

Petaluma Senior Center

MARCH



2024

The
Petaluma
Senior
Center
will be
CLOSED:

**Monday,
April 1st**

In
observance
of
Cesar
Chavez
Day



Painting
By
Lydia
Asselin

Open Monday – Thursday **8:00am – 4:00pm**

211 Novak Drive (707) 778 – 4399
parksnrec@cityofpetaluma.org

PSC March Events

Café 211 - Petaluma People Services

in partnership with the
Petaluma Senior Center



invite you to a

Corned Beef & Cabbage

Lucky Luncheon

Tuesday, March 12th at 1pm



A \$10 contribution is greatly appreciated.

R.S.V.P. by March 5 at the Senior Center 707-778-4399.

SOLD OUT !!



Ireri Ballet Folklorico

Come enjoy this beautiful volunteer performance with exquisite costumes & young talented dancers

Wednesday, March 27th at 2:30PM

Petaluma Senior Center – 211 Novak Drive



Performance is free, but donations for the class are gladly accepted.

R.S.V.P. at the PSC Front Desk
(707)778-4399



Free Performance!

Are You Prepared for an **Emergency?**



Attend a **FREE 2-part workshop**

Geared for Seniors

With expert speakers,
FREE go-bags & incentives!

PLAN TO ATTEND BOTH SESSIONS:

Part 1 - Friday, Mar 15, 10:00-12:00

Emergency plans, evacuation safety for seniors, FREE emergency go-bags, earthquake readiness

Part 2 - Friday, Mar 29, 10:00-12:00

Extended power outages, securing important documents, car prep, pet safety in emergencies, 2-1-1 resources

Location: Petaluma Community Center
320 N McDowell Blvd, Petaluma

To reserve your spot, call the Petaluma Senior Center at 707-778-4399

*** Please avoid wearing perfumes or scented products due to severe allergies ***

www.emergencyprehelp.org



Painting by Nestor Castro

AT THE COMMUNITY CENTER

Fun March National Holidays

at the PSC

Mon. March 4 – Dance the Waltz Day

Tue. March 5 – **Cheese Doodle Day (12pm – 2pm)**

Wed. March 6 – Discover What Your Name Means Day

Thu. March 7 – Sock Monkey Day



Mon. March 11 – Dream Day

Tue. March 12 – Plant a Flower Day

Lucky Luncheon (Corned Beef & Cabbage) – 1pm 

Wed. March 13 – Good Samaritan Day

Thu. March 14 – **Potato Chip Day (12pm – 2pm)** 

Mon March 18 – Act Happy Day 

Tue. March 19 – Certified Nurses Day



Wed. March 20 – Astrology Day (ask for your horoscope)

Thu. March 21 – **Oranges & Lemons Day (10am – 12pm)**



Mon. March 25 – **International Waffle Day (10am – 12pm)**

Tue. March 26 – Live Long & Prosper Day



Wed. March 27 – Manatee Appreciation Day

Thu. March 28 – Respect Your Cat Day



MONDAY

Pool - 8:30am - 4:00pm

Line Dancing - 8:30am - 10:00am

Quilting - 9:00am - 4:00pm

Painter's Circle - 10:00am - 12:00pm

Writing Group - 10:30am - 12:00pm

NEW - Classic Poker - 2:00pm - 4:00pm

Parkinson's (PD) Connect Class - 2:00pm - 3:00pm **No Class March 18**

Folk Dancing - 1:00pm - 2:00pm **(March 4th & 11th)**



TUESDAY

Walking Group - 7:45am **Sharp**

Pool - 8:30am - 4:00pm

Knitting/Crocheting Club - 9:00am - 11:30am

Chess - 9:00am - 12:00pm

Duplicate Bridge - 12:00pm - 4:00pm

Fall Proof Balance Classes

10:00am - 11:00am - for unsteady/device assisted participants

11:00am - 12:00pm - for more steady participants

12:00pm - 12:45pm - for high energy level

Conversations on Aging - 10:00am - 11:30am **(March 26th)**

Current Events Discussion Group - 12:00pm - 2:00pm

Ping Pong - 2:00pm - 3:00pm

Positive Thinking - 2:00pm - 3:00pm

Tech Help with Rich & Chuck - 2:00pm - 3:30pm **(March 12th)**



WEDNESDAY

Pool - 8:30am - 4:00pm

Gentle Chair Yoga - 9:00am - 9:45am

TOPS - 9:30am - 11:30am

Chinese Style Mahjong (Beginner's Welcome!) 10:00am - 11:30am

Beginning Line Dance - 10:00am - 11:00 beginner / 11:00am - 11:45am newbie

Hearts - 11:30am - 1:30pm

NEW - Journey Through the Lens Photography Series 12:00pm - 1:00pm

NEW - Coloring for a Cause 1:00pm - 2:00pm

Happy Crafts with Bonnie - 1:00pm - 3:00pm (March 13th)

What's Your Story - 1:00pm - 2:00pm (March 6th & 27th)

Look Club - 1:00pm - 2:00pm (March 27th)

Mexican Train Dominos - 1:30pm - 4:00pm

Widows Connect! - 2:00pm - 3:00pm

Spice of Life Social Club - 3:00pm - 4:00pm



THURSDAY

Walking Group - 7:45am **Sharp**

Line Dancing - 8:30am - 10:00am

Pool - 8:30am - 4:00pm

Artist Open Studio - 10:00am - 11:30am

Pinochle - 10:00am - 12:00pm

Listening Bench Drop-In Hours - 10:00am - 12:00pm

Sit 2B Fit - 10:15am - 11:15am **NO CLASSES March 21ST OR 28TH**

Discussion Group - 11:30am - 12:30pm

NEW - Cribbage - 12:30pm - 2:00pm

Meditation - 12:30pm - 1:30pm

Book Club - 12:30pm - 2:00pm (March 14th)

Ping Pong - 2:00pm - 3:00pm - **NO PING PONG March 12th**

Community Law Consultation - 10:00am - 12:00pm (March 7th)

Rhythm Circle - 1:00pm - 1:45pm (March 28th)

Computer Club - 12:00pm - 1:30pm (March 28th)

Wise Women's Circle - 2:00pm - 3:00pm (March 28th)



PETALUMA SENIOR CENTER ACTIVITIES

Journey Through the Lens: Travel Photography Series

Learn how to take better travel/landscape photos & how to process your photos and create something cool with your photos.

Bring photos to first class that you are proud of.

Wednesdays in March – 6, 13, 20, 27
12:00pm – 1:00pm



An introduction from instructor Michael Fahey: My photographic journey began in college and morphed into a career over 35 years. I specialized in the photography of people; portraiture, family and wedding photography. Since I also had a knack for the more technical avenues, excelling at commercial, studio, advertising as well as fine art landscapes. Since retiring from the profession 5 years ago, I have concentrated my personal photography on fine art/decor work for display. My personal work centers around the art of post processing via Photoshop and other applications to create artistic images which enhance reality.

