

Senior Moments

NOVEMBER 2020

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Healthy Living

Below is Taken from WikiHow "How to Balance a Meal"- Part 4

Add some low-fat dairy. Drink or eat milk products to receive the calcium and other nutrients present in cow's milk. Favor low-fat versions to reduce fat intake.

- Aim for about 3 cups of dairy per day. A cup of dairy could mean 1 cup of milk, yogurt, or soymilk, 1 and 1/2 ounces of natural cheese, or 2 ounces of processed cheese.
- Dairy products are generally considered to be all foods made from cow's milk; however, products like butter, cream cheese, and cream are not generally considered part of this food group for nutritional purposes due to their low calcium content. Butter and cream are really made from fat.

THANKSGIVING AT THE SENIOR CENTER.

This year will be a little different here at the Center. The Food Bank will be doing a "Drive Thru" Thanksgiving Dinner on November 26th from 11 am to 3 pm. You will pull up out front, tell them how many dinners and they will bring the dinners out to you.

As always there is no charge, anyone can eat for free. Donations are gladly accepted and will benefit WCS and the Food Bank in their continuing effort to provide essential human services in our community.

Health Awareness Calendar—November

American Diabetes Month

COPD Awareness Month

Diabetic Eye Disease Month

National Alzheimer's Disease Awareness

For more information go to <https://www.healthline.com/health/directory-awareness-months#10>

DIRECTOR'S CORNER
From the Desk of Richard Baker

Hello Everyone,

Our Fire Wood Distribution Program will begin on Tuesday November 3. Please call Deb Holcomb at 459-6826 to sign up for your wood card and arrange a good time to pick it up. You must provide a current senior center membership card in order to receive your wood card.

Due to the restrictions currently in place in regards to COVID-19 and workplace bubble we are not allowed to have volunteers issue and track the fire distribution program, as a result we will be making some changes in the firewood distribution program this year. We will be issuing wood cards, in two colors. (Red & Orange) Those issued red wood cards can pick up wood on Tuesdays and those issued orange wood cards can pick up wood on Thursdays. If you miss your day to pick up wood you will have to wait until the following week.

Friendly reminder, we're asking all of our members to remain safely seated in their vehicles and allow our volunteers to load up your wood.

Please keep in mind this program is a supplemental program and not intended to provide all your firewood.

