

## **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](http://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](http://yolotaxes.org).

## **ALZHEIMER'S ASSOCIATION EDUCATION SERIES**

*RSVP to 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.

### ***ADVANCE HEALTH CARE DIRECTIVE (AHCD) & POLST - Tuesday June 3, 10:00 am***

Advance planning is the best way to ensure your wishes are honored and alleviates the worry of others about acting on your behalf. This presentation will provide up-to-date information on options for making your wishes known through an Advance Health Care Directive (AHCD), including the POLST (Physician's Order for Life-Sustaining Treatment) which is becoming the standard in health care and community settings.

## **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.

## **MEDICARE MADE SIMPLE**

*Thursday, April 10; 10:00 am*

*RSVP to the Welcome Desk, (530) 661-2001*

You will learn the basics of the Federal healthcare program for those who qualify at age 65 or due to a disability. We will not have time to cover every aspect but will review the most important features that affect most people. This will include an explanation of Part A Hospital coverage, Part B Medical coverage, Part D Prescription Drug Plans, Medicare Supplement Plans, Medicare Advantage Plans, the various enrollment periods, how to avoid penalties and how to decide if a Supplement or Advantage plan is best for your health care needs and budget.

## **SENIOR RESOURCE FAIR**

*Thursday, May 22; 9:00 am-12:00 pm*

The Woodland Senior Resource Fair is a FREE event that highlights the programs, services, and products available to Woodland (and Yolo County) seniors. Join the nearly 80 vendors in the areas of: healthcare, adaptive devices, non-profits, Medicare assistance, living facilities, recreational groups, volunteer groups, legal services, governmental services, and more. This event is hosted by the Woodland Commission on Aging and is sponsored by Woodland Senior Center Inc.

## **NAVINGATING THROUGH THE PROCESS OF DOWNSIZING**

*Wednesday, May 28; 10:00 am*

*RSVP to the Welcome Desk, (530) 661-2001*

This seminar will discuss many of the important aspects for people who are interested in downsizing their assets. A professional financial advisor, senior placement specialist, and real estate specialist will be on hand to offer information and answer questions. They will be discussing the importance of having a financial plan, senior living options, reducing belongings, and timing the sale of your home. RSVP to the Welcome Desk, (530) 661-2001.

# WOODLAND SENIOR CENTER

2001 East St. | Woodland, CA 95776 | (530) 661-2001 | [cityofwoodland.gov/seniors](http://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](http://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 | Taking waitlist now  |
| 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, arrive by 10:15 am |
| Bridge for Fun                | Wednesdays | 12:00-3:00 pm    | Drop-in                     |
| Chess Club                    | Thursdays  | 9:00 am          | 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

|   |                                      |  |                |
|---|--------------------------------------|--|----------------|
| <b><u>Call (530) 661-2001 for more information!</u></b> |                                      |  |                |
| 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 |
|   | <i>\$2 donation per ride</i>         | <i>Call to make a ride appointment</i> |                |
| 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**

## Groundhog Day

**Monday, March 10**

**Comedy**

**1993 - PG - 1h 36m**

A weather man (Bill Murray) is reluctantly sent to cover a story about a weather forecasting "rat" (as he calls it). This is his fourth year on the story, and he makes no effort to hide his frustration. On awaking the 'following' day, he discovers that it's Groundhog Day again, and again, and again. First he uses this to his advantage, then comes the realization that he is doomed to spend the rest of eternity in the same place, seeing the same people do the same thing every day.

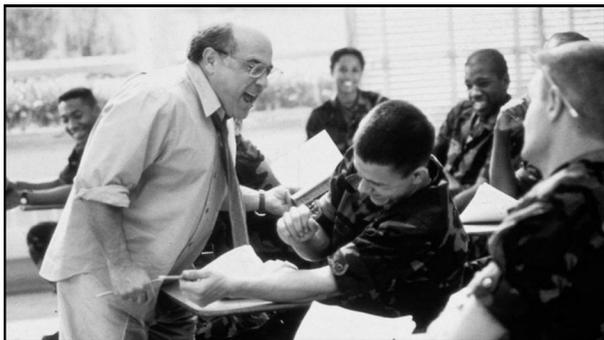


## Renaissance Man

**Monday, March 24**

**Comedy / Drama**

**2003 - PG-13 - 2h 05m**



After getting canned from his advertising job, down-and-out divorcé Bill Rago (Danny DeVito) gets a gig teaching English at a nearby army base. There, he takes on a group of underachieving students from poor backgrounds who seem apathetic about their education. Bill becomes frustrated, but finally turns the class around when he begins discussing "Hamlet." However, Sgt. Cass (Gregory Hines), a hardened drill instructor, is skeptical of Bill's teaching methods.

**12:10 pm—Doors open**

**12:15 pm—Refreshments served**

**12:30 pm—Movie starts**

***50+ only please!***

# **RECREATION CLASSES AVAILABLE**

Contact the Community Services Department at (530) 661-2000 to sign up for one of these great classes offered at the Woodland Community & Senior Center. \*Extra fees apply to non-Woodland residents.