R.S.V.P. at PSC Front Desk or (707)778-4399

March 11, 2024 |
2:00 P.M.

Petaluma Senior Center

211 Novak Dr.,
Petaluma, CA 94954

CONSERVATORSHIP v. ESTATE PLANNING

A Joint Presentation by The Sonoma County Office of the Public Guardian, Administrator, Conservator and Legal Aid of Sonoma County



Join us for a presentation on what a Conservatorship is, when it might be required, and ways to potentially avoid it. Jennifer Hainstock (Chief Deputy Public Administrator, Guardian, Conservator) and Michael Dowdell (Elder Law Attorney) will provide information about these topics and will be available to answer general questions afterwards.

Happy Crafts

with Bonnie!

Wed. March 13th - 1pm

This month's craft:

Mini Windchime



R.S.V.P. at the
PSC Front Desk

Space is limited

(707)778-4399

no charge

Coloring for a Cause

Card Making Club

Have fun with new friends as you color cards for people in the hospital, nursing homes, and those who need a little TLC.

Coloring can help improve dexterity and focus, plus relieve stress, while creating beautiful artwork to uplift a person's spirits!

Wednesdays in March
1pm – 2pm

No crafting/ art experience necessary & supplies are provided.

R.S.V.P. at PSC Front Desk or call
(707)778-4399



PETALUMA SENIOR CENTER ACTIVITIES



THURSDAYS

**12:30PM –
3:00PM**



CLASSIC POKER

Mondays

2:00pm – 4:00pm

Looking to connect group of poker enthusiasts to enjoy some friendly competition!

Whether you're a seasoned pro or just looking to learn the ropes, everyone is welcome! Bring your poker face and a good sense of humor. Invite your friends!



What's your story?

Casual Conversation in Good Company

Weds – March 6th & 27th 1:00pm - 2:00pm

Petaluma Senior Center Library

Share your stories of your life, amongst a supportive group of listeners, in a relaxed and fun setting.

Cara Wasden has been a Toastmaster for the past 18 years and has learned how to confidently share her passions with others through humor, humility, and honesty. She has 5 years of volunteer experience with folks at Sunrise Senior Living, and she's excited to meet with you and hear your stories.

Folk Dancing

with Sue Oaks

Embark on a joyful journey of movement!

Learn new dances from around the world!

Mondays – March 4 & 11

1:00pm – 2:00pm

\$8 contribution per class

No dance experience necessary!

Designed for active seniors, this class offers a delightful blend of cultural dances, fostering a sense of community and well-being through rhythmic expression and great music.

PETALUMA SENIOR CENTER ACTIVITIES

PETALUMA FREE TAX ASSISTANCE

AARP Tax-Aide provides tax preparation to anyone, **free** of charge, with a focus on taxpayers who are over 50 & have low to moderate income.

STEPS:

1. Taxpayers pick up a packet
2. Read the instructions & complete the forms
3. **Look for AARP TAX PHONE number on the form**

After you complete your form call/text & leave a message with your name and phone number to make an appointment for tax preparation.

Appointments will be available on Mondays beginning **February 5** at the Petaluma Community Center at 320 North McDowell Blvd.

Beginning **January 16th**

Pick up Intake packets with complete information

- * Petaluma Senior Center
- * Petaluma Community Center
- * Petaluma Library



JOIN THE **PSC BOOK CLUB!**

Thursday, March 14
12:30PM – 2:00PM



March Selection:

**She was an American Combat Nurse
During World War II**
by **Jeane Slone**

April 11th Selection:

Before We Were Yours
by **Lisa Wingate (Historical Fiction)**

A Wise Women's Circle

March 28th at 2pm

Looking for wonderful women
to create a vibrant community
of seasoned individuals to share
experiences, wisdom, and
support.

Celebrate achievements, explore new
interests, and navigate the unique
challenges that come with the later stages
of life.

• **Laugh and make new friends!**

Meets the 4th Thursday each Month - 2pm

Positive Thinking

Practice Positive thinking
to reduce stress and have a
healthier life.

Introduction to Positive Thinking Workshop

Tuesdays at 2pm – 2:45pm

Participants will learn calming techniques
such as breathing exercises, meditation,
living in the moment training, and practice
relaxed natural movements that calm the
mind and relax the body.



PETALUMA SENIOR CENTER ACTIVITIES

Community Law Clinic

Community Law Clinic is a low- cost elder law clinic and Alternate Dispute Resolution Firm. Seniors are never turned away for lack of funds.

We are mobile. We do home visits. We can travel throughout Sonoma County.



Our services include:

Elder Law * Trust / Estate Planning *
Tenant Protection* Elder Abuse *
Grandparents Rights* Pet Trust *

Canine Support Available 🐾

Drop in for free counsel at the Petaluma Senior Center
First Thursdays of the month * Mar. 7 & April 4
10 am -12 pm

Or Schedule a free consultation/mobile visit



(707) 789-5336

Communitylawclinic.ca@gmail.com

<https://www.communitylawclinic.com/>

Join Our NEW

Beginning Line Dance Class

at the Petaluma Senior Center!

📅 Every Wednesday at 11:00 AM

👤 **No Experience in Dance Required!** 🦿

Are you looking for a fun and social way to stay active while enjoying great music? Look no further – it's the perfect way to get moving and make new friends.

No dance experience is necessary, and all seniors are welcome!

🌟 **What to Expect:**

- Fun and Easy-to-Follow Line Dance Routines to an assortment of genres of music
- A Friendly and Supportive Environment
- Great Exercise for Body and Mind
- Boost Your Confidence



Rhythm Circle with Tarah

Thursday, March 28th

1:00 – 1:45pm

Enjoy the physical, emotional, & spiritual benefits of making music with others in a safe space and express yourself with sound and rhythm.

Maracas, shakers, drums, and more will be available – feel free to bring your own percussion instrument if you have one.

