



City of Woodland
Meeting Agenda
Commission on Aging

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

February 20, 2025
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. REGULAR CALENDAR

1. Approve Minutes from the November 21, 2025 Commission on Aging Meeting
2. Commissioner Requests for Absence from Future Meetings
3. 2025/2026 Woodland Apartment Guide

E. COMMUNICATIONS - COMMISSION/STAFF STATEMENTS AND REQUESTS

4. Commissioner Reports and Updates

F. NEW BUSINESS

5. Presentation by Woodland Senior Center Tax Volunteers (AARP & VITA Programs)
6. Senior Resource Fair 2025

G. REPORT OF THE STAFF

7. 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: February 20, 2025
ITEM #: D.1
SUBJECT: Approve Minutes from the November 21, 2025
Commission on Aging Meeting

Attachments:

1. 2024 11 21 COA Minutes

City of Woodland

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



Commission on Aging –

Thursday, November 21, 2024

4:00 PM

A. CALL TO ORDER

Meeting called to order at 04:03 PM

B. ROLL CALL

Council Members Present: Commissioner Regan Overholt, Chairperson Don Campbell, Commissioner Eliza Bliss-Moreau

Absent: Commissioner Kathy Harryman, Commissioner Dan Rubin

Excused: None

Staff Present: Christine Engel, Dallas Tringali

C. PLEDGE OF ALLEGIANCE

D. REGULAR CALENDAR

1. Approve Minutes from the October 17, 2024 Commission on Aging Meeting
On a motion by Commissioner Eliza Bliss-Moreau, seconded by Commissioner Regan Overholt and carried unanimously on a roll call vote, Council Members Approve Minutes from the October 17, 2024 Commission on Aging Meeting

Ayes: Commissioner Eliza Bliss-Moreau, Commissioner Don Campbell, Commissioner Regan Overholt

Noes: None

Absent: Commissioner Kathy Harryman, Commissioner Dan Rubin

2. Commissioner Requests for Absence from Future Meetings
On a motion by Commissioner Regan Overholt, seconded by Commissioner Eliza Bliss-Moreau and carried unanimously on a roll call vote, Commissioners approved Commissioner Eliza Bliss-Moreau to be excused from the January 2025 and February 2025 Commission on Aging meetings.

Ayes: Commissioner Regan Overholt, Chairperson Don Campbell, Commissioner Eliza Bliss-Moreau

Noes: None

Absent: Commissioner Kathy Harryman, Commissioner Dan Rubin

3. 2025/2026 Woodland Apartment Guide
Commissioners are completing their portions of the Woodland Apartment Guide, will discuss at the January 16, 2025 Commission on Aging meeting.

E. COMMUNICATIONS - COMMISSION/STAFF STATEMENTS AND REQUESTS

4. Commissioner Reports and Updates
Commissioner Eliza Bliss-Moreau reports that she has organized several topics for a Senior Center speaker series, including: 10 tips for brain health, bilingual advantages for seniors, living with people with dementia, and improving memory. She is also considering other topics such as: history of quilting, nutrition, and tips for being more green on a budget.

Commissioner Regan Overholt reports that she received an update from the Yolo

County Commission on Aging regarding a report on emergency services and how it affects seniors and people with disabilities.

Commissioner Don Campbell reports that he got updates from Christine Engel regarding the new parking lot at the Woodland Community & Senior Center.

F. NEW BUSINESS

5. Presentation by HICAP (Health Insurance Counseling & Advocacy Program) Rosanne Bernardy of HICAP (Health Insurance Counseling and Advocacy Program) Northern California presented on the topic of Medicare, as it relates to people whose health insurance was no longer carried by local doctors' offices. Open enrollment runs from October 15 through December 7, but people dropped from their insurance are able to renew as far out as May 2025. Rosanne discussed an online tool to help people find a Medicare plan that works for them, but encourages 1-on-1 consultations for those having trouble navigating their own services. She provided printed information to the Commission that helps to identify the many Medicare plans still available to Yolo County seniors.

