

UC DAVIS BRAIN HEALTH SERIES (DATE CHANGE)

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:
Friday Feb. 20, 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!

READING BOOK CLUB

Third Thursdays; 10:00 am

All are welcome! In February, we will be discussing The Frozen River by Ariel Lawhon.

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! We will be showing the classic romance film, "Seven Brides for Seven Brothers." Dinner includes salad, choice of herb roasted pork shoulder or a citrus salmon, roasted vegetable medley, and dessert. Bring your spouse or a friend to this dinner. Reserve your seat with the Welcome Desk.



TRIP TO WOODLAND MUSEUM OF BIBLICAL ARCHAEOLOGY

Tuesday, February 17; time TBA

Call Kathy Harryman to book, (530) 662-2189

This is a small group trip to the local museum of biblical archaeology.

HAND & FOOT CARD PARTY

Saturday, March 21; 11:00am-4:00 pm

\$20 for SCI members, \$25 for non-members

Join friends at the annual Hand & Foot Card Party! Lunch will be served at 11:30 am. There will be a raffle with opportunity to buy raffle tickets. If you sign up and you have some cards or a shuffler you can share, please bring them. Visit the Welcome Desk for your ticket, or call (530) 661-2001.

ANNOUNCING: TECH HELP FOR SENIORS BY STUDENTS

Call Ruth for more information, (530) 661-2001

As of the time of printing, the Woodland Senior Center was working with a group of students who are working on a civic engagement process. They would like to host tech help presentations for seniors coming up in February/March/April. Stay tuned for more information.

**THE WOODLAND COMMUNITY & SENIOR CENTER WILL BE CLOSED
MONDAY, FEBRUARY 16 FOR PRESIDENTS' 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, 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 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

<u>Call (530) 661-2001 for more information!</u>			
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	12:00 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

Back to the Future

Monday, February 9

Comedy / Sci-Fi

1985 - PG - 1h 56m

Small-town California teen Marty McFly (Michael J. Fox) is thrown back into the '50s when an experiment by his eccentric scientist friend Doc Brown (Christopher Lloyd) goes awry. Traveling through time in a modified DeLorean car, Marty encounters young versions of his parents (Crispin Glover, Lea Thompson), and must make sure that they fall in love or he'll cease to exist. Even more dauntingly, Marty has to return to his own time and save the life of Doc Brown. *We will show the sequels in March and April on the 2nd Monday.*



Shallow Hal

Monday, February 23

Romance / Comedy

2001 - PG-13 - 1h 54m

The story revolves around Hal (Jack Black) who, taking his dying father's advice, dates only the embodiments of female physical perfection. But that all changes after Hal has an unexpected run-in with self-help guru Tony Robbins. Intrigued by Hal's shallowness, Robbins hypnotizes him into seeing the beauty that exists even in the least physically appealing women.



11:30 am—Doors open

11:45 am—Refreshments served

12:00 pm—Movie starts

50+ only please!



Dementia Education Series 2026

3rd Tuesday from 10:00AM - 11:30am

February 17th - 10 Warning Signs of Alzheimer's

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

March 17th - Building Foundations of Caregiving

With the right support, you can empower yourself to provide quality care to the person living with dementia while managing your own well-being.

Topics in the program include:

- The role of a caregiver and changes you may experience
- Using a person-centered care approach
- Building a support team
- Managing caregiver stress

April 21st - Supporting Independence

A person living with dementia often wants to stay independent for as long as possible. Caregivers can learn how to balance safety and manage expectations to support independence at every stage of the disease

Topics in the program include:

- How dementia affects independence
- Four steps to help with daily activities
- Tips to make activities meaningful
- Providing the right amount of support

RSVP at the Welcome Desk at 530-661-2001



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

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:

- April 16, 2026 12:00 p.m. to 4:00 p.m.
- April 23, 2026 12:00 p.m. to 4:00 p.m.

Location:

Woodland Senior Center
2001 East Street
Woodland, CA 95776

Room can be cool so bring a wrap if you think you might need one.

Register:

Call the Senior Center at 530-661-2000 to register

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

Feel free to bring lunch or a snack to the class.

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.

COMMISSION ON AGING MEETINGS

3rd Thursdays; 3:00 pm

Advocates for seniors, advisory board to the City Council and is open to the public. No meetings in July and December. Visit the website at cityofwoodland.org/seniors for agendas and minutes.

SENIOR CENTER INC. BOARD MEETINGS

1st Thursdays; 9:30 am

Senior Center Inc. is a non-profit organization who raises money and helps plan programs and events for seniors. Meetings are open to the public. All members are invited to attend and participate in board meetings. See page 2 for more information.

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:

February 13

11:00 am: Soil Types

1:30 pm: House Plants & Poisonous Plants

March 13

11:00 am: Preserving Culinary Herbs

1:30 pm: Planning a Summer Vegetable Garden

April 10

11:00 am: Companion Planting

1:30 pm: Container Gardening

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.

