

AARP TAX AIDE / VITA TAX ASSISTANCE

*Mondays, Thursdays, and Fridays until April 15; by appointment only
Call the Welcome Desk, (530) 661-2001; or visit yolotaxes.org*

Tax preparers for the AARP Tax Aide program and the Volunteer Income Tax Assistance (VITA) program are standing by to help with your 2024 taxes. You must make an appointment either with the Welcome Desk or at yolotaxes.org.

VALENTINE'S DAY DINNER AND A MOVIE

*Thursday, February 13; Doors at 5:00 pm, Dinner served at 5:30 pm, Movie starts shortly after
\$20/person, or \$35/couple*

Enjoy a sweet night out with the Valentine's Dinner and a Movie! Bring your spouse or a friend to this dinner. This year we will watch the classic romantic comedy "What's Up, Doc?" starring Barbara Streisand. You have your choice of salmon, or chicken.



SKIN CANCER PRESENTATION

Thursday, February 27; 10:00am

RSVP at the Welcome Desk, (530) 661-2001

Skin cancer is the most common of all cancers. This presentation will help you identify skin cancer and develop strategies for reducing your risk. There will be an open discussion for all manners of skin-related concerns. This is presented by Dr. Debra Horney, MD, a retired dermatologist formerly of the Woodland clinic.

ALZHEIMER'S ASSOCIATION EDUCATION SERIES

RSVP at the Welcome Desk, (530) 661-2001

The Alzheimer's Association of Greater Sacramento is offering classes to help caregivers and family members.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA - Tuesday March 4, 10:00 am

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

RESPONDING TO DEMENTIA-RELATED BEHAVIORS - Tuesday April 1, 10:00 am

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES - Tuesday May 6, 10:00 am

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

SKY RIVER CASINO (SIGNUP DEADLINE IS FEB. 20)

Wednesday March 19, 2025; \$55/person (SCI members get \$5 off)

Zone 50 Wednesday Senior Day includes \$10 free play, \$5 food with \$10 purchase at the Food Market. New Sky River Members get \$15 free play on signup, plus Zone 50 perks listed above. Sign up by February 20 to join this great trip.

HAND & FOOT CARD PARTY

Saturday, March 22; 11:00am-4:00 pm

\$20 for SCI members, \$25 for non-members

Join friends at the annual Hand & Foot Card Party! Lunch will be served at 11:30 am. There will be a raffle with opportunity to buy raffle tickets. If you sign up and you have some cards or a shuffler you can share, please bring them. Visit the Welcome Desk for your ticket, or call (530) 661-2001.

**THE WOODLAND COMMUNITY & SENIOR CENTER
WILL BE CLOSED MONDAY, FEBRUARY 17
IN OBSERVANCE OF PRESIDENTS' DAY**

WOODLAND SENIOR CENTER

2001 East St. | Woodland, CA 95776 | (530) 661-2001 | cityofwoodland.gov/seniors
Open Monday-Friday, 8:00 am - 3:00 pm (closed weekends and holidays)



CITY OF

WOODLAND
CALIFORNIA

The Woodland Senior Center is a designated focal point of services for older adults, including: nutrition, recreation, education, transportation, art, health, support groups, and information/assistance. Programs will center around healthy aging, social services, and have plenty of socialization opportunities. The Woodland Senior Center, and its non-profit partner Woodland Senior Center Inc., do not endorse the opinions, services, or products discussed in support groups or educational sessions. The City of Woodland does not allow private solicitation of Woodland Senior Center patrons. Contact the Welcome Desk at (530) 661-2001 for more information.

SUPPORT THE WOODLAND SENIOR CENTER BY JOINING “WOODLAND SENIOR CENTER INC.”

Woodland Senior Center, Incorporated (or SCI) is a non-profit organization dedicated to the betterment of the lives of Woodland seniors by supplementing and supporting programs at the Woodland Senior Center. SCI



supports *many* events and programs within the Woodland Senior Center, including the annual Thanksgiving Dinner and Holiday Social. **Membership benefits include: discounts on Affordable Adventures trips, priority registration for events, free limited notary services, and a subscription to the Senior Gram newsletter.** Annual dues for membership, fundraisers, and donations are vital to SCI's non-profit mission. All memberships and Senior Gram newsletter subscriptions are for a *calendar* year, ending December 31 annually. To become a member, call the Welcome Desk at (530) 661-2001. SCI also offers a scholarship to college students who are focused on Gerontology or other senior-related fields. Visit woodlandseniorcenterinc.org for more info.

