



City of Woodland
Meeting Agenda
Commission on Aging

Woodland Community &
Senior Center
2001 East Street
Woodland, CA 95776

October 19, 2023
4:00 PM

***Please Note:** The numerical order of items on this agenda is for the convenience of reference; items may be taken out of order.*

A. CALL TO ORDER

B. ROLL CALL

C. PLEDGE OF ALLEGIANCE

D. COMMUNICATIONS - COMMISSION/STAFF STATEMENTS AND REQUESTS

1. Commissioner Statements

E. NEW BUSINESS

2. Yolo County Press Release on Scams Targeting the Elderly
3. Senior Satisfaction Survey Results

F. REGULAR CALENDAR

4. Approve Minutes from the May 18, 2023 Commission on Aging Meeting
5. Waste Management Discussion
6. Senior Resource Fair Debrief
7. Commission on Aging Work Plan

G. REPORT OF THE STAFF

8. Woodland Senior Center Staff Report

H. COMMUNICATIONS - PUBLIC COMMENT

I. AGENDA ITEMS FOR NEXT MEETING

J. ADJOURN

Upon request, agendas and documents in the agenda packet will be made available in appropriate alternative formats to persons with a disability, as required by law. Any such requests must be made in writing to the Office of the City Clerk of the City of Woodland. Requests will be valid for the calendar year in which the request is received, and must be renewed prior to January 1st.

Persons needing disability-related modifications or accommodations in order to participate in public meetings, including persons requiring auxiliary aids or services, may request such modifications or accommodations by calling the Office of the City Clerk (530-661-5806) at least 48 hours prior to the meeting.



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: October 19, 2023
ITEM #: D.1
SUBJECT: Commissioner Statements

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: October 19, 2023
ITEM #: E.2
SUBJECT: Yolo County Press Release on Scams Targeting the Elderly

Attachments:

1. 2023 09 21 Yolo County



COUNTY OF YOLO

Office of the County Administrator

Gerardo Pinedo
County Administrative Officer

625 Court Street, Room 202 • Woodland, CA 95695
www.YoloCounty.org

FOR IMMEDIATE RELEASE

July 6, 2023

Contact: Dwight Coddington
Email: Dwight.Coddington@yolocounty.org
Phone: (530) 908-0186

Protecting Our Seniors: Yolo County Joins Forces to Combat Financial Scams Targeting the Elderly

(Yolo County, CA) - The Yolo County District Attorney's Office, in partnership with the Yolo County Health and Human Services Agency, are issuing an urgent public advisory to raise awareness about the alarming increase in financial scams targeting our elderly population. These scams have reached an unprecedented level of sophistication, posing a serious threat to the financial security and overall well-being of our beloved seniors.

Recent data from the California Department of Justice reveals a startling rise in financial scams targeting the elderly, with a staggering 30% increase in reported incidents across the state over the past year alone. Our own community of Yolo County has unfortunately not been spared from this troubling trend, with a significant number of our seniors falling victim to these reprehensible crimes.

These scams have evolved far beyond traditional methods, leveraging advanced technology and exploiting the vulnerabilities of our seniors. Fraudsters employ various manipulative techniques, including impersonating trusted institutions, creating sophisticated phishing emails, and using coercive tactics to extract sensitive personal and financial information. It is crucial that our focus be on supporting and protecting victims rather than criticizing them for having been victimized by these criminals.

In response to this growing threat, the County of Yolo has taken proactive measures to combat financial scams targeting our elderly residents. The Yolo County District Attorney's Office and the Yolo County Health and Human Services Agency have joined forces to launch a comprehensive initiative aimed at raising awareness, providing educational resources, and strengthening community support networks.

Through this collaborative effort, we are enhancing public education and outreach to ensure that our seniors have the knowledge and tools to recognize and prevent scams before falling victim. We are also bolstering efforts to investigate and prosecute those responsible for preying on our vulnerable population, sending a strong message that such acts will not be tolerated in our community.

We urge all residents of Yolo County to remain vigilant and to take proactive steps to protect themselves and their loved ones. Here are some essential tips to help safeguard against financial scams:

- Keep personal information, such as Social Security numbers and banking details, confidential and secure.
- Be cautious of unsolicited calls, emails, or messages requesting personal or financial information. Legitimate organizations will never ask for sensitive details via unsolicited means.

- Regularly review financial statements and credit reports for any suspicious activity. No legitimate financial institution or organization will ever ask you to buy gift cards or put money into cryptocurrency.
- Report any instances of scams or fraud to the local authorities and relevant regulatory agencies. Embarrassment and fear of losing their independence are often the reason victims do not report these crimes. When someone falls prey to deceit, DO NOT talk down to them or treat them like a child. Encourage them to report it and support them in their recovery from being scammed.

Stay informed by visiting the official websites of trusted organizations for the latest information on scams and fraud prevention.

The County of Yolo, through this partnership of its dedicated staff, remains committed to the safety and well-being of our seniors. We encourage everyone to join us in this critical endeavor by spreading awareness, supporting those victimized, and remaining vigilant against these cunning scams. By working together, we can protect the most vulnerable members of our community and ensure a safe and secure future for all.

- Report any crimes to your local law enforcement's non-emergency number. If you suspect that someone is a victim of elder abuse or financial exploitation, report it to Adult Protective Services (APS) at 530-661-2727 or 1-888-675-1115. If you think the person's safety may be at risk, call 911.
- Additionally, if you or someone you know is a victim of elder fraud, we encourage you to call the National Elder Fraud Hotline at 833-FRAUD-11 (833-372-8311).

If you want to assist us in spreading public awareness or are interested in how best to protect yourself, the Consumer Financial Protection Bureau has additional resources here: www.consumerfinance.gov/consumer-tools/educator-tools/resources-for-older-adults/protecting-against-fraud

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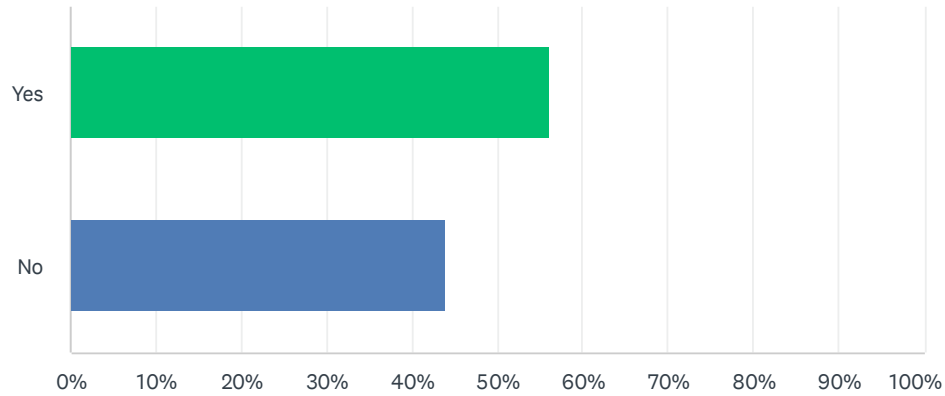
TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: October 19, 2023
ITEM #: E.3
SUBJECT: Senior Satisfaction Survey Results

Attachments:

1. Summary

Q1 Do you know about the Woodland Commission on Aging, the City's Council-appointed advisory body on aging-related issues?

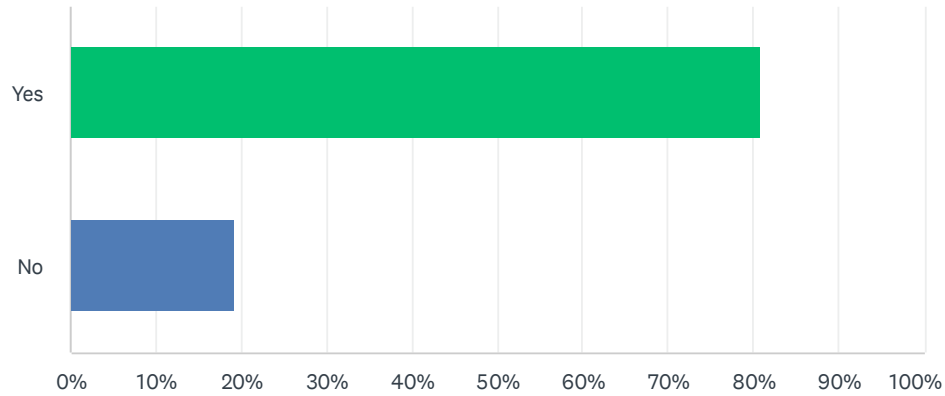
Answered: 98 Skipped: 3



ANSWER CHOICES	RESPONSES	
Yes	56.12%	55
No	43.88%	43
TOTAL		98

Q2 Are you a member of the Woodland Senior Center's non-profit partner, Woodland Senior Center Inc. (SCI)?

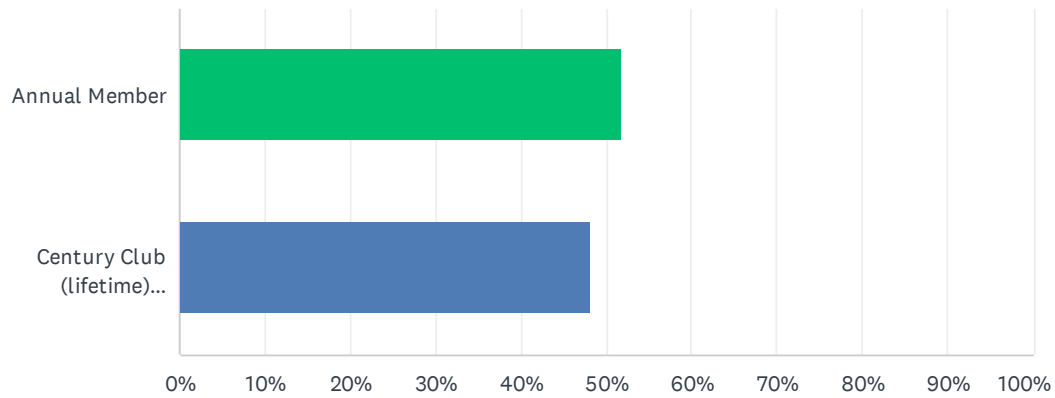
Answered: 99 Skipped: 2



ANSWER CHOICES	RESPONSES	
Yes	80.81%	80
No	19.19%	19
TOTAL		99

Q3 Which type of membership do you hold?

