

Senior Times

Placerville Senior Center - 937 Spring Street, Placerville, California, 95667

OCTOBER 2025

Help Me Help You: A Senior’s Perspective on Aging with Family

By A Greatful Grandparent, Adapted and Edited by Senior Times Staff

Aging has a way of making you reflect on what really matters—family, health, and the little moments that bring peace. As I move through this chapter of life, I find myself wanting to ease the path not just for myself, but for my children and grandchildren, who I know worry about me more than they let on. So, I thought I’d put some words together—not as a complaint, but as a way to help them help me.

1. Communication Is the First Step

I may not always say what I need, or I may not say it in the clearest way. Sometimes it’s hard to admit when I’m struggling. But please, ask me how I’m doing—and give me time to answer. Be patient if I forget things, or if I take a little longer to find the right words. I don’t need every conversation to be serious, but knowing you’re listening reminds me I’m not a burden—I’m still part of this family.

2. Independence Still Matters

One of the hardest parts of getting older is watching your independence slowly slip away. Let me do what I can, even if it takes longer. If I need help, I’ll ask—or at least I’ll try to. Encourage me to make decisions about my own life, even small ones. It helps me feel human, not helpless.

3. Understanding My Changing Needs

What I needed five years ago isn’t what I need today. My body doesn’t work quite like it used to, and some days are harder than others. Help me keep up with doctors’ appointments, medication schedules, and the little daily

routines that are easy to forget. If I resist at first, it’s not because I don’t appreciate the help—it’s just hard to accept that I need it.

4. Safety and Comfort at Home

If I’m staying in my own home, or even yours, little changes can make a big difference: grab bars in the bathroom, fewer tripping hazards, and better lighting. It doesn’t have to feel like a hospital—just a place where I can be safe and comfortable. And if we talk about bigger things, like assisted living, please include me in those conversations.

5. Time Is More Precious Than Ever

Gifts and gadgets are nice, but what I really treasure is time. A shared meal, a Sunday drive, or just sitting together and talking means more to me than I can say. I may not have the energy I once did, but I still crave connection.

6. Plan for the Future—Together

I know you don’t like to talk about “what happens next,” but believe me—it’s harder for me to keep it all inside. Let’s talk about my wishes, legally and emotionally, while I still can. It gives me peace of mind to know we’re on the same page. I don’t want to leave you with guesswork or guilt.

7. Be Gentle with Yourselves

This part is important: I don’t expect perfection. You’re doing your best, and I see that. If you’re tired, or confused, or frustrated—it’s okay. We’re learning this stage of life together. Let’s give each other grace.

Getting older isn’t easy. But with love, honesty, and a little planning, it doesn’t have to be lonely or frightening either. I want to be part of my family’s life for as long as I can, in whatever way I can. If we keep the lines of communication open and the love flowing, I believe we can make these years not just manageable—but meaningful.

From one grateful senior to the rest of the family: thank you for walking this path with me.

Microsoft. (2025). Copilot [AI assistant]. Retrieved from <https://copilot.microsoft.com>

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Senior Shuttle

Western Slope

(530)

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Veteran Services	621-5892
El Dorado Transit/Dial-a-Ride	642-3696
Report Elder Abuse 24 Hours	800-925-1812

South Lake Tahoe

(530)

Information and Assistance	621-6369
South Lake Tahoe Senior Center	600-0393
South Lake Tahoe Senior Nutrition	573-3130
Legal Assistance	621-6154
El Dorado County Health Dept.	573-3155
Adult Protective Services (APS)	642-4800
South Shore Transportation	775-588-2488
SLT Cancer League	573-1203
Veteran Services	573-7955 ext-5892
Hospice/Adult Grief Support Group	542-3171

Senior Shuttle Schedule

OCTOBER 2025

(530) 621-6369

EASY Registration, Reservations Required

The Senior Shuttle is a volunteer-driven, six-person van service offering transportation for grocery and household essentials shopping, and social or recreation outings in a comfortable group setting.

