

## **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.

### ***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.

## **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.

## **SENIOR FOCUS GROUP: COMMUNITY IMPROVEMENTS AND HOUSING PROGRAMS**

*Tuesday, May 27; 10:00 am*

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

The City of Woodland is developing a 5-year plan for community improvements and housing programs, and we need to make sure the unique perspectives of our seniors are included in the planning process. Please join the City's planning consultants for a focus group to discuss the needs and priorities you have for your community. Refreshments will be provided. You can visit [www.WoodlandCommunityPlans.com](http://www.WoodlandCommunityPlans.com) to learn more about this planning project and to take our survey.

## **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.

## **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.

## **UPCOMING EVENTS**

**Senior Center Inc. Ice Cream Social**  
Friday, July 4; 1:00-3:00 pm

**Teens Helping Seniors Spaghetti Feed**  
Thursday, July 24; 5:30 pm

**Household Document Shredding Event**  
Tuesday, September 16; Time TBA

# 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	Drop-in
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)	8:30-11:30 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
	\$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**

## Ocean's Eleven

**Monday, May 12**

**Comedy / Drama / Crime**

**2001 - PG-13 - 1h 56m**

Dapper Danny Ocean (George Clooney) is a man of action. Less than 24 hours into his parole from a New Jersey penitentiary, the wry, charismatic thief is already rolling out his next plan. Following three rules: Don't hurt anybody, don't steal from anyone who doesn't deserve it, and play the game like you've got nothing to lose. Danny orchestrates the most sophisticated, elaborate casino heist in history.



**NO MOVIE ON MONDAY MAY 26 (MEMORIAL DAY)**

**12:10 pm—Doors open**

**12:15 pm—Refreshments served**

**12:30 pm—Movie starts**

***50+ only please!***

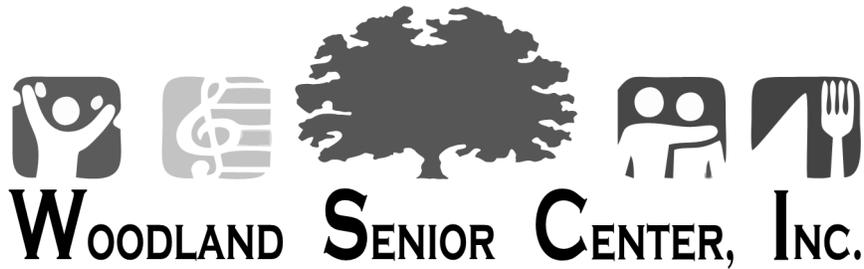
## ADULT SUMMER SPORTS

*Call (530) 661-2000 for more information*

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

<u>Sport</u>	<u>Season Starts</u>	<u>Registration Date</u>	<u>Team Fee</u>
Basketball*	June 2	May 23	\$625
Softball	June 12	May 30	\$650

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



**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>May 7</i>	<i>May 14</i>	<i>May 21</i>	<i>May 28</i>
Smothered Pork Cutlet	Beef Mostaccioli	Bean, Corn, & Cheese	Chicken & Noodles
Mashed Potatoes	Carrots	Enchiladas (vegetarian)	Broccoli & Cauliflower
Mixed Vegetables	Wheat Bread	Baked Tomatoes	Wheat Bread
Applesauce	Celebration Treat	Applesauce	Roasted Pineapple

# **WOODLAND SENIOR RESOURCE FAIR**

*PRESENTED BY THE COMMISSION ON AGING*



**THURSDAY, MAY 22, 2025**

**9:00 AM - 12:00 PM**

**WOODLAND COMMUNITY & SENIOR CENTER**

**2001 EAST ST.**

This free event open to anyone highlights programs, services, and products for adults 50 and older. There will be 80 organizations that will have tables with information and people to help answer questions about their services. Below is a list of confirmed vendors:

- 211 Yolo
- AARP
- Agency on Aging Area 4
- Alzheimer's Association
- Assembly Majority Leader Aguiar-Curry
- CA DOJ, Division of Medi-Cal Fraud & Elder Abuse
- California Department of Financial Protection & Innovation
- California Highway Patrol Woodland Area
- California Senior Legislature (CSL)
- CaptionCall
- Catholic Charities Yolo Solano
- CiminoCare
- City of Woodland Environmental Services
- Comfort Keepers
- Corner Drug Co.
- Crider Law Group
- Davis Senior Center
- Del Oro Caregiver Resource Center
- Elder Care Management
- Flying Needles Quilters' Guild
- Friends of the Woodland Library
- George Beach Insurance Services LLC
- Good Neighbors Transportation
- Gold Group Realty
- HHRG / health connect RPM
- HICAP - Health Insurance Counseling and Advocacy Program
- JustServe.org and 3rd Thursday Humanitarian Day
- Kaiser Permanente Senior Advantage
- League of Women Voters Yolo County
- Legal Services of Northern California
- Meals on Wheels Yolo County
- Monarch Hospice and Palliative Care
- MO's GO's Non Emergency Transport
- New Leaf Senior Transitions
- NextHome Family Tree Realty
- North Coast Energy Services
- Notary Rose
- Osher Lifelong Learning Institute at UC Davis
- REM Senior Day Program
- Resources for Independent Living
- Retired Public Employees' Association
- RISE Inc
- Senior Center Inc.
- Senior Helpers
- Solano Care Hospice
- Solano Life House
- Solera Asset Managers & Insurance Agency
- Sonin Law
- Spinetingers Book Repair Volunteers
- St. John's Village
- St. Luke's Episcopal Church
- Stroke Support Group
- Teens Helping Seniors
- The Californian Assisted Living & Dementia Care
- The Farmstead at Dixon
- Vaca Valley Living Memory Care
- Woodland Area Pickleball Association
- Woodland CA FamilySearch Center
- Woodland Community Care Car
- Woodland Community Harvest
- Woodland Fire Department
- Woodland Food Closet
- Woodland Host Lions
- Woodland Kiwanis
- Woodland Memorial Hospital Auxiliary
- Woodland Opera House
- Woodland Police Department
- Woodland Stompers Line Dance Group
- YMCA of Superior California
- Yolo County Adult Protective Services
- Yolo County Assessors, Clerk-Recorder, Elections
- Yolo County CASA
- Yolo County District Attorney
- Yolo County IHSS Public Authority
- Yolo County In-Home Supportive Services- HHSA
- Yolo County Library
- Yolo County Sheriff's Office - STARS
- Yolo County Sheriff's STARS
- Yolo Healthy Aging Alliance
- Yolo HHSA
- YoloCares

# TEENS HELPING SENIORS

**Seniors, if you need any help at all, whether it be gardening, painting, window washing, baseboards, or other housework, our teen workforce will be glad to assist you! Give Woodland's Teens Helping Seniors program the opportunity to volunteer with you!**

**You will have to provide all supplies and materials to get the job done, but we will drive (up to) six teens out to your home or property to help out with your task!**

**All you need to do is fill out a job request form (flip page) or call! It's that easy! Please submit as early as you can as the work times are limited.**

**If you have any questions about tasks, please don't hesitate to call 661-2024!**

**For:** Seniors in the Woodland community

**Times:** **June 9- August 8 (M-Th)**  
**9:00 am - 4:00 pm**

**Where:** Your home/property!  
*(we use your supplies)*

**Fee:** *Absolutely Free!*

**Register:** Fill out form on reverse side and submit to the following location:

*Woodland Community & Senior Center*  
*2001 East St.*  
*Woodland, CA 95776*

*...or call Marshall Echols*  
*(530) 661-2024*



**Parks  
Make  
Life  
Better!**



CITY OF  
**WOODLAND**  
CALIFORNIA

Community Services Department  
2001 East Street  
Woodland, CA 95776  
Phone: (530) 661-2000  
[www.cityofwoodland.gov](http://www.cityofwoodland.gov)



**TEENS HELPING SENIORS – JOB REQUEST FORM**

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_

**JOB REQUEST (please list projects by priority):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**REQUESTED WORK DATE: (Monday–Thursday only)**

**1<sup>st</sup> choice:**    \_\_\_\_ / \_\_\_\_ / **2025**

- (select one)     **Morning**            (9:00 am – 12:00 pm)
- Afternoon**        (1:00 pm – 4:00 pm)

**2<sup>nd</sup> choice:**    \_\_\_\_ / \_\_\_\_ / **2025**

- (select one)     **Morning**            (9:00 am – 12:00 pm)
- Afternoon**        (1:00 pm – 4:00 pm)

**Please submit this completed form to the following location:**

**Woodland Community and Senior Center**  
**2001 East St.**  
**Woodland, CA 95776**

# **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

## **TRAVEL PRESENTATION AFFORDABLE ADVENTURES COLLETTE TRAVEL**

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*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.

## **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).

# COLLETTE TRAVEL

## SPOTLIGHT ON THE FRENCH RIVIERA

February 26-March 6, 2026

Book before August 27, 2025 and save \$650 per person

Double \$4,448 per person, Single \$5,148 per person (optional extension to Paris available)

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 “*Spotlight on the French Riviera*” trip. (B) means breakfast is included, (L) means lunch is included, (D) means dinner is included. Check out the details below!