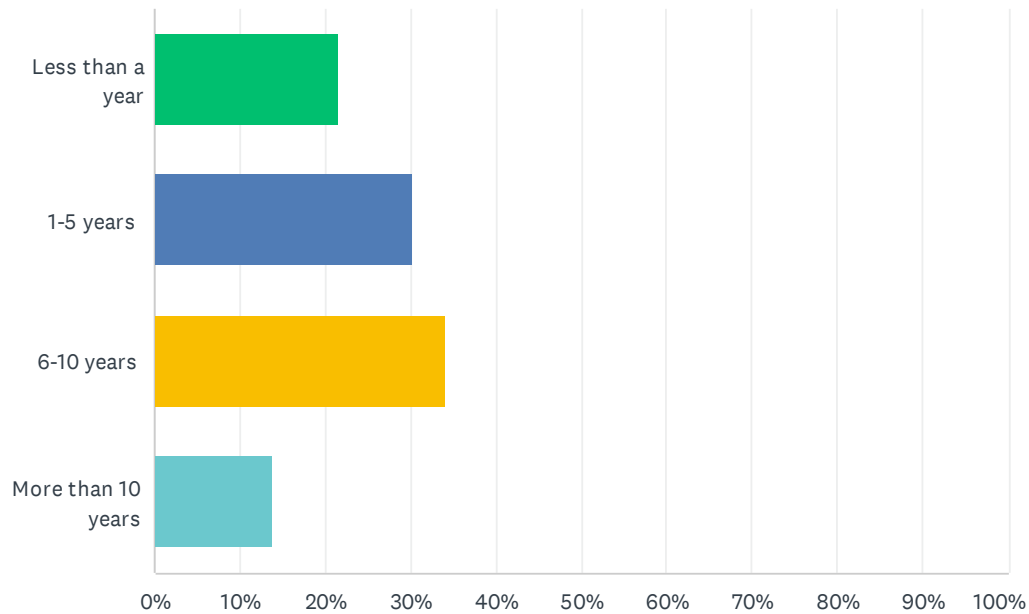
Answered: 79 Skipped: 22



ANSWER CHOICES	RESPONSES	
Annual Member	51.90%	41
Century Club (lifetime) Member	48.10%	38
TOTAL		79

Q4 How long have you been a member?

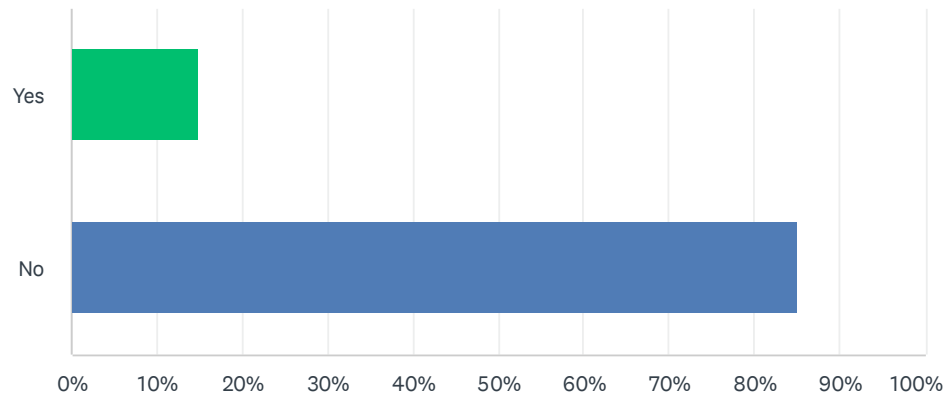
Answered: 79 Skipped: 22



ANSWER CHOICES	RESPONSES	
Less than a year	21.52%	17
1-5 years	30.38%	24
6-10 years	34.18%	27
More than 10 years	13.92%	11
TOTAL		79

Q5 Have you been an SCI member in the past?

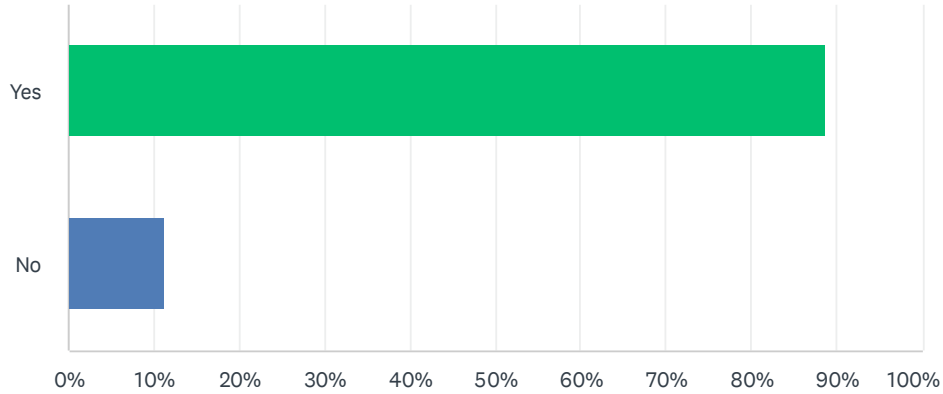
Answered: 20 Skipped: 81



ANSWER CHOICES	RESPONSES	
Yes	15.00%	3
No	85.00%	17
TOTAL		20

Q6 Do you read the Woodland Senior Center's monthly newsletter, the "Senior Gram"?

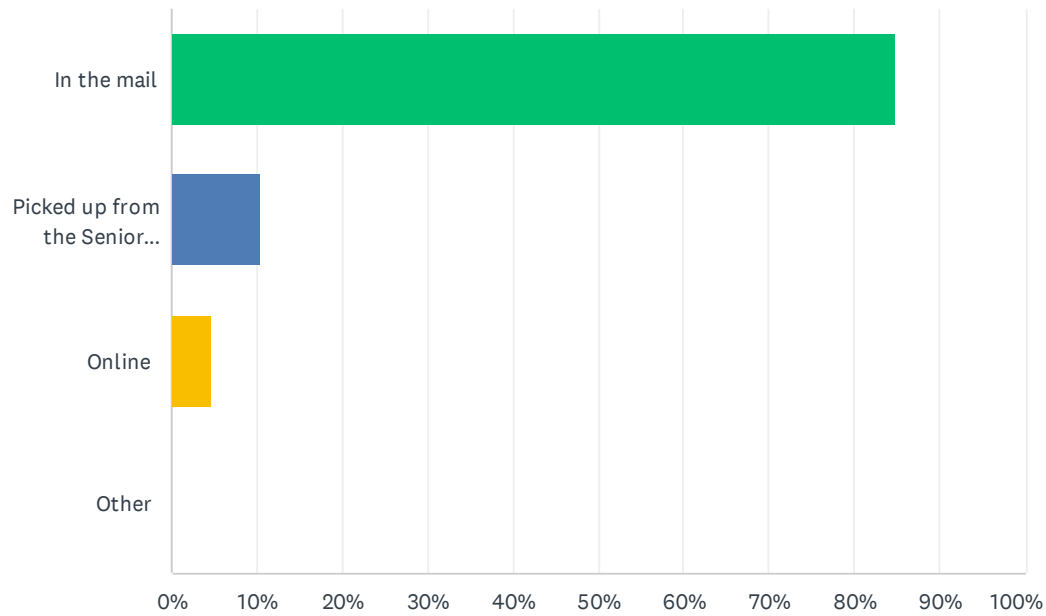
Answered: 97 Skipped: 4



ANSWER CHOICES	RESPONSES	
Yes	88.66%	86
No	11.34%	11
TOTAL		97

Q7 How do you receive your Senior Gram newsletter?

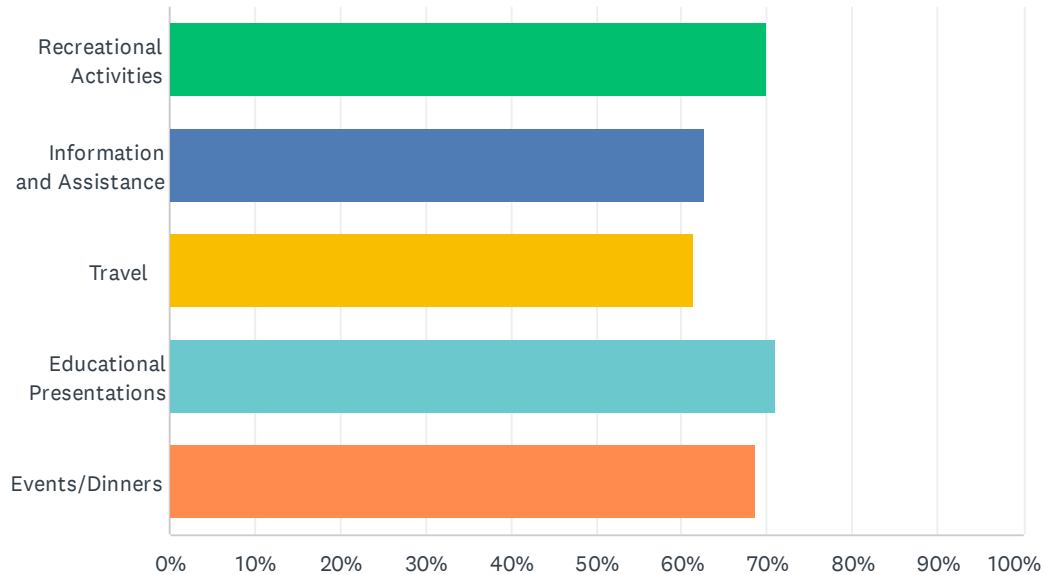
Answered: 86 Skipped: 15



ANSWER CHOICES	RESPONSES	
In the mail	84.88%	73
Picked up from the Senior Center	10.47%	9
Online	4.65%	4
Other	0.00%	0
TOTAL		86

Q8 What information do you look forward to learning about most in the Senior Gram? Choose any that apply.