The Computer & Smartphone Club Meeting

Thursday, March 28, 12:00 Noon

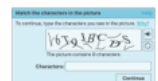
At the Petaluma Senior Center

Cyber Security



email security

- Email Security
- Encryption
- VPNs
- File Managers
- 2-Factor Authentication
- Anti-Malware
- Captcha
- Info Sources
- Recommendations



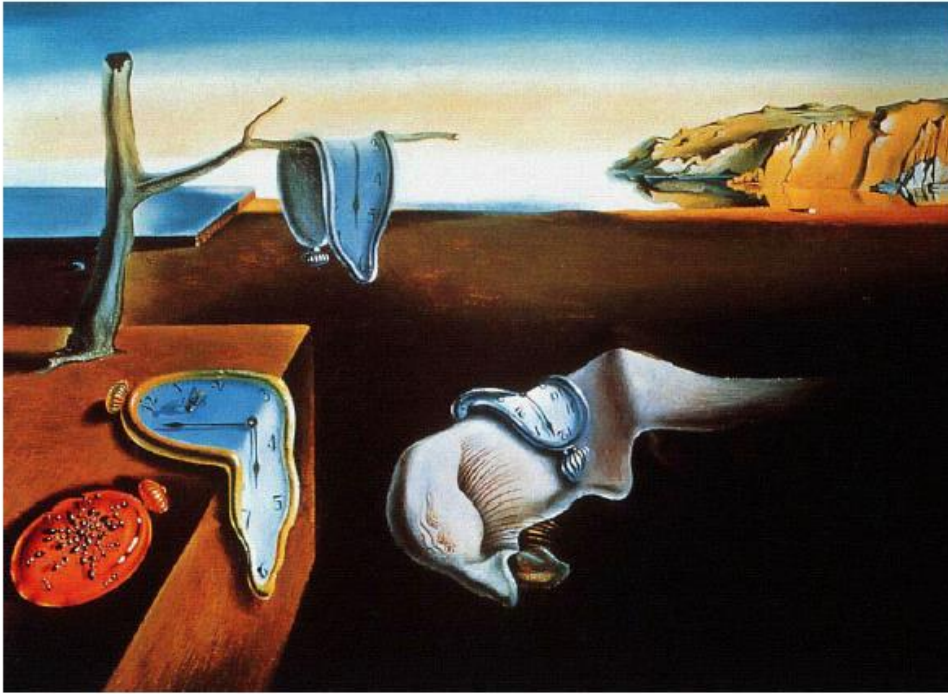
Hardly a day goes by without hearing about another Cyber breach. In this session, we will address everything that the average consumer needs to know about the current state of cyber security and what you should do to protect your contacts and data and guard against malicious attacks like ransomware, viruses, phishing, spoofing and more.

PETALUMA SENIOR CENTER ACTIVITIES

SENIORS LOOK CLUB

Wednesday March 27 at 1:00 PM - 2:00 PM

What's Going On In This Picture? What do you see that makes you say that? What more can we find?



Are you interested in stretching your powers of observation and imagination?

Do you enjoy open-ended, lively discussion where there are no wrong answers?

Join us at the Petaluma Senior Center for "Seniors Look Club", a new way of looking at and talking about art.

PETALUMA
ARTS CENTER

PETALUMA
SOLANO COUNTY

Conversations on Aging

Identifying Goals, Wishes and Well Being

Tuesday, March 26th 10:00am -11:30am

Being prepared has its benefits. Western culture has made an unconscious decision to talk about end of life wishes only when necessary, usually only when a crisis occurs. Let's remove the taboo of conversations about End of Life and have those conversations just be another part of life.

Everyone deals with this in their own way & in their own time frame.

Take the time and ask yourself what truly matters to you?

Do you see life as a spiritual experience as well as a physical experience? What rituals are important to you?

What legacy will you leave?

How do you want to prioritize your time when you are in your final chapter

- <https://letsspeakaboutdeath.com/>

GENTLE CHAIR YOGA

Wednesdays, 9:00am – 9:45am

\$5 per class

45-minute gentle yoga class with option for a chair. Stretching and movement, done slowly & deliberately, often seated on the floor on a yoga mat or in a chair.

- Improve flexibility & balance to help prevent falls as we age
 - Strengthen and stretch your muscles
 - Protect your bones by doing weight bearing yoga poses
 - Focused, mindful breathing to reduce stress & anxiety
 - Yoga August promote better sleeping
- Nobody will be turned away if they cannot pay the \$5 fee.**



PETALUMA SENIOR CENTER ACTIVITIES

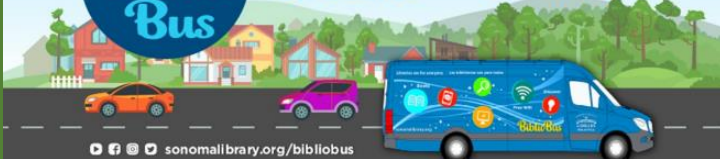
Sign up for a library card!
Check out books, movies, and more!

Regístrese para obtener una tarjeta de la biblioteca. Tomar prestados libros de la biblioteca.

Tuesday, March 12
10:30 - 11:30 AM
Petaluma Senior Center
211 Novak Dr, Petaluma



Books, Wi-Fi, *iLibros,*
and more on board! *WiFi y más a bordo!*



Senior

Line Dance Social



Thursday, March 28th

2pm - 4pm

Free Event!

Petaluma Community Center

320 N. McDowell Blvd.

(707)778-4380



Spice of Life Social Club!

Wednesdays at 3pm

Looking for members who want to enjoy **new adventures** in Eating Out, Excursions, & Exercise (not all together at once 😊)

Activities will be planned & led by participants; the Senior Center will serve as a meeting point.

Meditation with Zoe!

MOVED BACK TO

12:30pm **Thursdays**

Come join us and enjoy a relaxing meditation session-learn to quiet your mind and body.



No prior experience needed.

Everyone is welcome - Drop-in!



PETALUMA SENIOR CENTER ACTIVITIES

Petaluma Current Events Discussion Group

Tuesdays from Noon – 1:30pm



Topics alternate between a Round Table format to discuss events of the week that we can't stop thinking about & topics from the Great Decisions Program created by the Foreign Policy Association in New York
www.fpa.org

Tuesday, Mar 5th at Noon: Round Table Discussions

Tuesday, March 12th at Noon: *US – China Trade Rivalry*
China's economic rise and its current policies of increasing the role of the state in the economy have led some U.S. policymakers to seek to deny China access to U.S. technology and investment. This is seen as a necessary corrective to decades of predatory Chinese economic policies. Is this a wise strategy, and how effective can it be?

Tuesday, Mar 19th at Noon: Round Table Discussions

Tuesday, Mar 26th at Noon: *NATO's Future*

Since the Russian invasion of Ukraine in February 2022, the North Atlantic Treaty Organization (NATO) has come under increased scrutiny, not because NATO troops are involved in the conflict, but because of its role in relations between Russia and its neighbors. Will expanding membership in NATO protect countries, or will it further provoke Russia?

Attendance is open to all. No dues or fees for attending. Copies of the textbook for the 2024 Great Decisions topics are available online for purchase at www.fpa.org/great_decisions. All opinions are treated with respect and civility. For more information, call or text Tony Sacramento (707) 235-6105

Have you been diagnosed with Parkinson's Disease? This class is for you!



PD-Connect® **Exercise Class** in Sonoma County

Mondays at Petaluma Senior Center,
211 Novak Drive, Petaluma, CA 94954
2:00pm-3:00pm PST



No
Class

March
18th

WITH
DR. MAUREEN ROHLWING

Founder of Wired Therapy and Wellness
Board Certified Neurological Specialist
Certified Stroke Rehab Specialist
LSVT BIG Certified Parkinson Coach

For More Info Please Call (415) 598-8709
or email Maureen@PD-Connect.org

March Coloring Contest

Pick up a coloring sheet in the PSC Front Desk

Turn in by March 28th & enter to win a prize!