Board of Directors

Roy Miller, President

Maxine Polkinghorne, Vice President

Sharon Coulombe, Secretary

Georgia Workman, Treasurer

Board Members at Large:

Jan Bello, Connie Crandall, Kathy Harryman, Linda Nantz

Roger Peeples, Bob Simas, Judy Tommeraason, Gil Walker, Sandi Winter

ONGOING SENIOR CENTER ACTIVITIES

Art/Creative Activities

Art Workshop	Wednesdays	9:30 am	Drop-in
Ceramics	Thursdays	9:00 am-12:00 pm	Drop-in
Needles & Friends	Mondays	9:00 am-2:00 pm	Drop-in
Origami Workshop	2nd & 4th Fridays	10:00 am	Drop-in
Reading For Pleasure	3rd Thursdays	10:00 am	RSVP to Welcome Desk
Writing Life Stories	Thursdays	2:00-4:00 pm	\$20*/quarter

Exercise Classes

Aquatics Activities	Charles Brooks Swim Center	155 N. West St.	Call (530) 661-2000
Beginning Pilates	Mon/Wed	6:00-7:00 pm	\$33*/month
Dance Fitness	Mondays	10:00-11:00 am	\$50*/person for 4 sessions
Drop-in Badminton	Mon/Wed/Fri	8:30-11:30 am	Drop-in
Everyday Yoga	Mondays	9:00-10:00 am	\$20*/month
Everyday Yoga	Thursdays	5:00-6:00 pm	\$20*/month
Low Impact Aerobics	Mon/Wed/Fri	8:00-8:30 am	Drop-in
Low Impact Aerobics	Mon/Wed/Fri	10:00-10:30 am	Drop-in
Drop-in Pickleball	Tue/Thu (Nov-Feb only)	9:30-11:30 am	Drop-in
Rock Steady Boxing	Wed/Fri	9:00-10:00 am	\$20*/month w/ doctor rec.
Rock Steady Boxing	Mondays	9:00-10:00 am	Online only!
T'ai Chi & Qi Gong	Mondays	8:50-9:50 am	\$50*/person for 4 sessions
Woodland Stompers	Mondays	1:30-3:00 pm	Call (530) 661-2001

**Non-residents add 20%*

Social Games

American Mahjongg	Thursdays	9:00 am-12:00 pm	Drop-in
Billiards	Mon-Fri	8:15 am-2:45 pm	Drop-in, Seniors 50+ Only!
Bingo (<i>bring change</i>)	Wed/Fri	10:30 am-2:30 pm	5¢/card
Bridge for Fun	Wednesdays	12:00-3:00 pm	Drop-in
Hand & Foot	Wednesdays	8:45-11:30 am	Coffee @ 8:30am
Mah Jong	Thursdays	12:30-2:30 pm	Drop-in
Pedro	Tuesdays	11:30-3:00 pm	Drop-in

Support Groups

Diabetes Support (English)	2nd Tuesday (English)	10:00-11:00 am	Drop-in
Diabetes Support (Spanish)	4th Tuesday (Spanish)	6:00-7:30 pm	Drop-in
<i>-these groups are facilitated by Dignity Health Education</i>			
Outa Sight (vision)	3rd Tuesdays	12:30-2:00 pm	Drop-in
Parkinson's Support	1st Wednesdays	1:30-3:00 pm	Drop-in
Prostate Cancer	2nd Mondays of odd months	7:00-8:00 pm	Drop-in
Stroke Support**	3rd Mondays	1:00-2:00 pm	Drop-in **4th Mon. in Jan/Feb

