

## **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.

## **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:

**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.

## **READING BOOK CLUB**

*Third Thursdays; 10:00 am*

All are welcome! For the January meeting, we will discuss The Bakersfield Boys Club by Anne Da Vigo. We have invited the author to join us as we discuss her book. In February, we will be discussing The Frozen River by Ariel Lawhon.

## **LOCAL TRIP TO HATTI WEBER MUSEUM**

*Tuesday, January 20; 1:00-3:00 pm*

*Cost: \$2 (includes transportation), register by January 16!*

Do you love local museums? Join us as we visit the Hatti Weber museum in Davis. Participants will be picked up from their homes. If you'd like to make a reservation, call Kathy Harryman at (530) 662-2189. Limited space!

## **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*

*\$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. We will be showing the classic romance film, "Seven Brides for Seven Brothers."



**THE WOODLAND COMMUNITY & SENIOR CENTER WILL BE CLOSED  
MONDAY, JANUARY 19 FOR DR. MARTIN LUTHER KING JR. DAY**

# 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, two (2) 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, 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	1:30-3:30 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
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

<b><u>Call (530) 661-2001 for more information!</u></b>			
Commission on Aging	3rd Thursdays at 3:00 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 Wednesdays	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, 12:00 pm**

## Knives Out

**Monday, January 12**

**Mystery / Comedy**

**2019 - PG-13 - 2h 10m**

The circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but there's one thing that renowned Detective Benoit Blanc knows for sure -- everyone in the wildly dysfunctional Thrombey family is a suspect. Now, Blanc must sift through a web of lies and red herrings to uncover the truth.



## First Wives Club

**Monday, January 26**

**Comedy**

**1996 - PG - 1h 42m**



Despondent over the marriage of her ex-husband to a younger woman, a middle-aged divorcée plunges to her death from her penthouse. At the woman's funeral, her former college friends (Bette Midler, Goldie Hawn, Diane Keaton) reunite for the first time in nearly 30 years. When the three discover the reason for their friend's suicide, they realize that all of their ex-husbands have taken them for granted -- and deciding it's time for revenge, they make a pact to get back at their exes.

**11:30 am—Doors open**

**11:45 am—Refreshments served**

**12:00 pm—Movie starts**

***50+ only please!***

## WOODLAND SENIOR CENTER INC.

### 50 YEARS OF SERVICE, DEDICATION, AND COMPASSION

The Woodland Senior Center's partner non-profit, "Woodland Senior Center, Inc.," celebrates its 50th year serving Woodland seniors. Senior Center Inc. (SCI) was an integral part of advocating for the building of the Woodland Community & Senior Center, and even contributed the funds to build the sun shades in front of the center. Additionally, SCI has given out dozens of scholarships to local college students, provided Senior Center activity groups with supplies, and planned many large-scale events.



Over the last decade, membership to SCI has increased from 630 members in 2015 to nearly 1,500 members for 2025. This increase shows the love and respect that people have for the Woodland Senior Center and the support that SCI has lent over the years.

The City of Woodland wants to extend its gratitude to SCI for 50 years of partnership and important work. It's obvious how much Woodland seniors love their Senior Center, and SCI has played a significant role in the delivery of services, programs, and resources. If you come across an SCI board member, please take a moment to thank them for all of the hard work they put in every year for Woodland seniors.

If you are interested in being a part of the Woodland Senior Center, Inc. team, they are looking for new board members to help with all of the great programs offered. Meetings are held on the first Thursday of the month at 9:30 am in the Woodland Community & Senior Center. You can also call (530) 661-2001 for more information on how to get involved with this great organization. *Thank you, thank you, Woodland Senior Center Inc.!*