G. REPORT OF THE STAFF

**6. Senior Center Staff Report
Community Services Program Manager Dallas Tringali reports that the Woodland Senior Center is actively soliciting informational and educational presentations from local community partners. Agency on Aging Area 4 is conducting a technology class and a healthy living class over the next few months. He is also working with a former lecturer about offering enrichment classes like Shakespeare, armchair travel, and other interesting topics.**

H. COMMUNICATIONS - PUBLIC COMMENT

No public comment.

I. AGENDA ITEMS FOR NEXT MEETING

J. ADJOURN

On a motion by Commissioner Regan Overholt, seconded by Commissioner Eliza Bliss-Moreau and carried unanimously on a roll call vote, Meeting adjourned at 04:54 PM.

Ayes: Commissioner Regan Overholt, Chairperson Don Campbell, Commissioner Eliza Bliss-Moreau

Noes: None

Absent: Commissioner Kathy Harryman, Commissioner Dan Rubin



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: February 20, 2025
ITEM #: D.2
SUBJECT: Commissioner Requests for Absence from Future Meetings

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: February 20, 2025
ITEM #: D.3
SUBJECT: 2025/2026 Woodland Apartment Guide

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: February 20, 2025
ITEM #: E.4
SUBJECT: Commissioner Reports and Updates

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: February 20, 2025
ITEM #: F.5
SUBJECT: Presentation by Woodland Senior Center Tax Volunteers
(AARP & VITA Programs)

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: February 20, 2025
ITEM #: F.6
SUBJECT: Senior Resource Fair 2025

The Woodland Senior Resource Fair is scheduled for Thursday May 22 from 9:00 am-12:00 pm. The application link for the Senior Resource Fair was sent out to partners on January 24. There are 80 spaces for vendor tables. As of publishing this agenda, the following 57 organizations have applied:

211 Yolo
Alzheimer's Association
Assembly Majority Leader Aguiar-Curry
Braille and Talking Book Library
California Department of Financial Protection & Innovation
California Highway Patrol Woodland Area
California Senior Legislature (CSL)
CaptionCall
Catholic Charities Yolo Solano
City of Woodland Environmental Services
Comfort Keepers
Corner Drug Co.
Crider Law Group
Davis Senior Center
Del Oro Caregiver Resource Center
Elder Care Management
Flying Needles Quilters' Guild
Friends of the Woodland Library
George Beach Insurance Services LLC
Gold Group Realty
Monarch Hospice and Palliative Care
New Leaf Senior Transitions
NextHome Family Tree Realty
North Coast Energy Services
Notary Rose
Osher Lifelong Learning Institute at UC Davis
Resources for Independent Living
Retired Public Employees' Association
Senior Center Inc.
Senior Helpers
Solano Care Hospice
Solera Asset Managers & Insurance Agency
Sonin Law
The Farmstead at Dixon

Vaca Valley Living Memory Care
Woodland Area Pickleball Association
Woodland CA FamilySearch Center
Woodland Community Care Car
Woodland Community Harvest
Woodland Fire Department
Woodland Food Closet
Woodland Host Lions
Woodland Opera House
Woodland Police Department
YMCA of Superior California
Yolo County Adult Protective Services
Yolo County Assessors, Clerk-Recorder, Elections
YOLO county CASA
Yolo County District Attorney
Yolo County IHSS Public Authority
Yolo County In-Home Supportive Services- HHSA
Yolo County Library
Yolo County Sheriff's Office - STARS
Yolo Healthy Aging Alliance
Yolo HHSA
YoloCares

Attachments:

None



TO: THE COMMISSION ON AGING
AGENDA: Commission on Aging
DATE: February 20, 2025
ITEM #: G.7
SUBJECT: Woodland Senior Center Staff Report

Senior Holiday Events

The biggest events of the year for the Woodland Senior Center are the Thanksgiving Dinner and Holiday Social. Each event had 300 participants, plus 20 or more volunteers helping. The Holiday Social featured over 60 raffle prizes, many of which were donated by Woodland Senior Center activity groups.