Resources

<u>Call (530) 661-2001 for more information!</u>			
Commission on Aging	3rd Thursdays at 4:00 pm	2001 East St.	(530) 661-2000
Community Care Car	Mon-Fri	8:00 am-3:00 pm	(530) 662-7800
	\$2 donation per ride	Call to make a ride appointment	
Legal Services of N. Cal.	Call (530) 662-1065		
HICAP Consultations	2nd & 4th Thursdays	Call (916) 376-8915 for appointment	
Notary Services	SCI Members Only	Call (530) 383-4608 for appointment	
Senior Center Inc.	1st Thursday at 9:30 am	2001 East St.	(530) 661-2001
Yolo County 211	Information & assistance for seniors		Call 211

Other Programs

Affordable Adventures	Short trips	Flyers available at Senior Center
Collette Travel	Full trip packages	Flyers available at Senior Center
Media Library	Books, audio books, and DVDs available to rent	
Senior Movie Day	2nd & 4th Mondays	12:30 pm Free snacks & drinks
Thrift Store AM	Mon-Fri	9:30 am-12:00 pm
Thrift Store PM	2nd & 4th Wednesdays	4:00-6:00 pm
YFB Food Distribution	2nd & 4th Wednesdays	5:00 pm In back of building
Café Yolo	Wednesdays, by reservation, Call Meals on Wheels,	(530) 662-7035 x108

MOVIE MONDAY!

2nd & 4th Mondays, 12:30 pm

What Women Want

Monday, February 10

Romance / Comedy

2000 - PG-13 - 2h 06m

Nick Marshall (Mel Gibson) gets a whole new outlook on life when a fluke accident gives him the ability to read women's minds. At first, this "gift" provides Nick with way too much information, but he begins to realize that he can use it to good effect, especially when it comes to outwitting his new boss, Darcy Maguire (Helen Hunt).



Something's Gotta Give

Monday, February 24

Comedy / Romance

2003 - PG-13 - 2h 05m

When aging womanizer Harry Sanborn (Jack Nicholson) and his young girlfriend, Marin (Amanda Peet), arrive at her family's beach house in the Hamptons, they find that her mother, dramatist Erica Barry (Diane Keaton), also plans to stay for the weekend. Erica is scandalized by the relationship and Harry's sexist ways. But when Harry has a heart attack, and a doctor (Keanu Reeves) prescribes bed rest at the Barry home, he finds himself falling for Erica -- who, for once, may be out of his league.



12:10 pm—Doors open

12:15 pm—Refreshments served

12:30 pm—Movie starts

50+ only please!

CAFÉ YOLO

Wednesdays; Open at 10:00 am, Lunch Served at 11:00 am

Call (530) 662-7035 x108 to make a reservation

Meals on Wheels of Yolo County hosts congregate dining. They offer meals in-person on Wednesdays. Menus will be available in the Senior Gram every month. All reservations need to be made with Meals on Wheels, call (530) 662-7035, extension 108. To view the most updated monthly menu, visit **MOWYOLO.ORG**.

February 5

Beef & Italian Rice
Broccoli
Cauliflower

February 12

Beef Meatballs &
Swedish Gravy
Mashed Potatoes
Broccoli

February 19

Pot Roast
Herbed Carrots
Mashed Potatoes

February 26

Turkey Breast &
Gravy
Sweet Potatoes
Cabbage & Carrots

GARDENING ADVENTURES

1st Fridays at 1:30 pm*

RSVP to the Welcome Desk (530) 661-2001 (limited space available!)

The Yolo County Master Gardeners are proud to continue the Gardening Adventures courses. Below are the next sessions:

February 7

Spring Bulbs

March 7

Planning Summer Vegetable
Gardens

April 11*

Totally Tomatoes

May 9*

Floral Arranging

***Note: Gardening Adventures moves to the
2nd Friday of the month starting in April!**

ADULT SPRING SPORTS

Call (530) 661-2000 for more information

Put together a team and sign up for one of these great leagues!

Sport

Volleyball

Basketball*

Softball

Season Starts

February 25

March 10

March 13

Registration Date

February 14

February 21

February 28

Team Fee

\$420

\$625

\$650

**50/over basketball league is on Monday nights*

!! NEW !! NEW !! NEW !! NEW !! **CHESS CLUB**

Anyone want to play chess? Let's get together on Thursdays at 10:00 am starting February 20. RSVP with the Welcome Desk at (530) 661-2001 and let us know you're coming to play. Room location to be announced.



