

Senior Moments

May 2016

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HAPPY MOTHER'S DAY SUNDAY, MAY 8TH

A baby asked God, "They tell me you are sending me to earth tomorrow. But how am I going to live there being so small and helpless?"

"Your angel will be waiting for you and will take care of you." The child further inquired, "But tell me, here in heaven I don't have to do anything but sing and smile to be happy."

God said, "Your angel will sing for you and will also smile for you. And you will feel your angel's love and be very happy."

Again the child asked, "And how am I going to be able to understand when people talk to me if I don't know the language?"

God said, "Your angel will tell you the most beautiful and sweet words you will ever hear, and with much patience and care, your angel will teach you how to speak."

"And what am I going to do when I want to talk to you?"

God said, "Your angel will place your hands together and will teach you how to pray."

"Who will protect me?"

God said, "Your angel will defend you even if it means risking its life."

"But I will always be sad because I will not see you anymore."

God said, "Your angel will always talk to you about me and will teach you the way to come back to me, even though I will always be next to you."

At that moment there was much peace in Heaven, but voices from Earth could be heard and the child hurriedly asked, "God, if I am to leave now, please tell me my angel's name."

"You will simply call her 'Mom.'"

Author Unknown

Submitted by Ken Querry



Memorial Day Monday, May 30th THE CENTER WILL BE CLOSED

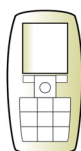
Originally called Decoration Day, it was initiated to honor soldiers of the Union and Confederate Armies who died during the Civil War. Celebrations started the year after the war ended. It was meant to unify the celebration as a national day of remembrance instead of a holiday celebrated separately by the Union & Confederate states. By the late 19th century, it became known as Memorial Day and was expanded to include the deceased veterans of all wars fought by American forces. Memorial Day became a federal holiday in 1971. The original national celebration of Decoration Day took place on May 30, 1868. When Memorial Day became a Federal Holiday, it was given a floating date of the last Monday in May.

CELL PHONE SEMINAR:



Flip Alpern's (not quite) annual cell phone seminar will be held in the Conference Room at the Senior Center on Wednesday, May 4th from 1:15 to 2:30pm.

Flip will again be making a presentation about prepaid cell phones, how and where they work, and how you can have one with NO contract and at a very reasonable cost.



New this year is the availability of smart phones! Learn about these fabulous devices.

Flip will also be holding a raffle for a free cell phone! Please join him on May 4th!

DIRECTOR'S REPORT:

AFLAC FOR HARRAH CENTER MEMBERS - All Harrah Senior Center Employees and Members under the age of 62 are eligible for Aflac supplemental insurance health plans. The "Group" plans are as low as \$6 a week and some available plans are: Short-Term Disability, 24 Hour Accident Indemnity, Hospital Protection, Cancer Care and Critical illness. For more information, please contact Barbara Lee Lilker @ 707-354-3905 or (lilker@us.aflac.com).

FIREWOOD - Our firewood donations are on hold until this next fall. Ray Hebrard, Parlin Forks and Chamberlin Creek inmates and employees and CDF were responsible for gifting, splitting and delivering this to us all winter. Thank you so much, gentlemen.

TEA & TOGS - Our Spring Tea and Fashion Show will be held on Saturday, May 21st from Noon to 2pm. If you have never attended this fundraiser, you have missed out! Presale tickets will be available soon at the front desk! Invite a friend and come have a great time with Savory sandwiches and Sweet desserts!

Allyn

In March, 2016, our volunteers donated a total of 1470.25 hrs to the Senior Center.
At minimum wage (\$10), the total dollar amount for the month would be: \$14,702.50.

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

IF YOU BRING IN YOUR EMPTY INK CARTRIDGES:

We can use them to get
discounts on our office
supplies.



BOARD POSITIONS AVAILABLE.

IF YOU ARE INTERESTED, PLEASE
COME IN FOR AN APPLICATION.
THEY WILL BE AVAILABLE AT THE
FRONT DESK AND MUST BE
TURNED IN BY MAY 15TH.

ATTITUDE MATTERS

By Gordon Livingston, M.D.

Here are a few suggestions for those whose wishes for
longevity have been granted:

1. Stop complaining. A couple generations earlier, you
would have been dead for 10 years.
2. If you don't have an activity that causes you to lose
track of time, you need one.
3. If you have more than 10 doctors' visits per year
and don't have a terminal illness, get a new hobby.
4. It's true no good music has been written in 30 years.
Neither your children nor your grandchildren want to
hear about it.
5. If anyone wants to know what life was like when you
were their age, they'll ask.
6. Courage is ageless. Relinquish dignity last.