Woodland Community & Senior Center Maintenance Updates

There are several maintenance projects happening at the Woodland Community & Senior Center. Over the holiday break, the banquet room and the aerobics court floors were both refinished. The gate in the back of the building was installed to keep the receiving area and Community Services fleet vehicles protected. It still needs to be programmed by the building's security company so it will work with a key card reader.

2025 Senior Center Events

Below is a listing of the events coming up for the Woodland Senior Center in 2025:

- Valentine's Dinner and a Movie (Thursday, February 13; 5:30 pm)
- Hand & Foot Card Party (Saturday, March 22; 11:00 am-3:00 pm)
- SCI Board Appreciation Lunch (Thursday May 1; 11:00 am)
- SCI Installation Dinner (Thursday, May 8; 5:30 pm)
- Senior Resource Fair (Thursday, May 22; 9:00 am-12:00 pm)
- Ice Cream Social (Friday, July 4; 1:00-3:00 pm)
- THS Spaghetti Feed Fundraiser (Thursday, July 24; 5:30 pm)
- Volunteer Appreciation Dinner (Thursday, August 14; 5:30 pm by invitation only)
- AARP Document Shredding (Tuesday, September 16; 9:30 am-12:30 pm)
- Oktoberfest (Thursday, September 25; 5:30 pm)
- Thanksgiving Dinner (Thursday, November 13; 5:30 pm)
- Santa's Holiday Social (Thursday, December 11; 11:00 am)

Community Services Quarterly Report

Every three months, the Community Services Department creates a report that details statistics from all of the recreation programs offered. It includes senior programs also. The attached report shows program information for October-December 2024.

Attachments:

1. Q2_25

Community Services Department Quarterly Status Report Second Quarter FY25

The following is a summary of the programs, activities, and events organized by the Community Services Department for the second quarter of FY25, covering the period from October to December 2024.

This report references participant hours. The methodology for calculating participant hours is explained at the end of the document. Participant totals (total number of participants and total participant hours) represent the overall number of participants and hours for the entire reporting period.

Quarterly Highlights

- Approximately 30,524 participant hours were recorded for aquatics, youth, teen, and adult recreation activities and classes.
- Approximately 2,671 people attended events at the Community & Senior Center during facility rentals.
- Over 700 people participated in events such as the Trilogy Challenge Disc Golf Tournament, Teen Pack Throwdown, Movies on Main Street, Floating Pumpkin Patch, Cocoa with Santa Paws, and Parent's Night Out.
- Approximately 11,411 participant hours were recorded for senior programs and events.



Floating Pumpkin Patch, October 25, 2024

Program Marketing

During this reporting period, the Department used the following marketing efforts to promote the recreation program offerings, community events, and senior programs.

- Direct Marketing: Staff marketed activities to current and past participants for the Floating Pumpkin Patch, Youth Basketball League, Parents Night Out, and other upcoming fall and winter activities with flyers, digital flyers, emails, and banners.

- Senior Newsletter: The Senior Gram newsletter is mailed to more than 750 households monthly and is available online at www.cityofwoodland.gov/seniors.
- Social Media: The Department utilizes Facebook, Instagram, and Nextdoor to advertise upcoming events and recreation programs.
- Rec2Go: Rec2Go provided departmental outreach at community events and activities such as the Yolo County Farmworkers Festival, Trunk or Treat on Main Street, TILLYfest, and several school fall functions.

Parks & Recreation Facilities

Community & Senior Center Facility Reservations

The Community & Senior Center's facility rental program is intended to generate revenue for the City of Woodland and offer a venue for community events. Rentals at the Community Center include meetings, parties (such as bridal and baby showers), weddings and receptions, quinceañeras, and business meetings. Reservations for the facility during the second quarter are listed below.