Kiwanis of Woodland presents Handy Helpers for Seniors

**Kiwanis will provide tools and labor for free,
you provide any needed materials**



Examples of Tasks:

Plumbing, including:

toilet repairs and lawn sprinkler repairs
(sorry, we do not repair leaky faucets or minor clogs)

Electrical, including:

light bulb replacement, smoke or carbon monoxide detector
installation, or battery changes, basic outlet or switch repairs

Carpentry and General Repairs, including:

simple furniture repairs, door latch and lock replacement,
furnace filter replacement, anything you need a ladder for

Sorry, we cannot:

clean rain gutters, work on roofs, crawl under houses, or do
furnace or air conditioning unit repair

**Contact the Woodland Senior Center
at (530) 661-2001 today!**

V O L U N T E E R

BECOME A SENIOR PEER COMPANION VOLUNTEER

Assist a senior and make a friend by volunteering with the YoloCares' Senior Peer Companion (SPC) Program! The SPC Program offers free peer-to-peer support to seniors in Yolo County. By pairing seniors, the SPC Program aims to help those in our community who are isolated, lonely and may be facing life challenges on their own. No previous experience is necessary to volunteer. YoloCares' offers on-going training and support. Our volunteers have diverse backgrounds and draw on their life experiences to help seniors feel emotionally supported and access community resources. SPC volunteers meet weekly for two hours in the seniors' homes to provide support, companionship, engage in activities, or venture out in the community together. If you are interested in volunteering or learning more about the SPC Program, please contact Tracy Keenan, SPC Program Coordinator, at (530) 902-9928 or tkeenan@yolocares.org.

YOLO SHERIFF'S S.T.A.R.S. NEEDS VOLUNTEERS

The Sheriff's Team of Active Retired Seniors (STARS) was recently honored by the Yolo County Board of Supervisors for their 25 years of service and 100,000 hours of dedication. The STARS are currently seeking Yolo County residents who are interested in joining their exceptional team. Established in 2000, STARS provides individuals aged 50 and above with the opportunity to volunteer in Yolo County through a variety of nonhazardous law enforcement activities. This nonprofit organization is overseen by the Sheriff's Office but operated independently by committed STARS members. If you are interested in becoming a part of the STARS team, we are now accepting applications for volunteers to assist with citizen's patrol, vacation house checks, and community education. To learn more about STARS and how you can get involved, please email stars.ycso@yolocounty.gov or call (530) 406-5180.

THRIFT STORE VOLUNTEERS NEEDED

Woodland Senior Center Inc. operates a thrift store at the Woodland Community & Senior Center. The thrift store is open Mondays through Fridays in the morning. There is a need for volunteers who can mind the shop, accept donations, organize items, and handle small amounts of cash. Please call Ruth at (530) 661-2001 if you are interested.

VOLUNTEERS NEEDED FOR COMMUNITY CARE CAR

The Woodland Community Care Car program is offered to seniors that need a ride to-and-from anywhere in the Woodland City limits. The program is in search for more volunteer drivers and driver helpers. You must have a clean driving record to be a driver. For more information, call the Community Care Car at (530) 662-7800.

VOLUNTEERS NEEDED: SPINETINGLERS BOOK REPAIR

Do you love books? The Spinetingers Book Repair group is looking for volunteers to join them in keeping the Woodland Public Library books in good repair. Good small motor skills, good attention to detail, and willingness to work and learn in a small group is needed. Experience is not necessary. Current meeting date is Wednesdays from 10:00 am to 2:00 pm. If interested, contact spinetingerswoodland@gmail.com for more information.



Woodland YMCA Fitness Center

Amenities

Cardio & Weight Equipment
Group Fitness Classes
Welcoming Community
No Cancellation Fee

Branch Hours

Mon - Fri: 6:00am - 8:00pm
Sat: 8:00am - 12:00pm
Sun: Closed



530.666.9623

ymcasuperiorcal.org/
WoodlandYMCA



WOODLAND WRITES: PEN PAL CONNECTION



Receive a Valentine from friends around town

To receive a Valentine or nominate a senior,
please call the Welcome Desk at (530) 661-2001
and leave a message with your name and full address
or e-mail your information to
eric.buechler@cityofwoodland.gov



WRITING LIFE STORIES



Thursdays; 2:00-4:00 pm

3rd Quarter: February 20-May 1

4th Quarter: May 15-August 14

(once per month for summer)

\$25/residents, \$30/non-residents (per quarter)

This class facilitates participants writing their own stories.
Sessions are to share stories with others, receive feedback, and
have fun. Register at the Community Services desk.

