

Tickets for the SCI Holiday Social will be sold on Tuesday, November 4. Membership verification starts at 8:00 am and tickets will be sold at 8:30 am. Tickets will only be sold to current SCI members. You must be physically present to purchase tickets. You may only purchase tickets for yourself and your SCI member spouse. The tickets will sell out before noon. Afterwards, a waiting list will be taken. Do not put staff and volunteers in a position to have to make exceptions. This event is limited to 300 tickets. Good luck!

TIME TO RENEW YOUR SCI MEMBERSHIP FOR 2026!

Woodland Senior Center Inc. (SCI) is the non-profit partner of the Woodland Senior Center. Become a member of SCI in 2026! Membership benefits include: a monthly newsletter mailed to your home, a discount on Affordable Adventures trips, free limited notary services, and priority access to the very-popular Oktoberfest, Thanksgiving Dinner, and Holiday Social events. Visit woodlandseniorcenterinc.org for a 2026 membership application, or visit the Welcome Desk. New members signing up will be active members for the rest of 2025, and all of 2026. Annual members need to renew by December 12 to receive a January Senior Gram!

NEW GAME: DOMINOES

Thursdays Starting November 13; 1:00-4:00 pm

Join us to try a new game: dominoes! Add yourself to the interest list by calling (530) 661-2001.



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.

COMMUNITY CARE CAR HOLIDAY LIGHT TOUR

December 7, 8, 9; Pickup at 5:30 pm

Call (530) 662-7800 to make a reservation

Community Care Car offers Woodland seniors an opportunity to enjoy holiday lights. Participants are picked up from their homes and driven around Woodland to view lights. Sign up at the Community Care Car Desk at 2001 East St., or call (530) 662-7800. Space is limited and events fills up fast. Make your reservation before November 28.

UC DAVIS BRAIN HEALTH SERIES

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

Join Michelle Ernster from UC Davis Health for these presentations on Brain Health. Each day there will be a different topic.

Dec. 18, 10:00 am - “Eat the Rainbow” - Discover how adding a variety of colorful fruits and vegetables to your plate can boost brain health, improve memory, and support overall wellness. Join us to explore the science of color and nutrition.

Jan. 15, 10:00 am - “Love, Laughter, and Longevity” - Embrace the connection between love, laughter, and longevity, and be empowered to lead a heart-healthy, brain-boosting life!

Feb. 19, 10:00 am - “The Power of Exercise” - In this presentation, learn about what research says on the connection between exercise and the brain, and simple exercises you can do.

**THE WOODLAND COMMUNITY & SENIOR CENTER WILL BE CLOSED
TUESDAY, NOVEMBER 11 (VETERANS DAY)
THURSDAY, NOVEMBER 27 (THANKSGIVING)
FRIDAY NOVEMBER 28 (DAY AFTER THANKSGIVING)**

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, 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-1:00 pm	Drop-in
Origami Workshop	2nd & 4th Fridays	10:00 am	Drop-in
Reading Book Club	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
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 ("SAIL")	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!
Strength & Balance	Mondays	10:15-11:15 am	\$10*/class, paid monthly
T'ai Chi & Qi Gong	Mondays	8:50-9:50 am	\$10*/class, paid monthly
T'ai Chi & Qi Gong (beg/int)	Fridays	9:00-10:00 am	\$10*/class, paid monthly
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

Call (530) 661-2001 for more information!			
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 (need appt)
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

Starting in 2026, the movie will start earlier at 12:00 pm

A Million Miles Away

Monday, November 10

Biography / Drama

2023 - PG-13 - 2h 01m

Inspired by the real-life story of NASA flight engineer José Hernández, *A Million Miles Away* follows him on a decades-long journey, from a rural village in Michoacán, Mexico, to more than 200 miles above the Earth in the International Space Station. With the support of his family, José's drive & determination culminates in the opportunity to achieve his seemingly impossible goal. Starring Michael Peña.



Crazy, Stupid, Love.

Monday, November 24

Romance / Comedy

2011 - PG-13 - 1h 58m



Cal Weaver (Steve Carell) is living the American dream. He has a good job, a beautiful house, great children and a beautiful wife, named Emily (Julianne Moore). Cal's seemingly perfect life unravels, however, when he learns that Emily has been unfaithful and wants a divorce. Over 40 and suddenly single, Cal is adrift in the fickle world of dating. Enter, Jacob Palmer (Ryan Gosling), a self-styled player who takes Cal under his wing and teaches him how to be a hit with the ladies.