Answered: 83 Skipped: 18



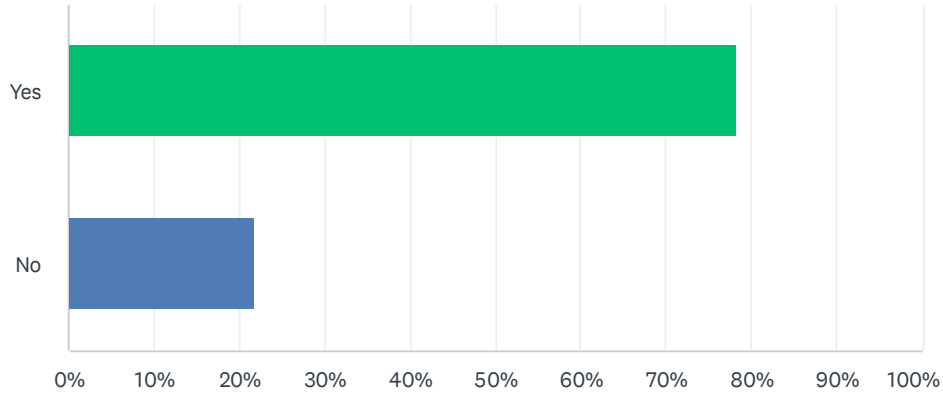
ANSWER CHOICES	RESPONSES	
Recreational Activities	69.88%	58
Information and Assistance	62.65%	52
Travel	61.45%	51
Educational Presentations	71.08%	59
Events/Dinners	68.67%	57
Total Respondents: 83		

Q9 Do you have any recommendations on making a better Senior Gram?

Answered: 64 Skipped: 37

Q10 Do you participate in Woodland Senior Center programs at the Woodland Community & Senior Center?

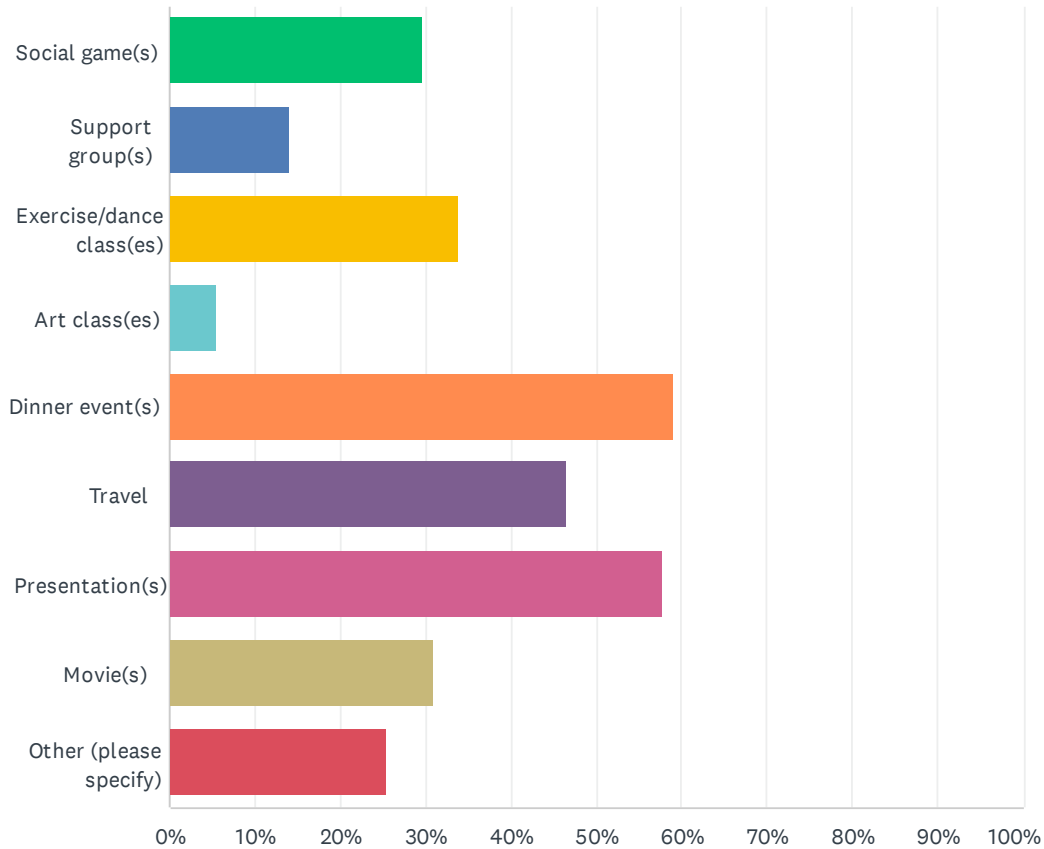
Answered: 92 Skipped: 9



ANSWER CHOICES	RESPONSES	
Yes	78.26%	72
No	21.74%	20
TOTAL		92

Q11 Which programs do you participate in at the senior center? Choose as many as apply.

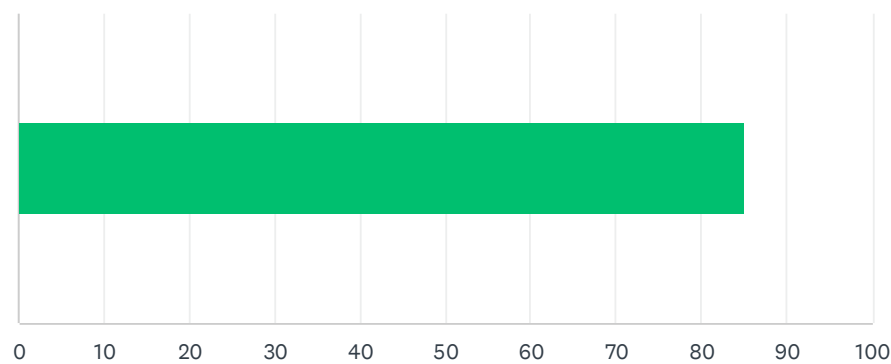
Answered: 71 Skipped: 30



ANSWER CHOICES	RESPONSES	
Social game(s)	29.58%	21
Support group(s)	14.08%	10
Exercise/dance class(es)	33.80%	24
Art class(es)	5.63%	4
Dinner event(s)	59.15%	42
Travel	46.48%	33
Presentation(s)	57.75%	41
Movie(s)	30.99%	22
Other (please specify)	25.35%	18
Total Respondents: 71		

Q12 On a scale of 1-100 (1 being “not satisfied at all” and 100 being “exceeds my expectations”), how satisfied are you with Woodland Senior Center programs? Use the slider below!

Answered: 70 Skipped: 31



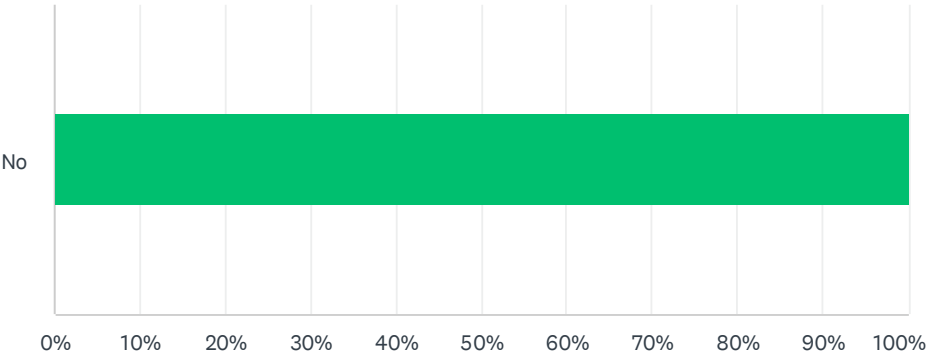
ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	85	5,955	70
Total Respondents: 70			

Q13 Other than activities at the Senior Center, what else do you do in your leisure time for recreation? (feel free to skip this question by hitting "NEXT")

Answered: 55 Skipped: 46

Q14 Do you have any suggestions for new programs, or improvements in current programs?

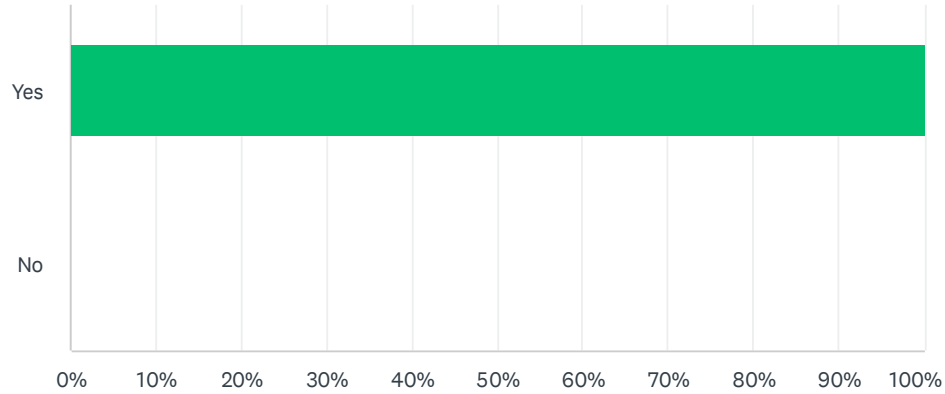
Answered: 42 Skipped: 59



ANSWER CHOICES		RESPONSES	
No		100.00%	42
TOTAL			42

Q15 Would you recommend Woodland Senior Center programs to a friend or family member?

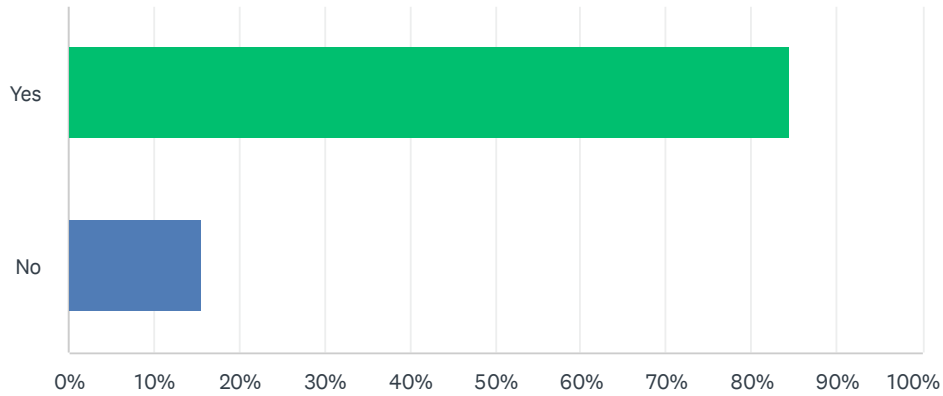
Answered: 70 Skipped: 31



ANSWER CHOICES	RESPONSES	
Yes	100.00%	70
No	0.00%	0
TOTAL		70

Q16 Have you participated in Woodland Senior Center programs in the last 10 years?