SCHOLARSHIPS AVAILABLE FOR COLLEGE STUDENTS

Know any college students who aspire to work with older people?
Woodland Senior Center Inc. is looking for students studying
Gerontology and other related fields that will be benefitting the
lives of seniors. These scholarships can be worth up to \$1,200!

Download a scholarship information packet and application
at woodlandseniorcenterinc.org.



DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

First Wednesdays of the Month

4:00 pm (English), 5:30 pm (Spanish)

This is an introduction to diabetes self-management. This workshop is provided by Dignity Health. Recommended for anyone with diabetes, caring for someone with diabetes, or those looking to prevent diabetes.

You will learn how to:

- Improve your quality of life
- Prevent complications
- Improve your health by healthy eating
- Develop self-care skills
- Improve your communication with your healthcare provider
- Learn how to better utilize local resources

For more information, please call (530) 669-5531.

COMMISSION ON AGING MEETINGS

3rd Thursdays; 4:00 pm

Advocates for seniors, advisory board to the City Council and is open to the public. No meetings in July and December. Visit the website at cityofwoodland.org/seniors for agendas and minutes.

Commissioners:

Don Campbell

Eliza Bliss-Moreau

Kathy Harryman

Regan Overholt

Dan Rubin

SENIOR CENTER INC. BOARD MEETINGS

1st Thursdays; 9:30 am

Senior Center Inc. is a non-profit organization who raises money and helps plan programs and events for seniors. Meetings are open to the public. All members are invited to attend and participate in board meetings. See page 2 for more information.

COLLETTE TRAVEL

DISCOVER CROATIA, SLOVENIA, AND THE ADRIATIC COAST

October 16-29, 2025

Double \$6,349 per person, Single \$7,349 per person (book by April 17 to save \$150 per person)

The Woodland Senior Center partners with Collette Travel, Inc. to offer travel opportunities nationally and internationally! We have highlighted all of the upcoming trips in the Senior Gram. This month, we are highlighting the “Discover Croatia, Slovenia, and the Adriatic Coast” trip. (B) means breakfast is included, (L) means lunch is included, (D) means dinner is included. Check out the details below!

Day 1: Thursday, October 16, 2025 - Overnight Flight - Explore Croatia and the countries of the Adriatic, a region filled with ancient cities, medieval architecture, intriguing cultures with a complex recent history, rolling hills and stunning coastal scenery.

Day 2: Friday, October 17, 2025 - Zagreb, Croatia - Ljubljana, Slovenia - Tour Begins - Arrive in Zagreb, Croatia and travel* to Ljubljana, Slovenia, a romantic capital city in the midst of a cultural renaissance. Get to know your fellow travelers during a welcome dinner in this fairy tale town. (D)

Day 3: Saturday, October 18, 2025 - Ljubljana - This morning a local expert introduces you to beautiful Ljubljana. Nestled gently along the banks of the Ljubljanica River, the city is dotted with green parks, picturesque bridges, sidewalk cafes and a lively central market. See Prešeren Square, the impressive City Hall, Ljubljana University, and the many bridges that the city is known for, such as Dragon Bridge where this majestic symbol of the city is on full display representing courage and power. Enjoy some free time for lunch in this vibrant town. In the early afternoon, travel towards Lake Bled nestled between the Julian Alps. Visit the centerpiece of Lake Bled, Bled Island, by a traditional wooden boat. Continue the afternoon in one of the most picturesque places in Slovenia. Perhaps you'll try the legendary Bled's cream cake before you return to Ljubljana. (B)



