

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.

NEW GAME: DOMINOES

Thursdays; 1:00-4:00 pm

Join us to try a new game: dominoes! We'll try all kinds of games, including: standard 6-dot, and Mexican Train.

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. Different topic each day:

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. 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.

TRAVEL PRESENTATION

Thursday, January 8; 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 SMART DRIVER PROGRAM

Thursdays, January 8 & 15; 12:00-4:00 pm

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.

BINGOCIZE

Tuesdays & Thursdays, February 10-April 16; 1:30-2:30 pm

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

Bingocize® is an evidence-based program that combines a bingo-like game with exercise and health education. This program is limited to 20 people, so sign up early. A waiting list will also be taken. See page 9 for more information.

VALENTINE'S DAY DINNER AND A MOVIE

Thursday, February 12; Doors at 5:00 pm, Dinner served at 5:30 pm, Movie starts shortly after

\$20/person, or \$35/couple

Enjoy a sweet night out with the Valentine's Dinner and a Movie! Bring your spouse or a friend to this dinner. The movie will be announced next month.

**THE WOODLAND COMMUNITY & SENIOR CENTER WILL BE CLOSED
WEDNESDAY, DECEMBER 24 THROUGH THURSDAY JANUARY 1**

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 Peebles, 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

<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 (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 January, the movie will start earlier at 12:00 pm

Four Christmases

Monday, December 8

Comedy / Holiday

2008 - PG-13 - 1h 28m

When their plans for an exotic vacation fall apart, unmarried couple Brad (Vince Vaughn) and Kate (Reese Witherspoon) must spend Christmas Day trudging around to a quartet of family get-togethers.

While Brad counts the hours till he can escape the onslaught of crazy relatives, Kate begins to wonder about her own choices and ponders whether her family members are so crazy after all.



12:10 pm—Doors open

12:15 pm—Refreshments served

12:30 pm—Movie starts

50+ only please!

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. Below are the next sessions:

December 12

Holiday Wreath Arrangements

January 9

Tool Sharpening / House Plants

February 13

Soil Types

March 13

Culinary Herbs / Summer Veg.

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:

January 8th 12:00 p.m. to 4:00 p.m.
January 15th 12:00 p.m. to 4:00 p.m.

Location:

Woodland Senior Center
2001 East Street
Woodland, CA 95776

Register:

Call the Senior Center at 530-661-2000 to register.
The room is cool so bring a wrap.
Feel free to bring lunch or a snack.

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.

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**.

December 3

Beef & Cabbage
Casserole
Tuscany Vegetable
Blend

December 10

Chicken & Broccoli
Casserole
Baby Carrots

December 17

Sweet Potato Chili
Cornbread
Baby Carrots

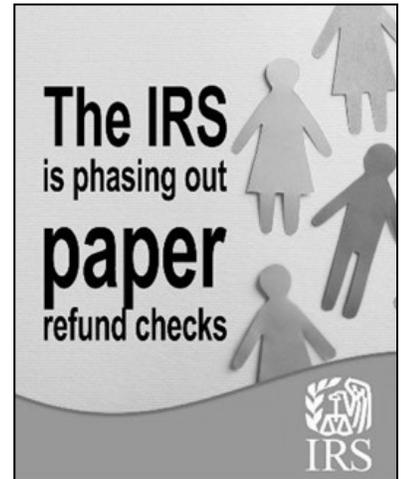
December 24 & 31

Closed for the Holidays

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

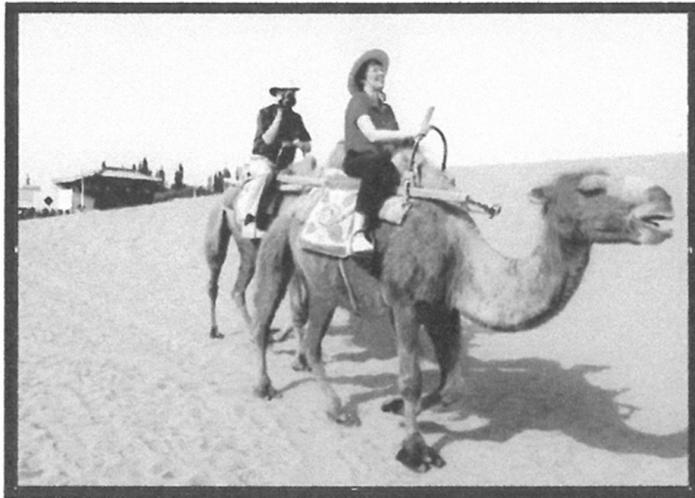
Monday-Friday, 9:30 am-12:00 pm

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.