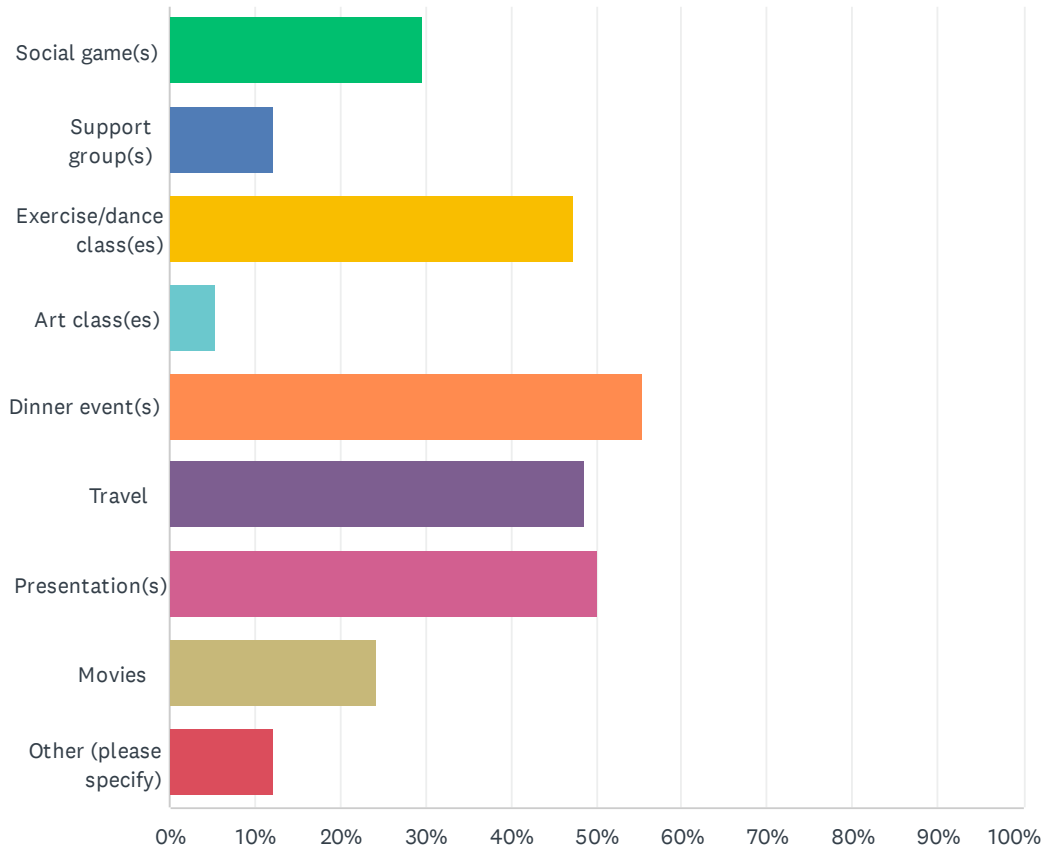
Answered: 90 Skipped: 11



ANSWER CHOICES	RESPONSES	
Yes	84.44%	76
No	15.56%	14
TOTAL		90

Q17 Which senior center programs did you participate in? Choose as many as apply.

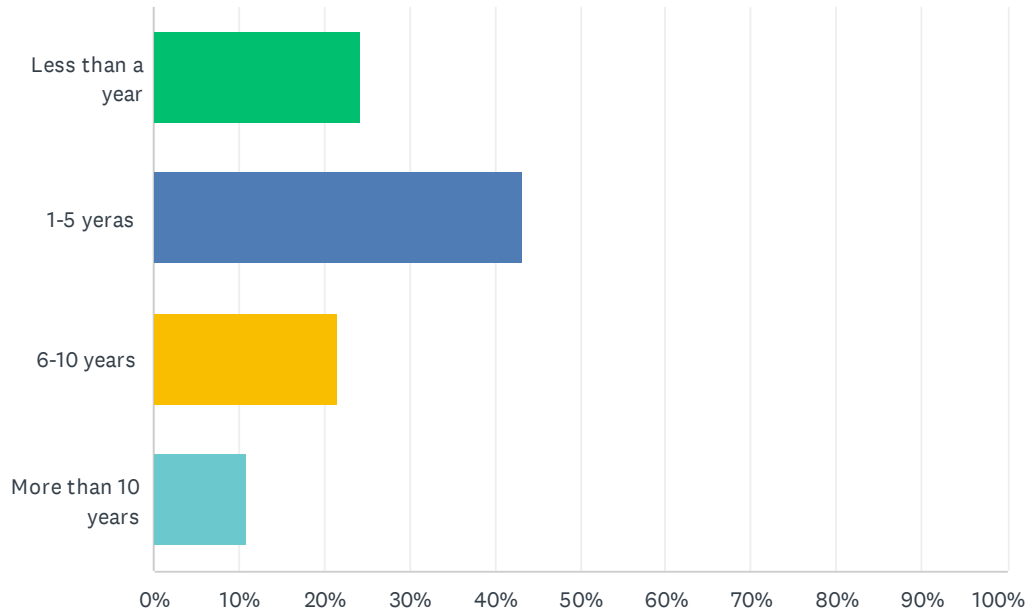
Answered: 74 Skipped: 27



ANSWER CHOICES	RESPONSES	
Social game(s)	29.73%	22
Support group(s)	12.16%	9
Exercise/dance class(es)	47.30%	35
Art class(es)	5.41%	4
Dinner event(s)	55.41%	41
Travel	48.65%	36
Presentation(s)	50.00%	37
Movies	24.32%	18
Other (please specify)	12.16%	9
Total Respondents: 74		

Q18 About how long did you participate in those senior center programs?

Answered: 74 Skipped: 27



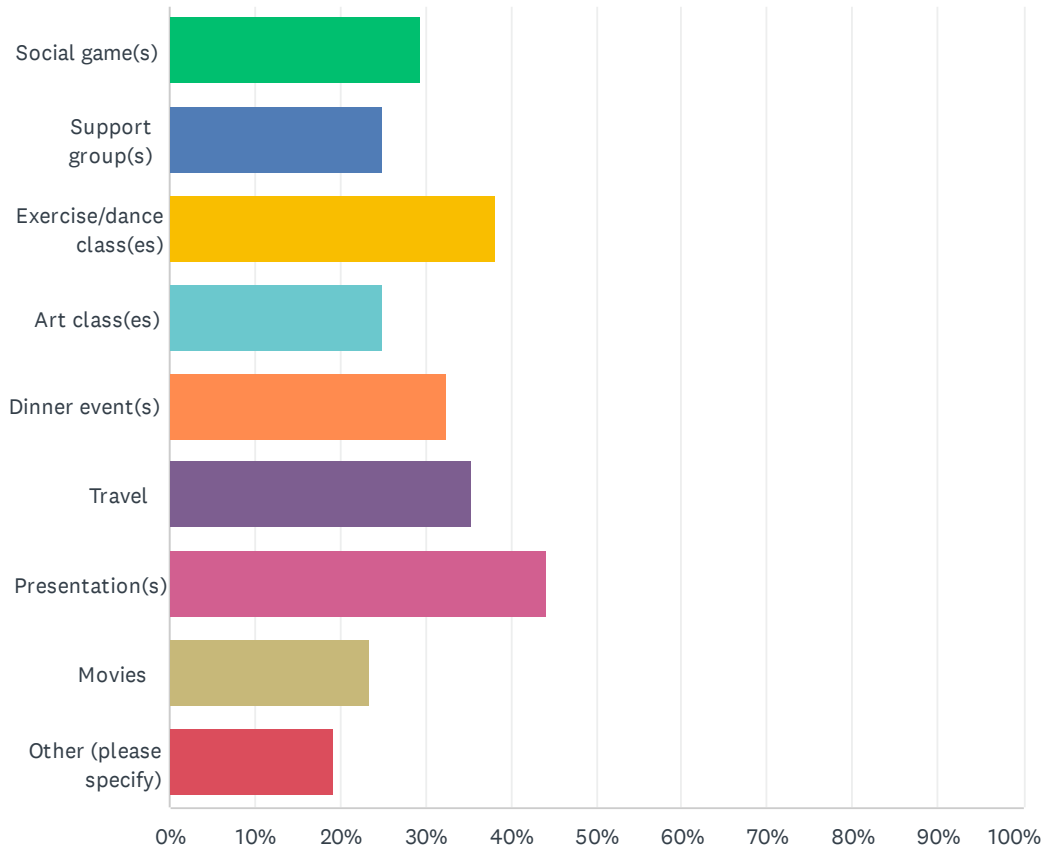
ANSWER CHOICES	RESPONSES	
Less than a year	24.32%	18
1-5 yeras	43.24%	32
6-10 years	21.62%	16
More than 10 years	10.81%	8
TOTAL		74

Q19 Describe the benefits that your leisure/recreation choices have provided to your life overall. (feel free to skip this question by scrolling down)

Answered: 38 Skipped: 63

Q20 What new programs could the Woodland Senior Center offer that you would like to participate in? Choose as many as apply.