WALKING GROUP

Join in some exercise & friendly conversation
Level ground 2-mile walk, 1-hour duration

7:45am SHARP

Tuesdays & Thursdays

Senior Center Back Parking Lot

Rain cancels ☂

Ping-Pong

Tuesdays & Thursdays

2pm – 3pm

Beginners welcome!



NO PING PONG March 12

PETALUMA SENIOR CENTER ACTIVITIES

No Sit 2B Fit CLASSES March 21ST OR 28TH

ARTISTS

Open Art Studio

with Vivian Lujan-Cortez

Thursdays

10:00 am - 11:30 am

Engaging in art for as little as 45 minutes reduces stress levels.

Join us for a series of spontaneous art activities in a relaxed environment.

Enjoy the process of making art using the medium of your choice:

drawing pencils * charcoal
* watercolor * pastels * acrylic

Beginning students welcomed.

Materials will be discussed at first class meeting.

SIT 2B FIT



Join us for this fun class where you can exercise with a chair - seated or standing.

This class will help give you increased flexibility, tone your muscles, elevate your heart rate, strengthen your body, and maintain balance.

Thursdays 10:15am to 11:15am

Program is Free, offered through the SRJC Older Adults Program – sign up at first class

Widows Connect!

Ladies Social Club

Wednesdays 2:00pm – 3:00pm

Make new friends & connect with other widows

- Attend Local Events
- Dine Out
- Travel
- Charity Projects

Enjoy good company & good times!

Are you afraid of falling?

Do you feel unsteady on your feet?

FALL PROOF!

Balance & Mobility

Class

Tuesdays



10am – 11am For those very unsteady or that use an assistive device (cane/walker)

11am – 12pm For higher level participants who don't need an assistive device

12pm – 12:45pm For higher energy & Intensity

Fallproof! is a clinically proven, structure-based exercise class designed to improve balance, mobility, and posture.

Studies show that balance/mobility training can be instrumental in preventing falls in older adults. Many falls can be prevented!

1st Class is free, \$10 per class after that Scholarships/Partial payments are available upon request

Classes are modifiable to fit most fitness levels.

Please stop in and observe a class and see if its right for you!

Questions? Contact Michelle Machado, Fallproof! Instructor (707) 529-1511

PETALUMA SENIOR CENTER ACTIVITIES

Pool

MON - THU

8:30am -

4:00pm

Everyone is welcome
& we are
looking for more
players of all levels



February 2024 Pool Tournament
Winner **Gino!!!**

Chinese Style



MAHJONG



Players Wanted

WEDNESDAYS

10am - 11:30am



Beginners welcome/ Pros welcome



Writing Group

Mondays 10:30am - 12pm

Whether it's memoir,
fiction, or poetry -
come share your
writing with an open
and supportive group.
Beginners welcome!

WANTED

Mexican Train

Domino Players

Wednesdays

1:30pm - 4:00pm

PETALUMA SENIOR CENTER ACTIVITIES

Would you like to talk to someone?

The Listening Bench

Purpose:

To provide a safe, confidential setting for any adult, (55 & up) to talk to someone about their life, and share whatever's on their mind.

Who's listening?

Volunteer seniors who have been trained in the art of active listening, will be offering their peer support and compassionate skill set to any individual who visits the Listening Bench.

Drop In - Thursdays from 10am - 12pm at the Petaluma Senior Center, 211 Novak Drive

Make an Appointment: Call (707) 778 - 4399

Email parksnrec@cityofpetaluma.org



Painter's Circle

A group for Experienced & Advanced Artists

Join other advanced painters in a casual painting session!

Mondays 10:00am - 12:30pm

- Painter's Circle is self-led, no instructor.
- Participants bring their own supplies. (No Oil Paints please)
- Peer Feedback & Critiques
- Drop -ins welcome!

DISCUSSION GROUP

THURSDAYS AT 11:30 am



Engage in lively & interesting conversations. Topics are wild, serious, funny, and unique. All are welcome to bring opinions & views and join in!

TOPS- Taking Off Pounds Sensibly

Wednesdays 9:30am - 11:30am

We monitor our exercise, discuss lifestyle changes, and support each other maintaining good health in a welcoming atmosphere. Join us!

Join Us!
PLAY HEARTS

make friends • have fun • we'll even help you learn the game

Wednesdays
11:30 - 1:30
at the Petaluma Senior Center

More Info? email: Swartzjason301@gmail.com

ACTIVITIES AT THE PETALUMA COMMUNITY CENTER

Fitness & Strength Training

Mondays and Fridays 12:30-1:30pm
\$5.00 drop in.

Petaluma Community Center
320 N McDowell Blvd

Diana's class focuses on cardiovascular and muscular strength and endurance, balance, coordination, and posture in a supportive environment while seated or standing.

ZUMBA GOLD

Ages 55+

Mondays and Fridays
11:00am - 12:00pm
Petaluma Community Center
320 N. McDowell Blvd
\$5/class
First class FREE!



TAI CHI

Mondays & Wednesdays
10:00am Petaluma Community Center

Sign up through the
SRJC Older Adults Program



<https://older-adults.santarosa.edu/join-class>

Earle Baum Center

Vision Support Group

PETALUMA COMMUNITY CENTER

Every 3RD Tuesday of the Month

10:00-12:00 ACTIVITY ROOM

Our informal group is open to all who are interested in learning about our training and services at no cost. Everyone is encouraged to share their experiences in a friendly atmosphere. We discuss topics related to sight loss: low vision aids, independent living skills, assistive technology tools including smart phones, tablets, GPS and more.

Earle Baum Center's mission is to provide hope and opportunities for people with sight loss to improve and enrich their personal, social, and economic lives.

Patricia Jefferson- Vision Rehabilitation Educator/Instructor

jefferson@earlebaum.org

(707) 479-8321



Want to see what's happening at Petaluma Senior Center and Petaluma Parks & Recreation?

Like us on our Facebook Page!

<https://www.facebook.com/PetalumaParksandRec/>

CONTINUES JAN. 2, 2024!
¡CONTINUA EL 2 DE ENERO 2024!



SLOW STROLLS

FOR EVERYONE

Join a weekly walk every Tuesday morning to enjoy the 1.5-mile round-trip loop at the Petaluma River Park. You'll be accompanied by others looking to soak in the beauty of the River Park in a group setting.

When: Every Tuesday at 9:00AM

Meet in the Steamer Landing Parking Lot at 300 Copeland Street.

CAMINATAS LENTAS

PARA TODOS

Acompáñenos a la caminata semanal todos los martes por la mañana para disfrutar del circuito de ida y vuelta de 1.5 millas en el Parque del Río Petaluma. Lo acompañarán otras personas que buscan sumergirse en la belleza del parque en un entorno grupal.