12:10 pm—Doors open

12:15 pm—Refreshments served

12:30 pm—Movie starts

50+ only please!



Community Care Car Holiday Light Tour

December 7, 8, & 9

Pick up at 5:30 pm

The Community Care Car offers Woodland seniors an opportunity to enjoy the holiday lights. Participants are picked up from their homes, driven around Woodland to view lights and a stop for holiday carols and cheer.

Sign up at the Community Care Car desk to reserve your spot. **Space is limited and this event fills fast!**

Call the Community Care Car Desk

(530) 662-7800

Donations gladly accepted

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**.

November 5

Black Bean Enchilada
Casserole
Baked Tomatoes

November 12

Chicken Florentine
w/ Spinach
Mashed Potatoes
Tuscany Veg. Blend

November 19

Chicken Noodles
Brussel Sprouts

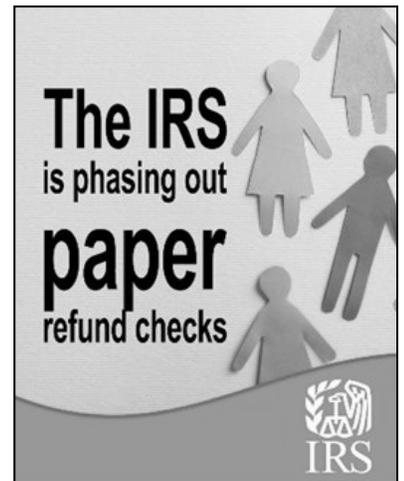
November 26

CAFÉ YOLO
CLOSED FOR
THANKSGIVING!

VOLUNTEER INCOME TAX UPDATE

The IRS has announced that they will NO LONGER send out paper checks. The expectation is that all taxpayers will provide direct deposit information for their 2025 tax return. More information is posted on our website at yolotaxes.org/refunds

Your local volunteers have begun our annual training and testing cycle. If you are comfortable using a computer and want to learn to prepare taxes please join us. You can check out our website at yolotaxes.org, email us at appointments@yolotaxes.org, or call Tom at 303-748-9684.



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.



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.



HONORING WOODLAND CENTENARIANS (AGE 100+)

Ceremony planned for May 2026

Do you know a Woodland resident who is 100 years old or older? In celebration of Older American Month and America's 250th anniversary, the City of Woodland is seeking centenarians (people aged 100+) to recognize and celebrate. We hope to feature their stories in this newsletter and possibly local newspapers, with a special ceremony planned for May 2026 at a City Council meeting. If you know someone who has reached this incredible milestone, please contact Dallas at (530) 661-2001 or email dallas.tringali@cityofwoodland.gov.

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.

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!**

GARDENING ADVENTURES

2nd Fridays at 1:30 pm (more class times to be added for 2026)

RSVP to the Welcome Desk (530) 661-2001 (limited space available!)

The Yolo County Master Gardeners are proud to continue the Gardening Adventures courses. Starting with the January 2026 class, we will resume releasing the sign up availability to be one month prior to the event. Beginning December 2025 you will be able to sign up for the January 2026 class. Below are the next sessions:

November 14

Backyard Orchards

December 12

Holiday Wreath Arrangements

January 9

Backyard Orchard / House Plants

February 13

Soil Types

GIL WALKER MEMORIAL SCHOLARSHIP

Woodland Senior Center Inc. awards academic scholarships to students studying Gerontology or a related field, in hopes to help out the future generations of people that work with seniors. This year, Jocelyn Perez has been awarded a scholarship. She attends Chico State, majoring in Social Work. She also works for Woodland Community College. Help us in congratulating Yocelyn for this honor!



• This Wide World •



Video Travel Diary
Presented by Ralph Quinn
Tuesdays 10:00 am



Woodland YMCA Fitness Center

Amenities	Branch Hours
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](http://ymcasuperiorcal.org/WoodlandYMCA)

COLLETTE TRAVEL SPOTLIGHT ON NEW YORK CITY



September 17-23, 2026

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

Book by March 17 and save \$200 per person!

The Woodland Senior Center partners with Collette Travel, Inc. to offer travel opportunities nationally and internationally! We have many of the upcoming trips in the Senior Gram. This month, we are highlighting "Spotlight on New York City" 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: Thursday, September 17, 2026 - New York City, New York - "Start spreading the news," because today you arrive in America's most exciting metropolis for a getaway filled with shopping, sightseeing and endless entertainment. Relax as you enjoy a single-hotel stay in the heart of the city. There are no included activities today.