Submitted by Brigitte Parks

HICAP

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

Call Toll Free: 1-800-434-0222

CENTER'S WISH LIST:

- Leaves & manure for our garden
compost.
- Food for the Food Pantry in
Outreach.
- Driver needed for Food Bank Box
delivery; if interested call:
Priscilla, 459-6826
- Garden Volunteers needed.

In Memory of:

*Georges Baviere
Ronald Ellsworth
Don Harris
Al Robinson
Marian Hulett-Smith
Imogene Smith*



Willits Senior Center

May 2016

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:

**Tried everything to get a good night's sleep (including making
sure your bedroom is dark & avoiding daytime naps?)**



Try these suggestions:

1. Wake up energized by opening a window: Getting 7-8 hours of sleep a night and still waking up tired & foggy? Try opening a bedroom window for a few minutes (*especially in winter*) before turning in, and see if you don't wake up more refreshed than you have in a long time!

The proof: Airing out your room reduces the buildup of carbon dioxide, (a common problem in winter when your house is shut up tight). Danish research shows that the less carbon dioxide you breathe when sleeping, the more nourishing oxygen flows to your brain.

Block traffic noise, too: traffic noise of any intensity can briefly wake you from a sound sleep, again & again without your knowing it. Use ear plugs or mask the noise with a fan.

2. Invite sound sleep by eating at the right times: Do you tend to eat whenever you have time & snack all the way up to bedtime? No wonder you toss & turn at night! Eat meals & snacks at about the same time every day (even on weekends) & stop eating 3 hours before bedtime.

You'll enjoy deep sleep all the way to morning, according to the journal *Cell Metabolism*. **The proof:** Erratic eating & eating close to bedtime upsets the body's sleep/wake cycle, causing "metabolic jet lag" according to lead study author Satchidananda Panda, PH.D. Scheduling meals & snacks fixes it!

Go low fat at dinner, also. Lower-fat foods (such as pasta) speed digestion, allowing for deeper REM sleep, fewer awakenings, easier breathing & more shuteye, studies show.

From Woman's World magazine 2016

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

5-1 Laure Mondo, JoAnn Pinkerton

5-2 Bonnie Brandyberry, Starla Warburton

5-3 Mike Sturm

5-4 Gary Mann

5-5 Glenda Brown

5-6 Geraldine Armond, Kathleen Lewis,
Alexander Sierras

5-7 Flavia Mercedes

5-8 Bonnie Cook, Aurora Camp, Paul Krause,
Pedro Steffens

5-9 Geraldine Jewel, Bill Shilling

5-10 Uta Baviere, Gerrie Lassner

5-11 Pat Sprinkle, Pam St. Martin

5-12 John Filarski, Robert Franklin

5-13 Erla Barr, Diane Ford, Anne Stebbens

5-14 Harold Crothers

5-15 Riley Moore

5-17 Nancy Eaglin

5-18 Paul Ubelhart

5-20 Verna Hokinson, Diana Mann

5-21 Jack Cunningham, Barbara Wright

5-22 Ruby Campbell

5-23 Mike Bacchi

5-25 Judy Corzine

5-26 Fred Page, Gene Truman

5-28 Alice Cunningham, Anne Hoheb

5-29 Nancy Adair, Jerome Guillory,
Richard Whipkey

5-31 Bernell Amick, Bill Bertram, Doris Briggs,
Donald Cameron, Stephen Romberg



May 2016 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, May 27, 2016

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

Sign your name here:



SUNDAY BREAKFAST

Mother's Day Pancake Breakfast

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

Menu:

Pancakes
Eggs any style
Bacon, Sausage, or Ham
Orange juice
Sugar Free Syrup
Plus: Grandma's Biscuits
& Gravy
Denver Omelets
and Mimosas

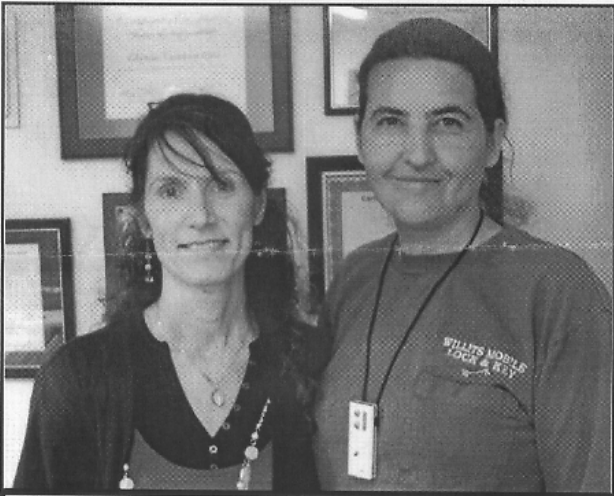
Adults \$7

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

Children \$5



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Willits, CA 95490

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

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

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Roxanne Lemos-Neese, GRI
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TRUIST

