

TRAVEL PRESENTATION

Thursday, September 11; 1:30 pm

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

Jan from Affordable Adventures and Jay from Collette Travel will tell us about the great trips planned!

AARP HOUSEHOLD DOCUMENT SHRED EVENT

Tuesday, September 16;

Yolo County Fairgrounds Parking Lot, 1250 E. Gum Ave.

Register at AARP.org

Information will be available soon for the AARP household document shredding event. This year, the event will be at the Fairgrounds parking lot. See page 6 for more information!

ACRYLIC FLUID ART CLASS

Tuesday, September 16-November 4; 1:00-4:00 pm

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

This is a new free art class that you must RSVP to attend. This painting technique mixes a pouring medium with the paint to create a fluid consistency, then it is poured, dripped, and swirled onto a surface to produce abstract and free-flowing designs. See page 5 for more information!

HICAP OPEN ENROLLMENT WATCH PARTY

Friday, October 24; Time TBA

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

A representative from HICAP (Health Insurance Counseling and Advocacy Program) will be hosting a Zoom presentation which will be facilitated at a number of senior centers and libraries in Yolo County. This 1-hour presentation is tailored specifically for Yolo County residents. There will be an additional hour afterward for questions.

NAVINGATING THROUGH THE PROCESS OF DOWNSIZING

Thursday, November 20; 11:00 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.

VOLUNTEERS NEEDED FOR BINGO

The bingo group that meets on Wednesdays and Fridays needs a volunteer bingo caller to help lead games. Bingo uses a traditional illuminated bingo board with a ball blower. Training is available! Contact Ruth at (530) 661-2001 for information.

**THE WOODLAND COMMUNITY & SENIOR CENTER
WILL BE CLOSED MONDAY SEPTEMBER 1
IN OBSERVANCE OF LABOR DAY**

WOODLAND SENIOR CENTER

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



CITY OF

WOODLAND
CALIFORNIA

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

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

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



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

Board of Directors

Roy Miller, President

Maxine Polkinghorne, Vice President

Sharon Coulombe, Secretary

Georgia Workman, Treasurer

Board Members at Large:

Jan Bello, Connie Crandall, Kathy Harryman, Linda Nantz

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

ONGOING SENIOR CENTER ACTIVITIES

Art/Creative Activities

Art Workshop	Wednesdays	9:30 am	Drop-in
Ceramics	Thursdays	9:00 am-12:00 pm	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	Drop-in

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	8:30-11:30 am	Drop-in, starts at 8:30 sharp!
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

Hitch

Monday, September 8

Romance / Comedy

2005 - PG-13 - 1h 57m



Dating coach Alex "Hitch" Hitchens (Will Smith) mentors a bumbling client, Albert (Kevin James), who hopes to win the heart of the glamorous Allegra Cole (Amber Valletta). While Albert makes progress, Hitchens faces his own romantic setbacks when proven techniques fail to work on Sara Melas (Eva Mendes), a tabloid reporter digging for dirt on Allegra Cole's love life. When Sara discovers Hitchens' connection to Albert -- now

Allegra's boyfriend -- it threatens to destroy both relationships.

Top Gun: Maverick

Monday, September 22

Action / Adventure

2022 - PG-13 - 2h 11m

After more than thirty years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell (Tom Cruise) is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. When he finds himself training a detachment of Top Gun graduates for a specialized mission the likes of which no living pilot has ever seen, Maverick encounters Lt. Bradley Bradshaw (Miles Teller), call sign: "Rooster," the son of Maverick's late friend and Radar