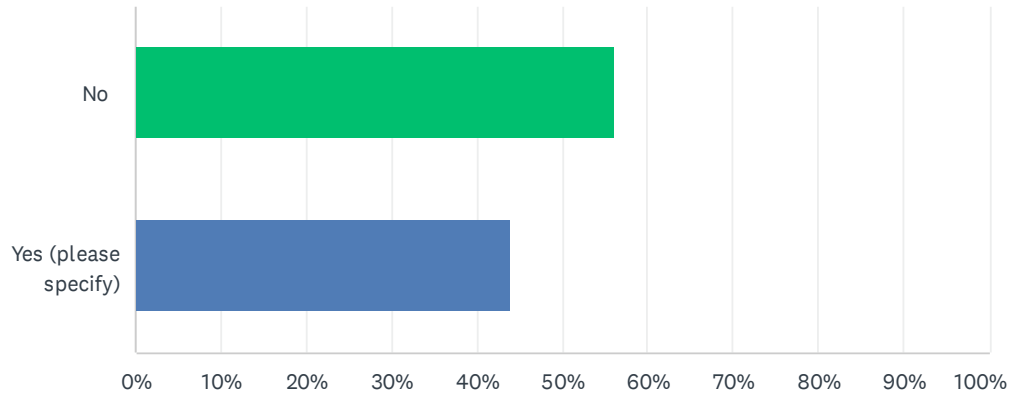
Answered: 68 Skipped: 33



ANSWER CHOICES	RESPONSES	
Social game(s)	29.41%	20
Support group(s)	25.00%	17
Exercise/dance class(es)	38.24%	26
Art class(es)	25.00%	17
Dinner event(s)	32.35%	22
Travel	35.29%	24
Presentation(s)	44.12%	30
Movies	23.53%	16
Other (please specify)	19.12%	13
Total Respondents: 68		

Q21 Are there any interesting activities that you or someone you know participates in (inside or outside of this senior center)?

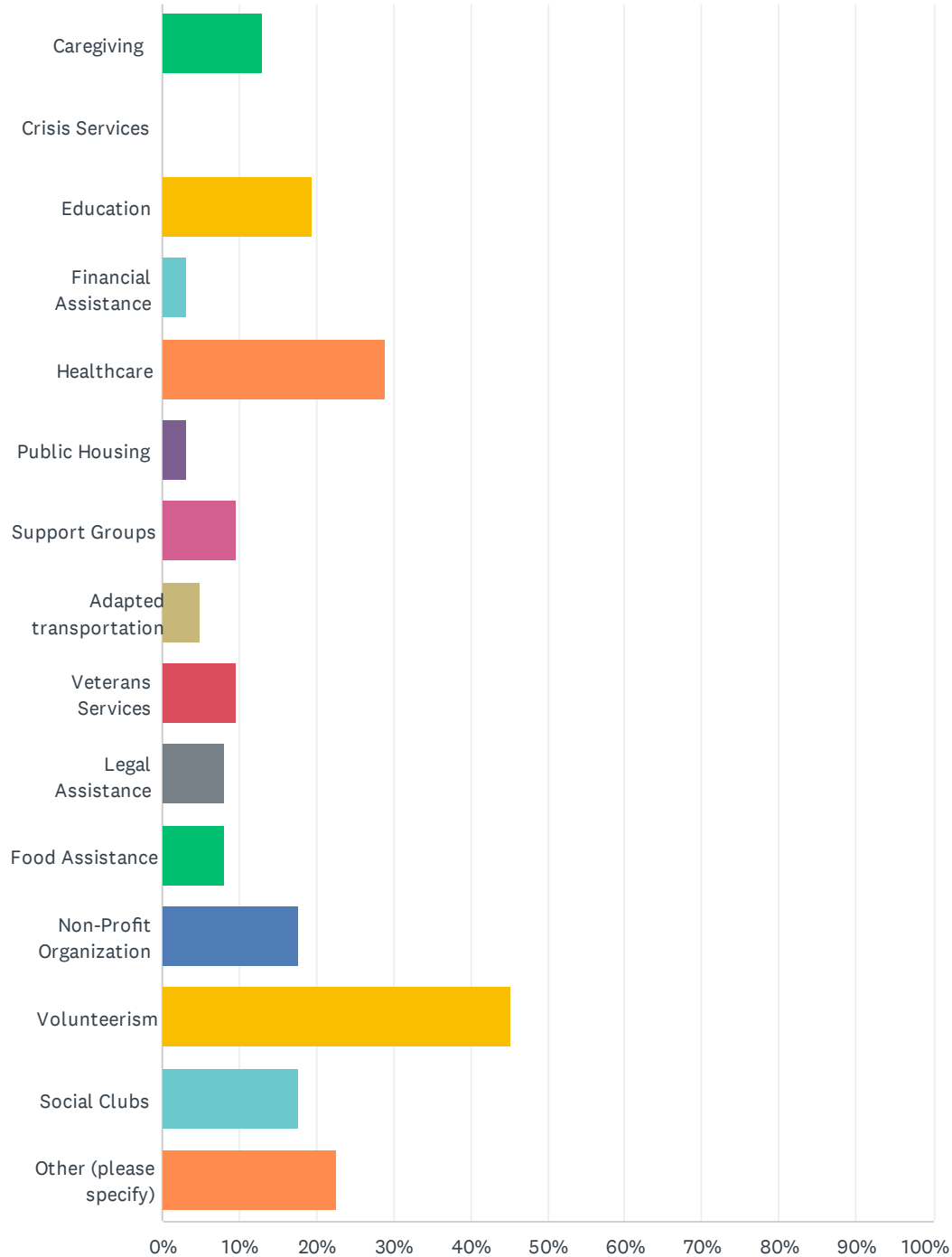
Answered: 73 Skipped: 28



ANSWER CHOICES	RESPONSES	
No	56.16%	41
Yes (please specify)	43.84%	32
TOTAL		73

Q22 Besides the Woodland Senior Center, what other senior-related services do you use?

Answered: 62 Skipped: 39



City of Woodland Commission on Aging 2023 Senior Survey

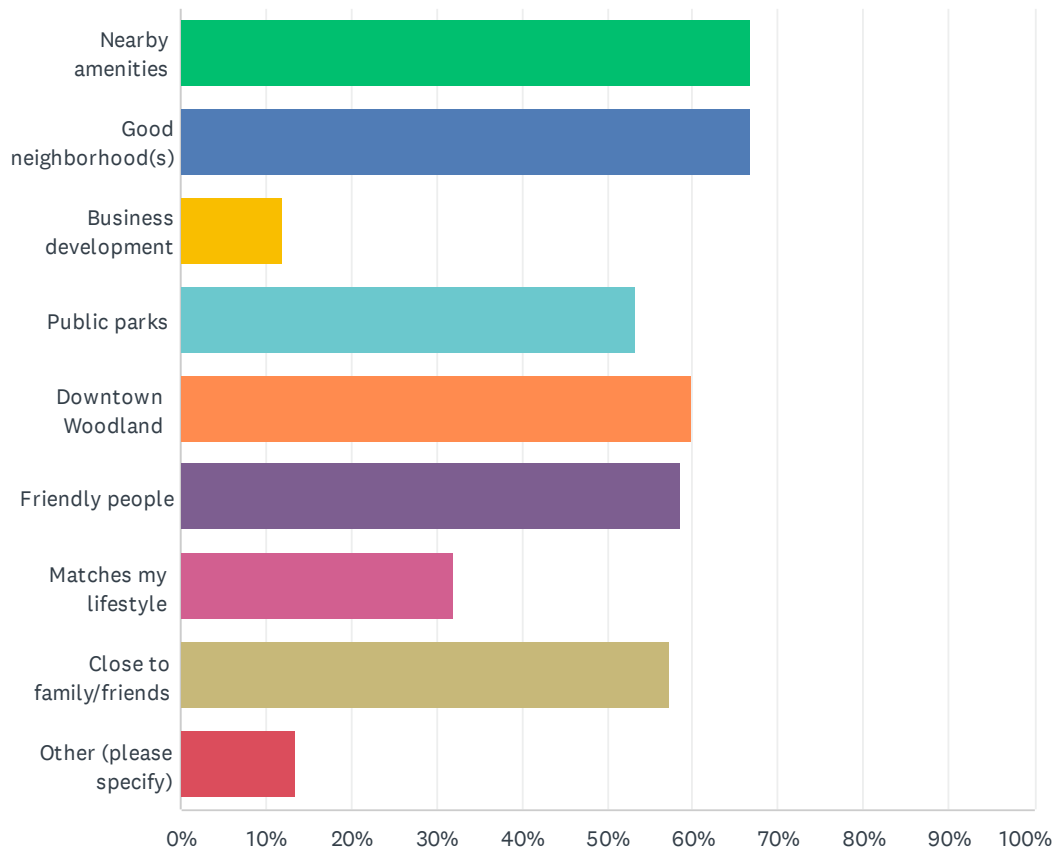
ANSWER CHOICES	RESPONSES	
Caregiving	12.90%	8
Crisis Services	0.00%	0
Education	19.35%	12
Financial Assistance	3.23%	2
Healthcare	29.03%	18
Public Housing	3.23%	2
Support Groups	9.68%	6
Adapted transportation	4.84%	3
Veterans Services	9.68%	6
Legal Assistance	8.06%	5
Food Assistance	8.06%	5
Non-Profit Organization	17.74%	11
Volunteerism	45.16%	28
Social Clubs	17.74%	11
Other (please specify)	22.58%	14
Total Respondents: 62		

Q23 What types of programs and services do you think are missing for seniors in Woodland?

Answered: 48 Skipped: 53

Q24 What do you like about living in Woodland?

Answered: 75 Skipped: 26



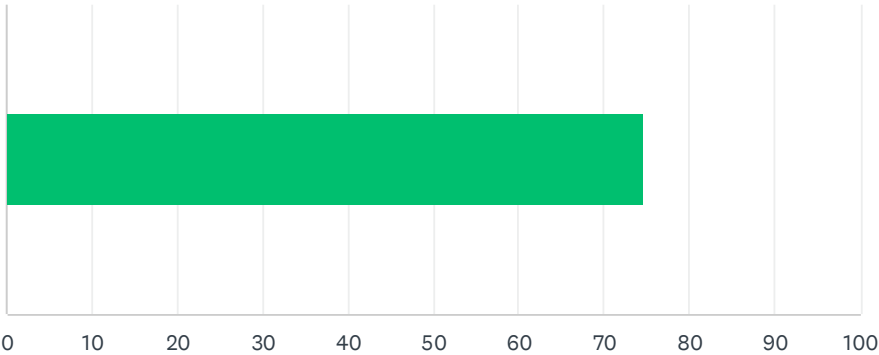
ANSWER CHOICES	RESPONSES	
Nearby amenities	66.67%	50
Good neighborhood(s)	66.67%	50
Business development	12.00%	9
Public parks	53.33%	40
Downtown Woodland	60.00%	45
Friendly people	58.67%	44
Matches my lifestyle	32.00%	24
Close to family/friends	57.33%	43
Other (please specify)	13.33%	10
Total Respondents: 75		

Q25 Are there any areas that you think Woodland can improve?

