pm Free popcorn & drinks
Thrift Store	Mon/Wed/Thu/Fri	9:30 am-12:00 pm; Tuesdays 8:00-11:00 am
Writing Your Life History		Class offered through Woodland Adult Ed, 662-0798

*****ALL ONGOING SENIOR CENTER ACTIVITIES ARE*****

*****SUSPENDED UNTIL FURTHER NOTICE*****



FIGHT the FLU!

with Yolo County

This season, a flu vaccine is more important than ever!
Get a flu vaccine to protect yourself, your family, and your
community against flu.

Here's where you can get your flu vaccine:

1. Your doctor's office
2. Your local pharmacy
3. A Yolo County-sponsored flu vaccine clinic. See our separate flyer.

**If none of the above options will work for
you, please call the**

Yolo County Immunization Program

(530) 666-8552



2021 Membership Drive

If you are a paid Century Club member, an annual member, or a Senior Gram subscriber for 2020, your membership benefits will roll over into 2021. ***You s ll need to ll out the 2021 applica on and send it in.*** If you would like to make a dona on, please include the dona on amount on the membership applica on. Make checks payable to "Senior Center Inc."

SENIOR CENTER INC. NEW MEMBER INFORMATION:

Annual membership is good for the current year and always expires on December 31 for that year. Annual dues are \$20 per couple or \$15 for single. Dues include the mailing of the Senior Gram, a special discounted rate for every Affordable Adventure trip, and priority registra on for the Thanksgiving Dinner and Holiday Social.

Why worry about paying a membership fee every year? You could opt to become a Century Club lifem e member. Enjoy all of the benefits as a Senior Center Inc. member and pay a one-m e fee of \$100. Check the di erent membership op ons on the membership applica on .

Membership fees, fundraisers, and donaons to Senior Center Inc. help to support senior programs and acvies for the Senior Center such as the special events o ered during the year.

Please complete the membership form, on the reverse side, and return to the Senior Center. For quesons, contact the Woodland Senior Center Welcome Desk at 661-2001.

New members: Pay dues before December 11, 2020 to receive the Senior Gram in January 2021.

2020 members: You will receive a January 2021 Senior Gram as a courtesy. Submit applica ons before January 15, 2021 to connue receiving the Senior Gram.

Century Club members: No acon needed!



WOODLAND SENIOR CENTER, INC.

Membership Application 2021

Woodland Senior Center, Incorporated is a non-profit organization supplementing and supporting programs at the Woodland Senior Center. Annual dues for membership, Senior Gram subscription, and donations are vital to SCI's non-profit mission. Membership dues become part of the funds used for special events, senior programs, and student scholarships.

Member's Name: _____

Additional Name: _____

Household Information		
Address	City	Zip
Phone (Home)	Phone (Cell)	
Email Address		

Membership Details: Annual memberships and subscriptions are for the current calendar year, ending **December 31, 2021.**

	Membership Type	Membership Fees
<input type="checkbox"/>	Membership Waiver <small>Available only to those with a 2020 Membership</small>	n/a
<input type="checkbox"/>	Century Club Lifetime Membership <small>Senior Gram included</small>	\$100 per person *
<input type="checkbox"/>	Century Club In Memoriam <small>Please state name:</small>	\$100 per person *
<input type="checkbox"/>	Couple Membership <small>Senior Gram Included</small>	\$20 annual fee *
<input type="checkbox"/>	Single Membership <small>Senior Gram Included</small>	\$15 annual fee *
<input type="checkbox"/>	Single Membership only	\$10 annual fee *
<input type="checkbox"/>	Senior Gram mailed only	\$5 annual fee *
<input type="checkbox"/>	Donation to Senior Center Inc. <small>Senior Center, Inc. is a 501.c.3 non-profit corporation. Additional donations may be tax deductible, consult your financial advisor for detailed information. TAX ID# 942472331</small>	\$ (State amount)
<input type="checkbox"/>	Volunteer <small>Check if you are interested in becoming a Senior Center volunteer.</small>	

