

THIS WIDE WORLD - VIDEO TRAVEL DIARY

Tuesdays; 10:00-11:00 am

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

Ralph and Ardeen Quinn traveled far and wide over a period of 25 years. In her memory, Ralph presents a personal series of video programs with background music and live commentary. Join them as they view memorable scenes from China to Turkiye and from Iceland to Antarctica! RSVP to the Welcome Desk, (530) 661-2001.

ICE CREAM SOCIAL

Friday, July 4; 1:00-3:00 pm

Cost \$2 at the door; ALL AGES

Woodland Senior Center, Inc. hosts another annual tradition: ice cream and cookies on the 4th of July! Raffle tickets available for sale with several raffle prizes available. Be sure to stop by!

SPAGHETTI FEED FUNDRAISER

Thursday, July 24; doors at 5:00 pm, dinner at 5:30 pm

\$3 for SCI members, \$4 for non-members, \$5 at the door

RSVP and donate at the Welcome Desk, limited space!

The Teens Helping Seniors volunteers work hard all summer serving people at their own homes. To reward these volunteers, they are taken to the Santa Cruz Beach Boardwalk at the end of the summer. They use the donations from their work and from the spaghetti feed to fund their entire trip, from unlimited rides to good food all day. The spaghetti sauce is made using locally-sourced ingredients from Food Front community partners. RSVP and donate at the Welcome Desk at (530) 661-2001.

AARP SMART DRIVER PROGRAM

Thursdays, August 14 & 21; 1:00-5:00 pm

\$20 AARP members, \$25 non-AARP members (payable at the first class)

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

The AARP Smart Driver program is back at the Woodland Senior Center. This class may save you some money on your car insurance, check to see if it is available for you. You must attend both days for completion. See page 5 for more details.

UTILITY ASSISTANCE PROGRAM

Qualified homeowners can apply for the City of Woodland's Utility Assistance Program, which is sponsored by Measure R. You may be able to save \$30 per month on your energy bill. Stop by the senior center to pick up your application. Your household's gross income must not exceed the PG&E CARE and FERA program guidelines. Please refer to pge.com for those guidelines. For more information, please call (530) 661-5831.

FOOD BANK DISTRIBUTIONS MOVE TO MORNINGS FOR SUMMER

The Yolo Food Bank conducts a food distribution in the back of the Woodland Community & Senior Center every 2nd and 4th Wednesday of the month at 5:00 pm. For June, July, and August, the food distribution will begin at 8:30 am instead in order to beat the heat. THE THRIFT STORE WILL NOT BE OPEN ON IN THE EVENING DURING JUNE, JULY, AND AUGUST. If you have any questions, you can contact the Yolo Food Bank at (530) 668-0690.

CONSTRUCTION UPDATE

There's a lot of dust being kicked up at the Woodland Community & Senior Center. On the north side of the building, a new pool is being constructed, which is expected to be complete by December 2025. On the west side, the front lawn is being converted into 100 more parking stalls, expected to be complete by October 2025. There may be interruptions to parking and driving through the parking lot, so please be patient and prepared. See page 6 for more details.

**THE WOODLAND COMMUNITY & SENIOR CENTER
WILL BE CLOSED FRIDAY, JULY 4
IN OBSERVANCE OF INDEPENDENCE DAY (ICE CREAM SOCIAL STILL HAPPENING)**

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	Drop-in
Writing Life Stories	Thursday	2:00-4:00 pm	\$20*/quarter

Exercise Classes

Aquatics Activities	Charles Brooks Swim Center	155 N. West St.	Call (530) 661-2000
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
Matter of Balance	Tue/Thu	10:00 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

<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
	<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

A Man Called Otto

Monday, July 14

Comedy / Drama

2023 - PG-13 - 2h 06m

Based on the comical and moving New York Times bestseller, *A Man Called Otto* tells the story of Otto Anderson (Tom Hanks), a grumpy widower whose only joy comes from criticizing and judging his exasperated neighbors. When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unexpected friendship that will turn his world upside-down.



Liar Liar

Monday, July 28

Comedy

1997 - PG-13 - 1h 27m

Conniving attorney Fletcher Reede is an ace in the courtroom, but his dishonesty and devotion to work ruin his relationships. His wife, Audrey, has left him for a more dependable man, and Fletcher often breaks the commitments he makes to his beloved son, Max. When Max wishes his dad would stop lying for 24 hours, Fletcher suddenly finds that he can only speak the truth, on the day his career-deciding court case has to be won.



12:10 pm—Doors open

12:15 pm—Refreshments served

12:30 pm—Movie starts

50+ only please!

SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

NEW
CONTENT
ADDED!

Date & Time:

This is an 8-hour class divided into two 4-hour sessions:

August 14th 1:00 p.m. to 5:00 p.m.

August 21st 1:00 p.m. to 5:00 p.m.