Answered: 54 Skipped: 47

Q26 On a scale of 1-100 (1 being “not satisfied at all” and 100 being “exceeds my expectations”), how would you rate living in Woodland for seniors?

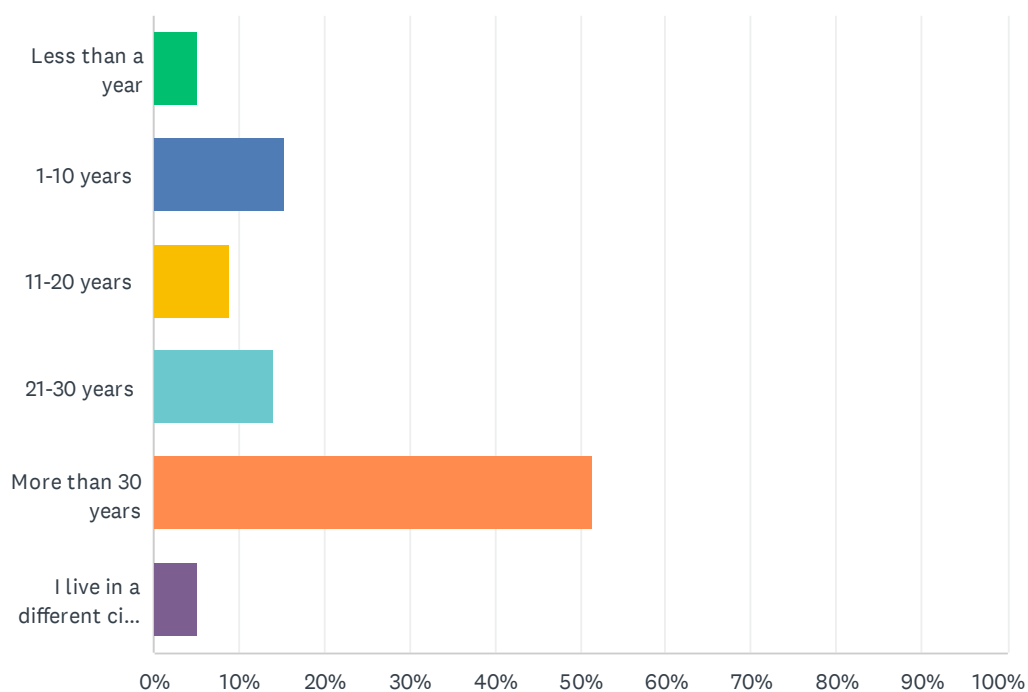
Answered: 74 Skipped: 27



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	75	5,530	74
Total Respondents: 74			

Q27 How long have you lived in Woodland?

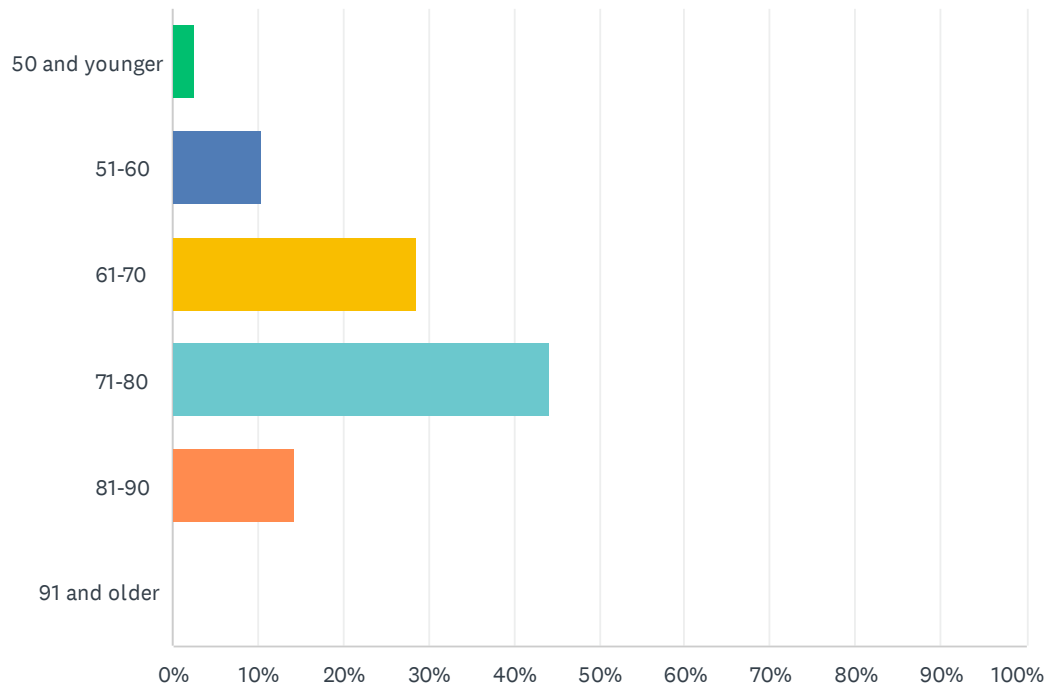
Answered: 78 Skipped: 23



ANSWER CHOICES	RESPONSES	
Less than a year	5.13%	4
1-10 years	15.38%	12
11-20 years	8.97%	7
21-30 years	14.10%	11
More than 30 years	51.28%	40
I live in a different city (please specify which city)	5.13%	4
TOTAL		78

Q28 What is your age category?

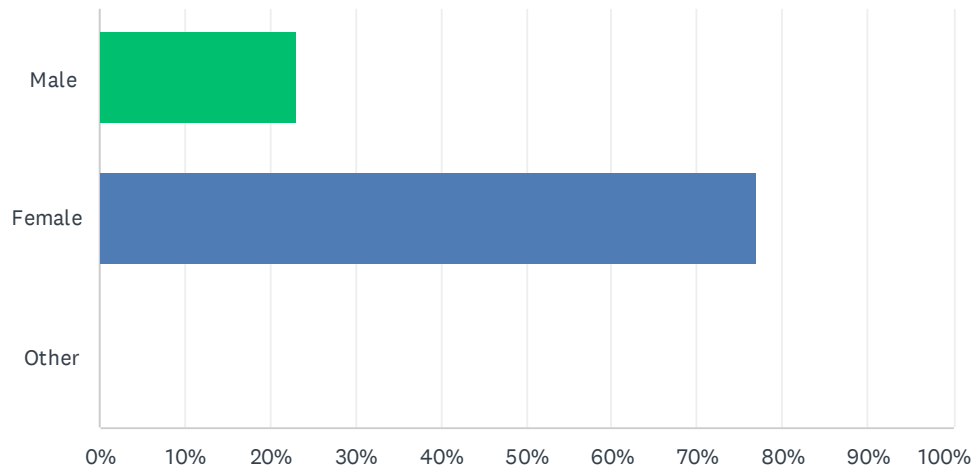
Answered: 77 Skipped: 24



ANSWER CHOICES	RESPONSES	
50 and younger	2.60%	2
51-60	10.39%	8
61-70	28.57%	22
71-80	44.16%	34
81-90	14.29%	11
91 and older	0.00%	0
TOTAL		77

Q29 What is your gender?

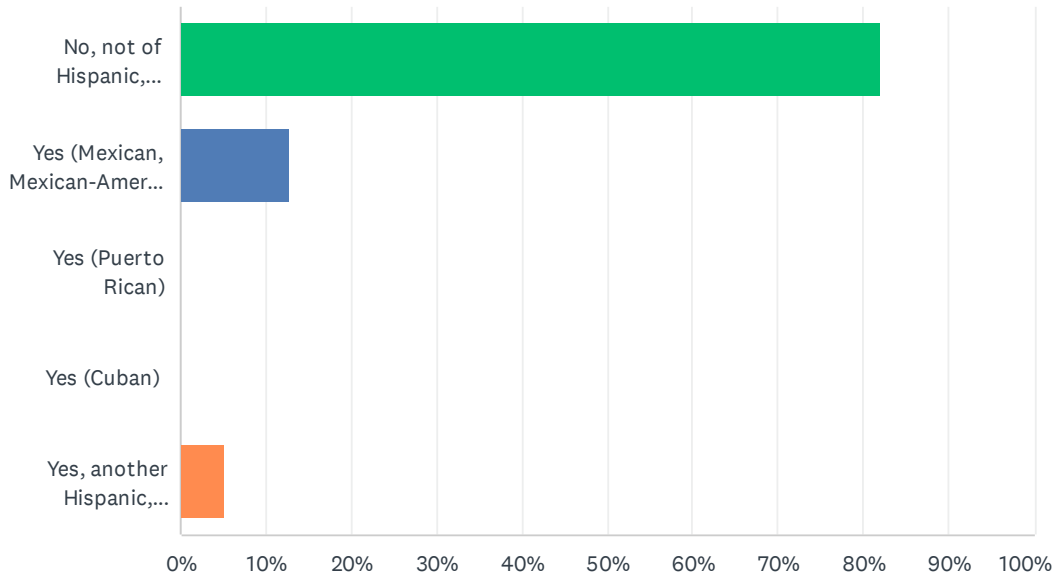
Answered: 78 Skipped: 23



ANSWER CHOICES	RESPONSES	
Male	23.08%	18
Female	76.92%	60
Other	0.00%	0
TOTAL		78

Q30 Are you of Hispanic, Latino, or Spanish origin or descent?

