

# Senior Moments

February 2015

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Warren Lewis  
Peter Janiak  
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Leslie Challenger  
Kelli Gordon

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## Experience Works:

Evelyn Swift

Happy  
Valentine's  
Day

## VALENTINE'S DAY QUOTES:

*"Love is an act of endless forgiveness; a tender look which becomes a habit."*

Peter Ustinov, actor

*"Love is the thing that enables a woman to sing while she mops up the floor after her husband has walked across it in his barn boots."*

Hoosier Farmer

*"I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon."*

Anonymous

Valentine's Day is on Saturday, February 14th.  
Don't forget to tell your sweetheart how much you love them.



# Love Never Ends



## "SPECIAL DELIVERY"

"My sweet husband, John, and I were married for 46 years. Each Valentine's Day, he'd send me the most beautiful flowers containing a note with five simple words: "My love for you grows." Four children, 46 bouquets and a lifetime of love were his legacy to me when he passed away two years ago." "On my first Valentine's Day alone, 10 months after I lost him, I was shocked to receive a gorgeous bouquet addressed to me...from John.

Angry and heartbroken, I called the florist to say there had been a mistake. The florist replied, "No, ma'am, it's not a mistake. Before he passed away, your husband prepaid for many years and asked us to guarantee that you'd continue getting bouquets every Valentine's Day."

With my heart in my throat, I hung up the phone and read the attached card. It said, "My love for you is eternal."

Sue Johnson, 68, Houston, Tx

Submitted by Ken Querry



### WINNERS \$\$ VOLUNTEERS

dorothy Roediger July

Sue Sawyers Aug

B J Rutler Sept

Don Alumbaugh Oct

Pat Yoxall Nov

**LINDA WILEY—DECEMBER**

In December 2014, our volunteers donated a total of 1499.25 hrs to the Senior Center. At minimum wage (\$9), the total dollar amount for the month would be: \$13,493.25.

ALL OF US AT THE CENTER THANK YOU FOR  
YOUR HARD WORK & DEDICATION.  
(The Center exists and thrives because of all of you.)

From the Book of Guinness World Records 2014:

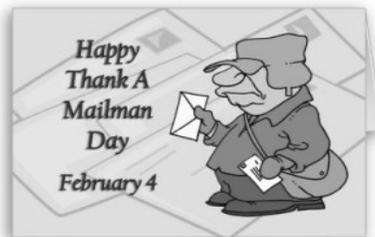
(How's this for strange?):

First child to be mailed:

U. S. mail service was introduced in 1913. A few weeks after that, an unnamed baby boy in Ohio was mailed from his parents' home to his grandparents house, just 1 mile away. It cost the grand sum of 15 cents. The practice of mailing continued through 1914 until the Postmaster issued an order to bar the sending of human beings by the U.S. mail.

The longest time to deliver a letter:

In 2008, Janet Barrett, a guesthouse owner in Weymouth, Dorset, England, received a RSVP to a party invitation addressed to "Percy Bateman" from "Buffy". It was originally posted on November 29, 1919. It had taken 89 years to be delivered by the Royal mail.



***SPRING FORWARD:***



**DAYLIGHT SAVINGS**  
**IS SUNDAY, MARCH 8TH. BE SURE**  
**TO SET YOUR CLOCKS &**  
**WATCHES AHEAD 1 HOUR!!**

# HICAP

Health Insurance Counseling & Advocacy Program

## FREE Consultations & Presentations

Help People with:

- Medicare Parts A & B
- Medicare Part C & Medigap Plans
- Medicare Part Rx Plans

HICAP is a non-profit program funded by California Department of Aging

**Call Toll Free: 1-800-434-0222**

### CENTER'S WISH LIST:

- Peggy in the Thrift Shop needs **SMALL GLASS BABY FOOD JARS** for buttons & other craft items.
- Corrugated metal siding/roofing for raised garden beds
- Leaves & manure for our garden compost.
- Money—lots & lots of money

In Loving  
Memory of:

*Edna Heidebrink*

*Mary Hankes*

*Mike Posey*

*Joanne Frye*



*Willits Senior Center*

February 2015

***THRIFT SHOP (459-2176-direct line)***

**Members Only: Cut out your coupon & save \$2.00**

**Membership applications available at the Front Desk**



**THRIFT SHOP HOURS: Monday—Friday, 9am. to 4:30pm.  
Saturdays, 9am to 4pm.**



**Sale Items Change Weekly. Shop early! Don't miss the deals!!**  
**(Furniture delivery by appointment)**

**IF YOU'RE DOWNSIZING OR GETTING NEW THINGS, THINK OF THE HARRAH CENTER THRIFT STORE. ALL SALES REVENUE GOES RIGHT BACK INTO OUR SENIOR CENTER PROGRAMS.**

***Senior Corner:*** Easy Financial Resolutions for 2015: from the Physicians Mutual newsletter:

Along with trimming your waistline, trimming your budget is a popular New Year's resolution & one of the hardest to keep. Here are some resolutions that can save you money:

**Make the Library your friend:** Instead of buying books, movies or e-books: check them out at the library. Many libraries sell previously viewed books & movies at a discount. Check it out.

**Buy Generic or Store Brand:** Whether you go with a store brand or a generic prescription, you will likely save money by skipping brand names. But talk to your doctor or pharmacist first if you want to switch to a generic prescription.

**Say No to Fees:** Some banks charge for receiving paper statements, having a debit card or using the ATM; re-view your statements for unwanted charges & call your bank to learn how you can avoid them.

**Install a Programmable Thermostat:** Investing in a programmable can save you as much as \$150 a year! Simply set it to run less when people aren't home or sleeping. Turn it on before people get back home or wake up.

**Make the Most of Your Age:** Dozens of restaurants, major grocers, retail stores, hotels & many other places offer senior discounts. All you need to do is ask. Also, life insurance is almost always less expensive the younger you are, so it's generally best to purchase it sooner than later.

**Change How You Do Laundry:** Washing clothes in cold or warm water often works just as well as hot water & saves on your utility bill.

**Shop the "Scratch & Dent Section:** If an appliance is on its way out, look for "scratch & dent" options or floor models. You can't usually see the imperfections.

**Learn to Love Water:** Skip soda or coffee & drink water (not bottled) instead. You'll save calories & money.

**Go Online:** Websites such as DailyDeals.com & LivingSocial.com allow consumers to find discounted prices on a variety of products & services.

**Combine Shopping Trips:** Make a list & double-check what you need before you leave home. This saves gas & makes you less likely to impulse buy.

**Unplug Unused Electronics:** Unplug them and see if it make a difference on your next electric bill. You might be surprised.

**Eat in tonight:** If you go out to eat just 1 less time per month, you can save hundreds of dollars in 2015. If a restaurant meal costs \$25 & a home-cooked meal cost \$5, that extra \$20 a month could be used for an emergency fund.. Saving just \$25 a month adds up to \$300 at the end of the year. Here's to more money in your pocket & financial resolutions you may actually keep.

# Happy February Birthday to All!!! (Cut out the invitation below)

2-4 Susie Walker

2-5 Bea Stockton

2-6 Beverly Anderson, Claudia Dear

Walt Stebbins

2-8 Greg Dunbar, Helen Oglesby,

Peter Onstad

2-10 Emmy Good, Phyllis Rose

2-11 Freda Smith

2-12 Denniece Branch, Joan Daniels,

Don Fahlé, Audrey Kimmel

2-13 Robert Houtz, Carl Huffman

2-14 Wilma Milliken, Kay Nord

2-15 Dinah Talbott

2-16 Betty Cudney

2-18 Patricia Glinski, Brenda Smith

2-21 Bettye Bays, Beverley Caine

2-22 Donald Abernethy, James Church.

Rita Priestly

2-23 Dick Graham, Gregory Kanne

2-24 Frank Deuel, Roberta Yokum

2-26 Winnie Lucey

2-27 Tania Borrás, John Smoot,

David Turenne



(If anyone was left off, ask Terry for an invitation, I will have spares.)

## Feb. 2015 Birthday Invitation

If you are listed above, **CUT OUT & bring this invitation with you for your FREE birthday lunch.**

**HAPPY BIRTHDAY!!!**

The Center invites you to our Birthday lunch on Friday, February 27, 2015

Your free lunch can be used any day in your birthday month.

