

Senior Moments

November 2016

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Veteran's Day is Friday, November 11th:

In their honor:

Some veterans bear signs of their service: a missing limb, a jagged scar, a certain look in the eye.

Others may carry the evidence inside them...a pin holding a bone together, a piece of shrapnel in the leg...or perhaps another sort of inner steel.. the soul's ally forged in the refinery or adversity.

Except in parades, however, the men and women who have kept America safe wear no badge or emblem. You can't tell a vet just by looking. What is a vet?

He is the cop on the beat who spent 6 months in Saudia Arabia sweating 2 gallons a day making sure the armored personnel carriers didn't run out of fuel.

He is the barroom loudmouth, dumber than 5 wooden planks, whose overgrown frat-boy behavior is outweighed a hundred times in the cosmic scale by 4 hours of exquisite bravery near the 38th parallel.

She or he is the nurse who fought against futility and went to sleep sobbing every night for 2 solid years in Da Nang.

He is the POW who went away one person and came back another- or didn't come back at all.

He is the Quantico drill instructor who has never seen combat, but has saved countless lives by turning slouchy no-account rednecks & gang members into Marines and teaching them to watch each other's backs.

He is the parade-riding Legionnaire who pins on his ribbons & medals with a prosthetic hand.

He is the career quartermaster who watches the ribbons and medals pass him by.

He is the 3 anonymous heroes in The Tomb Of The Unknowns whose presence at the Arlington National Cemetery must forever preserve the memory of all the anonymous heroes whose valor died unrecognized with them on the battlefield or in the ocean's sunless deep.

He is the old guy bagging groceries at the supermarket- palsied now and aggravatingly slow who helped liberate a Nazi death camp and who wishes all day long that his wife were still alive to hold him when the nightmares come.

He is a soldier and a savior and a sword against the darkness and he is nothing more than the finest, greatest testimony on behalf of the finest, greatest nation ever known.

He is the beggar on the street corner, holding up a piece of cardboard with the scribbling, "Help a Vet, HUNGRY!"

So, remember, each time you see someone who has served our country, just lean over and say Thank You. That's all most people need and in most cases it will mean more than any medals they could have been awarded or were awarded.

Two little words that mean a lot, "THANK YOU!"

(1998)Father Dennis Edward O'Brien, USMC

Submitted by Sue Sawyers

**“It was once said that the moral test of government is how that government treats those
who are in the dawn of life, the children;
those who are in the twilight of life, the elderly;
and those who are in the shadows of life, the sick, the needy and the handicapped.”**

Hubert Humphrey



THANKSGIVING DINNER AT THE HARRAH SENIOR CENTER

Willits Community Services and Food Bank will be having their annual Community Thanksgiving Dinner again this year barring any unforeseen circumstances.

THURSDAY, NOVEMBER 24TH - 11am to 3pm. It is **FREE** of charge, although donations will not be turned down!

Chamberlin Creek will be working their magic on the turkeys, stuffing, potatoes and vegetables, and you have several kinds of pie to choose from to top off the meal!

This wonderful event is an opportunity to socialize with friends you haven't see for a while, fill your belly with great food or volunteer your time serving, cooking or cleaning.

If volunteering your time is something you are interested in, please call the Food Bank (459-3333) to let Kevin know you would like to help at the dinner.

Have a blessed day filled with the love of friends and family. Or...come to the Senior Center and make some ones!

****HAPPY THANKSGIVING, DEAR FRIENDS****

In September, 2016, our volunteers donated a total of 1602.50 hrs. to the Senior Center.
At minimum wage (\$10), the total dollar amount for the month would be: \$16,025.00.

ALL OF US AT THE CENTER THANK YOU FOR
YOUR HARD WORK & DEDICATION.

IF YOU BRING IN YOUR EMPTY INK CARTRIDGES:

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



THANKSGIVING PIE SALE

Wednesday, November 23rd
at the Senior Center.

Sale starts at 8:30! Things can go very quickly, so
get here early!!!

We'll have pies, cakes, cookies, etc!

Come check things out and find a
terrific dessert that you
DON'T HAVE TO MAKE YOURSELF!!!



