

Senior Moments

June 2017

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What Makes A Dad

*God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it ... Dad*

Author Unknown

FATHER'S DAY TRIVIA:

* Father's Day was first celebrated on the 3rd Sunday of June.

* Sonora Louise Smart Dodd of Spokane, Washington, started the tradition of Father's Day in honor of her dad, William Smart, a widowed Civil War veteran.

* In 1916, President Woodrow Wilson approved the idea of observing an annual Father's Day.

* In 1924, President Calvin Coolidge made Father's Day a national event.

* In 1966, President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's Day.

* According to the U.S. Census Bureau, neckties are the number one gift for Father's Day.

* In terms of popularity, Father's Day gifts include: hammers, wrenches, and screwdrivers. Other gifts for Dad have a sporty theme such as golf clubs and fishing rods.

From the Internet

DIRECTOR'S CORNER:

From the Desk of Richard Baker

Hello everyone,

Last month we had several new meals on the menu like fish tacos, chicken pesto salad, beef ribs, teriyaki chicken to name a few. I am excited about these new changes and hopefully you are too. Please be patient with us, we are trying new meals as our goal is to provide meals that everyone will enjoy.

I am excited to announce that through the generous donations of local citizens and businesses, we have reached our goal of offering the salad bar year round this year. We are halfway there towards covering the costs of next years salad bar as well. We wouldn't be able to offer a year round salad bar without donations from our caring and concerned community. Thank you on behalf of all the seniors for your generosity and kindness.

Joe and Wilma Schaffer as well as a few other volunteers have been working very hard preparing our "Garden of Eatin". Hopefully we have a very productive harvest so Nancy and Linda can put that fresh produce to use in your meals.

We always need volunteers. We literally could not keep the Senior Center doors open for business without them. So I'm asking for your help by volunteering or referring anyone interested in volunteering to stop by and talk to Deb Holcomb our Volunteer Coordinator.

To all of our Volunteers please accept our gratitude. We appreciate you very much. **YOU ARE MAKING A DIFFERENCE!!!!**

Help us on our Membership Drive by inviting a friend to join or bring them to lunch and introduce them to the Senior Center.

We have Tuesday night POT LUCK Bingo. Everyone brings a food dish of some kind. It always smells mmmmmm good. Stop in for food and fun, you might even win some money.

When shopping on the internet please purchase through [Smile.Amazon.com](https://smile.amazon.com) and select Willits Senior Center as the recipient organization. A percentage of your purchase will go to the senior center.

Thanks for allowing me to serve you,

Richard



In June, 2017, our volunteers donated a total of 1486.90 hrs. to the Senior Center.
At minimum wage (\$10), the total dollar amount for the month would be: \$14,869.00.

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

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INK CARTRIDGES:** We can use them
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- * Support your charitable organization by starting
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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.

Wish List:

- *Full size pickup truck for the Thrift Shop: new or used; in good working condition (tax deductible gift).
- *12 good Soaker Hoses
- *3 gallons of fire red Curb Paint
- * New Vacuum

In Memory of:

*Russell Clatty
Wilma Lloyd
Barry Lee Scott
Judy L Trotter
Mabel Gordon*





Willits Senior Center June 2017

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.

UPCOMING EVENTS

Harrah SeniorCenter

PRESENTS A

DRIVE THRU DINNER FOR TWO (2)

JUNE 23, 2017

5 P.M. – 6:30 P.M.



Menu

***BBQ CHICKEN, BAKED BEANS
COLE SLAW, GARLIC BREAD
COOKIES***

\$25.00

BBQ Courtesy of the Willits Lion's Club

***Presale Tickets only purchased at
Harrah Senior Center!***

***Pick up Dinner at the Senior Center
1501 Baechtel Road
707-459-6826***

***Thanks to our sponsors!
Willits Lion's Club
Harrah Senior Center Thrift Store
Thank you Volunteers!!!***

HEALTH CARE CHANGES

Health care is in the news; Congress is working on changes.

