

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.

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.

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.

HEALTHIER LIVING WORKSHOP

Tuesdays, April 15-May 20 (6 weeks); 11:00 am-1:00 pm

RSVP with Dignity Health, (530) 669-5531

The Healthier Living Workshop will build the participant's confidence in their ability to manage their health and maintain active and fulfilling lives. Each participant is guided to tailor the workshop content to their own needs. Participants will learn techniques to deal with symptoms of chronic conditions, such as: fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems such as depression, anger, fear, and frustration. This is an evidence-based curriculum with a trained community health leader. This program is made possible by Dignity Health.

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. IF YOU NEED A RIDE and are eligible, the Care Car will give you a ride. Call (530) 662-7800 to make a reservation for a ride to and from the dinner.

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
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	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

<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	<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

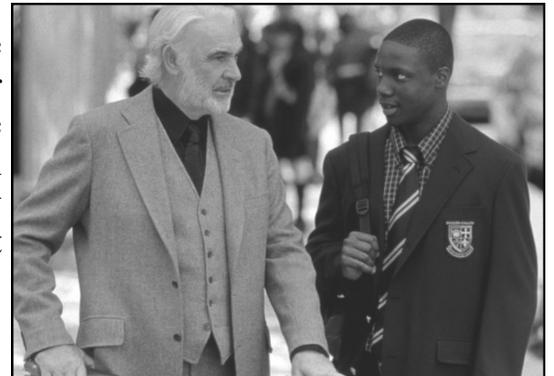
Finding Forrester

Monday, April 14

Drama

2000 - PG-13 - 2h 13m

A unique relationship develops between an eccentric, reclusive novelist (Sean Connery) and a young, amazingly gifted scholar-athlete (Rob Brown). After the novelist discovers that the young athlete is also an excellent writer and secretly takes him on as his protégé, they develop an unlikely friendship. As they learn more about each other, they learn more about themselves, and ultimately, with the help of his new mentor, the basketball star must choose the right path.



The Hundred-Foot Journey

Monday, April 28

Comedy / Drama

2014 - PG - 2h 02m



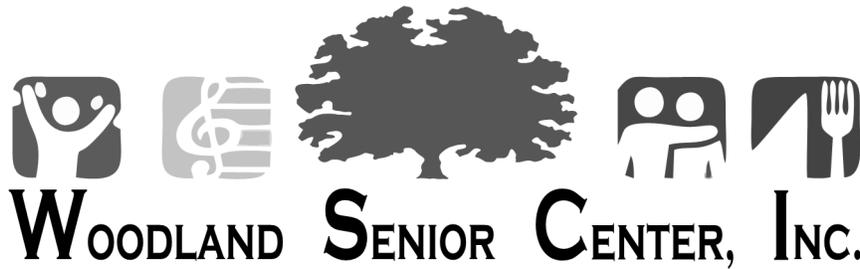
Hassan Kadam (Manish Dayal) is an extraordinarily talented and largely self-taught culinary novice. When he and his family are displaced from their native India and settle in a quaint French village, they decide to open an Indian eatery. However, Madame Mallory (Helen Mirren), the proprietress of an acclaimed restaurant just 100 feet away, strongly objects. War erupts between the two establishments, until Mallory recognizes Kadam's impressive epicurean gifts and takes him under her wing.

12:10 pm—Doors open

12:15 pm—Refreshments served

12:30 pm—Movie starts

50+ only please!



**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. IF YOU NEED A RIDE and are eligible, the Care Car will give you a ride. Call (530) 662-7800 to make a reservation for a ride to and from the dinner.

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**.

<i>April 2</i>	<i>April 9</i>	<i>April 16</i>	<i>April 23</i>	<i>April 30</i>
BBQ Chicken	Dijon Chicken	Beef & Brown	Pork Tips	Pineapple Chicken
Baby Carrots	Seasoned Rice	Rice Stuffed	Vegetables	Brown Fried Rice
Brown Rice	Peas&Carrots	Casserole	Mushroom	Asian Vegetable Blend
	Celebration Treat	Mixed Veggies	Brown Rice	

INTRODUCTION TO DIABETES SELF-MANAGEMENT WORKSHOP

First Wednesdays; 4:00-5:00 pm

RSVP with Dignity Health, (530) 669-5531

This Workshop is recommended for anybody with diabetes, caring for someone with diabetes, or those looking to prevent diabetes. You will learn how to improve quality of life, prevent complications, improve your health by healthy eating, develop self-care skills, improve your communication with your healthcare provider, and learn how to better utilize local resources. This program is made possible by Dignity Health.

TRAVEL PRESENTATION AFFORDABLE ADVENTURES COLLETTE TRAVEL

Thursday, June 5; 1:30 pm

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

Join Jan Bello of Affordable Adventures and Jay Fehan of Collette Travel for the next travel presentation at the Woodland Senior Center. Whether you want to stay local or travel abroad, there is a perfect trip for everyone! Come make friends and see the world! RSVP to the Welcome Desk.