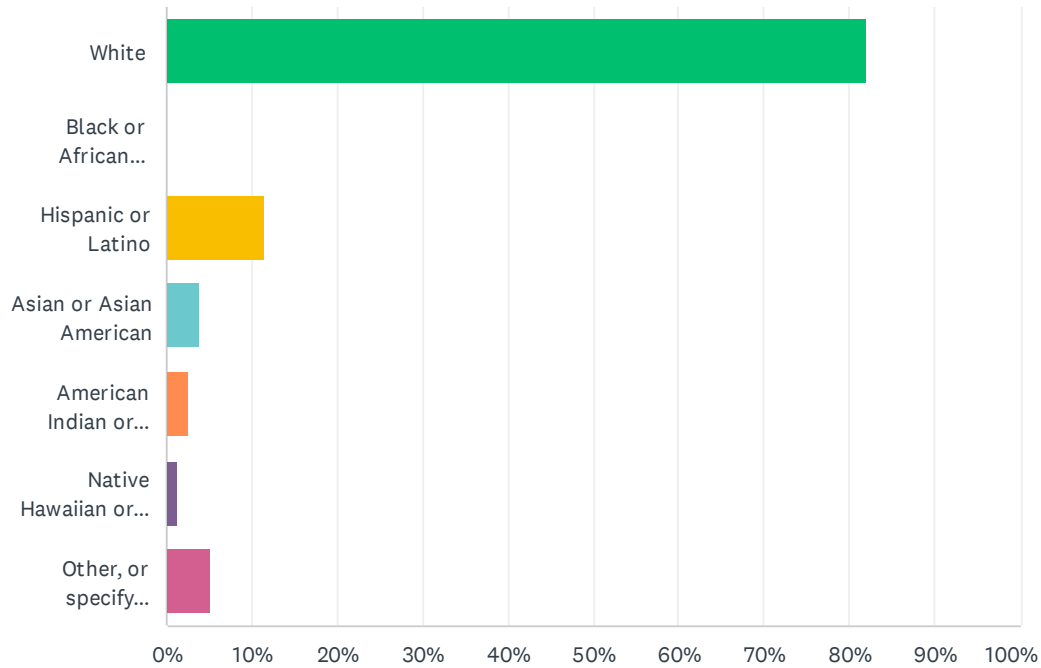
Answered: 78 Skipped: 23



ANSWER CHOICES	RESPONSES	
No, not of Hispanic, Latino, or Spanish origin or descent	82.05%	64
Yes (Mexican, Mexican-American, Chicano)	12.82%	10
Yes (Puerto Rican)	0.00%	0
Yes (Cuban)	0.00%	0
Yes, another Hispanic, Latino, or Spanish Origin (Specify, for example: Salvadorian, Dominican, Colombian, Guatemalan, Spaniard, Ecuadorian, etc.)	5.13%	4
TOTAL		78

Q31 What is your race? Mark one or more.

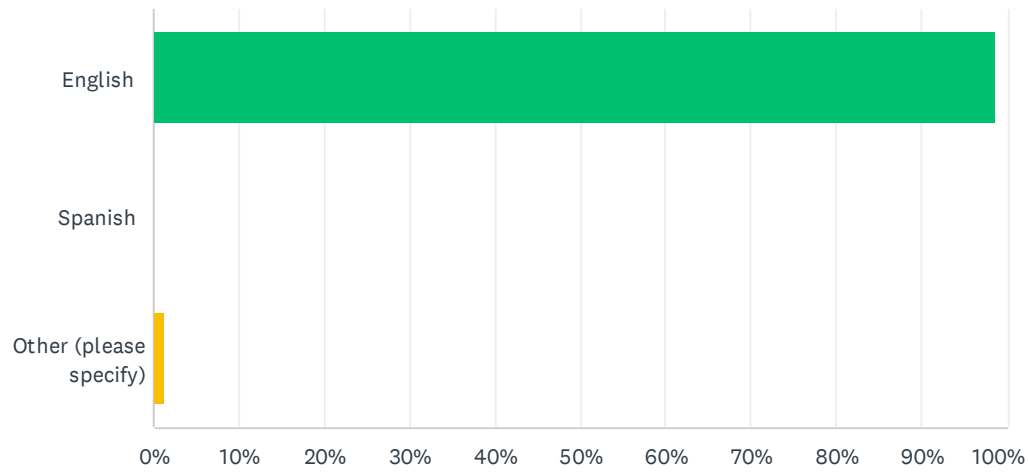
Answered: 78 Skipped: 23



ANSWER CHOICES	RESPONSES	
White	82.05%	64
Black or African American	0.00%	0
Hispanic or Latino	11.54%	9
Asian or Asian American	3.85%	3
American Indian or Alaska Native	2.56%	2
Native Hawaiian or other Pacific Islander	1.28%	1
Other, or specify self-identified race	5.13%	4
Total Respondents: 78		

Q32 What language do you mainly speak at home?

Answered: 78 Skipped: 23



ANSWER CHOICES	RESPONSES	
English	98.72%	77
Spanish	0.00%	0
Other (please specify)	1.28%	1
TOTAL		78

Q33 RAFFLE ENTRY! Please provide your name, phone number, and email address for the raffle. This information is kept separate from the results of the survey.

Answered: 72 Skipped: 29

ANSWER CHOICES	RESPONSES	
Name	100.00%	72
Company	0.00%	0
Address	0.00%	0
Address 2	0.00%	0
City/Town	0.00%	0
State/Province	0.00%	0
ZIP/Postal Code	0.00%	0
Country	0.00%	0
Email Address	100.00%	72
Phone Number	97.22%	70



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: October 19, 2023
ITEM #: F.4
SUBJECT: Approve Minutes from the May 18, 2023 Commission on Aging Meeting

Attachments:

1. 2023 05 18 COA Minutes

**City of Woodland
Meeting Minutes
Commission on Aging
May 18, 2023
4:00 pm**

A. CALL TO ORDER

Meeting called to order by Commissioner Campbell at 4:03 pm

B. ROLL CALL

*Commissioners Present: Campbell, Harryman, Overholt
Commissioners Absent: DeLiberty
Staff Present: Engel, Tringali*

C. PLEDGE OF ALLEGIANCE

D. REGULAR CALENDAR

1. Approve Minutes from the April 20, 2023 Commission on Aging Meeting

*Commissioner Overholt motioned to approve minutes.
Commissioner Harryman seconds.
Motion passes 3-0*

2. Senior Resource Fair 2023

Commissioners need to be present. Harryman to conduct survey. Commissioners to show up at 8:15 am and direct vendors to tables.

E. NEW BUSINESS

3. Yolo Food Bank Presentation

Present representatives of Yolo Food Bank (YFB) are: Karen Baker (Executive Director), and Genevieve Peyatt (Director of Programs).

There are 75,000 households in Yolo County with a 17.2% poverty rate. YFB gives food through distributions and partnerships. 21,000 households are reached each month. YFB works with 84 community partners.

The three main YFB programs are: 1) Eat Well Yolo (food distributions at fairgrounds and senior center); 2) Kids Farmer's Market (in the schools); and 3) Eat Home Yolo (delivery to homebound people, 250 seniors in 94 households participate in this program).

YFB use is up 20% since the end of the pandemic. Some CalFresh benefits are going away, and YFB is anticipating the impact on Yolo County.

4. Commission on Aging Work Plan

Commission wants to reprioritize work plan in July after survey results come out. Remove “Resource Guide” and “Emergency Preparedness.”

5. Woodland Community & Senior Center Parking Lot Speed Bumps

Commissioner Campbell further discussed speed bumps being necessary in the Woodland Community & Senior Center.

F. COMMUNICATIONS - COMMISSION/STAFF STATEMENTS AND REQUESTS

Commissioner Harryman would like to request that the City advocate to Waste Management for financial benefits for seniors in Woodland (i.e., reduced rates)

Commissioner Overholt asks what age of people can participate in Senior Center activities. Staff clarified that many of these programs are open to adults that need those particular services.

Commissioner Campbell requests that the gates be unlocked during senior events.

G. REPORT OF THE STAFF

6. Senior Center Staff Report

Staff re-introduced the format of the staff report. Sign-ins and Participant Hours are tabulated monthly. Discussed Yolo County Hazard Mitigation Forum and District Attorney’s Office’s fraud prevention presentation.

H. COMMUNICATIONS - PUBLIC COMMENT

None.

I. AGENDA ITEMS FOR NEXT MEETING

*Yolo County District Attorney's Office Scam Presentation
Waste Management*

J. ADJOURN

*Commissioner Overholt motioned to adjourn at 5:03 pm.
Commissioner Harryman seconds.
Motion passes 3-0*



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: October 19, 2023
ITEM #: F.5
SUBJECT: Waste Management Discussion

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: October 19, 2023
ITEM #: F.6
SUBJECT: Senior Resource Fair Debrief

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: October 19, 2023
ITEM #: F.7
SUBJECT: Commission on Aging Work Plan

Attachments:

1. COA Work Plan 2023

City of Woodland Commission on Aging Work Plan

#1 DIVERSITY OF SENIOR POPULATION

Objective: To explore needs of seniors in diverse populations.
Action: Identify and engage representatives/leaders from diverse populations.
Outcome: Needs of all seniors in Woodland are made known and appropriately addressed.
Timeline: Ongoing.
Resources: Commission and staff time. Use of Community & Senior Center.

Lead Commissioner: _____ Backup Commissioner: _____

#2 INFORMATIONAL PRESENTATIONS

Objective: Increased awareness of existing resources for seniors and their families.
Action: Facilitate at least one group presentation regarding existing programs, including caregiver services, respite, hospice, home-delivered meals, safety, and more.
Outcome: Commission to inform the community on senior-related issues.
Timeline: Increased utilization of existing resources.
Resources: Ongoing.
Resources: Commission and staff time. Use of Community & Senior Center.

Lead Commissioner: _____ Backup Commissioner: _____

#3 RESOURCE GUIDE

Objective: Facilitate utilization of existing resources.
Action: Create and circulate list of existing projects to the community. Coordinate with other agencies' resource guides and services.
Outcome: Increased utilization of existing resources.
Timeline: Ongoing.
Resources: Commission and staff time. Use of Community & Senior Center.

Lead Commissioner: _____ Backup Commissioner: _____

#4 SENIOR RESOURCE FAIR

Objective: Create opportunity for seniors to relate one-on-one with providers of programs and services available in the community.
Action: Promote awareness of the Fair and assist as needed on the day of the Fair.
Outcome: Greater awareness of programs available to seniors in the community.
Timeline: January through May, event always on 4th Thursday of May.
Resources: Commission and staff time. Use of Community & Senior Center.

Lead Commissioner: _____ Backup Commissioner: _____

#5 WOODLAND APARTMENT LIST

Objective: Complete updated list of apartment complexes in Woodland, including those which can accommodate seniors and those with a disability.