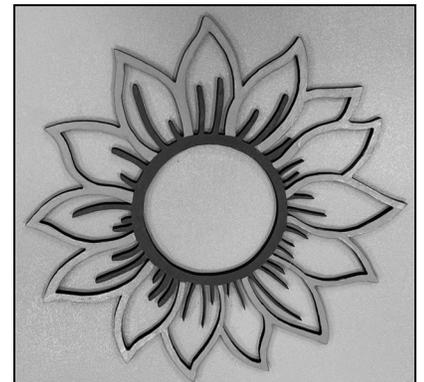
## SUNCATCHER WORKSHOP

*Tuesday, February 3 & 10; 9:30 am*

*\$20 cash per suncatcher*

*Sign up at the Welcome Desk, (530) 661-2001*

This workshop has you building a suncatcher from a 12"x12" frame, colored crushed glass, and epoxy resin. Limited to 10 signups. Day 1 is painting a frame and choosing crushed glass colors (~2 hours). Day 2 is filling the suncatcher with glass (~3-4 hours).



# 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!

**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: <a href="http://www.aarp.org/driving36">www.aarp.org/driving36</a> 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**.

## ***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!**



## WOODLAND WRITES: PEN PAL CONNECTION



### Receive a Valentine from friends around town

To receive a Valentine or nominate a senior,  
please call the Welcome Desk at (530) 661-2001  
and leave a message with your name and full address  
or e-mail your information to  
[eric.buechler@cityofwoodland.org](mailto:eric.buechler@cityofwoodland.org)



## 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 **TWO (2) FREE NOTARY SERVICES** by appointment only for calendar-year 2026. Here are the services that can be provided:

- Acknowledgements
- Oaths or Affirmations
- Durable Power of Attorneys
- Contracts
- Affidavits
- I9 Verifications
- DMV Forms
- Immigration Forms
- Witness for Documents
- Advanced Healthcare Directives

Here's what you need:

- Your Completed Documents
- A government-issued picture ID that shows a serial number or identification number, with your signature

## GARDENING ADVENTURES

*2nd Fridays; see times below*

*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:

### January 9

11:00 am: Tool Sharpening

1:30 pm: House Plants & Poisonous Plants

### February 13

11:00 am: Soil Types

### March 13

11:00 am: Preserving Culinary Herbs

1:30 pm: Planning a Summer Vegetable Garden

# 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

## PORTUGAL'S OLD-WORLD CHARM



November 1-11, 2026

Double \$5,849 per person, Single \$6,749 per person

Book before April 2 and save \$350!

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 *"Portugal's Old-World 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, (530) 661-2001.

**Day 1: Sunday, November 1, 2026 - Overnight Flight** - Ancient castles, historic cityscapes, groves of olive trees, quiet whitewashed villages, delightful cuisine, fragrant wine, and welcoming locals – Portugal awaits with open arms.

**Day 2: Monday, November 2, 2026 - Porto, Portugal - Amarante** - Arrive in Porto today and continue directly to the starting point of your tour in the Douro Valley. Soon you'll find yourself surrounded by the natural beauty of vineyards in tranquil Amarante – your home for the next three nights. As arrival times will vary, there is no scheduled sightseeing today. Spend the day as you wish, exploring the city independently. Tonight, join your fellow travelers for a welcome dinner. (D)

**Day 3: Tuesday, November 3, 2026 - Amarante - Douro Valley - Amarante** - Explore the charming town of Amarante, famous for its sweets, set on the banks of the Rio Tâmega. Walk across the São Goncalo Bridge, a symbol of the town's heroic defense against Napoleon's troops. Then, travel to Regua and embark on a cruise of the Douro River, taking in the incredible scenery of the Douro Valley. Follow the river along the Port Wine Route, admiring the terraced vineyards (UNESCO) and enjoying lunch onboard. Later, disembark in Pinhao and travel back to Amarante for an evening at leisure. (B, L)

**Day 4: Wednesday, November 4, 2026 - Amarante - Porto - Amarante** - Set out to explore the local flavors as well as the captivating city of Porto today. Begin with a stop at a local market to pick up some fresh ingredients alongside your hosts for the day. Explore the local produce, considering how it shapes Portugal's regional identities, traditions, and gastronomy. Next, arrive at your host family's home and join them in preparing a market-fresh lunch together. Then, it's on to Porto where you'll join a local expert to discover the hilly city on a walking tour. Take in the sights and sounds of the lively Ribeira neighborhood in the heart of the old town along the riverfront. Return to Amarante for a free evening. (B, L)