Location:

Woodland Senior Center
2001 East Street
Woodland, CA 95776

Register:

Call the Senior Center at (530) 661-2001 to register

Registration fee will be collected at the first session--cash or check please

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit: www.aarp.org/driving36
Call: 1-888-773-7160

* Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

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.

CONSTRUCTION UPDATES!



Southeast Aquatics Center: There are two pools being built on the campus of the Woodland Community & Senior Center. The overall project completion is currently estimated at 60%, with the forecasted completion date still in mid-December 2025. At both pools, the primary structural elements (rebar and shotcrete/concrete) have been constructed. Work is now progressing to tile installation. Finished site grading and aggregate base compaction are in progress around the pools, in preparation for the concrete deck pour currently scheduled for mid- to late-July. For the office/locker room structure being built, plumbing and

electrical rough-in are complete, and drywall has started. The completion date for the office/locker room building is projected for October.

Parking Lot Expansion: The front lawn at the Woodland Community & Senior Center is being converted to 100 additional parking spaces (including handicap accessible spaces), in anticipation of increased use from the pool. Site clearing and demolition operations were completed mid-June. Next, underground storm drainage lines will be installed, and rough grading and subgrade compaction are progressing. The preliminary schedule anticipates the major



elements of the parking lot (paving, concrete, striping, drainage, and lighting) will be complete by the end of August. Landscaping is scheduled for September.

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!**

SCI SCHOLARSHIP AWARDED!

Diana Reyes-Meza has been awarded the Woodland Senior Center Inc. Student Scholarship for 2025. Diana, a Pioneer High School graduate, is a student at UC Davis with the academic goal to become a physician's assistant. She says, "As a medical provider, I will strive to help the individuals that are in need of my help and truly make an impact on my community." Besides her college studies, she has worked with elderly people with special needs. Congratulations, Diana!



WRITING LIFE STORIES

Writing Life Stories is a program that engages with talented seniors who come together, discuss writing prompts, and share their life stories through literature. Whether it is a lighthearted short story or one that is more reflective, everyone is encouraged to write a story inspired by their life (or fiction) to share. This is a community of writers who learn from each other and craft their own writing. Below is a featured story by a member of the group:

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“The Fight Inside” By Mary Delfin

My daughter told me to lie down today. “Your body is tired,” she said, so kindly. She meant well – she always does. But I didn’t want to rest. I wanted to go. My body begged for stillness, but my mind was wide awake, looking out the window, wondering what the world was doing without me.

There’s a fight inside me. Every day now. My bones, my knees, my balance – they’ve all grown soft and unpredictable. I can’t trust them like I used to. I move slowly, and I know it makes things harder for others. I see it in their eyes when they reach out a hand to help me walk or lift me from a chair. I feel awkward then. Helpless. I want to say, “Let me do it myself.” But sometimes, I can’t.

And it’s not just the body – it’s how people change around it. I’ve had friends not invite me places because it’s “too much trouble.” They don’t mean to be cruel. But it stings. It makes me feel like a child again – the kind no one wants on their team. Left out. Too slow, too much.

And so I sit in my chair, hands folded, pretending I didn’t notice they went without me.

I am grateful – so grateful – for the family that loves me. They are good to me, generous with their care, and gentile with my pride. But still... I wrestle with the feeling that I’m placing a

weight on their shoulders. That I am becoming someone to manage, not someone to include. That’s the hardest part.

I miss being the strong one. I miss the dignity of independence. I don’t like being a burden, even to people who love me without question. I want to be invited, not just cared for. I want to matter, not just be managed.

You don’t know the future. You don’t know how many good days are left. But I do know this: the fight between my body and my spirit is real. And even when my steps are slow and my mind forgets a name, I still carry the fire of who I’ve always been.

So if you see me struggling, don’t pity me. Walk beside me. Talk to me like I still have something to say – because I do.

And when I need to rest, I’ll rest. But don’t count me out.

Not yet.



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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:

July 11

Fairy Gardens &
Fair Entries Workshop

August 8

World of Succulents

September 12

All About Roses

October 10

Fall Flower Arranging

THRIFT STORE

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

2nd & 4th Wednesdays, 4:00-6:00 pm (Sep-May)

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.

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.



COLLETTE TRAVEL SOUTHERN CHARM

April 20-26, 2026

Double \$4,228 per person, Single \$5,228 per person

 collette

Book before October 20 and save \$100!

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 “*Southern Charm*” trip. (B) means breakfast is included, (L) means lunch is included, (D) means dinner is included. To book a Collette trip, make an appointment with Dallas, (530) 661-2001.

Day 1: Monday, April 20, 2026 - Charleston, South Carolina -

Experience warm Southern hospitality in America’s southeast. Come to know its rich history and deep traditions on this tour highlighted by stays in Charleston, Savannah, and Jekyll Island. Arrive in Charleston, a city that has defied all odds. Charleston has survived the Civil War, major fires, an earthquake, and hurricanes – and still exudes elegance, charm, and grace. If arriving early in the day, perhaps you’ll venture out on your own to Patriot’s Point Naval Museum or the Aiken-Rhett House before settling into your accommodations in the Historic District.