• This Wide World •



*Video Travel Diary
Presented by Ralph Quinn*

Tuesdays 10:00 am



Woodland YMCA Fitness Center

Amenities

Cardio & Weight Equipment
Group Fitness Classes
Welcoming Community
No Cancellation Fee

Branch Hours

Mon - Fri: 6:00am - 8:00pm
Sat: 8:00am - 12:00pm
Sun: Closed



530.666.9623

[ymcasuperiorcal.org/
WoodlandYMCA](http://ymcasuperiorcal.org/WoodlandYMCA)

WRITING LIFE STORIES



Thursdays; 2:00-4:00 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.

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.



Suncatcher Workshop



Session 1: Tuesday December 9th, 9:30am to 1:00pm

Session 2: Tuesday December 16th, 9:30am to 1:00pm

**Create your own Butterfly or Turtle suncatcher.
(Limit 1 per session)**

Each workshop is limited to 10 people. **Cost is \$20 (Cash Only)** to cover material costs. Cheryl will lead you through the workshop. You will be working with a 12"x12" frame, colored crushed glass, and epoxy resin.

Choose which design you would like to create: Butterfly or Turtle. You have a choice of pre-painted frame or unpainted frame. Please let the Welcome Desk know your preferences when you sign up for the workshop. **Payment is due at signup.**

Sign up by December 5th

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

BINGOsize®

Bingocize® is an evidence-based program that combines a bingo-like game with exercise and health education. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings.

DATES	TIME	LOCATION
Tuesdays & Thursdays February 10 - April 16, 2026	1:30pm-2:30pm	Woodland Senior Center 2001 East Street, Woodland



AGENCY
ON AGING
AREA 4

Come join Agency on Aging \ Area 4 for BINGO combined with physical activity and fall prevention information.

****Weekly winners receive prizes! ****

To register contact the Woodland Senior Center
Welcome Desk at 530 661-2001

COLLETTE TRAVEL SCOTLAND DISCOVERY

October 10-19, 2026

Double \$5,448 per person, Single \$6,448 per person

 collette

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 “*Scotland Discovery*” 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: Saturday, October 10, 2026 - Overnight Flight - An overnight flight transports you to a country of stunning landscapes, lively cities, and stirring history.

Day 2: Sunday, October 11, 2026 - Glasgow, Scotland - Arrive in Glasgow, Scotland’s Victorian city. With no planned activities today, you can explore Glasgow at leisure. Tonight, your Scottish adventure begins with a visit to the National Piping Centre. After a demonstration and lesson with a renowned piper, join your fellow travelers for a lively welcome dinner at the Centre’s farm-to-table restaurant. (D)

Day 3: Monday, October 12, 2026 - Glasgow - Ballachulish - This morning, bid Glasgow farewell as you travel to your next destination. First, stop at a local whisky distillery for a guided tour and tasting. After some free time for lunch in a nearby town, you can relax aboard the motorcoach and admire the verdant green hills and mountainside waters as you arrive at your remote countryside hotel, situated on lovely Loch Linnhe. (B, D)

Day 4: Tuesday, October 13, 2026 - Ballachulish - Isle of Skye - Ballachulish - This morning, journey to the stunning Isle of Skye, also known in poetry and song as Eilean a' Cheò (The Misty Isle). Upon arrival in Armadale, a local from the island joins you to share the history of this magical place and what it is like to live there today. A visit to the capital of Portree allows some time to explore before taking the scenic route back to Broadford. End your day by returning to Ballachulish via the Skye Bridge and a scenic drive along the “Road to the Isles.” (B, D)