**Day 5: Thursday, November 5, 2026 - Amarante - Aveiro - Alentejo** - This morning, say goodbye to the Douro region. On the way to the Alentejo, visit the enchanting city of Aveiro, known for its colorful canal boats, traditionally used for harvesting seaweed. Explore Aveiro's rich history and heritage, defined by its canals and coastline. Continue along the rolling hills of Portugal to the village of Alter do Chão for a three-night stay. (B, D)

**Day 6: Friday, November 6, 2026 - Alentejo (Alter do Chão - Marvão - Alter do Chão)** - Start your day venturing to the hilly village of Marvão and pause to take in dramatic vistas of the plain – on a clear day, you may see all the way to Spain! Your taste of local culture continues today at an olive grove. Learn about traditional olive oil production as you visit an old olive press and enjoy a tasting of the unique oil with lunch. Return to your hotel to explore the equestrian surroundings with a guided tour of the Alter Stud Farm, established in 1748 and renowned for its Lusitano purebred horses. Spend the rest of the evening at your leisure, or perhaps join an optional excursion back to Marvão to experience the region on horseback with a relaxing trot through the countryside. (B, L)

**Day 7: Saturday, November 7, 2026 - Alentejo - (Alter do Chão - Estremoz - Portalegre - Alter do Chão)** - Start the day like a true local at the Estremoz city market, an exciting place to be on a Saturday, when the countryside comes to town with baskets full of fruit, vegetables, grains, olive oil, cheeses, olives, and livestock. Peruse the adjacent flea market where browsing can feel like traveling back in time. This afternoon, it's your choice! Enjoy more time in the picturesque Portuguese village of Estremoz to visit a local tile museum -OR- venture farther for a walk along the Serra d'Ossa walkway in Redondo. End your day by indulging in full-bodied wines from the Alentejo region paired with a locally sourced farm-to-table dinner. (B, D)

**Day 8: Sunday, November 8, 2026 - Alentejo - Évora - Lisbon** - Say goodbye to Portugal's charming countryside as you travel to the vibrant capital of Lisbon. On the way, your journey takes you to the medieval walled city of Evora (UNESCO), known for its 2nd century Roman temple to Diana and the mysterious 16th-century Chapel of Bones. Arrive in Lisbon in the late afternoon. (B)

**Day 9: Monday, November 9, 2026 - Lisbon** - Travel to Belem to see the iconic Belem Tower (UNESCO) and the facade of the 16th century Jeronimos Monastery\* (UNESCO). Next, dive into the city's industrial past at the historic Electricity Factory, part of Lisbon's Museum of Art, Architecture, and Technology (MAAT), and be sure to also take advantage of access to the MAAT Gallery's panoramic views of the river and the cityscape from its strikingly modern structure. After some time for lunch on your own, explore the lively and unique Alfama district of Lisbon, where there are many stories and mysteries to be unraveled. Are we all descendants of Ulysses? How many hills can you climb in Lisbon? Uncover the city's hidden corners and dark courtyards with a local expert before returning to your hotel for a free night. (B)

**Day 10: Tuesday, November 10, 2026 - Lisbon** - It's your day to experience Lisbon at your own pace. With plenty of free time in the capital city, you may wish to check out its famous culinary scene or venture downtown to do some shopping. If you'd prefer a guided experience today, you may choose to join an optional excursion to Ericeira and Sintra. From the windswept cliffs in Ericeira to the quaint palaces and villas of Sintra, you'll hear many fascinating tales. This evening, join your fellow travelers for an unforgettable farewell dinner of Portuguese cuisine and wine, and listen to local artists perform the traditional fado (UNESCO). (B, D)

**Day 11: Wednesday, November 11, 2026 - Lisbon - Tour Ends** - Your tour ends today. (B)

# *Affordable Adventures*

## *2026 Line up*



### **Sky River Casino Day Trip**

**April 1<sup>st</sup>, 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 17<sup>th</sup>, 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*



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# Senior Gram

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*Drop-In Badminton*  
*M/W/F 8:30-11:30 am*