February 4

Baked Turkey Penne
Peas & Carrots

February 11

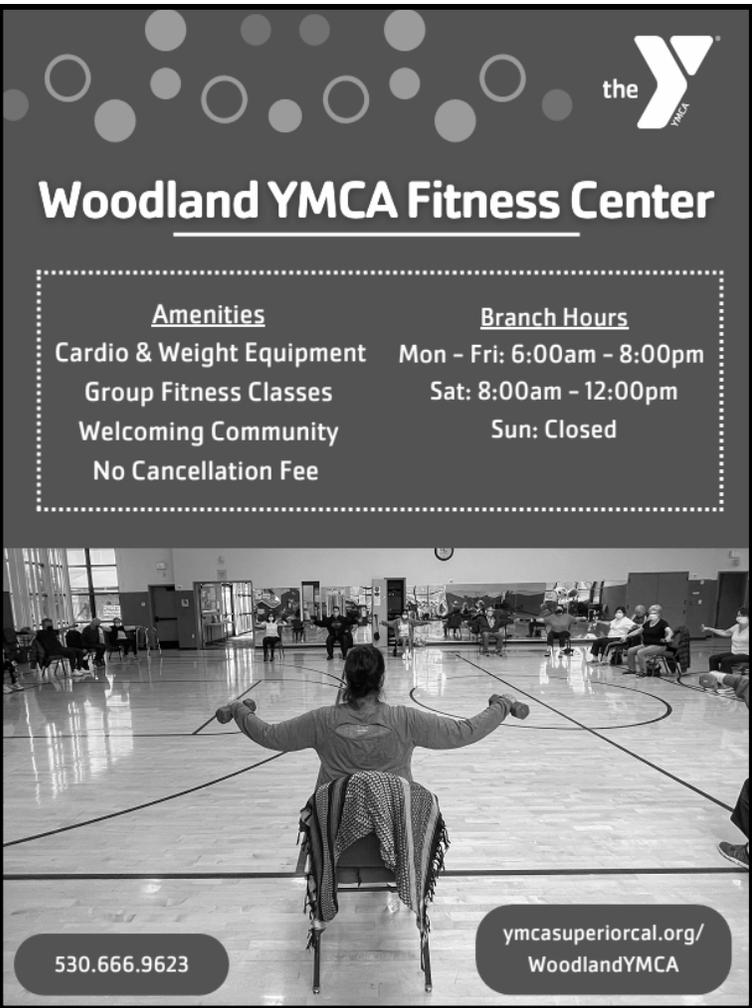
Chicken Florentine w/
Spinach
Brown Rice
Capri Blend Veggies

February 18

Turkey Meatballs
Minestrone Soup
Capri Blend Veggies

February 25

Turkey Meatballs
Buttered Spaghetti
Peppers & Onions



the 

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)



**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

VOLUNTEERS NEEDED FOR COMMUNITY CARE CAR

The Woodland Community Care Car program is offered to seniors that need a ride to-and-from anywhere in the Woodland City limits. The program is in search for more volunteer drivers and driver helpers. You must have a clean driving record to be a driver. For more information, call the Community Care Car at (530) 662-7800.

COLLETTE TRAVEL DISCOVER LONDON & PARIS HOLIDAY



December 2-10, 2026

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

Book before May 27 and save \$300!

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 **"Discover London & Paris Holiday"** 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: Wednesday, December 2, 2026 - Overnight Flight - From cosmopolitan London to romantic Paris, see the best of the world's most captivating cities decorated for the holiday season. To help make the most of your getaway, unpack just once in each city. Enjoy a leisurely-paced journey with plenty of time to explore your own way.



Day 2: Thursday, December 3, 2026 - London, England - Welcome to London at Christmastime, a metropolis filled with light, laughter and the excitement of the holiday season. With no planned activities through the afternoon, take the time to explore on your own. Whether you're searching the city's many Christmas markets for handmade gifts and colorful decorations or basking in the scent of mulled wine and cinnamon, this will be a Christmas adventure you'll never forget. This evening, gather with your fellow travelers for a taste of traditional pub fare - where else but at a London pub! (D)

Day 3: Friday, December 4, 2026 - London - Start your morning with a local in London. Kick it off with a two-hour walking tour of Westminster, where you will see the exteriors of Big Ben, the Houses of Parliament, and Buckingham Palace before venturing inside the majestic Westminster Abbey. A Christmastime visit to London wouldn't be complete without a stop at Covent Garden, the hub of festivities for locals and visitors alike. Explore a wonderland of glorious holiday stalls and soak up the holiday cheer. Take the afternoon at leisure to wander through more of London's charming Christmas markets. Peruse the sea of wooden chalets offering unique crafts, artisan goods, and local treats. (B)

Day 4: Saturday, December 5, 2026 - London - Blenheim Palace - London - The day begins with a visit to Blenheim Palace, one of England's most magnificent homes, that shines even brighter at Christmastime. The birthplace of Sir Winston Churchill, this UNESCO World Heritage site shows off a full display of Christmas spirit. Indulge in a Christmas afternoon tea before spending time perusing the many stalls filled with decorations and Christmas souvenirs. (B, L)