STAY SAFE,

Richard



~~~~~

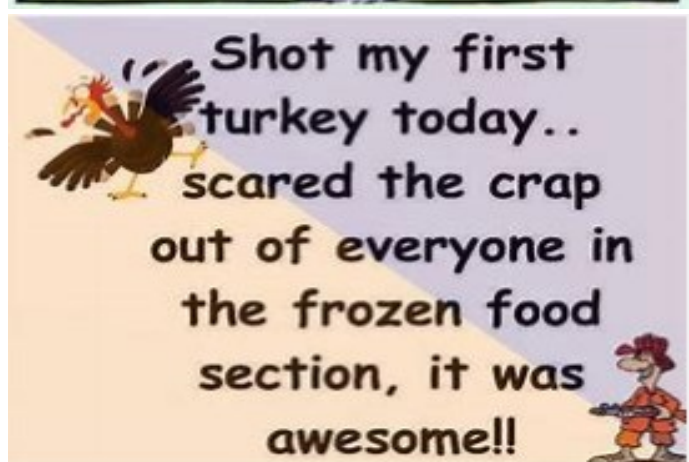
Do you know that a simple "hello"  
can be a sweet one?  
I received one recently from my friend,  
in a mail she sent to me.  
Here's what she wrote:

~

The word HELLO means :  
H=How are you?  
E=Everything all right?  
L=Like to hear from you  
L=Love to see you soon!  
O=Obviously, I miss you...  
So, HELLO!

It has made me smile every time  
I say hello since then....  
So send this message to the people  
you care about and say hello to them.

Saman





## Willits Senior Center

November 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 October 2020 , 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, Robert Comings, Linda R. MacDonald, Nancy Carr, Allen & Marna Garcia, Bruce Jackson, Maude A Honemann, Jamie Blake, Dennis & Allyn Nonneman, Megan Vincent, Chrissy Jacinth, Serena Caster, dorothy Roediger, Cathy Lawrence, Allen & Pandi Denny, Betty Lemmer, Arlane Adamson.*

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



### The Book Juggler

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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](mailto:rmeadows8458@att.net)



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

11/1 William White  
11/3 Robert Haas  
11/5 Gary Bodensteiner, Chris Forest,  
Margie Smith  
11/7 Duncan Neff, Bill Shafer  
11/8 Mary Haskel  
11/9 Judith Tauber  
11/10 Steven Corts, Linda Kostanecki  
11/12 Charlotte Oeding  
11/13 Debra Reyes  
11/14 Tom Peters  
11/15 Debra Robertson  
11/16 Lorri Barker  
11/17 Myrna Bryant, Dina Hutton  
11/18 Ethel Redman  
11/22 Betty Lemmer  
11/25 Peggy Hebrard  
11/28 Clifford Tichenor

11/29 Gina Blessum, Joseph Mondo  
Joe Schaffer  
11/30 Myrtle Deaton



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

### November 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.**



**BEST PANCAKES  
IN TOWN**

#### Menu:

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

## Hot Crab Dip

★★★★☆

This delicious, addictive crab dip will have your family begging for more. Serve as an appetizer with onion or garlic crackers.

Prep: 10 mins

Cook: 30 mins

Total: 40 mins

Servings: 40

Yield: 5 cups



### Ingredients

2 (8 ounce) packages cream cheese, softened  
 4 tablespoons mayonnaise  
 2 cups shredded Cheddar cheese  
 2 (8 ounce) cans crabmeat  
 1 ½ tablespoons fresh lemon juice  
 2 teaspoons hot sauce  
 2 tablespoons Worcestershire sauce  
 paprika, for garnish

### Directions

#### Step 1

Preheat oven to 350 degrees F (175 degrees C).

#### Step 2

In a medium bowl, mix the cream cheese, mayonnaise, Cheddar cheese, crabmeat, lemon juice, hot sauce and Worcestershire sauce. Transfer to a shallow 9x13 inch baking dish. Garnish with paprika.

#### Step 3

Bake in the preheated oven 30 minutes, or until golden brown and bubbly.

### Nutrition Facts

#### Per Serving:

81 calories; protein 4g 8% DV; carbohydrates 0.6g; fat 7g 11% DV; cholesterol 26.3mg 9% DV; sodium 116.5mg 5% DV.

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Printed from <https://www.allrecipes.com> 10/23/2020

## Fireball Whiskey Pumpkin Pie

This pumpkin pie will be the big hit at your Thanksgiving dessert table! Combining traditional pumpkin pie with Fireball's cinnamon whiskey not only adds a bit of kick, but also adds a wonderful flavor. This is a super easy pumpkin pie that everyone will love!



### Ingredients;

|                          |                               |
|--------------------------|-------------------------------|
| 15 oz canned pumpkin     | 9 oz evaporated               |
| 3/4 cup granulated sugar | 2 eggs                        |
| 1/2 tsp salt             | 1 1/4 tsps. Pumpkin pie spice |
| 3 oz Fireball whiskey    | 1 9-inch pie shell            |

### Directions:

Preheat the oven to 375°.

Beat the eggs with a whisk then add in the rest of the pie filling ingredients. Stir until combined. Pour the mixture into a 9-inch pie shell. Bake for about 50-60 minutes or until a toothpick comes out clean and the filling is set. Cool to room temperature then refrigerate for at least 3 hours. Serve chilled. Slice the pie and top with whipped cream.

### Senior Rambling Muses

- \* When one door closes and another door opens, you are probably in prison.
- \* It's the start of a brand-new day, and I'm off like a herd of turtles.
- \* When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
- \* I remember being able to get up without making sound effects.
- \* I had my patience tested. I'm negative.
- \* Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
- \* If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
- \* When you ask me what I am doing today, and I say "nothing", it does not mean I am free. It means I am doing nothing.
- \* I finally got eight hours of sleep. It took me three days, but whatever.
- \* I run like the winded.
- \* I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
- \* When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
- \* When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?"
- \* I don't mean to interrupt people. I just randomly remember things and get really excited.
- \* When I ask for directions, please don't use words like "east."