Pick-up times will be scheduled between 9:00 AM -10:30 AM and are based on your location. To serve as many residents in the local area as possible, please allow a minimum of three hours to complete the trip.

Your reservation is confirmed by phone, one business day prior to the scheduled trip.

\$3.00 Suggested Voluntary Contribution Per Local Trip

\$5.00 Suggested Voluntary Contribution Per Out-of-County Trip

Senior Shuttle is NOT a micro transit on demand shuttle service.

Monthly trips are predetermined — please see the schedule below.

All voluntary contributions for the Senior Shuttle are confidential and directly support the transportation program provided by the El Dorado County Area Agency on Aging.

No one is turned away for the inability to pay. Please join us!

October 2025—TUESDAY SHUTTLE

Residents of Shingle Springs, Cameron Park and El Dorado Hills

Tuesday, October 7th- Grocery Outlet & Dollar Tree, Cameron Park

Open to All Registered Riders- Call to Reserve Your Seat!

Tuesday, October 21st - Able's Apple Acres & Boa Vista Orchards, Placerville

Residents of Pollock Pines, Camino and Placerville

Tuesday, October 28th - Grocery Outlet & Dollar Tree, Placerville



El Dorado County
Area Agency on Aging

MOVIE of the MONTH

Enjoy a MOVIE with Friends

Movies at the Placerville Senior Center are held once a month on the third Friday of the month. Movies start at 1:10 PM in the Dining Room.

Date: Friday, October 17, 2025

Feature Presentation: Yours, Mine and Ours

Plot: Widowed Navy nurse Helen meets handsome Naval officer and widower Frank. They have much in common--she has eight kids and he has ten. They decide to tie the knot. This comedy starring Lucille Ball and Henry Fonda as the parents of eighteen children is based on a true story.

Starring: Lucille Ball, Henry Fonda, Van Johnson, Tom Bosley

Filmed in 1968

Running Time: 1 hour and 51 Minutes

Year Round Drop-in Activities at The El Dorado Hills Senior Center

Weekly

Morning Workout Group: Monday-Friday, 8:05 AM

Bridge: Monday/Wednesday, 1 PM

Bingo: Monday/Thursday, 1 PM

Cribbage: Tuesday, 11 AM

Evening Cribbage: Wednesday, 4 PM

Pinochle: Wednesday, 10 AM

Memoir Writing Group: Thursday, 10 AM

Monthly

Grief Support Group: 1st Monday, 1 PM

Senior Support Council: 4th Tuesday, 10:30 AM

Book Club: 1st Thursday, 11 AM

Cornhole: 1st and 3rd Friday, 1 PM

Open Mic Karaoke: 2nd and 4th Friday, 1 PM

Location for all activities: 990 Lassen Lane, El Dorado Hills

SOUTH LAKE TAHOE NEWS and EVENTS

Mountain Magic Dance Convention

October 30th - November 2nd. A weekend full of dance geared towards all levels of dancers and offering workshops in West Coast Swing, Country Two-Step, Line Dancing and more! Go to www.mountainmagic.dance for tickets and full details.

Tahoe Literary Festival

October 10th-11th. Come to an environment of learning, celebration and opportunity to meet more aspiring authors. The event will be held in Tahoe City. Go to taholitfest.com for full details and to purchase tickets.

Information and Assistance Program:

Every Thursday from 12:30 PM - 3:00 PM El Dorado County Area Agency on Aging has staff at the Senior Center at 3050 Lake Tahoe Blvd. Staff are present to assist with guiding individuals to appropriate senior services. Call the office to schedule an appointment. Drop-in service is available as well. (530) 621-6369. This is a free service.

Alzheimer's Association Support Group

2nd Thursday of the month | 3:00 PM

3050 Lake Tahoe Blvd. No appointment is necessary.

Bread and Broth Food Programs

Hot meals served at St. Theresa Grace Hall (1041 Lyons Ave.) on Mondays | 4:00 PM - 5:30 PM, as well as food giveaway bags. Second servings are available.