Day 2: Friday, September 18, 2026 - New York City - An exciting day begins with breakfast at a local eatery, before embracing the city's energy on a locally guided tour of the "Big Apple." Find yourself in Greenwich Village, the Wall Street district, Chinatown, and Central Park. See the Empire State Building and many other time-honored landmarks. Take advantage of some free time this afternoon to discover the city at your own pace. Your Tour Manager has countless suggestions on how to spend your time. Maybe you are up for a shopping spree at some of the world's most legendary department stores, including Macy's, Bloomingdale's and Saks Fifth Avenue. Later, enjoy dinner at a local restaurant. Then, take your seat at a Broadway show! (B, D)

Day 3: Saturday, September 19, 2026 - New York City - Enjoy breakfast at a local diner, then, board a ferry for a cruise of New York Harbor. Take in the incredible views of the towering Statue of Liberty. Dock and get up-close to "Lady Liberty." She has welcomed immigrants and visitors to New York Harbor since 1886.

Created as a token of friendship between the U.S. and France, the Statue of Liberty has become a global symbol of freedom. Then it's on to Ellis Island. Step back in time on a self-guided tour of the museum. Come to know the personal stories of the immigration boom of 1892-1924 when 12 million people passed through this station on their journey to America. The remainder of the day is at leisure to explore "the city that never sleeps." Tonight, choose to join an optional walking tour of Greenwich Village including dinner. (B)

Day 4: Sunday, September 20, 2026 - New York City - This morning, drive through the Wall Street district on your way to downtown, reflect at the 9/11 Memorial and take a self-guided tour at the 9/11 Museum - two poignant tributes to the lives lost. This afternoon, the curtains rise for your second Broadway show. You'll choose from a selection of Broadway's biggest hits.* Later, gather for another night out in the city for dinner. (B, D)

Day 5: Monday, September 21, 2026 - New York City - Brooklyn - This morning, begin a Brooklyn adventure by heading downtown to walk across the Brooklyn Bridge. Just over a mile long, this impressive structure is pedestrian-friendly with separate driving and walking levels. Look out from the bridge in awe of the skyscrapers and Statue of Liberty as you leave Manhattan behind and enter a new borough. Next, step inside the Brooklyn Seltzer Museum, a space dedicated to the iconic Brooklyn Seltzer Boys, where you'll learn all about seltzer, its origins, and the legendary "seltzer men" who still deliver to homes all around Brooklyn today. Transfer to Brooklyn's trendy, waterfront DUMBO neighborhood and explore Bridge Park with free time for lunch. Maybe you'll try some famous Brooklyn pizza. Return to your Times Square hotel with the remainder of the day at leisure. (B)

Day 6: Tuesday, September 22, 2026 - New York City - Today, the morning and afternoon are yours to explore the city. Visit a museum, take a walk in the park, go souvenir shopping, try a new restaurant — the possibilities are endless! Then, gather for dinner this evening and toast to the end of your "Big Apple" journey. (B, D)

Day 7: Wednesday, September 23, 2026 - New York City - Tour Ends - Your tour comes to a close with many memories of fabulous New York, New York.

Affordable Adventures

2026 Line up



Sky River Casino Day Trip

April 1st, 2026

Sky River Casino offers 2,100 slot machines, more than 80 gaming tables, 17 bars and restaurants, and much more!



Yosemite Valley Two-Day Trip

May 2026

Springtime waterfalls full from snowmelt. Wildflowers and trees will be in bloom. Accommodations and activities still being ironed out.



Fisherman's Wharf / Red & White Cruise Day Trip

August 2026

Explore Fisherman's Wharf with its many attractions, then take Red & White Fleet's 90-minute Bridge to Bridge Cruise, giving you unbeatable views of the San Francisco skyline



Apple Hill Day Trip

September 17th, 2026

Enjoy old fashioned good times in the Apple Hill area: craft fairs, gift shops, apple pies, cakes, homemade caramel apples and wine tasting. Lunch is included.



Reno / Virginia City Overnight Trip

October 2026

Dinner and a show in Reno with overnight accommodations. Then we visit Virginia City, learning about the town and its rich history. Enjoy some free time then ride a Steam Train to Gold Hill.

Individual flyers for each trip will provide detailed information regarding what it costs, what is included, activity details, dates and times.

Woodland Senior Center Inc. Trips hosted by Jan Bello (530) 383-7059 & Becky Griffith (530) 383-2291



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

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Senior Gram

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