

Senior Moments

SEPTEMBER 2020

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Healthy Living

Below is Taken from WikiHow "How to Balance a Meal"- Part 2

To make balanced meals, remember the acronym PF3[®], which stands for "Protein, Fiber, Fat, Fun." Incorporate a serving of protein, several sources of fiber from carbs and veggies, a single serving of fat, and something flavorful into every meal.

Aim for whole grains. Make about a quarter of any balanced meal consist of grains, with at least half of those grains being whole rather than refined. Grains include food made from wheat, rice, oats, cornmeal, barley or another cereal grain.

- Easy examples of foods that fall into the grain category are bread, pasta, oatmeal, breakfast cereals, tortillas, and grits.
- Whole grains are any grains that use the entire grain kernel, such as whole wheat flour, brown rice, oatmeal, whole cornmeal, and bulgur wheat. Look for "whole wheat" on the labels of food you eat, and favor these items over refined wheat products like white bread, white rice, etc.
- Aim for a minimum of 3- 4 ounces of grain foods per day or a recommended amount of 6 - 8 ounces. 1 ounce could be a 1/2 cup of pasta, rice, or oatmeal, one slice of bread, 1/2 an English muffin; or 1 cup of whole grain cold cereal.

Health Awareness Calendar—September

Healthy Aging Month

Blood Cancer Awareness Month

National Food Safety Education Month

World Alzheimer's Month

National Women's Health and Fitness Day (Sept. 29)

World Heart Day (Sept. 29)

Pain Awareness Month

Prostate Cancer Awareness Month

For more information go to <https://www.healthline.com/health/directory-awareness-months#9>

DIRECTOR'S CORNER

From the Desk of Richard Baker

Hello Everyone,

We now have a new tool shed and concrete foundation compliments of Mendocino Redwood Company. We are grateful for their financial support for this much-needed upgrade.



PG&E power shutoffs are inevitable. Due to Mendocino County Department of Public Health restrictions on crowd size as a result of COVID-19, we are currently not allowed to have people seek refuge at the senior center. I want to clarify what services we will be providing. Free bottled water (while supplies last), lunches via drive-thru pick up Monday thru Friday from 12 to 1 pm (Lunches \$5) We will also offer WiFi access and the option of dropping off your cell phone/mobile device to be charged and picked up via drive thru. We intend to open our doors to the community during future power outages, precisely what services we can provide when the next power outage occurs will be determined by the Public Health guidelines in place at the time of the power outage. I will keep everyone informed as more information becomes available.



My door is always open,
Richard

Willits Senior Center Resale Shop

For my dog's stuffys it's super fine
To my Hawaiian shirts Calvin Kline
The Willits Senior Store is so kind
Is the place to make one of those finds
Textile scraps, baseball hat
Books galore in the store
Fine used furniture in the back
Along with trunks and all of that
The ladies who run it all
Femme Fatales experienced demure
So sweet and sure, and make the call
Of you know what I mean
Bill Bruneau, Willits

T	I	U	S	R	U	P	H	Z	E	H	C	N	A	S
I	L	D	G	B	N	O	D	G	P	R	U	N	C	T
T	D	A	O	R	L	I	A	R	O	D	O	P	A	B
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W	T	A	Z	K	K	D	G	O	I	A	N	E	F	R
S	I	M	U	K	Z	I	G	E	L	G	L	O	B	B
P	O	S	S	E	E	M	P	X	L	Y	A	S	J	O
Z	N	J	S	R	O	B	A	L	L	E	T	I	C	Q

THE WILD BUNCH

AGING	GREAT	ODDS
AMBUSH	HOLDEN	OUTLAWS
ANGEL	JOHNSON	PIKE
BALLETIC	JONES	POSSEE
BORGNINE	LYLE	PURSUIT
BOSS	LYRICAL	RAILROAD
DEKKER	MAPACHE	ROBBERY
DRUNK	MARTIN	RYAN
DUTCH	MARVIN	SANCHEZ
FACE-OFF	MORALS	SLOW-MOTION
FERNANDEZ	OATES	TECTOR
GORY	O'BRIEN	VILLAGE



Willits Senior Center

September 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 4:00pm.

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 July 2019 , our volunteers donated a total of 813.75 hrs. to the Senior Center.

At minimum wage (\$12.00), the total dollar amount for the month would be: \$ 9,765.00

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

Thank You For Your Generous Donations And Time

We would like to acknowledge and thank those 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.