Day 4: Sunday, October 19, 2025 - Ljubljana - Novo Mesto - Opatija, Croatia - This morning, depart Ljubljana. Get to know more of Slovenia when you visit Novo Mesto, a small-town gem embraced by the Krka River and landscapes of gentle hills. View the town from a unique perspective as you drift along the famous river bend. Later, continue on a walking tour with your local guide. Enjoy your free time and lunch on your own. Continue to Croatia and the lovely seaside resort of Opatija, known as “Croatia’s Riviera.” This fashionable region was once the summer retreat for Roman Caesars and Habsburg Monarchs. Get acquainted with this coastal town on a brief walking tour. Your evening is at leisure. (B)

Day 5: Monday, October 20, 2025 - Opatija - Istrian Peninsula - Opatija - Start off your day with a leisurely spent morning. Spend the afternoon discovering the richness of the Istrian Peninsula with its Italian and Croatian influences. Visit a local distillery, where the owners use regional plants, fruits, and herbs to produce brandies, snacks, and other treats. Discover a pictureperfect example of a hilltop Istrian town. In the late afternoon, a delightful farm-to-table dinner at a local restaurant lets you sample the regional wines and culinary delicacies of the Istrian Peninsula. (B, D)

Day 6: Tuesday, October 21, 2025 - Opatija - Plitvice Lakes - This morning, depart for Plitvice Lakes, one of the oldest, largest, and most beautiful national parks in Croatia. Inspiring scenery is one of the wonders you'll experience at this designated UNESCO World Heritage site. Travel among the park's dense forests and terraced lakes, where waterfalls and free-flowing cascades connect one lake to the other. Enjoy a short cruise that takes you into the heart of this natural wonder that extends over 73,000 acres. Tonight, you will stay at a hotel in the small village near the National Park. (B, D)

Day 7: Wednesday, October 22, 2025 - Plitvice Lakes - Split From the forest landscapes of Plitvice Lakes travel through the Croatian countryside and stop in a traditional small village. Croatia has a long history creating high quality, artisanal prosciuttos, and this family-owned property we visit makes one of the best. After a short tour to learn how the meat is produced, enjoy a light lunch of homemade specialties. Arrive in Split, a seaside city full of Roman ruins and natural splendors. This afternoon set out on a walking tour featuring the impressive Diocletian's Palace (UNESCO), one of the most significant late Roman historical monuments built by Emperor Diocletian when he left Rome at the turn of the 4th century. Explore its Peristyle and the Cathedral of St. Dominus. This evening discover Split's gastronomy scene while dining on your own. (B, L)

Day 8: Thursday, October 23, 2025 - Split - This day is yours to relax and explore Split's coastal charms independently, or you might consider an optional trip to Trogir (UNESCO). This coastal gem is renowned for its picturesque Venetian architecture, medieval walls, towering cathedrals, prominent stone houses and scenic charm. This evening, enjoy typical Dalmatian cuisine during dinner at a cozy local restaurant. (B, D)

Day 9: Friday, October 24, 2025 - Split - Dubrovnik - Savor stunning sea views as you travel the winding coastal road, hugging the sheer cliffs that drop dramatically into the aquamarine of the Adriatic Sea. Stop in a quaint village in the Dalmatian countryside where a local family hosts you for a delicious lunch made from ingredients produced from the valley near their home. Learn about village life and listen to Croatian folk music played on the “lijerica,” a traditional instrument. Continue to Dubrovnik, a city of twisting cobblestone streets and burntorange rooftops, rich in history and charm. (B, L)

Day 10: Saturday, October 25, 2025 - Dubrovnik - Join a local guide on a tour of the “Old Dubrovnik,” a UNESCO World Heritage site. Visit the Franciscan Monastery, where Europe's oldest pharmacy resides, and see Dubrovnik's many historical sites like the Rector's Palace, Sponza Palace, Dubrovnik Cathedral, and Old Town's famous main street, Stradun. This afternoon, it's your choice! Ascend Mount Srđ by cable car for breathtaking views of the Old City of Dubrovnik, the crystal-clear Adriatic Sea, and the islands - OR - receive a ticket to access the walls that contain the old city of Dubrovnik and gain a different perspective on this remarkable place. Tonight enjoy your dinner in a local restaurant. (B, D)

