

Willits Seniors Inc. 1501 Baechtel Road Willits, CA 95490
Phone: 459-6826 Fax: (707) 459-1772 Thrift Store: 459-2176 Transportation: 459-5556

Senior Moments

March 2018

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HAPPY RETIREMENT JEWEL !



Jewel Cook has been a permanent fixture here at the Senior Center for so long (8 years) that we're unsure how to carry on without her. She is the shoulder that everyone cries on at one time or another.

Richard calls her "The Money Boss" and she is just that. She has done a wonderful job of taking care of the Senior Center finances over the years.

Even though we realize that there comes a time when everyone feels the urge to retire it just isn't going to be the same around here without her. Thank you Jewel for all that you have done for our center and community.

DIRECTOR'S CORNER

From the Desk of Richard Baker

Hello everyone,

Ann Alumbaugh from Rotary coordinated this year's Crab fest. Ann and her fellow Rotarians worked very hard. The benefactors of this event are the Senior Center members who receive the services we provide and those who receive the high school scholarships. It wouldn't be possible without volunteers, local merchants donating goods for the auctions, community members buying tickets to the event and buying the donated goods. It's a huge undertaking on so many levels; thank you to everyone who participated. Each of you helped this event be successful. Last year this event raised \$7,000 for high school scholarships, and \$7,000 for the Senior Center.

If you get the chance, please acknowledge anyone who participated by donating their goods, money, time and hard work. We are fortunate to have an active bunch of people who care about our community, and put that care into action. This results in making our community a better place for all of us to live. If you happen to see any of our many volunteers helping out around the Center, stop and take a moment of your time to tell them "THANK YOU".

Cal Fire is continuing to bring us firewood and we may have enough to last us through March.

My door is always open or I can be reached by phone at 459-6826 to address any concerns you may have.

Thank you for allowing me to serve as your Director.

Richard



Annual Spring **Book Sale**

March 1-4

When:

**Thursday, 6-9pm
(FOWL members only)**

Friday, 10am—6pm

Saturday, 10am—3pm

Sunday, 10am—3pm

(\$5 a bag day!)

Where: Community Center

111 E. Commercial St.

Willits



Perks of reaching 60 or being over 70 & heading towards 80!

1. Kidnappers are not very interested in you.
 2. In a hostage situation you are likely to be released first.
 3. No one expects you to run—anywhere.
 4. People call at 8pm and ask, "Did I wake you?"
 5. People no longer view you as a hypochondriac.
 6. There is nothing left to learn the hard way.
 7. Things you buy now won't wear out.
 8. You can eat supper at 5pm.
 9. You can live without sex but not your glasses.
 10. Your supply of brain cells is finally down to a manageable size.
 11. You can't remember who sent you this list.
- Submitted by Sue*



Willits Senior Center

March 2018

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.

VOLUNTEERS



In January, 2018 , our volunteers donated a total of 1423.75 hrs. to the Senior Center. At minimum wage (\$10.50), the total dollar amount for the month would be: \$14,949.38.
ALL OF US AT THE CENTER THANK YOU FOR YOUR HARD WORK & DEDICATION.

VOLUNTEERS NEEDED!!

We are in need of Volunteers for the following positions:

Dining Room - beverage servers and
scrapers

Thrift Store helpers

Please call Deb 459-6826.

Thank You For Your Generous Donations And Time

Jody Shelly

Tom Warrington

Brent & Nancy Walker

Mr. & Mrs. Lee Persico

Edie Ceccarelli

Bob Barba

Grocery Outlet Manager: Brock McDowell

Sherwood Valley Casino

Tri Counties Bank

Pauline Grzanich



Firewood is still available

Wood will be available every Tuesday and Thursday from 9 am to 11 am on a first come first serve basis. 50 pieces of wood limit to each address/household every two weeks, even if there are several Senior Center members in one household. You can pick your wood up bi-weekly either the 1st & 3rd week of the month or the 2nd & 4th week of the month.

WHAT IS BUNKO?

Loads of fun!
Progressive rolling of the dice. Meeting new people by moving from table to table.
Come join in the fun on
Saturday March 10, 2018
12:30 pm til 3:30 pm
\$12.00 to play

BUNKO
LET THE GOOD TIMES ROLL!