The South Lake Tahoe Library - Your Local Resource Center!

Each local library is a resource to the community with staff that can help connect children, families, and individuals to supports and services. Location: SLT Library at 1000 Rufus Allen Blvd

Legal Services

Senior legal services are available for El Dorado County residents aged 60 or older. Services are provided regardless of income. For an appointment, please call 530-621-6154.

Nutrition Program

Congregate dining is offered Monday - Friday | 12:00-12:30 PM \$3 suggested voluntary contribution. Location: 3050 Lake Tahoe Blvd.

Senior News

Long-Term Care Residents Honored During **Residents' Rights Month**: October 2025

October is National Long-Term Care Residents' Rights Month, a time to honor individuals living in long-term care facilities and to raise awareness about their rights. This month focuses on promoting dignity, respect, and the rights of each resident.

The Nursing Home Reform Law, enacted in 1987, guarantees nursing home residents their individual rights, which include, but are not limited to, personalized care, respect, dignity, the right to visitation, the right to privacy, the right to voice complaints, and the right to make independent choices. This law also mandates that nursing homes "promote and protect the rights of each resident." Residents living in other types of facilities, such as assisted living and adult care homes, retain their rights as U.S. citizens.



Residents have the right to self-determination and to use their voices to make their own choices. This year's theme for Residents' Rights Month--**Stand with Me**--emphasizes the importance of solidarity and support for residents who advocate for their rights, and encourages the community to join residents in amplifying their voices.

We encourage community members to connect with individuals they know who live in long-term care facilities or to explore opportunities to become a volunteer long-term care ombudsman. Your support and involvement can help ensure that the voices of long-term care residents are heard and demonstrate to them that they have not been forgotten.

If you have any questions or concerns, you can contact a Long-Term Care Ombudsman at (530) 621-6271 or call the 24-hour State Crisis Line at (800) 231-4024.

Written by El Dorado County's Ombudsman Office

Minor Home Modifications

Program Supporting Older Adults Over 60 Stay Independent in Your Home

El Dorado County Area Agency on Aging

Four Things You can do to Prevent Falls:

- 1. Speak Up.** Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.
- 2. Keep moving.** Begin an exercise program to improve your leg strength and balance.
- 3. Get an annual eye exam.** Replace eyeglasses as needed.
- 4. Make your home safer.** Remove clutter and tripping hazards.

- Indoor and Outdoor Handrails
- Toilet Seat Risers
- Non-Skid Surfaces

- Transfer Benches
- Improved Lighting
- Prefabricated Ramps or Minor Ramp Modification

Falls can lead to a loss of independence, but they are preventable.



Area Agency on Aging Fall Prevention Program

530-621-6369

ssia@edcgov.us

Visit El Dorado County Area Agency on Aging Website



Program accepts voluntary contributions to support Fall Prevention services. No one is turned away for the inability to contribute. The materials and products are funded through a contract with the California Department of Aging.

1 in 4 people 65 and older falls each year

Senior Nutrition

5

Go B-A-N-A-N-A-S

By Jeannine Gaillardetz, RD

We have all heard the saying, “An apple a day keeps the doctor away,” but why the apple? Why not a different fruit, like a pear, apricot, strawberry or banana? Bananas are available in the stores year-round, relatively inexpensive, and offer an excellent source of vitamins and minerals like potassium.

Potassium is an important mineral for regulating blood pressure, muscle contraction and relaxation, and heartbeat. It also functions as an electrolyte, helping to maintain proper fluid balance in our body.

Sometimes, the potassium in our blood can drop in response to illnesses that bring about diarrhea and vomiting or using certain diuretic medications.

Consuming plenty of food rich in potassium helps maintain

a healthy level in our body. Potassium is primarily found in fruits and vegetables. It is also present in certain foods such as dairy products and quinoa. There are certain fruits and vegetables that contain larger amounts of this nutrient as well, like apricots, avocados, citrus fruits, potatoes, persimmons, cantaloupe, and of course bananas!