Gary & Cathy Decker, Ethel Redman, Bill & Lorri Barker, Jeannie Morawski, Joe & Renne Bratt, Mike Griggs Sr., Andrew Hosford, Sparetime Supply, Our Meals on Wheels drivers - Jamie Blake, Allyn & Dennis Nonneman, Brian Hartke, Tom Bodell, Serena Caster, and our newest driver Nancy Miltimore.

THANK YOU FOR ALL YOU DO!!!!



The Book Juggler

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

www.thebookjuggler.com



Redwood Meadows Senior
Apartments
Jules Gregory
Property Manager

1475 Baechtel Road
Willits, CA 95490

Phone 707 459 1616
Fax 707 459 1616
rmeadows8458@att.net

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

9/1 Pat Rago
9/2 Jack Wade
9/3 Debbie Ghannadan
9/6 Bonnie Adair, Pom Cartwright,
Michael D Smith
9/8 Debra Clark, Margie Lucas
9/9 Suzanna Sherer, Marcia Tichenor
9/10 Gene Roediger
9/11 Dorrie Ackermann, Ronald Bell,
Warren Lewis, Tony Sorace
9/12 Gerry Gonzalez, Barbara Turner
9/13 Georgine Hultz, Milly Joy, Mary Kanne
Sharon Whipkey
9/15 Vyrat Brown, Nancy Stipe
9/17 Allen Denny, Barbara Kleppen
9/18 Roger Stipe
9/19 Jack Bothwell, Heidi Duncan
9/21 Lynne Powell

9/25 Marcia Bennett, John Bredehoft
9/26 Carol Orton
9/26 Beth Levitan



**NO ICE CREAM SOCIAL UN-
TIL THE SHELTERING IN
PLACE IS OVER.**

September Birthday Invitation

If you are listed above, CUT
OUT & bring this invitation
with you for your FREE
birthday lunch.

HAPPY BIRTHDAY!!!

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

Sign your name here:

SUNDAY BREAKFAST

Pancake Breakfast

Sunday,
8 am. to 11 am.



**ALL ACTIVITIES
ARE TEMPORARILY
CANCELED DUE TO
SHELTERING IN
PLACE.**



Menu:

ALL YOU CAN EAT
PANCAKES!
REAL MAPLE SYRUP
AVAILABLE AT AN
EXTRA CHARGE

**BEST PANCAKES
IN TOWN**

Southern Smothered Pork Chops in Brown Gravy

From Allrecipes (TXRachel)

Prep time: 10 mins Cook Time: 1 hour Serves: 4

Ingredients:

4 Tbsp butter	1 onion, thinly sliced and quartered
4 cloves garlic, minced	4 Tbsp all-purpose flour
2 cups beef broth	1 1/2 cups sliced Bella mushrooms, or more to taste
1 Tbsp chopped parsley	4 center cut, 3/4 inch thick pork chops
1/2 tsp salt, or to taste	1/4 tsp ground black pepper, or to taste
1 serving cooking spray	



Directions:

Melt butter in a 3-qt saucepan over medium-low heat. Cook onion and garlic in the butter, stirring occasionally, until browned, 7 to 10 minutes. Remove onion and garlic and set aside.

Stir flour slowly into butter. Cook over low heat, stirring constantly, until flour is deep brown, 7 to 10 minutes. Remove from heat. Gradually stir in broth. Add onion, garlic and parsley. Bring to a boil, stirring constantly. Remove from heat.

Coat a large skillet with cooking spray and heat over medium high heat. Season pork chops with salt and pepper and brown in the hot pan, 5 to 7 minutes per side. Add gravy mixture from the saucepan. Cover and cook over low heat until tender and no longer pink in the centers, 30 to 40 minutes. An instant read thermometer inserted into the center should read 145 degrees.

Zavioli with Spinach & Ricotta From Allrecipes

Prep: 35 mins Cook: 20 mins Serves: 4

Ingredients:

1 cup ricotta cheese	1 cup chopped spinach
1 egg lightly beaten	1 tsp ground black pepper
1 cup basil leaves, torn	2 Tbsp extra-virgin olive oil, or more to taste
1/2 clove garlic	2 Tbsp pine nuts
1 extra large zucchini	9 each toothpicks, soaked in water
1/4 cup pasta sauce	2 Tbsp grated Parmigiano-Reggiano cheese



Directions:

Preheat oven to 350 degrees.

Mix ricotta cheese, spinach, egg, and pepper together in a bowl. Grind basil, oil, and garlic together into a chunky paste using a mortar and pestle. Add pine nuts to the pesto; grind to the size of small pebbles.

Slice zucchini lengthwise into strips using a mandoline slicer. Arrange 2 zucchini strips in the shape of a cross. Spoon some of the ricotta cheese mixture in the middle of the cross. Top with a dollop of pesto.