Action: All Commissioners to participate in calling apartment management to update information and availability.

Outcome: Updated resource guide regarding apartments in Woodland, printed and available to the community.

Timeline: January/February of even years.

Resources: Commission and staff time.

Lead Commissioner: _____ Backup Commissioner: _____

#6 ADVOCACY

Objective: Promoting and advocating for issues related to seniors.

Action: Communicate senior issues to City Council. Annual report to Council by Commission.

Outcome: Increased action to meet senior needs in Woodland.

Timeline: Ongoing. Annual report to Council in May.

Resources: Commission and staff time.

Lead Commissioner: _____ Backup Commissioner: _____



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: October 19, 2023
ITEM #: G.8
SUBJECT: Woodland Senior Center Staff Report

Teens Helping Seniors Spaghetti Feed

On Thursday, July 13, the Teens Helping Seniors program hosted a spaghetti feed fundraiser. The teen volunteers served about 130 people with all-you-can-eat spaghetti, salad, and garlic bread. All funds are used to take the volunteers to the Santa Cruz Beach Boardwalk at the end of summer, as a thank you for their service. This year, several local businesses sponsored the event by donating products for the event. Sponsors include: Pacific Coast Producers, Bel Air grocery store, Seka Hills, and Match Book Winery.

Volunteer Appreciation Dinner

On Thursday August 10, the Woodland Senior Center and Woodland Senior Center Inc. held the annual Volunteer Appreciation Dinner. This event is for the volunteers and facilitators of all the different groups and activities offered at the Senior Center. There were about 130 people that attended the dinner.

Each year, a few volunteers are honored as Outstanding Volunteers. This year, the Outstanding Volunteer recipients (and their positions) were: Linda Hoganson (Welcome Desk), Debbie Roe (Welcome Desk), Kathy Krause (Welcome Desk, Senior Gram folders), and (not pictured) Nancy Parker (Low-Impact Aerobics, AARP Tax-Aide).

The Senior Center also awards a Lifetime Volunteer Achievement Award, and this year the recipient was Don Campbell. He is a long-time chair of the City of Woodland Commission on Aging, and takes part in too many volunteer programs to list on this page!



AARP Document Shredding Event

On September 27, the Woodland Senior Center partnered with AARP to host a household document shredding event. There were more than 200 people who drove up with their boxes of paper that were all shredded on site by a mobile shredding truck. The Yolo County District Attorney's Office, the Yolo County Sheriff's STARS program, and SunFoods all provided volunteers to help with the event.



Senior Center May through September Participation

The Woodland Senior Center offers dozens of programs and activities every month. Below is a participation summary for the months of May through August 2023. "Sign-ins" accounts for all people that participated on any given program day. One unique individual could account for several "sign-ins" in a month. Volunteer hours is the amount of time spent by all participants on every day of the period.

MAY 2023

Activity	Sign-Ins/ Participant s	Participant Hours (PH)	Volunteer Hours
ART			
Gardening Adventures - Mother's Day floral arrangements	28	112	44
Needles & Friends	48	96	8
EXERCISE			
Badminton	275	13200	48
Low Impact Aerobics 8am	84	546	7
Low Impact Aerobics 10am	385	2503	7
Stompers	82	492	6
Stompers performance	23	207	9
GAMES			
Bingo	146	4088	28

Bridge for Fun	77	1155	15
Hand and Foot	67	1005	15
American Mah Jong	43	516	12
Mandarin Mah Jong	30	360	12
GENERAL			
Affordable Adventures	32	2016	63
Chit Chat Café	94	1880	20
Senior Gram Folding and Mailing	0	0	24
Senior Movie Day	31	310	10
Thrift Store	137	10412	76
Welcome Desk	225	34650	154
EDUCATION/RESOURCE			
Notary Services	12	96	8
Writing Life Stories	39	117	3
EVENTS			
Senior Resource Fair	400	800	2
Senior Center Board meeting	15	45	3
SCI Board Appreciation Lunch	14	21	2
SUPPORT			
Outa Sight SUPPORT	19	38	2
Parkinson's Support Group	19	38	2
Prostate Support	9	18	2
Stroke Support	15	30	2
SPECIAL PROGRAMS			
Library Usage	50	14700	294
Book Library volunteers	2	20	10
Smart TV 101	22	132	6

JUNE 2023

Activity	Sign-Ins/ Participant s	Participant Hours (PH)	Volunteer Hours
ART			
Ceramics	47	94	10
Gardening Adventures - June class	32	128	44
Needles & Friends	46	184	16
EXERCISE			
Badminton	331	993	36
Low Impact Aerobics 8am	60	30	5
Low Impact Aerobics 10am	373	187	5
Stompers	65	98	6
Stompers performance	11	99	9
GAMES			
American Mah Jong	42	126	12
Bingo	133	466	14

Bridge for Fun	46	138	12
Hand and Foot	52	156	12
Mandarin Mah Jong	26	78	15
Pedro	60	210	14
GENERAL			
Affordable Adventures	32	288	15
Chit Chat Café	65	260	16
Senior Gram Folding and Mailing	8	24	3
Senior Movie Day	21	84	8
Thrift Store	98	25	6
Welcome Desk	348	1218	70
EDUCATION/RESOURCE			
Handy Helpers	4	8	8
HICAP Consultations	2	3	2
Notary Services	4	2	2
Writing Life Stories	46	69	8
SUPPORT			
Diabetes Support Spanish	7	14	2
Outa Sight SUPPORT	20	40	2
Parkinson's Support Group	18	36	2
Prostate Support	12	24	2
Stroke Support	13	26	2
SPECIAL PROGRAMS			
Library Usage	185	1295	154
Library volunteers	2	4	8
Smart TV 101	22	66	6
Yolo Food Bank Bread Distribution	43	86	8
SPECIAL EVENTS			
Gardening Adventures - Drought Tolerant Plants	26	104	44

JULY 2023

Activity	Sign-Ins/ Participants	Participant Hours (PH)	Volunteer Hours
ART			
Ceramics	28	56	8
Gardening Adventures - July class	34	136	44
Needles & Friends	69	276	20
EXERCISE			
Badminton	386	1158	39
Low Impact Aerobics 8am	89	45	5
Stompers	68	136	12
Stompers performance	90	270	18

GAMES

American Mah Jong	32	96	12
Billiards	18	108	120
Bingo	151	529	32
Bridge for Fun	55	165	12
Hand and Foot	57	171	12
Mandarin Mah Jong	9	27	6
Pedro	28	98	11

GENERAL

Affordable Adventures	51	25704	504
Chit Chat Café	56	224	16
Senior Gram Folding and Mailing	8	24	3
Senior Movie Day	33	132	8
Thrift Store	0	0	6
Welcome Desk	236	826	70

EDUCATION/RESOURCE

Handy Helpers	3	6	6
HICAP Consultations	2	3	3
Notary Services	0	0	2
Writing Life Stories	19	29	2

EVENTS

Spaghetti Feed Fundraiser	195	585	3
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SUPPORT

Parkinson's Support Group	18	36	2
Prostate Cancer Support	11	22	2
Stroke Support	13	26	2

SPECIAL PROGRAMS

Affordable Adventures	46	92	2
Alaska Meet & Greet			
Library Usage	376	2632	140
Library volunteers	2	4	8

SPECIAL EVENTS

Gardening Adventures -	31	124	44
All About House Plants			
Ice Cream Social	300	1200	44
THS Spaghetti Feed Fundraiser	180	720	44
SCI Board of Director meeting	17	34	22

AUGUST 2023

Activity	Sign-Ins/ Participants	Participant Hours (PH)	Volunteer Hours
ART			
Ceramics	50	100	10
Gardening	15	60	4
Adventures - August class			
Needles & Friends	56	224	16
EXERCISE			
Badminton	383	1149	39
Low Impact Aerobics 8am	115	58	7
Low Impact Aerobics 10am	370	185	7
Rock Steady Boxing for Parkinson's	12	48	36
Stompers	36	54	15
Stompers performance	20	180	36
GAMES			
American Mah Jong	39	117	12
Bingo	139	487	25
Bridge for Fun	67	201	12
Hand and Foot	83	249	12
Mandarin Mah Jong	29	87	15
Pedro	60	210	18
GENERAL			
Affordable Adventures	38	266	15
Chit Chat Café	59	236	96
SCI Board of Directors	14	28	28
Senior Gram Folding and Mailing	11	33	3
Senior Movie Day	34	136	12
Thrift Store	29	102	81
Welcome Desk	210	1470	322
EDUCATION/RESOURCE			
Handy Helpers	4	8	16
HICAP Consultations	6	9	5
Notary Services	7	4	3
Writing Life Stories	14	28	4
EVENTS			
Volunteer Appreciation Dinner	145	435	30

SUPPORT

Diabetes Support	6	12	2
Diabetes Support	5	10	2
Spanish			
Parkinson's Support	9	18	2
Group			
Prostate Support	13	26	2
Stroke Support	13	26	2
SPECIAL PROGRAMS			

DVD & Audio Library	38	266	161
Library Usage	79	553	161
Library volunteers	0	0	8

SEPTEMBER 2023

Activity	Sign-Ins/ Participants	Participant Hours (PH)
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ART

Art	24	48
Ceramics	41	82
Gardening	15	60
Adventures - September class		
Needles & Friends	48	192

EXERCISE

Badminton	330	990
Low Impact Aerobics	112	56
8am		
Low Impact Aerobics	381	191
10am		

GAMES

American Mah Jong	24	72
Bingo	80	280
Bridge for Fun	64	192
Hand and Foot	56	168
Mandarin Mah Jong	28	84
Pedro	52	182

GENERAL

Senior Movie Day	29	116
EDUCATION/RESOURCE		

Handy Helpers	3	6
HICAP Consultations	8	12
Notary Services	3	2
Writing Life Stories	52	104

EVENTS

Shred Event	200	1200
AARP/SCI INC		
SUPPORT		
Parkinson's Support	7	14
Group		
Prostate Support	10	10
SPECIAL PROGRAMS		
Fall Prevention	50	75
Workshop		
History of the Nut	50	75
Tree		
Library Usage	162	1134
Library volunteers	2	4
Travel Presentation	41	82

Attachments:

None