Day 5: Sunday, December 6, 2026 - London - Paris, France - Allonsy! Today, you're off to Paris! Hop aboard the Eurostar high-speed train to get there in just two hours. A sophisticated metropolis of style and culture, Paris' bustling city streets are filled with colorful history, fascinating museums, renowned monuments and grand theatres. Settle in for your four-night stay in the "City of Light" as you join for a walk to get acquainted with the neighborhood. Place de la Republique is conveniently located at the seam between the verdant Canal Saint-Martin and the elegant district of Le Marais abounding with gorgeous old mansions and trendy boutiques. (B, D)

Day 6: Monday, December 7, 2026 - Paris - Join a local expert and come to know the highlights of Paris, including the Arc de Triomphe, Champs-Elysees. Stop at the Galeries Lafayette department store, cherished among Parisians for its sky-high Christmas tree, dazzling holiday displays, and Art Nouveau architecture. Explore how you'd like with an afternoon and night at leisure. Or, enjoy an optional dinner at the dynamic Paradis Latin* for a champagne-flowing, can-can kicking, music-driven night at the cabaret. (B)

Day 7: Tuesday, December 8, 2026 - Paris - Be romanced by Paris, decorated for the season - the whole day is yours for the taking. You may wander over to the Left Bank of the Seine and plunge into the bohemian atmosphere of the Saint-Germain-des-Prés neighborhood and the Latin Quarter. Or, join an optional excursion to Versailles,** where you'll explore King Louis XIV's magnificent Palace and Gardens. Relive history as you walk through the various rooms of the State Apartments, including the Queen's bed chamber and the famous Hall of Mirrors. (B)

Day 8: Wednesday, December 9, 2026 - Paris - This morning, visit Suresnes American Cemetery and Memorial, a solemn tribute to the U.S. soldiers who served in both World Wars. Stroll through the rows of gravestones, pause in quiet reflection within the chapel, and take in the city view from this serene hillside setting. Next, ready your senses to delve into the art of perfume making. Create your own fragrance during a hands-on workshop led by a master perfumer, fondly known as a "Nez" (Nose), and after, return to your hotel with your creation in hand. It's your last afternoon in Paris - how will you spend it? Should you indulge in some of the world's best shopping on the Champs-Elysees, or simply do as the Parisians do and sit at a sidewalk café, watching the beauty that is Paris go by? No matter what you decide, end the day with a romantic Seine River cruise set against Paris' glittering skyline. After, experience an exclusive dinner at the Eiffel Tower featuring French cuisine and breathtaking views. (B, D)

Day 9: Thursday, December 10, 2026 Paris - Tour Ends - You depart today, but London and Paris will remain in your heart forever. (B)

10

Optional 4 days, 3 nights Amsterdam post-tour extension: \$1,699 per person double, \$2,399 per person single.

Affordable Adventures

2026 Line up



Sky River Casino Day Trip
Wednesday, April 1st, 2026

**Yosemite Valley
Two-Day Trip**
May 17-19, 2026 - Waitlist



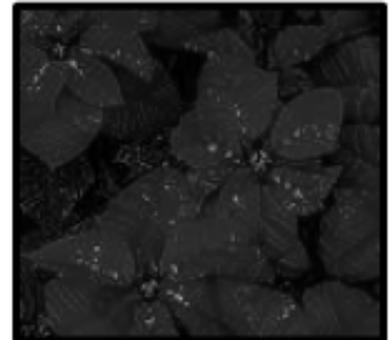
**Fisherman's Wharf / Red &
White Cruise Day Trip**
Saturday, June 20, 2026



Music Circus: Hairspray
Thursday, August 27th, 2026



Apple Hill Day Trip
September 16th, 2026



**Reno / Virginia City
Overnight Trip**
Tentative October 9-10, 2026



Poinsettia Farm Trip
November 29, 2026

**Music Circus:
A Christmas Carol**
December 16, 2026



Finalized dates for October-December Trips will be announced at the May 28th travel presentation. Be sure to sign up with the Welcome Desk (530) 661-2001. Individual flyers for each trip will provide detailed information regarding what it costs, what is included, activity details, final dates and times.

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

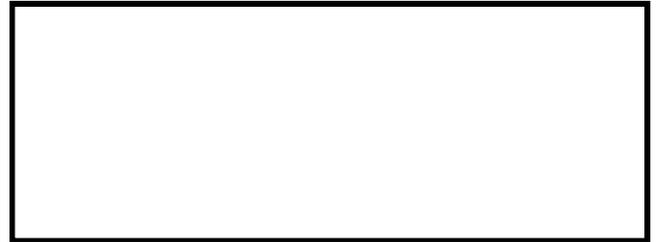


CITY OF
WOODLAND
CALIFORNIA

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

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

Address Service Requested



Senior Gram

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Valentine's Day Cookie Decorating