	General Facility Rentals <i>Includes rentals receiving discounts</i>	Facility Rentals <i>with Fees Waived</i>
Number of Rentals	16	15
Approximate Participants	2,086	585
Total Fees	\$25,480	\$23,972 (waived)

Youth User Groups Field Use

Players Fees

Youth organizations utilize city-owned fields for soccer, baseball, and softball practices and games. Historically, these organizations have been charged "Player Fees" to cover the cost of field usage. However, with the passage of Measure J (now Measure R), these fees for Woodland residents have been waived for all youth organizations using city fields, resulting in significant savings of thousands of dollars for the organizations. Players from youth organizations who do not reside within city limits are considered non-residents and are required to pay a fee of \$46 per player for each season.

Youth sports organizations who used City of Woodland fields reported for the Fall 2024 season:

- 1, 256 youth players (326 baseball players + 120 softball players + 810 soccer players)
- \$35,168 in City fees were waived

Parks and Recreation Facility Improvement Projects

Park/Recreation Facility	Projects Completed
Community & Senior Center	Resurfaced floors in the banquet room and C-court (aerobics room). Installed retractable shades in the arts & crafts room.
Crawford Park	Installed a storage container adjacent to the pickleball court (container purchased by Woodland Area Pickleball Association). Refreshed DG walking path.
Freeman Park	Prepared the park for the skating rink.
Pioneer Park	Installed a new slide.
Skip & Julie Davies Sports Park	Installed nets to keep soccer balls from going over the fence at CR 24A. Installed safety fence tops to the ball field outfield fences.
Woodside Park	Refreshed DG walking path.
Other City locations Regional Park Pedestrian Overcrossing Main Street City Parking Lot	Performed weed abatement throughout the park. Installed cement pad and permanent garbage can. Power-washed trash cans. Repaired vinyl fencing.

Recreation Activities – Special Events

Event	Event Date	Total Participants	Participant Hours	Fees Collected
Teen Pack Throwdown*	Oct. 4	46	138	\$230
Trilogy Challenge Disc Golf	Oct. 5	32	112	\$1,280
Movies on Main Street*	Oct. 11	350	1,050	Free event
Floating Pumpkin Patch*	Oct. 25	114	57	\$570
Cocoa with Santa Paws*	Dec. 4	160	160	\$176
Parent's Night Out	Dec. 13	46	184	\$528
Total Participants		748	1,701	\$2,784

* Event funded by Measure R



Cocoa with Santa Paws, December 4, 2024

Recreation Activities - Aquatics

All aquatic programs are held at the Charles Brooks Community Swim Center. During the winter months, the primary programming at the pool is lap swimming, water aerobics, and the Woodland Swim Team's use of the pool.

Aquatics Program	Total Participants	Participant Hours	Fees Collected
Lap Swim & Water Aerobics	4,942	4,942	\$5,091
Rentals	n/a	n/a	\$5,774
Total	4,942	4,942	\$10,865

Rentals

During non-programmed hours, the Charles Brooks Community Swim Center is available to reserve for other aquatic activities not affiliated with the City of Woodland. Pool reservation fees account for the facility and safety personnel on-site during the scheduled event. Fees collected during the second quarter included \$722 for general swim meet reservations and \$5,052 from the Woodland Swim Team.

Recreation Activities - Youth & Teen Recreation

The department offers a variety of youth and teen recreation programs year-round; however, the majority of the programs are offered during the summer. In addition to the programs listed below, please refer to the Contract Classes section for other program offerings for youth and teens.

Youth Recreation Program	Total Participants	Participant Hours	Fees Collected
After School Teen Pack*	1,402	3,576	Free Program
Rec2Go*	2,470	8,398	Free Program
Total	3,872	11,974	No fees collected

*Program funded by Measure R

Recreation Activities - Contract Classes

The City contracts with outside instructors to teach recreation and leisure classes for people of all ages. For all classes except tennis and boxing, the City keeps 30% of the fees collected and non-resident fees. For the tennis program, the City keeps 10% of the fees. The City supplements the boxing programs (utilizing recreation program revenue and Measure R to assist with paying the contractors).