Dianne Moralez, California Healthcare Broker, specializing in Medicare will present a "Medicare Overview" on Friday, July 14th at 1:30pm.

Dianne's passion is helping Seniors UNDERSTAND their Medicare coverage. She will answer your Medicare questions and provide an interesting conversation about healthcare in America in these times.

Save the Date

The Annual Board Members Meeting will be held July 24th at 11 am. We will announce the newly elected Board Members. Richard will give a progress report and outline future plans for the Senior Center.

Summer Reading

At Willits Library

Mary & Karen will be at the Senior Center, Wednesday, June 6th to promote this program.

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

- | | |
|---|---|
| 6-1 Shirley Stockwell | 6-20 Mary Bodien, Marlene Brown |
| 6-2 Ann Maxwell, Candice Nelsen | 6-22 Barney St. Martin |
| 6-5 Brigitte Parks | 6-23 Walter Williams |
| 6-8 Patricia McComish, Patricia Rodrigues | 6-24 Lois Barth, Nancy Boone, Ken Wickstrom |
| 6-10 Joyce Britton, Reinaldo Lucas | 6-25 Brian Marshall |
| 6-11 Betty Breitlow, Michel Frey, Sandy Peters,
Michael F. Smith | 6-29 Mary Durupt |
| 6-12 Donna Brown, Carol Deuel, Scott Shoemaker | 6-30 Liam UiCearbhail |
| 6-13 Ron Stamps, Darleen Ward | |
| 6-14 Frances Neumeyer | |
| 6-15 Dusty Rhodes | |
| 6-16 Deborah Bertram, Nicholas Durupt | |
| 6-18 Ed Schmidbauer | |
| 6-19 Diana Moore | |



Entertainment for the
June Ice Cream Social
will be:

Just for You Singers

June, 2017 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, June 30, 2017

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

Sign your name here:



SUNDAY BREAKFAST

Pancake Breakfast

Sunday, June 11th
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

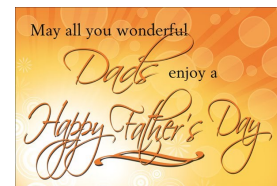


**BEST PANCAKES
IN TOWN**

Week 1	Week 2	Week 3	Week 4	Week 5
* vegetarian option 6-1 Fish n Chips 6-2 Beef Stroganoff Seniors: \$5.50 Non-Seniors: \$7.50 Children: \$3.50	6-5 Teriyaki Chicken Stir Fry 6-6 Turkey Tetrizzini 6-7 French Bd. Pizza 6-8 Fish Tacos 6-9 Chicken Philly	6-12 Ham & Chez Sandwich 6-13 Veggie Lasagna 6-14 Shepard's Pie 6-15 Reuben Sandwich 6-16 Oven Fried Chicken	6-19 French Dip Sandwich 6-20 BBQ Spare Ribs 6-21 Pasta Florentine 6-22 BBQ Chicken 6-23 Hamburgers	6-26 Spaghetti 6-27 Chicken Street Tacos 6-28 Pork Chops 6-29 Biscuits/ Sausage Gravy 6-30 Turkey

CENTER ACTIVITIES FOR: JUNE, 2017

- *BINGO: Sunday, June 4th, Lunch: 11am. Games: 11:30
- *PANCAKE BREAKFAST: Sunday, June 11th, 8-11am.
- *ICE CREAM SOCIAL: Monday, June 12th, 1:30-2:30pm.
- *FLAG DAY: Wednesday, June 14th
- *FATHER'S DAY: Sunday, June 18th
- *FOOD BANK: Monday, June 19th, 9:30-10:30am.
- *BUNKO : Saturday, June 17th, 1-3pm.
- *BIRTHDAY LUNCH: Friday, June 30th, 11:45-1pm.



Monday

Stretch & Strength

Dining Rm. 9-10am

Tuesday

Stretch & Strength

Dining Rm. 9-10am

Bible Class

Lunch 11:45 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.)

Parkinson's Discussion & Support Group

2nd & 4th Thursdays of the month. Con. Rm. 10:30-11:45

Contact Linda Posner at 459-1941.