Ukiah Co-Op

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Week 1	Week 2	Week 3	Week 4	Week 5
5-2 Bk. Chicken	5-9 Beef Tips	5-16 Tuna Noodle Casserole	5-23 Chili Chez Dog	5-31 Bk. Sole
5-3 Hamburger	5-10 Pizza	5-17 Hot Dog	5-24 BBQ Chicken	
5-4 Bk. Cod	5-11 Spaghetti	5-18 Salisbury Steak	5-25 Pork Loin	
5-5 Mandarin Chicken Salad	5-12 Bk. Chicken	5-19 Tilapia	5-26 Ch. Enchilada Cass.	Seniors \$5.50 Non-Seniors \$7.50 Salad Bar: 11:45
5-6 Meat Loaf	5-13 Bk. Cod	5-20 Chicken Fried Steak	5-27 Turkey	

CENTER ACTIVITIES FOR: MAY, 2016:

***SUNDAY BINGO:** Sunday, May 1st. Lunch: 11am/ Games: 11:30

***MOTHER'S DAY PANCAKE BREAKFAST:** SUNDAY, May 8th; 8-11am.

***PIE & ICE CREAM SOCIAL:** Monday, May 9th, 1:30-2:30pm.

***FOOD BANK:** Monday, May 16th, 9:30-10:30; NOW BEING HELD IN THE DINING ROOM.

***Tea and Togs:** Saturday, May 21st, 12Noon-2pm

***BIRTHDAY LUNCH:** Friday, May 27th, 11:45 to 1pm.

***PARKING LOT FLEA MARKET:** Saturday, May 28th

***MEMORIAL DAY: CENTER CLOSED**



Monday

Stretch & Strength

Choir

Parkinson's Discussion & Support

Dining Rm. 9-10am

Sunshine Rm. 1-2:30pm

Conference Rm. 11am-12:30pm. Contact Linda Posner:
459-1941 limited space; room for 3 more.

Tuesday

Stretch & Strength

Blood Pressure

Bible Class

Computer Help Lab

Avenues of Wellness Speaker Series

WII Bowling

Tuesday Bingo

Dining Rm. 9-10am

Dining Rm. 10am.-12

Lunch 11:30 Conference Rm. until 1:30

Lab open 2-4pm.

1st Tues. of the month

1:30-2:30 Lakeside Room

5pm-7pm Lite Supper. **No Bingo** 1st Tuesday of each month

Wednesday

Stretch & Strength

Life Changes Group

Ukulele Group

Dining Rm. 9-10am

Conference Rm. 10-11am.

Sunshine Rm. 1-2pm.

Thursday

Stretch & Strength

Hearing Services

Moving On

Creative Writing

Dining Rm. 9-10am.

1st Thurs of month Sunshine Rm. 9-12 noon (463-2966/appt)

2nd Thurs of month Lunch; then Conference Rm. until 2pm.

CANCELLED

Friday

Stretch & Strength

Tole Painting

Bridge

Dining Rm. 9-10am.

Sunshine Rm. 9-12

Conference Rm. 10am—2pm.

Willits Seniors Inc.
1501 Baechtel Road
Willits, CA 95490

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

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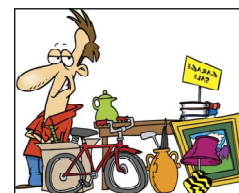


PARKING LOT FLEA MARKET

Saturday, May 28th 8am to 1pm at the Senior Center
Spots: \$20 each 2 for \$30 members get discount.
Set up: 7am. You will have until 3pm to clean up

Refreshments:

Hot Dogs
Root Beer Floats
Soda (available in machine) & Water



Friday, June 3rd: Drive Thru Chicken Dinner for 2

Tickets: \$25.00 available at Front Desk
Pick-up: 5 to 6:30pm at the Senior Center

Menu: 1/2 Chicken
Edna's Beans Coleslaw
Garlic Bread Brownies



TEA & TOGS

Saturday, May 21st from Noon to 2pm
Presale tickets on sale at Front Desk: \$15 (limited seating; reservations for parties of 6 or more accepted; bring your own tea cups)

Come watch the fashion show & enjoy the tea, sweet & savory tea sandwiches, scones & delicate desserts! Door prizes & raffle tickets available. Baskets for raffle will be displayed in the Thrift Store. Clothes modeled are for sale after the show. All proceeds benefit the Senior Center.