Potassium is not the only benefit of eating bananas.

They also contain Vitamin B6, a vitamin responsible for communication between the muscles and nerves, as well as production of red blood cells, and prevention of moodiness. The small amount of tryptophan found in bananas also helps promote a relaxed state of mind. Bananas contain probiotics called FOS (fructooligosaccharides) that foster growth of beneficial bacteria in the gut.

Nutrition Notes cont. on pg. 10

Senior Activities

Activities At A Glance

*See the table above for complete activity details, times, and location information.

PLACERVILLE

- Fitness and Yoga classes
- Zumba
- Art and Craft Groups
- Sewing, Quilting, and Knitting Groups
- Poetry
- Chess and Scrabble Groups
- Ceramics and Pottery
- Monthly activities include:
Movie of the Month
My Time Support Group
Technology Workshop

SOMERSET

- Exercise Class

POLLOCK PINES

- Dinner and Bingo Night

EL DORADO HILLS

- Workout Groups
- Chair Yoga
- Art and Craft Groups
- Bingo, Bridge, Cribbage, Mahjong
- Wii Bowling, Sienna, Pinochle
- Spanish
- and More!

CAMERON PARK

- Zumba and Tai Chi
- Senior Social Time
- Quilting

SOUTH LAKE TAHOE

- Shanghai Rummy
- Bridge
- Mexican Train
- Social Bingo

DISCLAIMER: All activities

are subject to change. Attendees are encouraged to call the activity location to confirm class date/time.

*If you are seeing this online, you can subscribe to receive the Senior Times Newsletter in print that includes the full activity calendar and lunch menu. See the last page of this newsletter for the subscription and payment information!

Looking to TRAVEL?

Collette Travel provides fully booked trips to destinations that we recommend. We take destination location suggestions all year long. Call Rebecca at (530) 621-6255 to submit a suggestion.

Sign Up for Current Trips:

2025/2026 Travel Packages:

- Portugal's Old-World Charm

The Next Trip Preview will be October 30th at the Placerville Senior Center at 1:30 PM in the dining room.

UPCOMING COMMUNITY EVENTS

Bingo At Elks Lodge-- Sunday, October 5, 2025 | 1:00 PM. Come and enjoy a fun filled afternoon of Bingo. 3821 Quest Ct, Shingle Springs. Bingo meets once a month. The next events Nov 2nd, and Dec 7th. Call (530) 672-9120 for full details.

Beatles & Brew-- Sunday, October 5, 2025 | 3:00 PM-6:00 PM. Location: 3544 Carson Road, Camino. Enjoy great food and drink alongside a live Beatles tribute band on the beautiful patio overlooking beautiful Apple Hill vinyards and orchards.

Coloma Gold Rush Live-- October 10th, 11th and 12th | 10:00 AM to 3:00 PM. Location: 310 Back Street, Coloma. Join in on the fun and walk back in time --exploring what an 1850 tent town was like. Call (530) 622-3470.

Feathers, Fur & Frights-- Sunday October 12th | 11 AM - 2 PM. Located at the Shingle Springs Community Center: 4440 South Shingle Road. Family-friendly fundraiser for Sierra Wildlife Rescue with costumes, kids' activities, lunch, and wildlife education. You must purchase tickets. Call (530) 621-4661

El Dorado Hills Fine Art Festival-- October 18th | 10:00 AM-5:00 PM. Location: 7455 Silva Valley Pkwy, El Dorado Hills. This is the third annual free art festival showcasing 50 local artists. The artwork will be for both viewing and for sale. There will be live music and some activities for kids.

Placerville Art Walk-- October 18, 2025 | 4:00 PM - 8:00 PM. The Placerville Art Walk takes place on the 3rd Saturday of every month. The galleries, shops and restaurants on Main Street stay open late, with many offering special promotions. Meet the artists, visit local merchants, enjoy dinner and the local atmosphere.