Cuándo: Todos los Martes a las 9:00AM

Punto de encuentro en el estacionamiento del Steamer Landing en 300 Copeland St.



www.petalumariverpark.org/events
info@petalumariverpark.org

Bocce Ball

Friday

9:30-10:30

Join the fun.

We'll teach you how to play



Leghorn Park

699 Sonoma Parkwy

Next to tennis courts

Need Tech Help?



Thursday, March 14th
5:00pm - 6:00pm

[Petaluma Community Center](#)



Hello Senior Center Members,
I am a Petaluma resident and Senior Center member with a deep interest in science and technology.

Over the past 10 years, I have been rebuilding, repairing, and upgrading computers in my spare time and am currently a head programmer on a local robotics team. Through all these years I've developed an ability to troubleshoot technology problems of all kinds, which I would like to use to help members of the center solve their technology issues. Please join my free tech support clinic on the 4th and Thursday of each month.

I can work on Macs, PCs, Android phones, iPhones and all tablets — pretty much any device you have and can bring with you.

I look forward to meeting you! - Eli

CANCELLED IN MARCH



Active Older Adults Program

SRJC Offers FREE classes throughout Sonoma County!



Your community college offers **free, Noncredit courses tailored to older adults** as part of its lifelong learning program. Since 1968 our partner locations have supported the college's effort to bring lifelong learning to the older adult community.

SIGN UP FOR A CLASS IN:

CREATIVE ARTS enhance your creative expression through various media such as painting, drawing, crafts and collage. Each course section has its own media focus. Group interactions engage active seniors in a supportive exchange of artistic points of view. All levels welcome.

AUTOBIOGRAPHICAL WRITING is designed to maintain and improve the skills necessary to write a personal account of an individual's life story. The process of recollection and writing is supported with help on structure, content, style and feedback. Older adults work at their own pace in a friendly, encouraging environment.

DISCUSSION GROUP enhances the social and intellectual quality of life for active seniors through lively discussion centered on topics such as consumer issues, history, current events, healthy aging, literature, conversational Spanish and much more. Each course section has its own focus.

HEALTH & FITNESS enhances the physical well-being of older adults through various exercises for balance, stretching, range of motion, strength training, flexibility, low impact aerobics, Tai Chi, and much more. Each course section has its own focus. Education includes encouraging a healthy and active lifestyle. Beginners are welcome.

MUSICAL EXPERIENCE is designed to enrich the quality of life of active seniors through music. A variety of stimulating and uplifting activities are incorporated, including learning about musicians' lives and exploration of classical and popular music.

SRJC Older Adults Program (707) 527-4533

AARP SMART DRIVER SAFETY COURSE

REGISTER TODAY!

April - Monday 22 & Wednesday 24

Participants must attend both sessions.



9:00am - 1:00pm



At the Petaluma Community Center - 320 N. McDowell Blvd.

The cost is \$20 for AARP members and \$25 for non-members - payment by check is preferred.

Checks should be made out to AARP.

Participants will receive certification of completion for discount on insurance.

R.S.V.P. at PSC Front Desk (707) 778-4399

Coming in April at the PSC

Happy Crafts

♥ **with Bonnie!**

Wed. April 10th - 1pm

This month's craft:

Healing Crystal Mini Garden

R.S.V.P. at the
PSC Front Desk

Space is limited

(707)778-4399

no charge



flower power Sing-along

Wed. April 17th

12:30pm - 2:00pm

Enjoy blooming melodies of
the 60's & 70's

Peace, Love, & Harmony through music

Wear flowers in your hair and your
best tie-dye!

R.S.V.P. at the PSC Front Desk or (707)778-4399



Anime Monday

Movie Marathon Monday, April 15th

Anime movies captivate with their immersive worlds, stunning animation, and compelling storytelling, leaving a lasting impression on audiences.

9:00am - My Neighbor Totoro - 1hr.26m.

The adventures of two young sisters who encounter friendly forest spirits, particularly the lovable Totoro, as they move to the countryside with their father while their mother recovers in a nearby hospital.

11:00am - Princess Mononoke - 2hr. 15m

Princess Mononoke portrays the epic struggle between the forces of industrialization and the harmony of nature, as a young warrior, Ashitaka, becomes embroiled in a conflict between a mining colony and the guardians of the forest, led by the enigmatic Princess Mononoke

1:30pm - Spirited Away 2hr.5m.

Spirited Away, amidst its enchanting narrative, explores themes of resilience, identity, and the delicate balance between the human and spirit worlds, offering a poignant reflection on growing up and finding one's place in a world filled with wonder and danger.



CHURN & CLUCK

Dine & Dance Party

Wednesday, April 24th at 1pm

Honoring Petaluma's Butter & Eggs History

Quiche * Roasted Veggies * Soup * Salad * Ice Cream!

Then get ready to dance to Zydeco & Bluegrass tunes!

It's National Denim Day, so wear your denim or country couture!

R.S.V.P. by April 18 (707)778-4399/ Front Desk \$5 Contribution

VOLUNTEER OPPORTUNITIES

iRIDE Petaluma & iRIDE Rohnert Park

- Volunteers provide rides, meal and medication pick up
- Secondary insurance, as well as training opportunities
- Hours are flexible
- Application required
- Contact admin@petalumapeople.org

You Are Not Alone

- Volunteers make a daily call to an isolated senior
- Application required
- Contact notalone@petalumapeople.org

Home Delivered Meals

- Volunteers deliver meals to homebound seniors
- Application required
- Contact admin@petalumapeople.org

Senior Cafe/Meals to Go

- Volunteers prepare and package meals under the supervision of the Senior Cafe chef
- Application required
- Contact admin@petalumapeople.org

Monetary Donation

- Monetary donations are always welcome
- petalumapeople.org/donate

Petaluma People Services Center

Volunteer Opportunities

Interested in volunteering?
We have opportunities for you!



1500 Petaluma Blvd South
Petaluma, CA 94952
707-765-8488
www.petalumapeople.org
admin@petalumapeople.org

Mentor Me

- Nominated young people (K-12) are matched with a trained, adult mentor
- Mentorships are a two-year commitment and involves spending at least 1 hour together a week
- Opportunities to participate in cultural, creative, physical and educational activities
- Ongoing training and support offered
- Email info@wrmm.org for more information

Bounty Farm

- 3 hour shifts available
- Volunteer training offered
- Volunteers needed for harvesting food and driving food to distribution sites
- Contact bountyhunters@petalumabounty.org

Disaster Volunteer

- Volunteers support in setting up evacuation centers
- Volunteers staff the shelters to support evacuees in a variety of ways
- Volunteers are called as needed
- Application required
- Contact admin@petalumapeople.org

Admin Support

- Volunteers are needed to support our main office on various tasks
- Flexible time and schedule
- Contact admin@petalumapeople.org



*Repairing Homes
Revitalizing Communities
Rebuilding Lives*
Safe Homes and Communities for Everyone



About RTP
For more than 25 years, we have been dedicated to repairing the homes of our neighbors in need. Our work falls across the entire spectrum of home repair and accessibility modifications.

