

# Senior Moments

February 2020

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China was once known as "The Land of the Divine." This reflected a belief that its glorious culture was brought down from above. People sought harmony among Heaven, Earth, and humankind, and followed the course of nature. But in 1949 the Chinese Communist Party came to power. It saw this spiritual heritage as an ideological threat and for decades tried to destroy these traditions. It nearly succeeded.

Then, in 2006, a group of Chinese artists came together in New York united by a mission: to revive authentic Chinese culture. They formed Shen Yun. Nonprofit and independent of any government, Shen Yun has brought this culture back from the brink of extinction.

Gene and dorothy Roediger recently went to see this beautiful performance. It was their Christmas gift to each other. They had orchestra seats at the San Francisco War Memorial Opera House for this amazing presentation. They took advantage of the shuttle from Rohnert Park that dropped them off at the front steps. Dorothy said "The symphony orchestra had several traditional Chinese instruments she and Gene had never heard before."

Each dance was introduced in English and Chinese describing the story of the dance. The costumes were very colorful and the athletic, ballet and sometimes gymnastic moves described the history and culture of the Chinese people perfectly.

If you get a chance dorothy encourages you to attend this performance.

Thank you dorothy for sharing.



**DIRECTOR'S CORNER**  
**From the Desk of Richard Baker**

Hello Everyone,

It is with deep sadness that I announce Jules Gregory our transportation driver has ended her employment with the senior center after 2 ½ years. Jules cared deeply about the safety and wellbeing of our seniors. She will be sorely missed by those who knew her.

Volunteers are the life blood of our organization. In 2019 volunteers donated over 16,467 hours of their time. At minimum wage volunteer hours donated equals \$197,604.00. WOW!!!! We could not keep our doors open without hard working caring and dedicated volunteers THANK YOU.

We desperately need a backup Meals on Wheels driver and someone to help out at the front desk. Please call or stop by and ask for Deb Holcomb if you are interested.

My expectations for 2020 are that we continue to meet the ever-changing needs of seniors throughout the greater Willits area and we serve those in need with humility, kindness and empathy.

My door is always open,

Richard



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H B K I C A T E B C A E S R L  
O R M G L T E Q T J E A R E L  
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YOU.**





## Willits Senior Center

February 2020

### 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 December 2019 , our volunteers donated a total of 1669.75 hrs. to the Senior Center.

At minimum wage (\$11.00), the total dollar amount for the month would be: \$18,367.25  
**ALL OF US AT THE CENTER THANK YOU FOR YOUR HARD WORK & DEDICATION.**

### *Thank You For Your Generous Donations And Time*

*This section is to thank people who volunteer their time and money to support the senior center programs and services. Without them we would not be able to keep our doors open.*

*Many thanks to Gary & Cathy Decker, Ethel Redman, Gerry & Barbarie Gonzalez and Paul Krause for their continued financial support. Thank you to all our volunteers who donate their time by helping out in the kitchen, dining room, thrift store and at the front desk. Thanks to those who donate items to our thrift store. A special thank you to all our Meals on Wheels drivers who have been working longer hours due to the increase in the number of Meals on Wheels clients.*

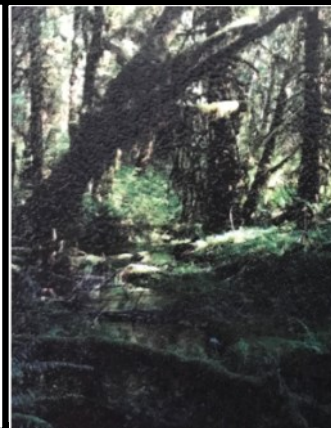
**THANK YOU FOR ALL YOU DO!!!!**



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

2/1 Carolyn Wadman  
2/2 Carol Deuel  
2/3 Steven Sherriff  
2/6 Beverly Anderson, Emily Carter  
2/7 Frank Barr  
2/8 Helen Oglesby  
2/10 Marilyn Ainslie  
2/11 Jason Dunlap, Freda Smith  
2/12 Joan Daniels, Don Fahle,  
Kenny Mace  
2/14 Wilma Milliken  
2/16 Barbara Carlson, Ree Socum  
2/17 James Ast  
2/18 Patricia Glinski, Brenda Smith  
2/22 Linda MacDonald  
2/23 Amy Elliott  
2/24 Frank Deuel, Roberta Yokum

2/26 Gary Decker, Winnie Lucey,  
Carolyn Wilcox  
2/27 Tania Borrás, Orielle Holmes,  
Laurie Smith



### ICE CREAM SOCIAL

**1:30 - 2:30 PM**

**February 10, 2020**

**ICE CREAM DONATED BY: SCOOPS**

**PIES DONATED BY: KIMMEY'S PIES**

### February 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 28, 2020

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

Sign your name here:

### SUNDAY BREAKFAST

#### Pancake Breakfast

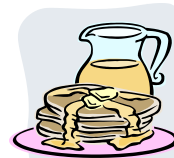
Sunday, February 9th  
8 am. to 11 am.