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LET THE GOOD TIMES ROLL!

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LET THE GOOD TIMES ROLL!

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

3-1 Velma Marshall, Doug Sawyers

3-2 George Leithner, Allyn Nonneman,
Renee O'Neill, Kacy Thomas

3-3 Gordon Campbell, Donna Day,
Gerry Figg-Hoblyn, Gail Ward,
Dickie Winkle

3-5 Victoria Reyes

3-8 Shirley Streeter

3-9 Dwayne St. Martin

3-10 Margaret Lingenfelter,
Norman Middleton, Joan Walter

3-11 Kathy Maples, Patsy Nanna

3-12 Dorcas Potter, Helen TePas

3-13 Sue Sawyers

3-17 Sherry Bixler, Lee Persico, Tom Powell,
John Worthington

3-22 Randi Colvin

3-23 Kate Barry, Margaret Judy, William Longcrier

3-24 John Gomez, Max Meyer, Wayne Robertson

3-25 Dolores Bekman, Rainer Digerness.
Mae Williams

3-26 Bill Good

3-28 Mark Linzie, Suzanne Matheson

3-29 Arlene Davison, Patricia Starrett

3-31 Shirley Gibson



We will not be having our Ice Cream Social
again until the summer. Thank you for your
understanding. See you then!

March. 2018 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, March 30, 2018

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

Sign your name here:

SUNDAY BREAKFAST

Pancake Breakfast

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

Menu:

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

Adults \$8

Sr. Center Members \$7
(MUST SHOW
membership card to get
discount)

Children \$5



**BEST PANCAKES
IN TOWN**

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45 Hazel Street
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littlakehealthcenter.org

WE ACCEPT Medicare, Medi-Cal,
Partnership and other insurance.

MCHC Health Centers is an equal opportunity provider and employer.

Mason Jar Sweet Potato Ground Turkey Scramble

Ingredients:

1 pound ground turkey	1/4 teaspoon salt
1 leek, sliced thinly	2 sweet potatoes
1/2 teaspoon cardamom	7 large eggs
1/4 teaspoon cinnamon	mushrooms: roughly 28 slices

****optional: green onions to garnish**



Instructions: 1. Preheat oven to 350 degrees. 2. Place ground turkey into a medium skillet & add the leeks, then cook over medium-high heat until the meat is browned and the leeks are soft and transparent. Drain any excess grease. 3. Add the cardamom, cinnamon, and salt. 4. Roast the sweet potatoes in the oven at 400 degrees for 35-40 minutes or use a knife to spear small slits in the sweet potatoes & microwave for 7-8 minutes, until softened. 5. Remove the sweet potatoes from the oven or microwave, and slice open. Let cool slightly. 6. Crack the eggs in a medium bowl & whisk until the yolks & whites are well combined. 7. Grab 7 half pint sized (8oz) mason jars, then begin to layer the components. First add a large spoonful of sweet potato to the bottom, flattening the mash out so it's spread evenly. Next, add 3 heaping spoonfuls of ground turkey, packing slightly. 8. Use a 1/4 measuring cup to scoop out a 1/4 cup of the eggs & pour into the mason jars, then top with 4 sliced mushrooms, covering the egg completely. 9. Add another spoonful of mashed sweet potatoes to top & flatten slightly. 10. Place mason jars in the oven on a sturdy baking sheet (to avoid any spills) & bake for 20-25 minutes, until the egg is fully cooked. 11. Let cool, screw tops on the mason jars & store in frig if desired. When ready to eat, remove lid & microwave for 1-2 minutes until warmed throughout.



Dental Care Personalized for Senior Needs

Dr. George Morarasu is offering a **Free Consultation** to Senior's that have missing teeth or are worried that they may lose teeth soon.

Dental Implants may be right for you:

- They restore almost 100% of your natural chewing power!

- Custom designed to match your existing teeth & restore smile!

- Nothing removable, they are permanent!

- Implants will help you maintain good oral health as well!



Our Team is dedicated to your teeth replacement options and specializes in Dental Implants. Your Oral Health needs are our #1 concern. Many other health issues are affected by Gum Disease, don't let it go untreated. We are here to assist you in acquiring optimal oral Health.