We will also be selling **SEE'S CANDY.**

****Price list below****

See's Candy:

1 lb Assorted	1 lb Truffles: \$21.80
1 lb Nuts & Chews	Assorted Lollypops: \$18.50
1 lb Dark Chocolate	Peanut Brittle 1 lb 8oz.: \$19.00
1 lb Milk Chocolate	Peanut Brittle 5oz: \$6.50
1 lb Soft Centers:	Polar Pals 4oz.: \$7.00
\$19.30 each	Mini Jingle Bells 4oz: \$7.00

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

Sponsor a Senior

If you would like to provide transportation or a meal for a needy senior, just come in to the Center or cut out this article and bring it in or send it to us with a check made out to WSI to: Willits Senior Center, 1501 Baechtel Road, Willits, CA 95490, along with this article. Just mark which of the following you choose:

- ☐ Good for 1 free meal \$5.50
- ☐ Good for a roundtrip ride (\$4 in town or \$8 from Brooktrails or Pine Mountain.)

**** 10 meal punch cards are also available for: \$50.00.**

In Memory of:

*Dorothy Potter Hake
Maynard Stubberfield*



Willits Senior Center

November 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:

From All of Us at the Center:



Enjoy family, friends, and all the good food!!

Volunteer of the Month Winner



Wayne Mitcham is our Volunteer of the month winner for September. Wayne has been with the senior center for about a year now and is our Monday and Wednesday Meals on Wheels driver. He has a compassionate personality, which works well when delivering to our MOW clients and a good sense of humor as well. Wayne will be receiving a \$25 gift certificate to enjoy shopping at our Thrift Store.

Thank you Wayne, we appreciate all you do for us.

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

11-5 Gary Bodensteiner, Margie Smith

11-7 Elaine Houpe, Duncan Neff

11-8 Mary Haskell, Charles Martin

11-11 Geraldine Lusnia

11-13 Debra Reyes, Janice Winters

11-14 Tom Peters

11-15 Kathleen Hutchinson

11-16 Lorri Barker

11-17 Dina Hutton

11-18 Ethel Redman

11-20 Janet Moore

11-21 Richard Hinchey

11-25 Peggy Hebrard

11-28 Dennis Nonneman

11-29 Joseph Mondo

11-30 Peggy Hutto, Gunther Steffens



**Entertainment for
the November 14th
Ice Cream Social will
be:**

***Ukulele Group
with Alex Carlon***

Nov. 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, November 18, 2016

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

Sign your name here:



SUNDAY BREAKFAST

Pancake Breakfast

Sunday, November 13th
8 am. to 11 am.

Menu:

Pancakes
Eggs any style
Bacon, Sausage, or Ham
Orange juice
Sugar Free Syrup
Or
Grandma's
Biscuits & Gravy

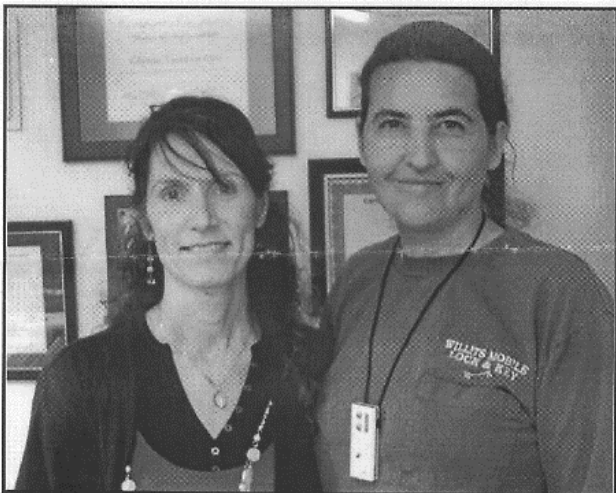
Adults \$7

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

1460 South Main Street
Willits, CA 95490

We never stop moving.



Thank You For Your Donations and Precious Time

Tam Adams & Emandal Family

Rena Garliepp

Denise Kreps

Robin Lelar

Edna Mondo

Laure & Joe Mondo

Madge Strong

*To All of you who gave us such
wonderful items to auction off at
the Cowboy Poetry.....*

Thank you, thank you, thank you!