#### Menu:

ALL YOU CAN EAT  
PANCAKES!  
REAL MAPLE SYRUP  
AVAILABLE AT AN  
EXTRA CHARGE  
Eggs any style  
Bacon or Sausage  
Sugar Free Syrup

Or  
Grandma's Biscuits  
& Gravy  
NOW SERVING PEET'S  
COFFEE

Adults \$8  
Sr. Center Members \$7  
Children \$6



**BEST PANCAKES  
IN TOWN**

## **Slow Cooker Pork Loin Roast with Brown Sugar & Sweet and Sweet Potatoes**

*from Allrecipes.com*

**Prep:** 10 mins      **Cook:** 6 hours

### **Ingredients:**

1 Tbsp pork rub seasoning, or to taste	1/2 cup brown sugar
1/4 tsp Chinese five-spice powder	3 Tbsp butter
1 (3 lb) pork loin roast	salt and ground black pepper
2 medium sweet potatoes, peeled and cut into bite-size pieces	



### **Directions:**

Mix pork rub seasoning and Chinese five-spice powder together in a small bowl. Rub all over pork roast. Place sweet potatoes into the bottom of a slow cooker; add brown sugar and butter. Place roast on top and season with salt and pepper to taste. Cook on low until roast is fork-tender, 6 to 7 hours. An instant-read thermometer inserted into the center should read at least 145 degrees F.

## **Dessert Crepes**

*From Allrecipes.com*

**Prep:** 10 min      **Cook:** 10 min

"Essential crepe recipe. Sprinkle warm crepes with sugar and lemon, or serve with cream or ice cream and fruit."

### **Ingredients:**

4 eggs, lightly beaten	1 cup all-purpose flour
1 1/3 cups milk	2 Tbsp white sugar
2 Tbsp butter, melted	1/2 tsp salt

### **Directions:**

In large bowl, whisk together eggs, milk, melted butter, flour sugar and salt until smooth. Heat a medium-sized skillet or crepe pan over medium heat. Grease pan with a small amount of butter or oil applied with a brush or paper towel. Using a serving spoon or small ladle, spoon about 3 tablespoons crepe batter into hot pan, tilting the pan so that bottom surface is evenly coated. Cook over medium heat, 1 to 2 minutes on a side, or until golden brown. Serve immediately.





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The Willits Weekly needs our support. With the passing of AB5 the Willits Weekly's continued existence has been put in jeopardy. Please help by becoming a Willits Weekly street subscriber. Lets keep this local paper alive and well.

~~~~~

#### **NEW TO WILLITS SENIOR CENTER:**

The **Willits Garden Club** now meets in our conference room on the second Tuesday of each month from 1 pm to 2 pm.

The **Alzheimer/Dementia Caregiver Support Group** now meets in the conference room on the third Wednesday of each month from 1 pm to 3 pm.

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We at the Senior Center are looking for recipes to add to our menu. If you have a favorite recipe that you would like to share with us, please email [deb@willits-senior.org](mailto:deb@willits-senior.org) or bring in to our office.



#### **Food for our Senior Community**

Do you know of a senior that needs food? If so send them to the senior center. We have an in-house food pantry to help out some, but luckily the Redwood Empire Food Bank comes once a month to give food to our needy seniors.

There is an application to fill out and a California Driver's license or California ID is needed to verify who you are and your address.

On average we have about 76 seniors that are receiving these commodities on a monthly basis. They receive items such as milk, eggs, cereal, fruit, vegetables, canned goods, bread, juice, peanut butter and jelly and sometimes chicken legs, ground chicken or turkey and hamburger. Many times the REFB donates bags of carrots, oranges, apples, onions and potatoes to our senior center for use in our own kitchen.

We are truly grateful to the REFB for all that they do for our center and our senior community. Thank you Yolanda, Katie, Chris, Joan and the volunteers you bring with you each time to set up and get these boxes out. Also, thank you to our own volunteers - Diana Mann, Joyce Stamps, Alex Sierras, Dianna Grigalba, Virginia Jorge and Sam Rowe.

Submitted by Deb Holcomb

*Some of our Volunteers are quite the pranksters. We do have fun here at the senior center. Can you guess who this is? The first volunteer to come in and let me know and I will give you a free lunch. If you bring in a new volunteer with you I will give both of you a free lunch. I am looking for 2 front desk people, 2 people for the dining room and a substitute driver for meals on wheels as well. Come see me, Deb. I'm in the office Monday thru Friday 8 am to 4:30 pm.*







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&

Chocolate Suckers  
\$1 each

Large Truffles \$26



***Don't forget Friday night Potluck Bingo***

***Potluck starts at 5 pm***

***Game starts at 5:30 pm***



***Minimum buy in \$5***



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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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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

### Basket Winners

*In Memory of:*

*Henry "Hank" Strock*

*Shirley Silva*

*Phyllis Morris*



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### **BIRTHDAY CELEBRATION**

We will once again be celebrating Edie Ceccarelli's birthday here at the senior center on Wednesday, February 5th. Please come and help this beautiful

lady celebrate 112 years young.

The menu will be as follows:

**Meat Loaf**

**Green Beans with Bacon & Onions**

**Dessert**

**Lunch begins at 11:45**

**\$6.50 for Seniors**

**\$8 for adults**

**\$6 for children.**



### **Alzheimer/Dementia Caregivers Support Group**

This is a new group that is for caregivers and family members caring for those with Alzheimer/Dementia. They meet here in our conference room on the third Wednesday of the month from 1 to 3 pm.

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### **Garden Club**

The garden club will be meeting here in our conference room on the second Tuesday of every month from 1 to 2 pm.

*We would like to welcome both of these groups to our senior center.*