Friday

Stretch & Strength

Dining Rm. 9-10am.

Tole Painting

Sunshine Room 9am-12noon

Bridge

Conference Rm. 9-12pm Contact person:

Christie Brandt Floyd 459-2519



WHY VOLUNTEERS ARE IMPORTANT....

- 1. Satisfaction of helping others***
- 2. Sense of accomplishment***
- 3. Strengthens our community***
- 4. Improves lives***
- 5. Connect with other people***
- 6. Solve problems***

Overall serving others makes a huge difference in your community. It improves health not only for the volunteer but for those they are serving. Those who volunteer have a lower mortality rate, greater functional ability, and lower rates of depression later in life than those who don't volunteer..

Make a difference in your community, volunteer today!

VOLUNTEER of the Month



Heidi Root is our April Volunteer of the month. She has only been volunteering for us for a short time and we appreciate her help

in the dining room very much.

Heidi has lived in Willits for 4 years and has two daughters. There are many activities that she enjoys, one of which is bike riding.

Thank you Heidi for all you do for us.

VOLUNTEER POSITIONS AVAILABLE

- 1. Meals on Wheels Brooktrails Drivers needed every other Tuesday, every other Thursday and some Fridays.**
- 2. Front Desk - Morning and afternoon shifts available.**
- 3. Dining Room Positions available.**
- 4. Thrift Store Positions available all days.**



Symptoms of a Stroke



Stroke is caused by a blocked blood vessel or bleeding in the brain. If you have symptoms of a stroke, call your doctor or emergency services right away.

General symptoms of a stroke include:

- ♦ Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- ♦ Sudden vision changes.
- ♦ Sudden trouble speaking.
- ♦ Sudden confusion or trouble understanding simple statements.
- ♦ Sudden problems with walking or balance.
- ♦ A sudden, severe headache that is different from past headaches.

-Taken from WebMd-

The more you give the more you get.
The more you laugh the less you fret.
The more you do unselfishly,
The more you live abundantly.
The more of everything you share,
The more you'll always have to spare.
The more you love the more you find
That life is good and friends are kind.
For only what we give away
Enriches us from day to day.

- Author unknown -



Thank You For Your Generous Donations and Precious Time

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Appointments are scheduled for the **first Thursday** of each month at the Willits Senior Center.

Please call to reserve your spot!

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Lakeport, CA 95453
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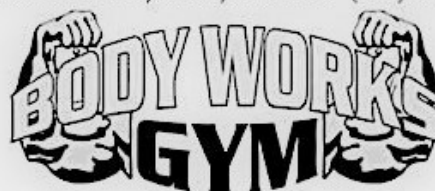
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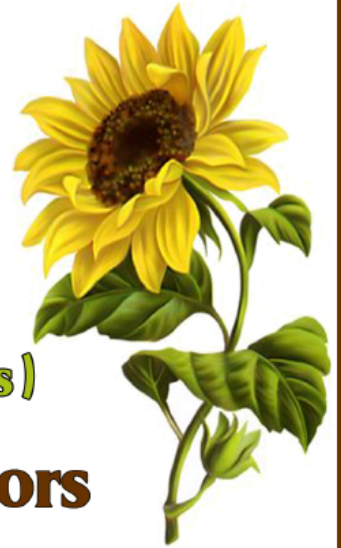
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***FLAG DAY
is
Wednesday,
June 14th***

GETTING OLDER

Answering machine message: “I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I don’t return your call, you’re one of the changes.”

My wife and I had words, but I didn’t get to use mine.

Frustration is trying to find your glasses without your glasses.

Blessed are those who can give without remembering and take without forgetting.

The irony of life is that, by the time you’re old enough to know your way around, you’re not going anywhere.

God made man before woman so as to give him time to think of an answer to her first question.

I was always taught to respect my elders, but it keeps getting harder to find one.

Every morning is the dawn of a new error.

Aspire to inspire before you expire.

Submitted by Anonymous