KEY CONNECTIONS CO-LIVING

Monday June 30; 10:00 am

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

This program connects individuals seeking housing with individuals who have a room for rent. Do you have a room in your home you want to rent? Are you looking to rent a room or share a home? Key Connections Co-Living aims to ensure older adults continue to have meaningful social connections. Older adult homeowners can age in place in the communities they cherish. Older adult renters have access to secure affordable housing. This program is made possible by Agency on Aging, Area 4.



GARDENING ADVENTURES

2nd 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:

April 11

Totally Tomatoes

May 9

Floral Arranging

June 13

Water Efficiency in your Garden

July 11

Fairy Gardens &
Fair Entries Workshop

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.



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.



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

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!**

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.



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.

COLLETTE TRAVEL

NIAGARA FALLS TO NYC

October 15-22, 2025

Double \$5,048 per person, Single \$6,148 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 “*Niagara Falls to NYC*” trip. (B) means breakfast is included, (L) means lunch is included, (D) means dinner is included. Check out the details below!

Day 1: Wednesday, October 15, 2025 - Buffalo, New York - Let's go, Buffalo! Arrive at the Buffalo International Airport before heading to Niagara Falls - your home for the next three nights.

Day 2: Thursday, October 16, 2025 - Niagara Falls, New York - Today, you're taking to the water. Head to Lockport for a cruise on the historic Erie Canal. With 35 locks, this canal dates back to the 1800s. It was created to connect the Hudson and Niagara Rivers, allowing for large vessels to travel across New York state via water. After your canal cruise, enjoy lunch before your visit to another famed body of water: Niagara Falls. (B, L)

Day 3: Friday, October 17, 2025 - Niagara Falls, Canada - Get your passport ready! Today, cross the border into Canada to see the mighty Niagara Falls up close on your Maid of the Mist cruise. After, get acquainted with the charming town of Niagara-on-the-Lake, nestled along the shores of Lake Ontario and the Niagara River. Explore its Heritage District, which has a distinctly old fashioned atmosphere - perhaps visit an antique store or a cheese shop. See Fort George and Brock's Monument, stunning parks and gardens, vineyards and wineries, boutiques, art galleries, the centuries-old courthouse, and theatres. This town, which was the original capital of Upper Canada from 1792 to 1797, has something for everyone. Meander its streets and uncover its charm in your own way. This evening, before returning to your hotel, enjoy dinner with a fabulous view. (B, D)



Day 4: Saturday, October 18, 2025 - Niagara Falls, New York - Cooperstown - Guten tag, Canada and hello Sonnenberg Gardens and Mansion. Sonnenberg, German for “sunny hill,” plays home to nine formal gardens and a 40-room Queen Anne-style mansion. This time of year, asters, chrysanthemums, and some other seasonal flowers will dot the landscape. Continue your journey to the charming Central New York village of Cooperstown for the next two nights. (B, D)

Day 5: Sunday, October 19, 2025 - Cooperstown - Step through MLB history because today, you'll visit the National Baseball Hall of Fame and Museum. Take a look at artifacts like Babe Ruth's famous Yankees uniform or iconic home run bats. Stroll through the bronze Plaque Gallery highlighting history's most notable ball players. The afternoon is yours to enjoy Cooperstown. Consider visiting other nearby institutions like the Farmer's Museum or the Fenimore Art Museum, or popping into the quaint, tiny Cooperstown Diner for a bite. (B)

Day 6: Monday, October 20, 2025 - Cooperstown - West Point - New York City - Following the route of the Hudson River, trek south today to the home of the United States Military Academy, West Point. Learn about the prestigious academy's history, dating back to the early 1800s. After stopping for lunch at the West Point Club, continue to New York City, “the city that never sleeps.” (B, L)

Day 7: Tuesday, October 21, 2025 - New York City - Start your day with a fun-filled breakfast at the famous Ellen's Stardust Diner, a 50s-themed restaurant featuring a singing wait staff. After breakfast embrace the energy of this fascinating city on a locally guided tour of the “Big Apple.” You'll see Greenwich Village, the Wall Street district, Little Italy, Chinatown, Central Park, and other time-honored landmarks. Enjoy the afternoon at your leisure. Say farewell to this extraordinary city as we enjoy dinner at a local restaurant. (B, D)

Day 8: Wednesday, October 22, 2025 - New York City - Tour Ends - Your journey through the Empire State comes to a close today. (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.

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.**

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.



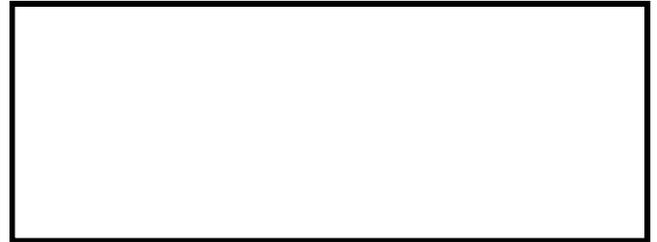


CITY OF
WOODLAND
CALIFORNIA

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

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

Address Service Requested



Senior Gram

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