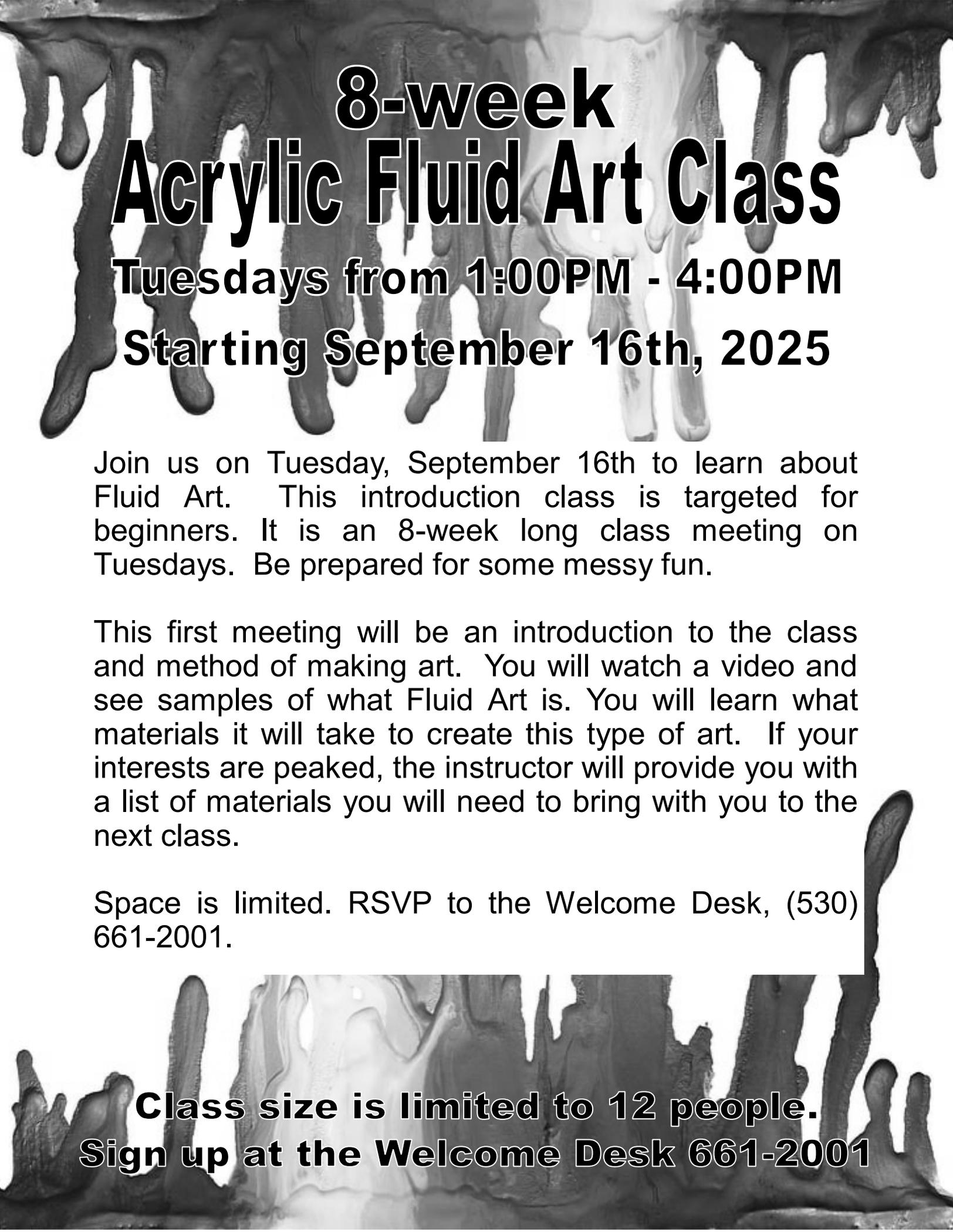
Intercept Officer Lt. Nick Bradshaw, aka "Goose". Facing an uncertain future and confronting the ghosts of his past, Maverick is drawn into a confrontation with his own deepest fears, culminating in a mission that demands the ultimate sacrifice from those who will be chosen to fly it.

12:10 pm—Doors open

12:15 pm—Refreshments served

12:30 pm—Movie starts

50+ only please!



8-week Acrylic Fluid Art Class

Tuesdays from 1:00PM - 4:00PM

Starting September 16th, 2025

Join us on Tuesday, September 16th to learn about Fluid Art. This introduction class is targeted for beginners. It is an 8-week long class meeting on Tuesdays. Be prepared for some messy fun.

This first meeting will be an introduction to the class and method of making art. You will watch a video and see samples of what Fluid Art is. You will learn what materials it will take to create this type of art. If your interests are peaked, the instructor will provide you with a list of materials you will need to bring with you to the next class.

Space is limited. RSVP to the Welcome Desk, (530) 661-2001.

**Class size is limited to 12 people.
Sign up at the Welcome Desk 661-2001**



FREE Paper Shredding Events in September



Did you know that every two seconds someone's identity is stolen? Protect yourself from frauds and scams by making sure paper documents you no longer need are properly disposed of! Join the AARP Fraud Watch Network for one of the FREE drive-through shred events below.

Wednesday, September 3, 8:30 to 11:30 a.m.
B.T. Collins U.S. Army Reserve Center, Sacramento (Florin)
REGISTER ONLINE: events.aarp.org/event/sept3shred

Thursday, September 11, 9:30 a.m. to 12:30 p.m.
Maidu Community Center, Roseville
REGISTER ONLINE: events.aarp.org/event/sept11shred

Tuesday, September 16, 8:30 to 11:30 a.m.
Yolo County Fairgrounds, Woodland
REGISTER ONLINE: events.aarp.org/event/sept16shred

Friday, September 26, 9:30 a.m. to 12:30 p.m.
PBS KVIE, Sacramento (Natomas)
REGISTER ONLINE: events.aarp.org/event/sept26shred

AARP volunteers will also be onsite sharing information on how you can protect yourself and loved ones from frauds and scams. These events are free, but advance registration is strongly encouraged to be sure your place is reserved.

 [aarpcalifornia](https://www.facebook.com/aarpcalifornia)

 [@AARPCA](https://www.instagram.com/AARPCA)

 [@AARPCA](https://twitter.com/AARPCA)



TEENS HELPING SENIORS - FALL PROGRAM!