Whatever the need, we rely on an extensive network of partners, local businesses, and our volunteers to respond quickly and effectively.



Contact Us
CALL US TODAY
707-765-3944
www.rtpetaluma.org
301 Payran Street
Petaluma, CA 94954



BECOME A PART OF
REBUILDING TOGETHER PETALUMA

Volunteer

RTP utilizes volunteers for many of our projects through out the year. Sign up to work with us on our website.

Donate

Donations to RTP can be made one-time, monthly, and yearly. Every donation helps a Petaluma neighbor live safely. Donations can be made on our website.



PETALUMA, WE NEED VOLUNTEERS!

**PLEASE SIGN UP
AT REFB.ORG**



The Redwood Empire Food Bank relies on volunteers to help feed over 117,000 families, individuals, seniors, and children from Sonoma County to the Oregon border. We can't do this important work without you!

Help us End Hunger in Our Community!

VOLUNTEER OPPORTUNITIES



Interested in joining us?

When you volunteer with us you are supporting the mission of the Petaluma Educational Foundation.

Call us at 707-775-0688 or send us an email at maria@pefinfo.com Looking forward to hearing from you!

ALPHABETSOUPSTORES.COM
203 & 217 WESTERN AVENUE
DOWNTOWN PETALUMA

WE NEED YOUR TIME & TALENT AS AN ALPHABET SOUP STORE VOLUNTEER TO:

- work the register
- process inventory
- support store projects
- provide customer service

VOLUNTEER TODAY!

Join us in doing **WHATEVER IT TAKES** to build great futures!



Athletic Programs

Coach Members in athletic programs including, Basketball, t-ball, soccer and volleyball. Or as a referee or filed maintenance support.



Volunteer Services

Help build the capacity of the Boys & Girls Clubs through employee and volunteer partnership. Gain experience working alongside the volunteer services team in recruiting and recognizing volunteers.



Reading Support

Create a warm welcoming environment where our Members can feel socially and emotionally safe, while they learn with a purpose. Support Members in enhancing their reading skills.



Special Events Volunteer

Help to set up, support during, or help break down for special events.



Social Media Support

Use your creative skills to help manage social media accounts.



Artistic Assistance

Share your passion for with others. Whether it is water colors, sewing, drawing or crafts. We run at least one art program everyday.



Apply today at <https://tinyurl.com/BGCSMVolApp>
Questions? Volunteer@bgcsonoma-marin.com
www.bgcsonoma-marin.org
@bgcsonomamarin



BOYS & GIRLS CLUBS
OF SONOMA-MARIN

Volunteer



Volunteer in Sonoma County to change lives and make a difference!



NCO
NORTH COAST
OPPORTUNITIES



AmeriCorps
Seniors

VOLUNTEER
JOIN RSVP
kyoung@ncoinc.org
(707)620-5063

Local Food Bank
Tutor Students
Mentor Youth
Call Today!



COTS Needs Volunteers!



Who are we?

Since 1988, COTS has been providing hot and nutritious meals daily to anyone in need and a range of services to support people in reaching their short- and long-term housing, healthcare and employment goals. Our programs and services are rooted in a deep understanding of the experience of homelessness – and are shaped by an evidence-based approach that emphasizes dignity, care and inclusivity for our clients.

Our Mission

At COTS, we assist those experiencing homelessness in finding and keeping housing, increasing self-sufficiency, and improving well-being.

We envision a community where everyone has a place to call home.

Volunteer with us!

At COTS, our volunteers are a fun, supportive team providing help and hope to those experiencing homelessness in Sonoma County. We have lots of opportunities, and are looking to grow our volunteer family!

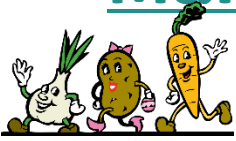
For more information, contact Diana Morales, Community Engagement Specialist:

dmorales@cots.org | (707) 765-6530 x136
or visit us online at cots.org/volunteer



March Traditions around the World

March is National Veggie Month!!



Celebrate the rich history and nutritional benefits of vegetables. Originating as a campaign to promote healthy eating habits, it has grown into a global movement encouraging individuals to incorporate more vegetables into their diets. Explore new vegetable-based recipes, share tips with friends and family for incorporating veggies into meals, and supporting local farmers' markets to access fresh, seasonal produce.

Hinamatsuri – March 3

Japan

Japan Dolls' Day, also known as Hinamatsuri, is a cherished tradition celebrated on March 3rd. During this festival, families display intricate sets of traditional dolls, representing the Emperor, Empress, and their court. To participate, families typically set up a tiered platform adorned with these dolls, along with other symbolic items like peach blossoms and miniature furniture. It's also customary to serve special foods like chirashi sushi and clam soup, while offering prayers for the happiness and health of young girls in the family.



Izcalli – March 12

Mexico

The Aztec New Year, known as "Izcalli," was a significant celebration for the Aztec people of ancient Mexico. It marked the beginning of a new agricultural cycle, symbolizing renewal and growth. During this time, ceremonies were held to honor the gods and seek their blessings for a prosperous year ahead. People participated in rituals such as making offerings, dancing, and playing music to welcome the new year with joy and gratitude. The Aztecs viewed time as cyclical, believing that events repeated themselves in patterns. This perspective influenced their understanding of the new year, as they saw it as a chance to begin anew within the ongoing cycle of life and nature.



Ides of March – March 15

The Ides of March, once a significant day in ancient Rome filled with festivities and political activities, now holds a modern interpretation rooted in caution and reflection. Historically, it marks the date of Julius Caesar's assassination in 44 BCE, a pivotal event that changed the course of history. Today, the Ides of March serves as a reminder to consider the consequences of our actions and to approach decision-making with care. Its blend of historical significance and contemporary relevance prompts us to be mindful of power dynamics and engaged in shaping our collective future.



IMPORTANT NUMBERS

Resources

565- INFO (4636) - Older adults, family members and caregivers, call to talk with a social worker trained to help you navigate the unique needs, life changes and challenges of aging. Get personalized referrals to programs that offer meals, transportation, public benefits and more, including follow-up support by phone.