Country Line Dance-- Every Wednesday. Beginner Level starts at 6:30 PM. Intermediate is at 7:15 PM and Open Dance starts at 8:00 PM. There is a five dollar cover charge. 2675 Sanders Dr. Pollock Pines. Contact Jill for questions at (559) 903-3695

Trick-or-Treat on Main Street-- October 31st | 4:00 PM to 6:00 PM. Downtown Placerville. Walk by the shops on Main Street celebrating the holiday. Costumed children and families can enjoy candy and fun activities downtown. Candy donations accepted through Oct. 22nd at El Dorado Community Foundation, 312 Main St., Suite 201.

Widowed Person's Club

The Widowed Person's Club is a support group for widowed men and women of all ages. Through a wide range of social activities, members are given the chance to make new friends and find a new direction in their lives.

General meeting lunches for members and guests are held on the 4th Friday of each month at 11:30 AM. A social time precedes each meeting. The meetings are held at Cold Springs Country Club in Placerville. The cost is \$18 and reservations are required. Regular breakfasts are held every Tuesday morning at 8:30 AM at Denny's in Placerville and Cameron Park.

For those interested in joining or making reservations as a guest at any function, please get in touch with Glenda at (530) 295-8374 or Nancy at (530) 919-8276.

Senior Peer Counseling

This program offers supportive counseling services to seniors at no cost. Clients must be 55 years of age or older and be a resident of El Dorado County. Counseling is provided by senior volunteers who are professionally trained and have varied life experiences that enable them to help their peers cope with a range of common concerns.

Call (530) 903-3000 to schedule an appointment.



Sierra Renaissance Society

The Sierra Renaissance Society presents "The Future of Healthcare in Western El Dorado County," by Mindy Danovaro. Please join us on Friday, October 17th, from 1:00 PM - 2:30 PM at the Diamond Springs Lion's Hall, 4701 Missouri Flat Road. Admission is free for members; the public is invited to attend 2 meetings for free. The Sierra Renaissance Society of El Dorado County is dedicated to life-long learning and hosts presentations and workshops throughout the year. For more information, please visit www.srsedc.org.

Commission on Aging Corner

Can You Afford To Age In Place

The following article contains highlights/ excerpts by the National Council on Aging, published Aug 04, 2023

“Aging in place helps people remain self-sufficient, healthy, and socially connected to their communities. It’s not just about staying put. Older adults must make sure they have enough resources to support their needs now—and years down the road.” Shaneece Gaines, Program Manager of Economic & Financial Security at NCOA.

Some things to think about if you plan to age at home

The design of your house - can your current dwelling meet your needs. Consider:

- **Safety:** Does your home pose any health and/or safety hazards? Issues like steep stairs, poor lighting, and broken handrails can increase your falls risk.
- **Community:** Social connection is important as we age. Do you have close family or friends nearby who will visit? Is there a senior center in your area that offers programs and activities for older adults? What transportation options are available to you?
- **Adaptability:** Will stairs limit your access inside and outside your home. If you one day need to use a wheelchair or scooter, can you afford the modifications to accommodate it?
- **Size:** A larger house and/or yard means more upkeep and expense. Does your home make sense for the current size of your household? Can you afford to pay for ongoing maintenance services like yard maintenance, and gutter cleaning?

Will you need additional help

The need for more hands-on help can increase as we age. Some of that support can come from willing friends, family, and neighbors. You may need to hire professional help for some tasks such as:

- Housekeeping/laundry
- Landscaping services
- Home repair services
- Activity of Daily Living(ADL)
- Meal preparation/shopping
- Money management
- Transportation
- Medication management

Some types of support may be covered by your health care plan or available through community-based organizations. Other services you’ll have to pay for out of pocket. It’s vital to make sure you have the social and financial resources to get the support you need.

Resources to help you stay at home

Even if you think you have healthy retirement savings, the expenses of aging in place can make them dwindle quickly. Take a close look at your finances—income, savings, and any investments—before deciding to stay in your home. Tally up your monthly costs, including any debt payments. Ask yourself:

- Do I have enough cash flow for monthly bills and everyday expenses?
- Could I quickly liquidate assets (such as stocks) if I needed the cash?
- Could I handle a large, unexpected expense like a major car repair?