Week 1	Week 2	Week 3	Week 4	Week 5
11-1 Tuna Noodle Casserole	11-7 Beef Stew	11-14 Bk. Chicken	11-21 Spaghetti	11-28 Sloppy Joes
11-2 Hamburger	11-8 Bk. Cod	11-15 Pinto Beans w. Bacon	11-22 Pork Chops	11-29 Roast Beef
11-3 Chicken Enchilada Bake	11-9 Spinach Lasagna	11-16 Meat Loaf	11-23 Ham	11-30 Tilapia
11-4 Salisbury Steak	11-10 Ranch Bk. Chicken	11-17 Taco Salad		Seniors: \$5.50 Non-Seniors: \$7.50 Children: \$3.50
	11-11 Chicken Fried Steak	11-18 Turkey		

CENTER ACTIVITIES FOR: November, 2016

- *POTATO BAR: Friday, November 4th, 5:30-7pm.**
- *SUNDAY BINGO: Sunday, November 6th. Lunch: 11am/ Games: 11:30**
- *PANCAKE BREAKFAST: Sunday, November 13th. 8-11am.**
- *ICE CREAM SOCIAL: Monday, November 14th 1:30-2:30pm.**
- *BIRTHDAY LUNCH: Friday, November 18th 11:45-1pm**
- *FOOD BANK: Monday, November 21st, 9:30-10:30am.**
- *THANKSGIVING PIE SALE: Wednesday, November 23rd. 8:30am. 'til everything is gone!**
- *CENTER CLOSED for THANKSGIVING: Thursday & Friday, November 24th & 25th**

Monday

Stretch & Strength Dining Rm. 9-10am
 Parkinson's Discussion & Support Group 2nd & 4th Mondays of the month. Conference Rm.
 10:30 - 11:45 am. Contact Linda Posner at 459-1941

Tuesday

Stretch & Strength Dining Rm. 9-10am
 Bible Class Lunch 11:30 Conference Rm. until 1:30
 Computer Help Lab Lab open 2-4pm.
 Tuesday Bingo Pot Luck 5pm. Game starts at 5:30pm

Wednesday

Stretch & Strength Dining Rm. 9-10am
 Blood Pressure Dining Rm. 10am-12 Dorothy Coombs
 Life Changes Group Conference Rm. 10-11am.
 Ukulele Group Sunshine Rm. 1-2pm.

Thursday

Stretch & Strength Dining Rm. 9-10am.
 Hearing Services 1st Thurs of month Sunshine Rm. 9-12 noon (463-2966/app.)
 Caregivers Support Group 1st & 3rd Thurs of month Conference Rm. 10:30-11:45
 Moving On 2nd Thurs of month Lunch; then Conference Rm. until 2pm.

Friday

Stretch & Strength Dining Rm. 9-10am.
 Tole Painting Sunshine Rm. 9-12
 Bridge Conference Rm. 10am—2pm.

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

**DAYLIGHT SAVINGS ENDS SUNDAY,
NOVEMBER 6th.**

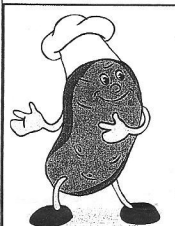
Remember to turn your watches and
clocks back 1 hour!

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**THE CENTER WILL BE CLOSED  
NOVEMBER 24th & 25th for  
THANKSGIVING.**

**Have a wonderful holiday  
weekend!!**

Current Resident or



**POTATO BAR**

Friday, November 4th  
5:30 to 7pm at the Center

Come and enjoy those HUGE,  
hot & steamy baked potatoes with all  
those wonderful toppings: sour cream,  
cheese, bacon, veggies & more!!

Tickets: Adults \$9.00  
Members (must show  
membership card) \$8.00  
Children under 10 \$5.00

*Drawing for Raffle winners  
will be held  
during the Potato Bar.*

**OUR ANNUAL  
CHRISTMAS STORE**

opens Thursday,  
December 1st.

It will be open the 2nd &  
3rd, closed the 4th & open the 5th  
thru the 10th.

Store hours will be 9am to 4pm.

As always we will have 2 rooms of  
magical Christmas goodies:  
trees, wreaths, lights, dishes, ornaments,  
clothes, toys, etc.



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The **Craft Faire** will be held here at
the Center on Saturday, December 3rd,
from 9 am to 4 pm. You may be able to
do all your holiday shopping
in 1 place!!

Snack Bar will feature: Chili Dogs, Hot
Dogs, Hot Chocolate, Apple Cider,
Donuts & Chips.