Payment

*add 2.75% for credit cards

Total Amount Enclosed <small>Please make checks payable to "Senior Center Inc."</small>	\$
<small>Submit payment to: Woodland Senior Center (SCI Membership) 2001 East Street, Woodland, CA 95776</small>	

For Office Use Only

(Front Desk please fill in the Box)

Staff/Volunteer Initial:	Computer Entry
Total Amount Received: _____ Cash: _____	Entered By: _____
Date: _____ Check #: _____	Date: _____
Receipt Number #: _____ Credit Card # (Last 4 Digits): _____	

BOGGLES THE MIND

Find as many words as you can by linking letters up, down, side-to-side, and diagonally, writing words below. You may only use each letter box once within a single word. Challenge someone else in a timed match. Use extra paper if you can!



POINT SCALE:

3 letters = 1 point

4 letters = 2 points

5 letters = 3 points

6 letters = 4 points

7 letters = 6 points

8 letters = 10 points

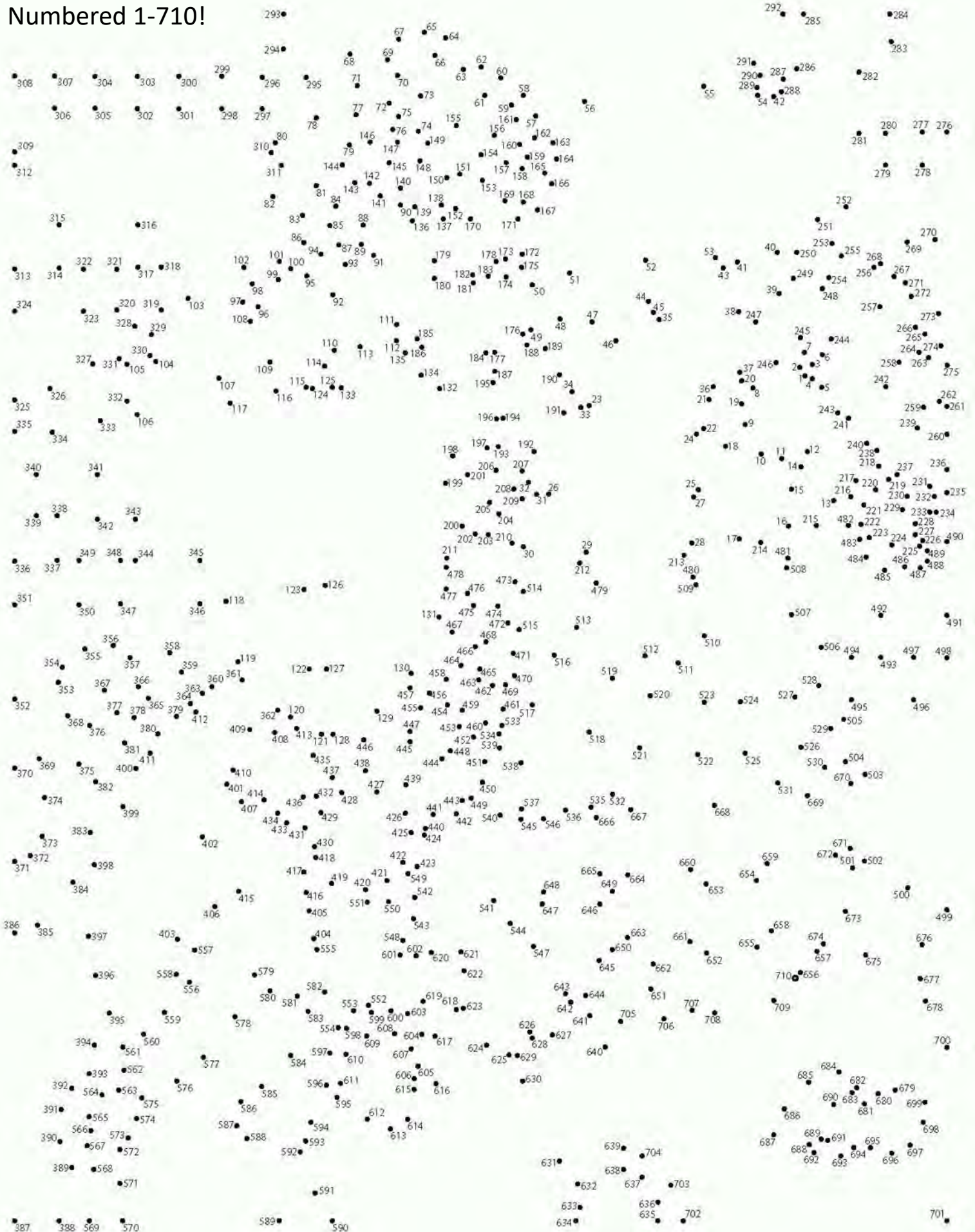
9+ letters = 15 points

WRITE TOTAL POINTS

BONUS: Find 7 European capitals (add 30 points if all found, plus value of words)

CONNECT THE DOTS

Numbered 1-710!



YE OLDE WORD SEARCH

A fun word search, Lords and Ladies!

E	G	B	G	J	J	C	I	D	L	L	A	V	E	I	D	E	M
J	U	W	U	X	F	Y	Q	C	S	G	Z	T	E	T	C	P	B
S	I	Z	R	R	O	O	R	G	T	A	E	N	H	E	A	M	R
M	L	K	U	F	T	U	N	E	Y	L	T	E	E	H	T	T	A
R	D	P	M	M	S	I	I	C	T	K	F	M	N	T	H	C	T
A	S	S	A	A	K	E	F	S	U	R	T	A	G	A	E	T	S
F	X	O	D	I	C	Q	A	F	A	J	H	N	A	E	D	H	I
O	X	E	V	O	B	C	L	N	D	H	G	R	M	D	R	U	U
T	S	U	F	I	C	P	K	D	Z	M	I	U	E	K	A	N	Q
A	N	X	J	M	E	S	W	R	J	Q	N	O	L	C	L	Y	N
O	Y	S	O	B	O	L	G	N	M	V	K	T	R	A	S	R	O
C	G	D	U	I	F	V	P	C	N	O	Y	X	A	L	X	L	C
A	A	A	S	N	U	K	K	E	U	F	N	J	H	B	Q	A	E
H	W	M	T	D	W	R	P	L	V	W	H	A	C	L	Y	V	R
M	O	N	A	S	T	E	R	I	E	S	I	T	R	J	G	I	U
A	M	E	T	S	Y	S	L	A	D	U	E	F	G	C	B	H	A
W	A	C	C	W	F	C	R	A	F	O	N	A	O	J	H	C	O
E	N	E	I	G	M	S	N	O	X	A	S	X	U	R	P	S	B