Key Takeaways

- Factors to consider include how well your home meets your needs and whether you may need support services such as transportation and ADL support like bathing and dressing.
- If staying in your home isn’t the right decision, consider other housing options that will still allow you to live independently.
- Most of us want to stay in our home for as long as possible, so it is reasonable to plan for it.

If you need some ideas for how to get started on this journey you can contact El Dorado County’s Information and Assistance Program for older adults. They can direct you to an array of resources available to you. Call them at 530-621-6399.

This was submitted by the El Dorado County Commission on Aging. While many of the articles are written by individual Commission members, they do not constitute the official opinions or policies of the Commission on Aging and are not official statements of opinions or policies of the El Dorado County Commission on Aging, rather the personal opinions of the authors.

MEDICARE CHOICES IN EL DORADO COUNTY IN 2026

Free, virtual workshop to be held October 24, 2025

A free, one-hour virtual workshop to help Medicare recipients understand drug plans and Medicare Advantage plans available in El Dorado County in 2026 is scheduled for Friday, October 24th from 9:30 AM to 10:30 AM. The workshop is open to the public and will be held via Zoom. A one-hour question and answer period will follow the workshop. The workshop is presented by the El Dorado County Health Insurance Counseling and Advocacy Program (HICAP).

“This important workshop will focus on Medicare options available to El Dorado County residents in 2026 and prepare them for Medicare Open Enrollment which is October 15 through December 7, 2025,” said Rhoda Slagle, Regional Coordinator for HICAP. “Research shows that people who take the time to review their plan choices each year can often significantly reduce their health plan costs and/or prescription drug costs by switching to a different plan.”

“Each year Medicare plans can and do change the costs of services and/or covered drugs. As health care costs have increased, costs for Medicare plans are also expected to increase for 2026. Plans can accommodate increased costs by increasing monthly premiums, increasing deductibles and/or increasing copays for services or drugs,” explained Slagle.

The Medicare Open Enrollment period is one of the few times Medicare beneficiaries can change, enroll into, or dis-enroll from a Medicare Part D drug plan or a Medicare Advantage Plan (such as an HMO or PPO). If changing plans, enrollment in the new plan will take effect January 1, 2026.

The workshop will be offered as a webinar with slides. No registration is required to attend. Individuals may access the online workshop at: www.HICAPservices.net/events (scroll down the screen to the El Dorado County links). Those with limited computer access, may attend the workshop on October 24th via workshop-watch-parties at: The Placerville Senior Center, Placerville Library, Georgetown Library, South Lake Tahoe Library or the Pollock Pines Library. Individuals may also listen by telephone (audio only): 1-669-444-9171, meeting code: 896 3686 3234 and passcode: 311604 (long distance rates might apply).



After the workshop, a recording of it will be available at: www.HICAPservices.net/events.

According to Slagle, HICAP can help Medicare beneficiaries review either their Part D drug plan choices or their Part C Medicare Advantage Plan choices for 2026. To receive HICAP assistance, residents of El Dorado County can pick up and return to the Placerville Senior Center a completed “HICAP/Medicare Worksheet for 2026.” During Medicare Open Enrollment, the HICAP Medicare Worksheets are available at the El Dorado Hills Senior Center, the Placerville Senior Center, and the South Lake Tahoe Senior Center. Worksheets are also available by request at each of the six public libraries in El Dorado County. In addition, worksheets can be requested by calling El Dorado HICAP at (530) 621-6169.

HICAP is a non-profit organization. Throughout the year, HICAP provides free, unbiased, individual counseling about Medicare to residents of El Dorado County. The program works in partnership with older adult programs of the El Dorado County Health and Human Services Agency.