Contract Class	Total Participants (3 months)	Participant Hours (3 months)	Fees Collected (3 months)	Total Expense (3 months)	Net Revenue (3 months)
Art w/ Stephanie	7	14	\$363	\$240	\$123
Boxing Youth*	94	940	\$1,416	\$4,200	-\$2,784
Boxing Adult	60	600	\$1,518	\$4,800	-\$3,282
Cello Tennis Academy	193	541	\$6,707	\$6,036	\$671
Country Line Dance	263	395	\$2,040	\$1,428	\$612
Cuban Salsa	8	32	\$315	\$196	\$119
Dance Fitness & Tai Chi	107	443	\$4,830	\$3,178	\$1,652
Pilates	28	224	\$944	\$647	\$297
Rock Steady Boxing	49	686	\$940	\$750	\$190
Scottish Country Dance	24	336	\$815	\$526	\$289
Yoga	27	208	\$1,031	\$711	\$321
Zumba Kids	17	51	\$860	\$595	\$265
Total	877	4,470	\$21,779	\$23,307	-\$1,527

*Program funded by Measure R

Recreation Activities - Adult Sports

Adult sports activities are offered through the City. Activities include drop-in sports and organized softball, basketball, and volleyball leagues. Drop-in basketball (open gym) numbers are not reported; however, participation in the other programs is listed below.

Open Gym	Total Sign-Ins	Participant Hours	Fees Collected
Badminton	948	2,844	Free
Pickleball	66	198	Free
Total	1,014	3,042	\$0

League Sports	Teams	Total Participants	Participant Hours	Fees Collected
Basketball (fall league)	22	220	1,760	\$13,200
Softball (fall league)	36	423	3,888	\$19,740
Volleyball (fall league)	7	56	448	\$2,940
Total	65	699	6,096	\$35,880

Recreation Activities – Senior Activities

Programs at the Woodland Senior Center include art classes, exercise classes, games, leisure programs and activities, education resources, support groups, and special events, resulting in 11,411 participant hours during the second quarter.

Senior Programs

Programs	Total Sign-Ins	Participant Hours	Fees Collected
Art Classes	399	1,074	Free Programs
Exercise Classes	2,261	1,356	Free Programs
Games	933	3,031	Free Programs
General Programs	912	3,956	Free Programs
Support Groups	182	344	Free Programs
Total	4,687	9,761	\$0

Senior Events

Programs	Date	Participants	Participant Hours
SCI Thanksgiving Dinner	Nov. 14	300	750
SCI Holiday Social	Dec. 12	300	900
Total		600	1,650

Participant Hours Calculation

The Community Services Department measures programs through “participant hours”. Participant hours are a calculation of total program hours multiplied by the total number of unique participants within a program. Total participant hours report how much time participants spend within each program. The measurement breaks down to 1 person x 1 hour = 1 Participant Hour. It should be noted that a higher number of participant hours is not, by itself, a measurement of greater program success compared to the participant hours of another program.

Participant Hours (PH) is calculated by:

- Drop-In Programs: 1 Class meeting (in hours) x Total sign-ins
Examples include Water Aerobics & Lap Swim, Badminton
- Classes/Camps/Leagues: Total unique participants x total class time (in hours)
Examples include Swim Lessons, Mad Science
- Individual Entry: Each class meeting (in hours) x Total in attendance (adding each day)
Examples include Teens Helping Seniors, Teen Pack
- Event: Total Attendants x Average Time
Examples include Dive-In Movie, 4th of July, Rec2Go visits

Participant hours and participants in this report are listed for the three-month reporting period; therefore, if 100 participants are listed, the 100 refers to the total number of participants for the three-month period. The same participants could be doubled or triple counted if they participated each month (e.g., drop-in lap swim).