- \* Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
- \* Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race and changes you forever. We call those people cops.
- \* My luck is like a bald guy who just won a comb.

Submitted by dorothy Roediger

### Quote of the day

**We can change our behavior even if we struggle to change our thoughts and emotions.**

By Dr Harry Barry, Anxiety & Panic

### 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.

**Being twenty in  
the seventies was  
much more fun  
than being  
seventy in the  
twenties.**





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**10% off your purchase**



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| P | S | I | O | O | F | E | I | L | O | C | M | Y | R | C |
| M | Y | B | E | T | U | N | E | S | I | T | G | B | T | E |
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RED, WHITE, OR BLUE

|            |          |          |
|------------|----------|----------|
| APPLE      | HOUSE    | RIBBON   |
| BARN       | JEANS    | ROBIN    |
| BEE        | LIGHT    | ROSE     |
| BERRY      | LIPSTICK | RUBY     |
| CARPET     | MACAW    | SAILS    |
| CHALK      | OCEAN    | SAPPHIRE |
| CLOUDS     | PAINT    | SHOES    |
| COTTON     | PAPER    | SKY      |
| DAISY      | PENCIL   | SNOW     |
| EYE SHADOW | PLUM     | SWAN     |
| FLAG       | POPCORN  | TOMATO   |
| FLOUR      | RADISH   | UNIFORM  |
| VIOLET     | WAGON    |          |



**SEE'S CANDY**

**Remember:**

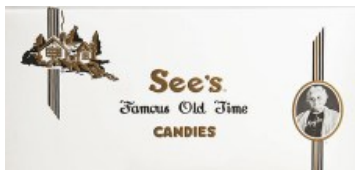
**We sell See's Candy all year long. If you need special orders please let us know and we'll call you when it arrives.**

**Soft Centers, Milk Chocolate, Dark Chocolate, Assorted, Nuts & Chews  
\$23.50**

**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 don't know what the big deal is about old age. Old people who shine from the inside look 10 to 20 years younger."**

**~~Dolly Parton**

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



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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!**

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(707) 463-2966

Lakeport Office:  
200 Lakeport Blvd.  
Lakeport, CA 95453  
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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 \$7.00
- ☐ Good for a roundtrip ride (\$4 in town or \$8 from Brooktrails or Pine Mountain)
- ☐ 10 meal punch cards are also available for: \$65.00

Iceberg lettuce is thought to be nearly entirely devoid of nutrients, but that's just part of the bad reputation it doesn't seem to be able to shed. It actually contains significant amounts of vitamins A and K and smaller amounts of vitamin C, along with calcium, folate and potassium

*In Memory of:*





Willits Seniors Inc.  
1501 Baechtel Road  
Willits, CA 95490

Phone: (707) 459-6826  
Fax: (707) 459-1772

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Willits, CA



**Current Resident or**

### **They Walk Among us!!**

A cashier at Walmart rang up \$46.64 charges. I gave her a fifty dollar bill. She gave me back \$46.64. I gave the money back to her and told her that she had made a mistake in my favor. She became indignant and informed me she was educated and knew what she was doing, and she returned the money again. I gave her the money back — same scenario! I departed the store with the \$46.64.

### **They walk among us! .....**

I walked into a Starbucks with a buy-one-get-one-free coupon for a Grande Latte. I handed it to the girl and she looked over a little chalkboard that said "buy-one-get-one-free." "They're already buy-one-get-one-free," she said, "so I guess they're both free." She handed me my free lattes, and I walked out the door.

### **They walk among us! .....**

My friends and I went out to buy beer and noticed that the cases were discounted 10%. Since it was a big party, we bought two cases. The cashier multiplied two times 10% and gave us a 20% discount.

### **They walk among us! .....**

I couldn't find my luggage at the airport baggage area, so I went to the lost luggage office and told the woman there that my bags never showed up. She smiled and told me not to worry because she was a trained professional, and I was in good hands. "Now," she asked me, "has your plane arrived yet?" So I replied, "No Ma'am, The pilot told us we're circling the airport, third in line to land."

### **They walk among us! .....**

While looking at a house, my brother asked the real estate agent which direction was north; because he didn't want the sun waking him up every morning. She asked, "Does the sunrise in the North?" When my brother explained that the sun rises in the East, and has for sometime; she shook her head and said, "Oh I don't keep up with all that stuff."

### **They walk among us! .....**

I used to work in technical support for a 24/7 call center. One day I got a call from an individual who asked what hours the call center was open. I told him, "The number you dialed is open 24 hours a day, 7 days a week." He responded, "Is that Eastern or Pacific time?" Wanting to end the call quickly, I said, "Uh, Pacific."

### **They walk among us! .....**