**Sign your name here:**

\_\_\_\_\_

## SUNDAY BREAKFAST

### Pancake Breakfast

Sunday,  
February 8th  
8 am. to 11 am.

#### Menu:

Pancakes  
Eggs any style  
Bacon, Sausage, or Ham  
Orange juice  
Sugar Free Syrup

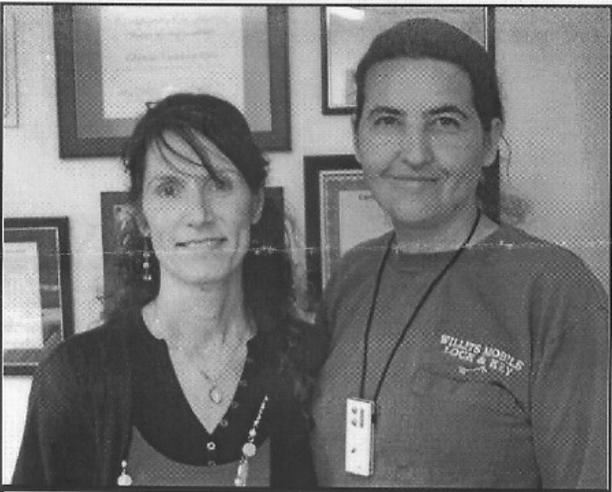
~~~~~  
Adults \$7

Sr. Center Members \$6  
**(MUST SHOW membership card to get discount)**

Children \$5



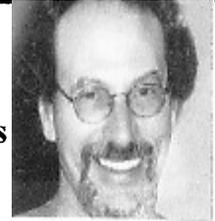
**BEST PANCAKES  
IN TOWN**



"My new ... hearing aids and streamer device have brought me back into the hearing world. I cannot qualify the experience."

**Mendocino/Lake Audiology**  
756 S. Dora St., Ukiah  
(707) 463-2966

**Marc Komer**  
Legal Document Assistant  
Estate Planning, Trusts, Wills  
Probate, etc.



**An Affordable Non-Attorney Service**  
In my office or your home **459-2775**

I am not an attorney, and can only provide self-help services at your specific direction

**REDWOOD  MEADOWS**

*Senior Apartment Community*  
(707) 459-1616 Phone/Fax

Libby, Manager

1475 Baechtel Rd.  
Willits, CA 95490

**Savings Bank**  
OF MENDOCINO COUNTY

Member FDIC

**Willits Office**  
145 South Main Street  
Willits, CA 95490  
(707) 459-5533

**Laytonville Office**  
44920 Highway 101  
Laytonville, CA 95454  
(707) 984-6111

*A tradition of value - pass it on!*

**Lee Persico**

DRE LIC # 00446837  
707.459.5389

**Roxanne**

**Lemos-Neese, GRI**

DRE LIC #01712217  
707.484.6489

Expect the Best with  
45 Years of Combined Experience!



[roxanne@getmendohomes.com](mailto:roxanne@getmendohomes.com)

1460 South Main Street  
Willits, CA 95490

We never stop moving:



*Thank You For Your Donations and Precious Time*

*Flowers by Annette*

*Sharon Brown*

*Betty Cudney*

*Tony Fuentes*

*Sharon Garman/Bud Harms*

*Gerry & Barbarie Gonzalez*

*Frank R. Howard Foundation*

*Denise Kreps*

*Mariposa Natural Foods*

*Geraldine Mitchell*

*Jody Moore*

*Jean Morawski/  
Ernest Lowenstein Foundation,  
Inc.*

*Rex Ramsey*

*Laura Schuette*

*Beth Strader*

*Wes Wake*

*Willits Furniture*

**JANUARY BIRTHDAYS:**

To all of you who were inadvertently left off the **Birthday List, my sincere apologies.** Apparently I didn't have the complete Membership list.

**T. Baker**

| Week 1            | Week 2                  | Week 3                     | Week 4                     | Week 5 |
|-------------------|-------------------------|----------------------------|----------------------------|--------|
| 2-2 Lemon Tilapia | 2-9 Tuna Casserole      | 2-16 Fr. Chicken           | 2-23 Beef Tips             |        |
| 2-3 Pork Chili    | 2-10 Soy Glazed Chicken | 2-17 Gr. Chez/ Tomato Soup | 2-24 BBQ Beef              |        |
| 2-4 Tamale Pie    | 2-11 Pork Chops         | 2-18 Roast Beef            | 2-25 Bk. Cod               |        |
| 2-5 Pizza         | 2-12 Veg. Lasagna       | 2-19 Pork Enchilada Cass.  | 2-26 Chicken Alfredo Pasta |        |