Call us today for your **FREE CONSULTATION** and if you schedule a dental cleaning as well you will receive \$20.00 off of that appointment as well. We are waiting to hear from you 07-468-8080 Mon – Thursday.

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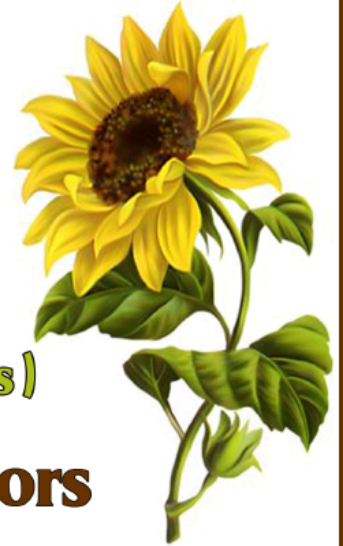
3 MARCELA DRIVE, SUITE B | (IN FRONT OF THE NEW HOSPITAL, RIGHT NEXT TO REDWOOD MEDICAL CLINIC)

CLASSIFIEDS

If you are 60 years old or over, ask the cashier for your
Senior Discount!



10% off
your purchase



(Excluding sale items & delivery fees)

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The Book Juggler

182 S. Main Street
Willits, CA 95490
(707) 459-4075

www.thebookjuggler.com

Body Works Gym & Martial Arts Center
1511-C S. Main St, Willits, CA 95490 (707) 459-0594



Owners
Joey DeMarco
Mike Tobin

www.willitsbodyworksgym.com
24/7 Access, Free Kids Programs

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

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Randy Cantua

Agent

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- Cleaning and Adjustment of Hearing Instruments
- Hearing Screenings
- Free Demonstration of Hearing Instruments
- 12-month ZERO-Interest Financing Plan (certain qualifications apply)

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

Please call to reserve your spot!

Ukiah Office:
756 S. Dora St.
Ukiah, CA 95482
(707) 463-2966

Lakeport Office:
200 Lakeport Blvd.
Lakeport, CA 95453
(707) 263-9428

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 \$6.50
- ☐ Good for a roundtrip ride (\$4 in town or \$8 from Brooktrails or Pine Mountain.)
- ☐ ** 10 meal punch cards are also available for: \$60.00.

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

The COAST
Mendocino County
FM 95.3/95.9 KOZT.com mobile

Wish List:

- Laminator Machine
- We are in need of plastic pallets to be placed under the wood in the wood pile. Donations would be greatly appreciated so that we may purchase these plastic pallets



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

HAPPY ST. PATRICK'S DAY

Saturday, March 17th



Current Resident or

The 11th Annual



**SPONSORED BY ROTARY CLUB OF WILLITS
& WILLITS HARRAH SENIOR CENTER**

**Friday, March 23, 2018 · 5:30 to 7:00 PM
SENIOR CENTER · 1501 BAECHTEL ROAD**

**Taste and vote for your favorite Chili.
Fresh Baked Corn Bread Muffins
Root Beer Floats & Hot Dogs Available**

Taster Tickets

**Adults \$8 Children \$5
Senior Center Members \$7**



ENTER YOUR FAVORITE CHILI

**\$50 REGISTRATION FEE FOR HALF TABLE
(ONE CHILI ENTRY AND 2 VOTER TICKETS)**

**\$100 REGISTRATION FEE FOR FULL TABLE
(OPTION OF 1 CHILI AND ADVERTISING OR 2
CHILI ENTRIES AND 4 VOTER TICKETS)**

FOR MORE INFORMATION CALL 459-6826

Mark your calendar for Thursday, April 26, 2018.

Willits Senior Center is having a new fund raiser. We are going to the theater. Willits Community Theatre is putting on the production of "Last of the Red Hot Lovers" and we have bought out the house for that night. The evening begins about 6:30 PM with mouth-watering appetizers and hors d'oeuvres. At 7:00 PM, we watch the first half of the play and during intermission are treated to dessert. We return to the second half of the play and the evening usually is done about 9:00 PM. This is a Neil Simon comedy, so it will be an evening of laughter. All this for a mere \$20.00. We will have tickets for sale at the front desk the end of March. There are 6 seats available for those who cannot climb stairs. We will have the WSI van & bus available door to door for those who need wheelchair access, cannot get a ride, or can't drive at night.

Pat Collins