Day 2: Tuesday, April 21, 2026 - Charleston -

Decide how to see the city because it’s your choice! Stroll through Charleston’s historic center with a local guide, exploring hidden alleys and quaint areas that are only accessible by foot -OR- take a harbor cruise to Fort Sumter, where the first fired shots of the Civil War were fired, and chat with a ranger before exploring on your own. Later, make your way to bustling City Market, one of the country’s oldest public markets and the central hub for Gullah sweetgrass basketry – an intricate handicraft of African origin. Explore Boone Hall Plantation and Gardens, where you’ll experience Southern living as you come to know one of America’s oldest plantations. This evening, join your fellow travelers for a welcome dinner at a local restaurant. (B, D)

Day 3: Wednesday, April 22, 2026 - Charleston - Savannah, Georgia -

Enjoy a morning at leisure to explore Charleston on your own. Perhaps you will join an optional horse-and-carriage tour with lunch. Then, travel down the coast through South Carolina’s Low Country to historic Savannah. This evening, spend some time exploring Factors Walk and River Street, where old cotton warehouses have been converted into trendy shops, taverns, and restaurants. Tonight, gather at a popular local restaurant on Savannah’s famous River Street for a cooking demonstration and dinner showcasing regional specialties. (B, D)

Day 4: Thursday, April 23, 2026 - Savannah -

This morning, it’s your choice! Take in the southern charm of Savannah’s Historic District on a nostalgic, narrated trolley ride -OR- on a walking tour highlighting Savannah’s haunted side. Either way, lively, informative commentary brings the city to life as you travel along the cobblestone-paved streets and beneath moss-draped oaks. Allow the stately mansions, beautiful squares, and romantic riverfront promenades to capture your heart. Both tours will end at the Mercer Williams House, where you will receive a guided tour of the famed home from *Midnight in the Garden of Good and Evil*. The rest of the afternoon and evening is yours to do as you wish. (B)

Day 5: Friday, April 24, 2026 - Savannah - St. Simons Island - Jekyll Island -

Before saying so long to Savannah, stop at the Pin Point Heritage Museum to learn about the Gullah Geechee people. Then journey to Georgia’s legendary Gold Coast and visit the quaint St. Simons Island. Enjoy time to explore the area on your own, meandering along the unique shops and restaurants in the village. Continue on to the exclusive Jekyll Island Club hotel, your home for the next two nights. (B)

Day 6: Saturday, April 25, 2026 - Jekyll Island -

Situated grandly in the middle of the Golden Isles, Jekyll Island was once the beloved vacation spot for prominent families, including the Rockefellers, Vanderbilts and J.P. Morgan. With a morning at leisure, enjoy the old-world atmosphere of this iconic resort. Gather for a tram ride that brings you on a tour of the island and the Jekyll Island Historic Landmark District – one of the nation’s largest restoration projects. Tonight, join your fellow travelers for a farewell dinner at the Jekyll Island Club hotel. (B, D)

Day 7: Sunday, April 26, 2026 - Jekyll Island - Jacksonville, Florida - Tour Ends -

As your tour draws to a close, leave for home with memories of a trip well-traveled. Your days spent experiencing true southern charm and gracious hospitality will stay dear to your heart for years to come. (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.

CA ACADEMY OF SCIENCES: UNSEEN OCEANS

Wednesday, September 3; \$135/person (SCI members \$5 off)

Unseen Ocean exhibit provides an unparalleled opportunity to step into the rarified world of the deep sea and come face to face with the majestic and mysterious creatures that call this place home. Encounter surprising specimens from the deep sea; Learn how life adapts to darkness and pressure; Watch mesmerizing videos of life-size ocean giants; Step into a submersible for a one-of-a-kind photo op; and so much more. Ticket prices include bus fare, admission, and lunch (optional).



CAMBRIA & MORRO BAY

October 15-17; \$585/person (double), \$760/person (single)

Join us for a 3-day trip as we head down to the Central Coast to visit Hearst Castle, Cambria, and Morro Bay. Hearst Castle is celebrating its 100-year anniversary. The Scarecrows in Cambria will be out in full force as we head into harvest season. Sit back and enjoy the ocean views. Ticket prices include bus fare, lodging, admission to Hearst Castle, one dinner, and two breakfasts. *Don't wait, register by August 27!*



THE GREAT DICKENS CHRISTMAS FAIR

Sunday, November 30; \$115/person (SCI members \$5 off)

The Great Dickens Christmas Fair, where over 4 acres of the historic Cow Palace exhibition halls are magically transformed into the winding lanes and bustling play houses of Victorian London! Immerse yourself in a world of theatres, pubs, dance parties, and charming shops. Discover holiday revelry in this lamp-lit city brimming with hundreds of lively and colorful characters from the imagination of Charles Dickens and the often saucy world of the Victorian stage. Ticket prices include bus fare, admission, and gratuity.



**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
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Senior Gram

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