- Senior Advocacy Services (707)526 – 4018
- Petaluma People Services Center/Café
(*& Meals on Wheels, You are not Alone*)..(707)765-8488
- Sonoma County Agency on Aging.....(707)565-5950
- AARP Driver Safety Program.....1-888-687-2277
- Adult Protective Services (707) 565-5940
- Redwood Empire Food Bank Distribution..(707)-523-7900
- HICAP (*Health Insurance Aide*).....800-434-0222
- RSVP (*Volunteer Resource*)(707)573-3399 Ext 117
- Senior Adult Day Program.....(707)765-8490
(*Social, Fiduciary, and Nutritional Service Resources*)
- Veteran’s Service Office(707)565-5960



Transportation



- Petaluma Transit (*Bus*).....(707)778-4460
- Para Transit Petaluma (*Rides by Appointment - pickup only within city limits*) (707)778-4460
- iRIDE (*Volunteer Drivers by Appointment*)(707) 765-8488

Housing Placement



- Sonoma County Community Development – (707)565-7500
- PEP (*Sr. low cost housing*)(707)762-2336
- Share Sonoma County (*Housing*).....(707)765-8488 Ex. 115
- Mary Issac Center (*Homeless Shelter*)(707)776-4777

Local Community Services



- Lucchesi Community Center.....(707)778-4380
- Petaluma Library.....(707)763-9801
- Sonoma County Fire / Medical Emergency direct number to dispatch is 707-568-5992.**
- Petaluma Police Non-Emergency Line - (707) 778-4373

Findhelp.org

Search and connect to support – find financial assistance, food pantries, medical care, and other free or reduced-cost.

NEED HELP
GETTING
CONNECTED
WITH
SERVICES?



WE CAN HELP



707-565-(INFO)4636
www.socoadrh.org





REPAIRING HOMES, REVITALIZING COMMUNITIES, REBUILDING LIVES
FOR OVER TWENTY-FIVE YEARS, WITHOUT COSTS OR FEES

Overwhelmed with home repairs? Need home accessibility modifications?

Rebuilding Together Petaluma works to ensure safe homes and communities for everyone. Low-Income homeowners in Petaluma, particularly seniors, disabled persons, veterans, and families are eligible to apply for services.

To learn about eligibility requirements, application instructions, and to download or fill in an application go to:

<https://www.rtpetaluma.org>
707-765-3944



SERVICES WE PROVIDE:

- 25 Point Safety Check
- Stairs & Ramps
- Roof & Floor Repair
- Bath & Kitchen Restoration
- Window Replacement
- Mobilehome Leveling
- Appliance Replacement
- Garden & Yard Work
- Weatherizing
- Exterior Siding
- Grab Bars
- Stair Rails
- Plus More...

<https://www.rtpetaluma.org> 707-7653944 301 Payran St., Petaluma, CA 94954

Groceries to Go/ Senior Basket

Redwood Empire Food Bank's fresh produce, bread, and donated shelf-stable groceries in addition to an offering of government commodities for low-income seniors (60+) or their caregivers at no cost.

Groceries To Go: USDA food is open to all.

Senior Basket: Box of staple food items for low-income seniors 60 or older. Please bring an ID to apply on-site.

First & Third Friday of the month – March 1 & 15
8:00am - 9:00am

DRIVE-THRU ONLY SERVICE: Petaluma Senior Center Parking Lot
211 Novak Drive

NEW !! - Every Thursday – WALK UP Distribution
11:30am – 12:30pm

Petaluma Community Center - 320 N. McDowell Blvd.

Please park your car in the main parking lot & walk up.
Bring your own shopping bags or cart and take only what you need.

Please Bring ID to sites

For more information contact the Redwood Empire Food Bank
(707) 523 – 7903.



2-1-1

COMMUNITY PARTNER OFFICE HOURS

Get Connected. Get Help.™

DID YOU KNOW 2-1-1 CONNECTED WITH NEARLY 65,000 PEOPLE IN SONOMA AND MENDOCINO COUNTIES LAST YEAR?



Monthly, every 3rd Tuesday
11:00AM - 12:30PM
via Zoom



- CONNECT WITH 2-1-1 & LOCAL COMMUNITY PARTNERS
- LEARN MORE ABOUT 2-1-1
- ENSURE 2-1-1 HAS YOUR ORGANIZATION'S MOST ACCURATE INFO

Let's make sure everyone who interacts with 2-1-1 is given the most accurate resources and information. We're excited to connected with you!



Register Here

or contact:

Yesenia Gaytan, 2-1-1 Director

Yesenia.Gaytan@unitedwaywinecountry.org



Elder Law Program

Too far away to make it to their Santa Rosa Office? No problem! Legal Aid of Sonoma County comes to the Petaluma Senior Center the **4th Monday of every month from 10:00 AM to 12:00 PM for one-on-one counseling.** Get free help with:

- Restraining Orders
- Landlord/Tenant Issues
- Simple Wills/Powers of Attorney/ Advance Health Care Directives
- Probate Conservatorship/ Guardianships
- SSI/SSDI Benefit Terminations/ Reductions

Call Legal Aid of Sonoma County to make an appointment at (707) 340-5610.

Must be a Sonoma County resident and age 60+.

ACROSS

- 1) Team's setback
- 5) A dollar, in slang
- 9) River to the Rio Grande
- 14) Skip over
- 15) Big Southwestern cooking jar
- 16) Observe Yom Kippur, e.g.
- 17) Redhead, slangily
- 19) Third canonical hour
- 20) Bit of newspaper advertising
- 21) Held sway
- 23) One way to join metals
- 25) Ceramist's ovens
- 26) Cardinals' manager?
- 29) "The Gold Bug" monogram
- 31) Missouri River tributary
- 34) Newspaper page
- 35) Sundance Festival site
- 37) Break-in indicator
- 38) Flier's concern, for short
- 39) Cocoon critters
- 41) Language of Southeast Asia
- 42) Cheapskate
- 45) Badly wound
- 46) Comic sketch
- 47) Tote with effort
- 49) Race on snow
- 50) "Cast Away" setting
- 51) Drunk, in slang
- 53) "Miracle On Ice" losing team
- 55) Whom mentors mentor
- 58) Dancer who got a head?
- 62) Dine at home
- 63) Veggie-loving beetle
- 65) Discharge, as lava
- 66) Letters on a phone button, once
- 67) A tiny amount
- 68) Auto dealership department
- 69) "___ went thataway!"
- 70) More than want

DOWN

- 1) Locales or venues
- 2) Arab League member
- 3) Dubbed ones
- 4) Broadcast about
- 5) Hold in
- 6) Consultants, at heart?
- 7) Drain backup cause
- 8) Life preserver stuffing
- 9) Kneecap
- 10) Adjective applied to Rome
- 11) They're all ears, practically
- 12) A single time
- 13) Bit of bird food
- 18) Metallic rock
- 22) Club section
- 24) Information item
- 26) It could be verse
- 27) Fiber-___ cable
- 28) Small-caliber weapon
- 30) Daddies
- 32) Thing to follow in the woods
- 33) Act theatrically
- 36) Japanese verse form
- 40) Delegate
- 43) Snooty sort
- 44) Lets up
- 46) Steak choice
- 48) Wooden hat-holder
- 52) Railroad terminal
- 54) Sank into the sofa
- 55) Chick's pronouncement
- 56) "Muffin" starter
- 57) Frosh, in a year
- 59) Pastoral woodwind
- 60) Horn blower's accessory
- 61) "Good grief!"
- 64) Golf gadget

VEGGIE TALES

By Carla Azure

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15				16					
17			18					19					
20					21		22						
23					24		25						
26	27	28		29		30		31			32	33	
34				35			36		37				
38				39				40			41		
42			43	44		45				46			
47					48		49			50			
		51				52		53		54			
55	56					57		58			59	60	61
62						63		64					
65						66				67			
68						69				70			

A HUGE Thank you to
[Cheryl Jern](#) for creating the
Aging Gracefully Series - it was
 a huge success; enjoyed by the
 participants and speakers.