## **EVERYDAY YOGA**

*Mondays; 9:00-10:00 am*

*Thursdays; 5:00-6:00 pm*

*\$5\*/class session*

*Instructor: Minakhi Sarma*

This course will combine yoga and strength training for overall health and wellness. Yoga lessons will include basic yoga postures suitable for everybody, and pranayama (breathing technique).

## **ROCK STEADY BOXING**

*Wednesdays & Fridays; 9:00-10:00 am*

*\$20\*/month*

*Instructor: Steve Bonnel*

Rock Steady Boxing is a non-contact boxing program designed specifically for people with Parkinson's disease. It aims to improve quality of life through exercises that enhance balance, strength, agility, and overall fitness. Participants need a physician's release to participate.

## **T'AI CHI & QI GONG**

*Mondays (beginning); 8:50-9:50 am*

*Fridays (intermediate); 9:00-10:00 am*

*\$50\*/person for 4 classes (punch card)*

*Instructor: Tina Kejie Duan*

This course includes a variety of Tai Chi and Qi Gong movements and routines suitable for both beginners and experienced class members. It can be done standing or sitting in a chair. Tai Chi and Qi Gong use specific external movements to stimulate and enhance internal energy circulations, and as a result, the body's defense systems are strengthened.

## **DANCE FITNESS**

*Mondays; 10:15-11:15 am*

*\$50\*/person for 4 classes (punch card)*

*Instructor: Tina Kejie Duan*

Dance Fitness is a low-medium impact dance workout with rich content and diverse styles, including: jazz, Latin, Zumba, hip-hop, line dance, and kickboxing, then finish with a whole-body stretch.

# **BILLIARDS ROOM**

*Monday-Friday*

*Drop-In Play 8:15 am-2:45 pm*

*OPEN TO ALL SENIORS 50+*

A 7' pool table is now featured at the Woodland Senior Center. Any senior 50 and over can play. Anyone playing must check in with the Welcome Desk to leave their driver license or California ID for the pool balls. There are loaner cues available. If there is a wait, play one game and winner stays. No reservations, first-come-first-served.



# ***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!**

## **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](http://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.



# CAFÉ YOLO

*Wednesdays; 11:00 am-12:00 pm*

*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**.

## March 5

Chicken Paprikash  
Brown Rice  
Broccoli

## March 12

Beef Mostaccioli  
Broccoli  
Baked Applesauce  
Wheat Bread

## March 19

Cilantro Chicken  
White Rice  
Glazed Carrots  
Wheat Bread

## March 26

Lasagna (veggie)  
Brussels Sprouts  
Sliced Pears  
Wheat Bread

# 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:

## March 7

Planning Summer Vegetable  
Gardens

## April 11\*

Totally Tomatoes

## May 9\*

Floral Arranging

## June 13\*

Water Efficiency in your Garden

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

**!! NEW !! NEW !! NEW !! NEW !!**

# CHESS CLUB

Anyone want to play chess? Let's get together on Thursdays at 9:00 am.





## 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](http://ymcasuperiorcal.org/WoodlandYMCA)

## FREE NOTARY SERVICE FOR SENIOR CENTER INC. MEMBERS

*Call Mimi for an Appointment  
(530) 383-4608*

Current Woodland Senior Center Inc. members (Century Club and annual members) are eligible to receive **FREE NOTARY SERVICES** by appointment only for calendar-year 2025. Here are the services that can be provided:

- Acknowledgements
- Oaths or Affirmations
- Trusts
- Durable Power of Attorneys
- Contracts
- Affidavits
- I9 Verifications
- DMV Forms
- Immigration Forms
- Witness for Documents

Here's what you need:

- Your Completed Documents
- A government-issued picture ID that shows a serial number or identification number, with your signature

## 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)*

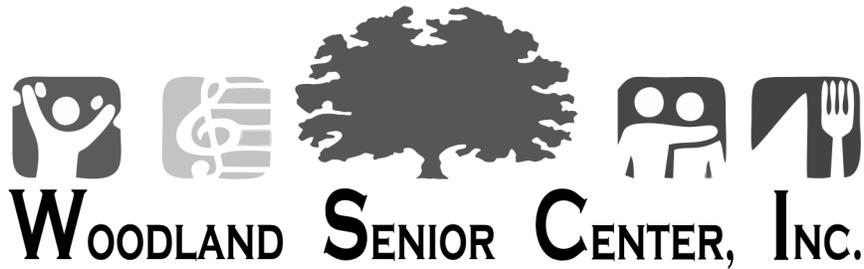
This class facilitates participants writing their own stories. Sessions are to share stories with others, receive feedback, and have fun. Register at the Community Services desk.