HICAP is not affiliated with any insurance company, nor does the program sell, promote or solicit any type of insurance. California HICAP is part of a national network of State Health Insurance Assistance Programs (SHIP) and is supported by the California Department of Aging and Agency on Aging Area 4 with financial assistance in part by grants from the U.S. Administration for Community Living.

Nutrition Notes cont. from pg. 5

When bananas are getting too ripe, you can make banana bread. You can also dice them up, freeze them in chunks and add them to smoothies. You can also simply slice them and place on top of your favorite cereals.

Here is an easy recipe to use some of those bananas.

Joy's Easy Banana Bread

- 3 ripe and peeled bananas, mashed
- 1 cup white sugar
- 1 egg
- ¼ cup melted butter
- 1 ½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon of salt



Preheat oven to 325 ° F and grease a 9x5-inch loaf pan.

Combine bananas, sugar, egg, and butter in a bowl. Mix flour and baking soda together in a separate bowl. Stir into banana mixture until batter is just mixed. Add salt. Pour batter into the prepared loaf pan. Bake in oven for about 1 hour or until a toothpick inserted in the center of the bread comes out clean. Enjoy!

Recipe from <https://www.allrecipes.com>

Nutrition Education Quarterly Topic:

Superfoods for Seniors & Hydration

Jeannine Gaillardetz, RD, will provide Nutrition Education to seniors at each of our Dine-In Sites during lunch service.

Here is the October schedule:

- Oct. 1st – Pollock Pines
- Oct. 23rd - Georgetown
- Oct. 15th – South Lake Tahoe

Preparing Your Garden for El Dorado County's Winter

Written by the Senior Times Staff

As the weather cools and the days shorten, it's the perfect time for gardeners to begin preparing their outdoor spaces for winter. Taking a few thoughtful steps now can protect your plants, improve your soil, and set the stage for a successful growing season come spring.

Start with a clean-up. Remove spent plants, fallen leaves, and garden debris. These materials can harbor pests and diseases over the winter. Pull up annuals and trim back perennials as needed. Compost healthy plant material, but discard anything that shows signs of mold or infestation.

Next, focus on soil care. Adding compost or organic matter now helps enrich your soil and improve its structure. This allows nutrients to break down and integrate, making them more readily available to plants in the spring. If your soil is compacted, consider gently aerating it to encourage root health and water absorption.

Protecting plants is essential in El Dorado County, where winter temperatures can dip below freezing. Use mulch around the base of plants to insulate roots and retain moisture. For more delicate plants, frost cloths or protective covers can prevent cold damage. Remember to water your plants occasionally during dry winter periods—plants still need hydration, even when they are dormant.

Finally, plan. Reflect on what worked (and what didn't) in your garden this year. This is an ideal time to sketch out new ideas, research plant varieties, and create a planting calendar for spring.

The UC Master Gardeners of El Dorado County are an excellent resource for local winter gardening tips, plant care, and soil preparation. Contact them at 530-621-5512 or mgeldorado@ucanr.edu or visit mgeldorado.ucanr.edu for upcoming workshops and advice.

A little preparation now ensures your garden wakes up healthy and vibrant next spring.

Microsoft. (2025). Copilot [AI assistant]. Retrieved from <https://copilot.microsoft.com>



Senior Times

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CHECK OUT THESE ACTIVITIES AT THE PILOT HILL GRANGE

FIBER ARTS CRAFT GROUP

This group meets every two weeks on Wednesdays from 6-8 PM. It is open to anyone interested in knitting, crocheting, sewing, or any kind of fiber art. Next meetings are October 1st, 15th & 29th.

Location: Pilot Hill Grange, 1701 Hwy 193, Cool, CA; Website: www.pilothillgrange.com Activities are FREE!

BINGO NIGHT

Join us for an evening filled with laughter, fun, food and excitement. The 1st and 3rd Thursday of every month, 5:00 – 8:30 PM. Win amazing prizes and make new friends.

GENTLE YOGA

Sundays from 11 AM to 12:00 PM. No charge. Wear comfortable clothing. Yoga can improve your health and well-being at any age or fitness level. Yoga is for everyone!