Black Death

Coat of Arms

Joust

Reconquista

Cathedrals

Crusades

Knight

Saxons

Castle

Feudal System

Medieval

The Franks

Charlemagne

Guilds

Monarchs

Tournament

Chivalry

Joan of Arc

Monasteries

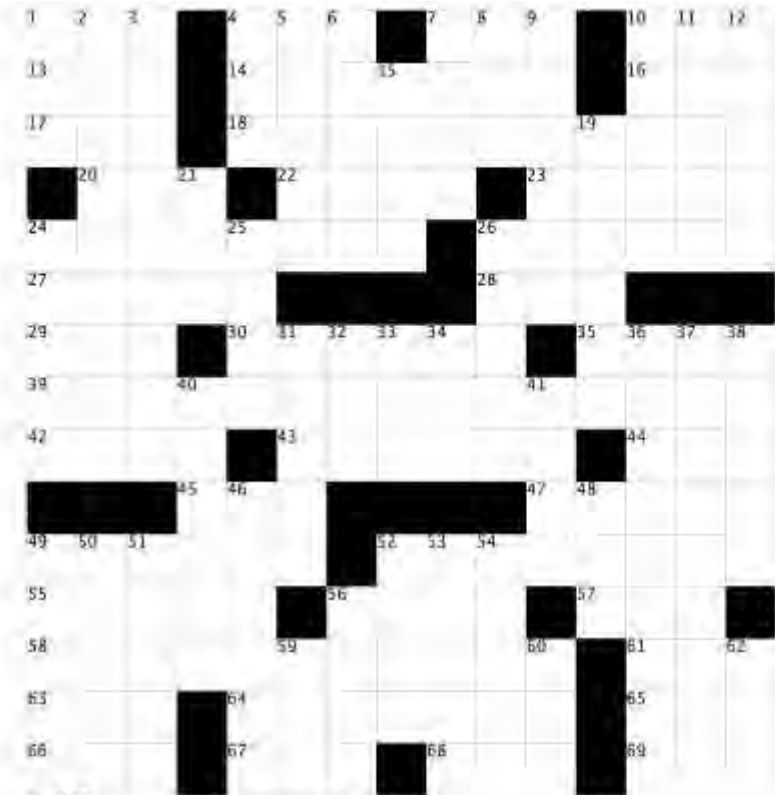
Vikings

CROSSWORDS

Are you the kind that can finish a crossword puzzle?

ACROSS

1. Studio associated with a roar
4. Combine
7. Vietnamese rice noodle soup
10. Award for Taylor Swift or Reba: Abbr.
13. The end of an ____
14. Mundane
16. Young fellow
17. Fun unit?
18. National museum of the Netherlands designed by Pierre Cuypers
20. Racecar inits.
22. Career that stresses foot work
23. "Pure Heroin" pop star
24. Postminimalist sculptor known for her work with latex
26. Give heed
27. Cafeteria coterie disdained by the cool kids
28. Sphere
29. Indefinite article, in Acapulco
30. They were originally called the Colt .45s
35. Flows back
39. "Ohhh...Alright..." artist
42. Language that gave us "hubbub"
43. Nailed a test
44. In the style of
45. Pujols's team, once: Abbr.
47. Ball counterpart?
49. LOL in real life
52. Artist whose wife Ada is the subject of 250 of his portraits
55. Creation of 24-, 39-, 52- or 58-Across
56. Director Kazan
57. United



© YUP

- | | | |
|--|---|--|
| <ol style="list-style-type: none"> 58. Artist who was a teacher of 24-Across during his tenure at the Yale School of Art 61. Test for almost postgrads: Abbr. 63. Creation of 24-, 39-, 52- or 58-Across 64. See 65-Across 65. With 64-Across, emulate Garfield 66. Word after killer or spelling 67. Neighbor of Oman: Abbr. 68. Subj. in parapsychology 69. Legal academic's deg. | <ol style="list-style-type: none"> 5. Faucet problems 6. Places to get one's kicks? 7. Over 8. That dude 9. Pupil-related? 10. Many a Dickens character 11. Title woman in a Hal Ashby intergenerational romance 12. Don Draper and Pete Campbell, for two 15. ____-Ball 19. Certain palate cleanser 21. Final degree? 24. Toughen 25. Actor Morales 26. Successor of Anwar in Egypt 31. La ____ (Milan landmark) 32. Major active ingredient in marijuana, for short | <ol style="list-style-type: none"> 33. GPS indication 34. "The Professor and the Madman" subj. 36. "Do me a favor, darling" 37. With two parties 38. Spice (up), slangily 40. "Gil Blas" author 41. Label for Booker T. and the M.G.'s 46. Thing that's caught but hopefully soon gotten rid of 48. "King Kong" studio 49. Traditional Muslim women's wear 50. Love for Luigi 51. It's made when time is short 52. Jessica of "Sin City" 53. Manor man 54. Rakes in 56. Other 59. Tiny battery 60. Nitwit 62. Airport info: Abbr. |
|--|---|--|

DOWN

1. Piazza, once
2. Common British surname meaning "Master Huntsman"
3. Flat-bodied bottom swimmers
4. Car mortgage no.

GREEN BEAN CASSEROLE (FROM SCRATCH)

Here's a great recipe for a classic Thanksgiving side dish!