## 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](http://woodlandseniorcenterinc.org).





## **WOODLAND SENIOR CENTER INC. MEMBERSHIP & INSTALLATION DINNER**

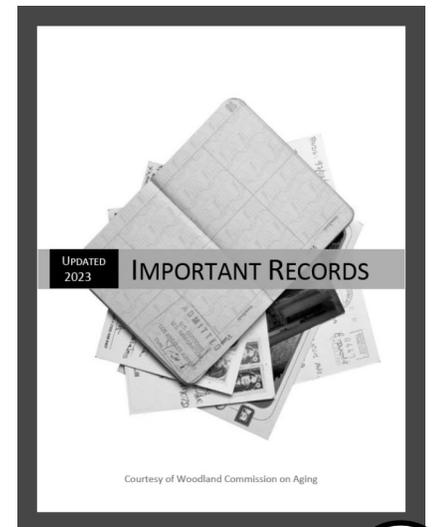
*Thursday, May 8  
Doors at 5:00 pm, Dinner served at 5:30 pm*

*Members RSVP at the Welcome Desk  
(530) 661-2001*

This annual event is for Woodland Senior Center Inc. members. The board will be installing new board members or renewing board members' spots. Dinner is free! Sign up as a member to attend. Call the Welcome Desk to reserve your spot.

### **IMPORTANT RECORDS**

End-of-life topics are often difficult to prepare for. The Woodland Commission on Aging offers a tool to help seniors collect all of their important information in one place. From key documents to device passwords, it's crucial to leave clear instructions behind for family members to follow. Pick up an "Important Records" packet at the Woodland Senior Center Welcome Desk. You can also download and print the packet online at [cityofwoodland.org/seniors](http://cityofwoodland.org/seniors).



# COLLETTE TRAVEL

## BRANSON HOLIDAY SPECTACULAR

*November 4-10, 2025*

*Double \$4,328 per person, Single \$5,028 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 “*Branson Holiday Spectacular*” trip. (B) means breakfast is included, (L) means lunch is included, (D) means dinner is included. Check out the details below!

### **Day 1: Tuesday, November 4, 2025 - Branson, Missouri -**

Arrive in Branson, Missouri located in the beautiful Ozark Mountains one of the premier vacation destinations in the central United States. Branson is known for its wonderful live entertainment, its many attractions, and the stunning beauty of the Ozarks.



**Day 2: Wednesday, November 5, 2025 - Branson -** Begin the day with a campus tour of the College of the Ozarks, a unique liberal arts school founded in 1906. This afternoon, catch a performance by the famed Irish singer, Daniel O’Donnell.\* Join your fellow travelers for a welcome dinner this evening. (B, D)

**Day 3: Thursday, November 6, 2025 - Branson -** This morning, you’re in for a truly riveting performance at the Clay Cooper Country Music Express Show.\* A musical chameleon, Clay performs a variety of musical styles alongside talented cast members. Following the show, enjoy a guided tour of Branson. Continue to the Branson Craft Mill Village, filled with handcrafted items like quilts, jewelry, and leather goods and specialties like candies and fudge. This evening, enjoy more of Branson’s famous live entertainment. (B)

**Day 4: Friday, November 7, 2025 - Branson - Springfield - Branson -** This morning, visit the Titanic Museum Attraction in Branson. This interactive museum lets “passengers” experience what it was like to walk the hallways, parlors, cabins, and Grand Staircase of the Titanic, and features more than 400 artifacts from the ship and its passengers. Next, catch lunch at Lambert’s Café, “home of the throwed rolls.” This afternoon, discover the beauty of the Fantastic Caverns as you ride through the cave in a Jeep-drawn tram. (B, L)

**Day 5: Saturday, November 8, 2025 - Branson -** Spend some free time exploring Downtown Branson. The free trolley, Sparky, provides transportation between The Historic Downtown district and Branson Landing, ideal for strolling, dining, and shopping. This afternoon, visit the Sight & Sound Theater\* for an epic experience of the landmark production of Noah. Your day of fun continues with dinner at Mel’s Hard Luck Diner, a 1950’s themed diner complete with singing waitstaff. Cap off your evening with a performance of American roots music by The Petersens.\* (B, D)

**Day 6: Sunday, November 9, 2025 - Branson -** Your morning in Branson is at leisure. You might wish to visit a local museum, shop at the Tanger Outlet Mall, or see a morning show on your own. This afternoon, get into the holiday spirit with Christmas at Dolly Parton’s Stampede,\* where you’ll enjoy music, dancing, and professional horse riders performing incredible stunts along with a delicious 4-course dinner. (B, D)

**10 Day 7: Monday, November 10, 2025 - Branson -** Tour Ends Today your tour comes to an end. As you venture home, take the spirit and the warmth of the Ozarks with you. (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 NOW)**

*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. There are 16 spots left, reserve yours now!

## **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.

## **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, high-energy 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.**

## **THRIFT STORE**

***Monday-Friday, 9:30 am-12:00 pm***

***2nd & 4th Wednesdays, 4:00-6:00 pm***

The Senior Center Inc. Thrift Store accepts donations of clothes, household items, décor, and more. No electronics, old books, videos, furniture, broken, or dirty items will be accepted. Volunteers reserve the right to refuse donations. Do not leave donations outside of the doors. If you aren't sure, call the Welcome Desk to ask what to bring. (530) 661-2001.



CITY OF  
**WOODLAND**  
CALIFORNIA

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

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

**Address Service Requested**

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# *Senior Gram*

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