**Day 1: Thursday, February 26, 2026 - Overnight Flight** - It's time to live the good life and embark on a getaway to the fabulous French Riviera, or Côte d'Azur. With its elegant coastal resorts, superb eateries, chic boutiques, and captivating museums, it's the ultimate sunny retreat for the elite. Unpack your bags just once and stay at a single hotel for your entire adventure, which begins with an overnight flight to France.



**Day 2: Friday, February 27, 2026 - Nice (French Riviera), France - Tour Begins** - Your tour commences in the stunning city of Nice, a coastal pearl of the Mediterranean known for its legendary opulence and balmy beaches. With an average of 300 sunny days per year, Nice is a seaside paradise. This evening, join your fellow travelers for a welcome dinner in Vieux Nice featuring Mediterranean-inspired French cuisine. (D)

**Day 3: Saturday, February 28, 2026 - Nice** - Step into the shoes of a local and navigate the tram this morning. Get familiar with the routes and use it to your advantage during some free time.

With a local expert, discover Nice by meandering through the city's famed and colorful flower market. Then, delve into the Old Town, sampling local delicacies while on a tasting tour. The rest of the day is yours. Perhaps you'll return to your hotel and stroll along the lively seafront Promenade des Anglais. You may even stay downtown and visit one of Nice's world-class art galleries, such as the Chagall or the Matisse museums. Maybe you'll find your favorite café for the week and soak in the local life. (B, L)

**Day 4: Sunday, March 1, 2026 - Nice - Monaco - Monte Carlo - Nice** - Travel along the spectacular Corniche coastal road to the Principality of Monaco. On a walking tour, view the changing of the guards and visit the Cathedral of Monaco – the permanent resting place of Prince Rainier III and Princess Grace. Then it's your choice! Explore the tiny country on a panoramic Little Train tour\* taking you across to Monte Carlo for views of its famous casino -OR- visit the Oceanographic Museum, perusing its aquarium and the collection of fossils and skeletons amassed by the great researcher Jacques Cousteau. (B)

**Day 5: Monday, March 2, 2026 - Nice - Grasse - Nice** - Today, learn the secrets of perfume making during a hands-on workshop and tour of the Fragonard perfumery, where fragrant formulations have been prepared since 1782. Spend time soaking up the atmosphere of this charming Provençal hill town before returning to Nice for an evening at leisure. (B)

**Day 6: Tuesday, March 3, 2026 - Nice - Cannes - Nice** - Journey to the countryside to get to know a family-run winery's story. Pause to taste the locally produced wine before continuing to Cannes to perhaps rub elbows with Europe's elite. Walk in the footsteps of celebrities when you see the Film Festival Palace and the iconic red carpet featured during the Cannes Film Festival. During your free time, explore the cobbled lanes of the Le Suquet neighborhood or the lively Forville farmers' market. Then return to Nice in the late afternoon. In Nice this evening, savor a tasting menu highlighting the delights of the south of France. (B, D)

**Day 7: Wednesday, March 4, 2026 - Nice - Saint-Jean-CapFerrat - Nice** - Head to Saint-Jean-Cap-Ferrat, referred to as the crown jewel of the French Riviera, where you'll visit the impressive Villa Ephrussi de Rothschild. Uncover the lush gardens replete with jaw-dropping views of the Mediterranean Sea. Your visit to the villa is complete with lunch served in the charming tearoom overlooking the Bay of Villefranche. Back in Nice, enjoy free time to relax and take in the laid-back atmosphere along the Riviera. Perhaps you'll join an optional excursion that takes you to the Italian French village of Menton, and after working up an appetite, to savor a peaceful dinner in the medieval village of Èze. (B, L)

**Day 8: Thursday, March 5, 2026 - Nice - St. Paul de Vence - Nice** - This morning, venture to historic St. Paul de Vence, situated atop a hill overlooking the beautiful countryside of Provence. Explore this walled medieval village, soaking in its distinctive light, said to have inspired Matisse, Braque, Chagall, and other artists. This evening, join your fellow travelers for a farewell dinner celebrating the end of an unforgettable trip. (B, D)

**Day 9: Friday, March 6, 2026 - Nice - Tour Ends** - Depart for home with many wonderful memories of your journey through the Cote d'Azur. (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](http://cityofwoodland.org/seniors) for agendas and minutes.

### **Commissioners:**

**Don Campbell**  
**Kathy Harryman**  
**Regan Overholt**  
**Dan Rubin**  
*1 vacancy*

## **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](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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**The Woodland Community &  
Senior Center will be closed on  
Monday May 26 in observance  
of Memorial Day.**



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# *Senior Gram*

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