Saturdays starting in September

Call (530) 661-2000 for more information

The Teens Helping Seniors program takes teenage volunteers out to senior homes and properties to assist with tasks around the home, like washing windows, gardening, light housework, and more. If you have work, the teen volunteers can help!

To request a job, visit cityofwoodland.gov/seniors, and click on "Teens Helping Seniors." You can also call (530) 661-2000 to request a job. Email for more information, THS@cityofwoodland.gov!





Woodland YMCA Fitness Center

<u>Amenities</u>	<u>Branch Hours</u>
Cardio & Weight Equipment	Mon - Fri: 6:00am - 8:00pm
Group Fitness Classes	Sat: 8:00am - 12:00pm
Welcoming Community	Sun: Closed
No Cancellation Fee	



530.666.9623

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

SENIOR CENTER PROGRAM VOLUNTEERS HONORED AT APPRECIATION DINNER



On Thursday August 21, the Woodland Senior Center held the annual Volunteer Appreciation Dinner. This event is for the facilitators of the numerous classes, groups, and programs offered at the Senior Center. Over 150 volunteers were in attendance for a fried chicken dinner, furnished by non-profit partner Woodland Senior Center, Inc.

Each year, a few volunteers are honored as Outstanding Volunteers. This year, the Outstanding Volunteer recipients were (pictured left to right): Amparo Hernandez (AARP Tax Aide), Tracey Peterson (Ceramics Workshop), Bruce Burr (Welcome Desk), Lynn Smith (Writing Life Stories), and Martie Dote (Writing Life Stories).

WRITING LIFE STORIES

Thursdays; 1:30-3:30 pm

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

This class facilitates participants writing their own stories. Sessions are to share stories with others, receive feedback, and have fun. RSVP to the Welcome Desk, (530) 661-2001.



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:

October 10

Fall Flower Arranging

November 14

Backyard Orchards

December 12

Holiday Wreath Arrangements

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.





UPCOMING TRIPS FOR 2026/2027

The Woodland Senior Center partners with Collette Travel, Inc. to offer travel opportunities nationally and internationally! We will highlight each of these trips in the next few Senior Grams. To book a Collette trip, make an appointment with Dallas, (530) 661-2001.



DISCOVER AMERICA'S 250TH ANNIVERSARY

June 22-30, 2026

Double \$4,978 per person, Single \$6,378 per person

Book before Dec. 14 and save \$150

Boston - Lexington - Concord - West Point - New York City - Philadelphia - Valley Forge - Washington D.C. - Arlington - Mount Vernon

THE COLORADO ROCKIES

August 7-15, 2026

Double \$4,399 per person, Single \$5,399 per person

Denver - Rocky Mountain National Park - Colorado National Monument - Grand Junction - Black Canyon of the Gunnison National Park - Silverton - Durango - Mesa Verde National Park - Colorado Springs - Manitou Springs



SPOTLIGHT ON NEW YORK CITY

September 17-23, 2026

Double \$4,599 per person, Single \$5,699 per person

Book before Mar. 17 and save \$200

Local tour - Ferry to Statue of Liberty - Ellis Island - Greenwich Village - Wall St. - 9/11 Memorial - 2 Broadway shows - Brooklyn - Shopping

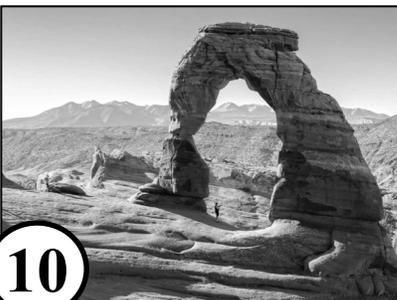
DISCOVER LONDON & PARIS HOLIDAY

December 2-10, 2026

Double \$5,548 per person, Single \$6,648 per person

Book before Jun. 3 and save \$300

London Christmas markets - Pub dinner - Westminster walking tour - Covent Garden - Blenheim Palace - High speed train to Paris - Place de Republique - Paris tour - Optional 4-day, 3-night Amsterdam post-tour extension (\$1,699 pp double, \$2,399 pp single)



DISCOVER PAINTED CANYONS OF THE WEST

April 11-19, 2027

Double \$4,628 per person, Single \$5,428 per person

Book before Oct. 11, 2026 and save \$200

Denver - Grand Junction - Colorado National Monument - Moab - Arches - Canyonlands - Dead Horse Point - Capitol Reef National Park - Bryce Canyon National Park - Zion National Park - Las Vegas

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**.

September 3

Chicken & Brown
Rice Casserole
Broccoli
Carrots

September 10

Chicken Florentine
with Spinach
Mashed Potatoes
Peas & Carrots

September 17

Baked Chicken w/
BBQ Sauce
Mashed Potatoes
Cream Style Corn

September 24

Dijon Chicken Breast
w/ Peppers
Buttered Penne Pasta
Peas & Carrots

TRAVEL PRESENTATION

Thursday, September 11; 1:30 pm

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

Affordable Adventures and Collette Travel will tell us about the great trips planned!

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.

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
U.S. POSTAGE PAID
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Woodland, CA

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Senior Gram

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