Discover Connection and Care at The Club



At The Club, El Dorado County Older Adult Day Services, we believe that every day can be meaningful—especially for those living with dementia. Our warm, welcoming environment offers more than just care; it's a place where members find friendship, purpose, and joy.

Through engaging activities tailored to individual abilities, we help stimulate memory, encourage movement, and spark smiles. Whether it's music, art, or simply sharing stories over coffee, every moment is designed to uplift and connect. Our compassionate staff ensures safety and dignity, while caregivers enjoy peace of mind and much-needed respite.

We currently have openings for new members and would love to welcome your loved one into our community.

Call us at 530-621-6180 to learn more or schedule a visit.
At The Club, every day is a chance to thrive.



El Dorado County Senior Activities Program Presents...



**COLLETTE
VACATIONS**

Trip Preview

Thursday October 30, 2025

1:30 PM— 3:30 PM

Placerville Senior Center

937 Spring Street, Placerville

Collette Vacations will be here to provide overview of the upcoming beautiful trips. These trips range from 1-2 weeks and include air travel, accommodations and most meals.

Some of the trips being highlighted are

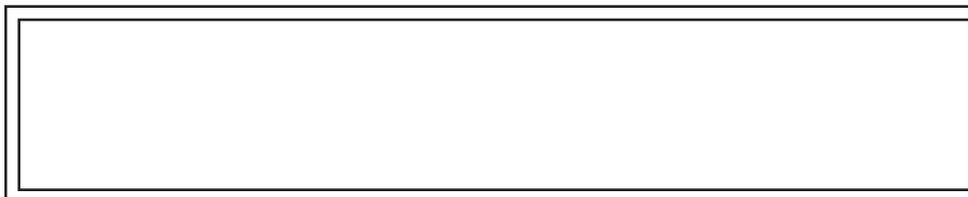
- Discover Mackinac Island
- The Colorado Rockies
- The Best of Eastern Canadian Cities
- Spirit of the American Southwest
- Kingdoms of Southeast Asia
- Explore Tuscany
- South Pacific Wonders
- New England Holiday



For more information, contact Rebecca Johnson at 621-6255

Senior Times

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COMMUNITY MEETINGS

My Time Support Group for Caregivers

Meets at the Placerville Senior Center the first Friday of each month. Call (530) 621-6151 for more information.

Stroke Education and Support Group

Meets the 1st Thursday of each month, 11:30 AM to 1:00 PM. Call Marshall's Community Care Network for location and details at (530) 626-2793.

Senior Socials

Meets on Tuesdays and Thursdays at the Cameron Park Community Center from 10:00 AM to 1:00 PM

Monday Bridge Club

Meets the 2nd & 4th Monday of the month at 10:00 AM at Denny's in Placerville (99 Fair Lane Dr.)

Social Activities for Men - Meet Friends for Life!

SIR is a non-profit organization of men. SIR has a monthly meeting and a guest speaker. Visit: www.sirinc.org for more information.

POETRY FOR ALL

Poetic License: Is a poetry read-around, Monday, October 13th at 10:30 AM. All ages welcome. Bring your own poems to share, read from your favorite poets, or simply come to listen and be inspired.

Poetry in Motion: Is a poetry read-around, Monday, October 20th at 10:30 AM. All ages welcome. Bring your own poems to share, read from your favorite poets, or simply come to listen and be inspired.

These are FREE events held at the Placerville Senior Center. We hope to see you there!

ANNOUNCEMENTS

PLACERVILLE SENIOR CENTER

Technology Workshop One-On-One sessions are BACK! Call the front office at (530) 621-6150 to register. Registration is required.

WEST SLOPE AND SOUTH LAKE TAHOE

The Senior Nutrition program is in URGENT need of volunteers for delivering meals and office work. If you are interested, please contact Andrea Muzzy at (530) 621-4546.

Senior Times

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For questions, call (530) 621-6333. Thank You!

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