Fold ends into the center to create a parcel, starting from the bottom end and moving clockwise. Secure with a toothpick. Repeat with remaining zucchini strips, ricotta cheese mixture, and pesto.

Spread some of the pasta sauce in the bottom of a shallow baking dish. Arrange zucchini parcels on top, spacing them 1/2 inch apart. Spoon a bit of pasta sauce on top of each parcel. Sprinkle Parmigiano-Reggiano cheese.

Bake in the preheated oven until sauce and zucchini begin to brown, about 20 minutes.

Cook's Note: Toast the pine nuts if desired.

WHY I LIKE RETIREMENT!

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Two hours after falling asleep on the couch.

Question: How many retirees does it take to change a light bulb?

Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.

Question: Among retirees, what is considered formal attire?

Answer: Tied shoes.

~~~~~

when you used to be a savage  
but find peace and start vibin  
with nature



Keep looking up...  
that's the secret of life.  
Charlie Brown

## **Thrift Store Hours:**

Our Thrift Store hours are Monday thru Friday from 9 am to 4 pm. We take donations on Mondays and Thursdays from 9 am to 3 pm only. There are two different containers to drop off at. Monday is the blue container by the Thrift Store back door. Thursday is the yellow container between the Senior Center building and the Thrift Store. Please wait for the attendant to help you. Your name and phone number will be asked for when dropping off items.







Quick,  
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Personal

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[www.adventisthealth.org/howard-memorial](http://www.adventisthealth.org/howard-memorial)

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**Senior Discount!**

**10% off your purchase**



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**No Delivery Charge for seniors  
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**HEALTHY  
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**I just dumped a pack of  
M&M's into my mask at  
work and am slowly  
eating them like a  
horse.**

**I love the pandemic.**



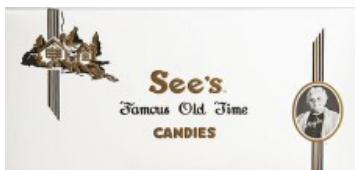
**SEE'S CANDY**

**Remember:**

**We sell See's Candy all year long. If you need special orders please let us know and we'll call you when it arrives.**

**Soft Centers, Milk Chocolate, Dark Chocolate, Assorted, Nuts & Chews  
\$22.50**

**Small box of Peanut Brittle \$7.50  
Butterscotch & Chocolate  
Suckers \$1 each**



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

***Canceled due to  
COVID 19 Pandemic***



***Will keep you posted as to  
when it will begin again***

***"I tried every diet in the book. I tried  
some that weren't in the book. I tried  
eating the book. It tasted better than  
most of the diets."***

*Dolly Parton*

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OR OLDER**

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**10% Senior discount not allowed on sale items.  
Some restrictions apply. See store for details.**



**Randy Cantua**

Agent

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Willits**

**littlakehealthcenter.org**

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Partnership and other insurance.**

**MCHC Health Centers is an equal opportunity provider and employer.**

# Mendocino/Lake Audiology



- 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

What is the difference between an alligator and a crocodile?

One will see you later,  
the other after while.....



*In Memory of:*





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



Current Resident or

### OLD AGE

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "oh, have you got a cat?" I just say "No, it's for company!"

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance."

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Have you ever noticed: The Roman Numeral for forty (40) is XL.

The sole purpose of a child's middle name is so he knows when he's really in trouble.

Did you ever notice that when you put the 2 words "the" and "IRS" together it spells "Theirs?"

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers" not me.

I want people to know why I look this way.

I've traveled a long way and a lot of the roads were not paved.

You know you are getting old when everything either dries up, sags or leaks.

Ah! Being young is beautiful but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.

May you always:

Love to share,

Cash to spare,

Tires with air,

And friends who care.

Submitted By dorothy Roediger

### **5 Deadly Terms Used By A Woman**

#### **#1 Fine**

THIS IS THE WORD WOMEN USE TO END AN ARGUMENT WHEN SHE KNOWS SHE IS RIGHT AND YOU NEED TO SHUT UP.

#### **#2 Nothing**

MEANS SOMETHING AND YOU NEED TO BE WORRIED.

#### **#3 Go Ahead**

THIS IS A DARE, NOT PERMISSION. DO NOT DO IT.

#### **#4 Whatever**

A WOMAN'S WAY OF SAYING "SCREW YOU."

#### **#5 That's OK**

SHE IS THINKING LONG AND HARD ON HOW AND WHEN YOU WILL PAY FOR YOUR MISTAKE.

#### **BONUS WORD: WOW!**

THIS IS NOT A COMPLIMENT. SHE'S AMAZED THAT ONE PERSON COULD BE SO STUPID.