Crispy Onion Ingredients

- 1 large onion
- 1/2 cup all-purpose flour
- 3/4 cup Panko breadcrumbs
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 large egg
- 1 Tablespoon milk

Casserole Ingredients

- 1 Tablespoon + 1 teaspoon salt, divided
 - 1 pound fresh green beans (rinsed, trimmed, and halved)
 - 2 Tablespoons unsalted butter
 - 8 ounces mushrooms, sliced
 - 1/2 teaspoon ground black pepper
 - 2 cloves garlic, minced
 - 2 Tablespoons all-purpose flour
 - 3/4 cup chicken or vegetable broth
 - 1 1/4 cups half-and-half
1. Preheat the oven to 475°F. Line a large baking sheet with parchment paper or a silicone baking mat. Set aside.
 2. For the onions: (while the onions bake, you can blanch the green beans— step 4.) Thinly slice the onion. Pour flour in one small bowl, Panko + salt + pepper into a medium bowl, and whisk the egg and milk together in another small bowl. To bread the onion slices, you'll want to use one hand for dry and one hand for wet. It helps things move a little quicker and easier. First, dip a few slices into the flour. Then into the egg mixture. And finally, give them a nice dunk into the Panko and coat them well. Place onto baking sheet. Repeat with the rest of the onions. Bake onions until golden brown, about 25 minutes. Flip them twice during this time. Set them aside.
 3. Reduce oven to 400°F.
 4. Bring a gallon of water and 1 Tablespoon of salt to a boil in a large saucepan. Add the beans and blanch for 5 minutes. Drain and immediately place into a large bowl filled with ice water to stop the cooking process. Drain again and set aside.
 5. For the casserole: Over medium-high heat, melt the butter in a large 10 – 12 inch ovenproof skillet. Add the mushrooms, 1 teaspoon salt, and the pepper. Cook, stirring occasionally, until the mushrooms begin to give off some of their moisture— about 5 minutes. Add the garlic, stirring, and cook for another 2 minutes. Sprinkle the flour on top and stir until combined. The flour will soak up all the moisture. Add the chicken broth and simmer for 3 minutes. Decrease the heat to medium-low and add the half-and-half. Stirring occasionally, cook until the mixture is thick— about 10 minutes or maybe more if you prefer a thicker sauce.
 6. Remove from the heat and add 1/4 of the onions and all of the green beans. Give it a nice stir, combining the sauce and beans. Top with remaining onions and bake until bubbly, about 10-15 minutes. Remove from the oven and enjoy! leftovers keep well in an airtight container in the refrigerator for up to 4 days. Reheat as desired.

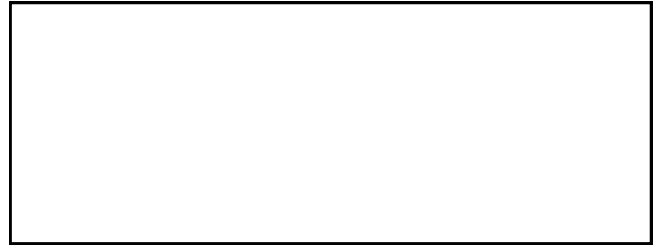


Woodland Senior Center
2001 East Street
Woodland, CA 95776
(530) 661-2001
www.cityofwoodland.org/seniors

Nonprot Organiza on
U.S. POSTAGE PAID
Permit No. 53
Woodland, CA

Address Service Requested

**Senior Center Inc.
2021 Membership Drive
Details Inside!**



FRESH PRINTS

It's a maze!
Let's do this.