Day 5: Wednesday, October 14, 2026 - Ballachulish - Loch Ness - Thurso - Today, enjoy stunning and unspoiled landscapes as you journey further into the Highlands. Travel through the Great Glen, famous for its many lochs (lakes). Visit the striking ruins of Urquhart Castle before enjoying a cruise on Loch Ness, one of Britain’s most famous bodies of water. Keep your eyes open — you never know when Nessie might appear! Travel off the beaten path to Thurso, one of Scotland’s most remote towns on the North Coast. Embrace the rustic environment of the Scottish Highlands as you settle in for your two-night stay. (B, D)

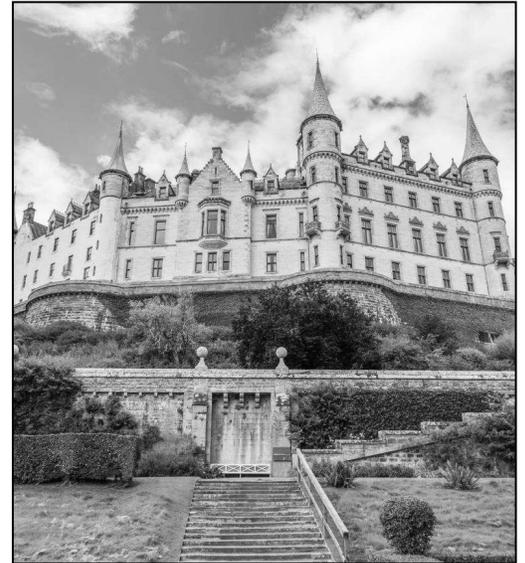
Day 6: Thursday, October 15, 2026 - Thurso - Orkney Islands - Thurso - Grab your windbreaker – it’s time for an adventure on the Orkney Islands. * Ferry to this former Viking stronghold off the northernmost coast of Scotland, where artists admire the ever-changing clouds rolling across the sky like a time-lapse at double speed. On the crossing, feel the wind in your hair as you view the abundant bird life and, if you’re lucky, porpoises and seals. A local guide introduces this ethereal place that few visitors to Scotland get to experience. Visit Skara Brae and discover the remains of a Neolithic village built before the Great Pyramids in Egypt. Continue on toward the prehistoric Standing Stones of Stenness, reported to be older than Stonehenge. Make your way through the town of Viking Kirkwall before returning to the mainland. (B, D)

Day 7: Friday, October 16, 2026 - Thurso - Inverness - As you make your way back from the northern coast, visit the majestic Dunrobin Castle, ** which dates back to the 1300s. The castle is built in the style of a French château and is home to the Duke of Sutherland. Next, it’s your choice! Step into history at the atmospheric Culloden Battlefield, where the Jacobite Rising came to a tragic end -OR- visit the imposing Inverness Castle on a self-guided tour, now home to a fascinating museum of the battles of the Highlands. Enjoy an overnight stay in Inverness, capital of the Highlands. (B, D)

Day 8: Saturday, October 17, 2026 - Inverness - Pitlochry - Edinburgh - Begin your day with a visit to a family-run farm set in the heart of the Highlands. See sheepdogs at work while surrounded by the mountain wilderness of Cairngorms National Park. Continue on to the vibrant Victorian town of Pitlochry for some time at leisure to explore on your own. End your day in Scotland’s capital city of Edinburgh. This evening, give traditional Scottish ingredients a modern twist. Enjoy a lively and interactive cooking experience at one of Scotland’s premier culinary institutions with a “wee dram” in hand. (B, D)

Day 9: Sunday, October 18, 2026 - Edinburgh - Today, visit Edinburgh Castle, home to the Scottish Crown Jewels. Enjoy a panoramic tour of Edinburgh’s new town before your local expert takes you on a walking tour up to the magnificent castle. Enjoy an afternoon of free time. End your day in Scotland’s capital city of Edinburgh. (B)

10 Day 10: Monday, October 19, 2026 - Edinburgh - Tour Ends - Your tour of Scotland comes to a close today. (B)



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
WOODLAND
CALIFORNIA

Woodland Senior Center
2001 East Street
Woodland, CA 95776
(530) 661-2001

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

Address Service Requested



Senior Gram

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Holiday Social Raffle!