| 2-6 BBQ Chicken   | 2-13 Cod                | 2-20 Ch. Fr. Steak         | 2-27 Turkey                |        |

All Meals Come With Bread/Roll, Soup, Veggie, Dessert & Beverage. Soup: 11:45 Lunch: 12-1

### **CENTER ACTIVITIES FOR: February, 2015:**

- \***SUNDAY BINGO: February 1st, Lunch 11am. Games, 11:30 am.**
  - \***PANCAKE BREAKFAST: Sunday, February 8th. 8-11am.**
  - \***PIE & ICE CREAM SOCIAL: Monday, February 9th, 1:30-2:30pm with Steven Hayes.**
  - \***FOOD BANK: Monday, February 16th, 9:30 to 10:30am. (New Time)**
  - \***BIRTHDAY LUNCH: Friday, February 27th.**
  - \***AARP DRIVING CLASS: Wednesday, March 18th & Thursday, March 19th; 9am-12.**
- Sign up EARLY: call Carol Deuel at 459-4928. See page 8.**

**Stretch & Strength: Monday thru Friday, Dining Room 9am to 10am.**

**Choir: Mondays, Sunshine Room, 1-2:30pm.**

**Avenues of Wellness Speaker Series: 1st Tuesday, 5:30-6:30pm.**

**Blood Pressure: Dining Room, Tuesdays, 10am-12pm.**

**Bible Class: Tuesdays; Lunch 11:30, Large Conference Room until 1:30pm.**

**Bingo: Tuesdays in the Dining Room, 1:30-3pm.**

**Computer Help Lab: Tuesdays, 2-4pm; people there to help you.**

**Life Changes Group: Wednesdays, Now meeting in the Large Conference Room, 10-11am.**

**Ukulele Group: Wednesdays, Sunshine Room, 1-2pm**

**Moving On: Thursday, February 8th in Conference Room until 2pm.**

**Hearing Services: Thursday, February 5th, Sunshine Room; call 463-2966 for appt.**

**Smoker's Anonymous: Thursdays, Sunshine Room, 2-3pm.**

**Bridge Group: Fridays, 10am to 2pm, Large Conference Room.**

**Tole Painting : Fridays in the Sunshine Room. 9am to 12. Instructors: Peggy Hebrard & Carolyn Geller**

Willits Seniors Inc.  
1501 Baechtel Road  
Willits, CA 95490

Phone: (707) 459-6826  
Fax: (707) 459-1772

US Postage Paid  
Standard  
Permit #58  
Willits, CA

Current Resident

or

VALENTINE'S DAY



BECAUSE LOVE ISN'T QUITE  
COMPLICATED ENOUGH AS IT IS.

## OUR 8th ANNUAL CHILI COOK-OFF



is Friday, March 6th  
from 5:30 to 7pm at  
the Senior Center.

You can enter the contest\*\*  
or purchase Taster Tickets  
at the Center.

### TASTER TICKETS ARE:

Adults \$8  
Members \$7 (Must show  
Membership card)  
Children \$5

**Fresh Baked Cornbread,  
Drinks, and Ice Cream Floats  
Available**

**\*\*ENTRY TABLES  
AVAILABLE FOR \$25.00**

## **AARP DRIVING CLASS:**



Rules  
of  
the  
Road

There will be an AARP Smart Driving  
Course on Wednesday, March 18th  
and Thursday, March 19th  
from 8am to 12pm.

**You will need to pre-register  
for the class.**

Call Carol at 707-459-4928 for more in-  
formation or a registration form.

Or you can pick up a form at the front  
desk of the Senior Center.

**Space is limited, so register early.**

This will be the **ONLY** class taught  
in Willits this year.