Petaluma Senior Café Menu – March 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><i>Daily</i> 1 cup 1% Milk Bread Butter</p>	<p>*Vitamin C Vitamin A Fiber</p>			<p>1. Baked Fish Brown Rice Peas Green Salad Apple W. W. Roll</p>
<p>4. Creamy Lemon- Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad Pears W. W. Roll</p>	<p>5. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana W. W. Roll</p>	<p>6. Baked Fish Potatoes Romanoff Mixed Vegetables Green Salad Apricots W. W. Roll</p>	<p>7. Chili Verde Spanish Rice Zucchini and Yellow Squash Green Salad *Mandarin Oranges W. W. Roll</p>	<p>8. Cheeseburger Yam, Hamburger Condiments Blueberries W. W. Hamburger Bun</p>
<p>11. Beef Stroganoff Roasted Carrots Green Salad Mixed Fruit Milk Roll</p>	<p>12. St. Patrick's Day! Corned Beef Cabbage Potatoes, Pea Salad Cherries Pistachio Cake</p>	<p>13. Pork with Apricots Egg Noodles *Broccoli Normandy Green Salad Cinnamon Apples W. W. Roll</p>	<p>14. Pot Roast Brown Rice Pilaf Green Beans Green Salad Blueberries W. W. Roll</p>	<p>15. Sweet n Sour Chicken w/ Pineapple Jasmine Rice *Brussels Sprouts Green Salad Mixed Fruit W. W. Roll</p>
<p>18. Swiss Steak Rice California Blend Green Salad Apricots W. W. Roll</p>	<p>19. Thai Chicken Jasmine Rice Peas and Carrots Cucumber, Red Onion and Tomato Salad Cherries W. W. Roll</p>	<p>20. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple W. W. Roll</p>	<p>21. Turkey Mashed Potato Green Beans Coleslaw Diced Peas W. W. Roll</p>	<p>22. Beef Barley Casserole California Vegetables Green Salad Cherries W. W. Bread</p>
<p>25. Stuffed Bell Peppers Brown Rice Capri Vegetables Carrot Raisin Salad Pineapple W. W. Roll</p>	<p>26. Shepherd's Pie *Broccoli Normandy Green Salad Banana W. W. Roll</p>	<p>27. Cassoulet with White Beans and Beef Mixed Vegetables *Spinach Salad *Orange W. W. Roll</p>	<p>28. Chicken Marsala Roasted Potatoes Peas and Carrots Coleslaw Apricots W. W. Roll</p>	<p>29. Pork Chow Mein Brown Rice *Brussels Sprouts Cucumber, Tomato, Red Onion Salad Blueberries W. W. Roll</p>

Menu Subject to Change

Food may have been processed/exposed too or contain tree nuts, dairy, eggs, soy or wheat. Los alimentos tambien pueden haber sido procesados / expuestos o contener nueces de árbol, lácteos, huevos, soja o trigo.

PETALUMA PEOPLE SERVICES CENTER
PETALUMA CAFÉ 211
 211 Novak Drive, Petaluma
 12:30 to 1:00 pm. Café open and To Go Meals pick up
 1:00 to 2:00 pm Coffee and Conversation

Café 211 Fun

(PPSC Senior Café) (707)765-8488

Mondays – BINGO

12:45pm

Fridays – Popcorn & A Movie

12:45pm

Senior suggested contribution \$ 3.50 – 8.00
 Under 60 please pay \$6.00
 Reservations recommended by 3:00 p.m.
 the day before. Phone # 765-8488
 Please have the exact change. Thank you
 No one is refused services due to an
 inability to contribute

Contribución Sugerida \$ 3.50 – 8:00
 Menores de 60 años por favor pagar \$6.00
 Se recomienda hacer reservaciones el día
 anterior antes de las 3:00pm. Teléfono: 765-8488
 Por favor tenga el cambio exacto, Gracias
 No serán rechazadas las personas que no
 puedan contribuir con una donación

Weekly Classes

Play

Pool - Everyday 8:30am

Classic Poker - Mondays

2:00pm - 4:00pm

Chess - Tuesdays

9:00am - 12:00pm

Duplicate Bridge - Tuesdays

12:00pm - 4:00pm

Chinese Style Mahjong - Wednesdays

10:00am - 11:30am *Beginner's Welcome*

Hearts - Wednesdays

11:30am - 1:30pm

Mexican Train Dominos - Wednesdays

1:30pm - 4:00pm

Pinochle - Thursdays

10:00am - 12:00pm

Cribbage - Thursdays

12:30pm - 2:00pm

Mind

Current Events Discussion Group - Tuesdays

12:00pm - 2:00pm

Positive Thinking - Tuesdays

2:00pm - 3:00pm

Tops - Wednesdays

(Taking Off Pounds Sensibly)

9:30am - 11:30am

Widows Connect! - Wednesdays

Social Club 2:00pm - 3:00pm

Spice of Life Social Club - Wednesdays

3:00pm - 4:00pm

Discussion Group - Thursdays

11:30am - 12:30pm

Listening Bench - Thursdays

Drop-In - 10:00am - 12:00pm

Create

Quilting - Mondays

9:00am - 4:00pm

Painter's Circle - Mondays

10:00am - 12:00pm

Writing Group - Mondays

10:30am - 12:00pm

Knitting/ Crocheting Club - Tuesdays

9:00am - 11:30am

Coloring for a Cause - Wednesdays

1:00pm - 2:00pm

Artists Open Studio - Thursdays

10:00am - 11:30am

Body

Line Dancing - Mondays & Thursdays

8:30am - 10:00am

Folk Dancing - Mondays

1:00pm - 2:00pm

No Classes March 18th or 25th

PD Connect - Mondays

2:00pm - 3:00pm

NO CLASS March 18th

Walking Group - Tue. & Thu.

7:45am SHARP

Fall Proof - Tuesdays

10:00am-11:00am

For unsteady/device assisted

11:00am - 12:00pm *For more steady patrons*

12:00pm - 12:45pm *High Energy Level*

Ping Pong Tuesdays & Thursdays

2:00pm - 3:00pm

NO PING PONG March 12

Gentle Chair Yoga - Wednesdays

9:00am - 9:45am

Beginning Line Dancing - Wednesdays

10:00am - 11:00am - beginner

11:00am - 12:00pm - new beginner

Sit 2B Fit - Thursdays

10:15am - 11:15am

No Classes March 21st or 28th

Meditation - Thursdays

12:30pm - 1:30pm