Day 11: Sunday, October 26, 2025 - Dubrovnik - Spend today at leisure relaxing or independently exploring the marble streets and beautiful baroque buildings of Dubrovnik's breathtaking Old Town. Or perhaps you'll embark on an optional tour to the culturally rich Konavle region, where you'll be welcomed at a family-owned vineyard to learn about their cultivation and production methods before indulging in a tasting of their wines. Then, experience lunch at a locally owned restaurant that prepares culturally rich recipes prepared in traditional ways passed down for generations. (B)

Day 12: Monday, October 27, 2025 - Dubrovnik - Zagreb, Croatia - This morning we depart Dubrovnik and travel to lovely Cavtat, a coastal resort town. After a short tour reveals its highlights, enjoy free time to grab coffee or lunch at one of its seaside cafes. Continue to the airport for a short flight* to Zagreb, the capital of Croatia. A late afternoon tour highlights the best of Croatia's capital that has marked the intersection of Eastern and Central Europe for more than 1000 years. Join the world's shortest ride at one of the most beautiful funiculars in Europe to the charming upper town. (B)

Day 13: Tuesday, October 28, 2025 - Zagreb - The day is yours to explore Zagreb however you wish! Explore old towns' two medieval settlements, stroll the many open squares and parks, or enjoy the Dolac Market. Or perhaps you will choose to take an optional tour to Croatia's Zagorje region with visits to historic Kumrovec and the foodie favorite of Samobor. This evening a farewell dinner in a local restaurant. celebrates the end of an unforgettable trip with dinner at one of Zagreb's local restaurants. (B, D)

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Day 14: Wednesday, October 29, 2025 - Zagreb - Tour Ends - Your tour comes to an end in Zagreb this morning. (B)

AFFORDABLE ADVENTURES

Travel with friends and have a great time. Senior Center Inc. plans routine local trips. Sign up at the Welcome Desk, or call (530) 661-2001 for more information.

SKY RIVER CASINO (SIGN UP BY FEB. 20)

Wednesday March 19; \$55/person (SCI members get \$5 off)

Zone 50 Wednesday Senior Day includes \$10 free play, \$5 food with \$10 purchase at the Food Market. New Sky River Members get \$15 free play on signup, plus Zone 50 perks listed above. The signup deadline for this trip is February 20!

CLASSIC CALIFORNIA COASTAL CRUISE

April 20-27

Call Karla Glasner, Princess Cruise Rep. (800) 901-1172 to sign up

Prices vary based on purchases

All aboard the Ruby Princess! Join your Senior Center friends on this great cruise. You have to indicate "Woodland Senior Center" when signing up. Leaving from San Francisco. 4 ports: Santa Barbara, Los Angeles, San Diego, Ensenada. Bus signups TBD.

ANNUAL SNOW TRAIN

May 14-16; \$310/person double, \$385/person single (SCI members \$10 off)

3 days, 2 nights at El Dorado Reno. Includes round-trip Amtrak ticket, El Dorado show (TBD), hotel shuttle, luggage service, and parking at Davis Amtrak station.

ROSIE THE RIVETER NATIONAL HISTORIC PARK

May 27; \$100/person (SCI members \$5 off)

Explore the center and watch a film. Walking Tour of the Rosie the Riveter Memorial Park and Ford Assembly Plant. Enjoy views of the bay and the SS Red Oak Victory Ship. Includes lunch at Golden Gate Bistro.

MUSIC CIRCUS "HELLO DOLLY"

June 22; \$120/person (SCI members \$5 off)

This ebullient and irresistible musical theatre classic glitters with happy songs, highenergy choreography and elaborate costumes. The indomitable matchmaker Dolly Levi rediscovers love for herself as she introduces romance into the lives of wealthy shopkeeper Horace Vandergelder, his niece and two sheltered clerks. Features "It Only Takes A Moment," "Put On Your Sunday Clothes" and the title number, one of the most beloved songs in American musical comedy.

**Call the Welcome Desk at (530) 661-2001 for more information.
Register at the Welcome Desk, 2001 East St. M-F 8:00 am-3:00 pm.**



CITY OF
WOODLAND
CALIFORNIA

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

Nonprofit Organization
U.S. POSTAGE PAID
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Woodland, CA

Address Service Requested



Senior Gram

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Bark your calendars:
Senior Resource Fair
Thursday May 22
9:00 am-12:00 pm

