

Petaluma Senior Center

APRIL



2024



The PSC will be
CLOSED:

Monday, April 1st

Artwork By Hedda Gold

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

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

PSC April Events

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



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



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.



April - Monday 22 & Wednesday 24

Participants must attend both sessions.



8:30am - 12:30pm



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

Fun April National Holidays

at the PSC

Mon April 1 – **CLOSED – In Observance of Cesar Chavez Day**

Tue April 2 – **Peanut Butter & Jelly Day** (11am – 1pm)



Wed April 3 – Walking Day

Thu April 4 – **Carrot Day** (12pm – 2pm)



Mon April 8 – Pygmy Hippo Day



Tue April 9 – Cherish an Antique Day

Wed April 10 – Hug Your Dog Day



Thu April 11 – Eight Track Tape Day

Mon April 15 – Anime Day – **Miyazaki Movie Marathon!!**

Tue April 16 – Orchid Day



Wed April 17 – **Banana Day** (9am – 12pm) / Haiku Day

Thu April 18 – Exercise Day



Mon April 22 – **Jellybean Day** (11am – 1pm)

Tue April 23 – World Book Day



Wed April 24 – **Denim Day & Churn & Cluck – Butter & Eggs Party – 1pm**

Thu April 25 – Telephone Day



Mon April 29 – International Dance Day



Tue April 30 – Adopt A Shelter Pet Day

[Email Iya](mailto:ijosephmenard@cityofpetaluma.org) your adopted Shelter Pet photos to be displayed at the PSC to:

ijosephmenard@cityofpetaluma.org

MONDAY

Pool - 8:30am - 4:00pm

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

Quilting - 9:00am - 4:00pm

Painter's Circle - 10:00am - 12:30pm

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

NEW - Pop-Up Plant Sale - 12:00pm - 4:00pm (April 29th)

Folk Dancing - 1:00pm - 2:00pm

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

Parkinson's (PD) Connect Class - 2:00pm - 3:00pm



TUESDAY

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

Pool - 8:30am - 4:00pm

NEW - Cancer Support Group 9:00am - 11:00am

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 higher level and intensity

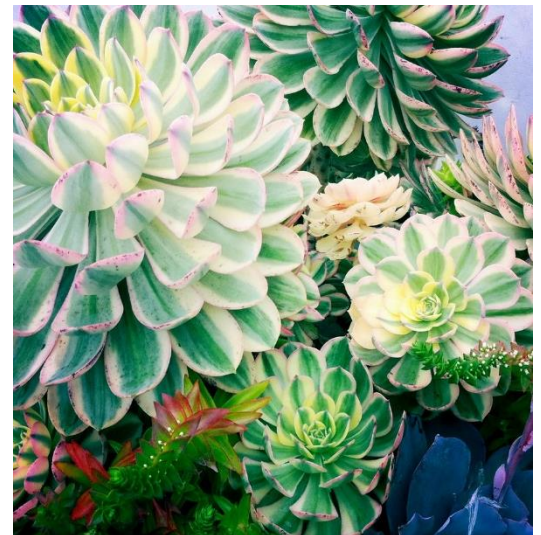
Conversations on Aging - 10:00am - 11:30am (April 23rd)

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 - 3:00pm (April 9th)



WEDNESDAY

Pool - 8:30am - 4:00pm

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

TOPS - 9:30am - 11:30am

NEW - Fluent in French - 10:00am - 12:00pm

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

Beginning Line Dance - 10:00am - 11:00 beginner / 11:00am - 11:45am newbie (11am - CLASS FULL)

Hearts - 11:30am - 1:30pm

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

Happy Crafts with Bonnie - 1:00pm - 3:00pm (April 10th)

What's Your Story - 1:00pm - 2:00pm (April 10th & 24th)

Look Club - 1:00pm - 2:00pm (April 24th)

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

NEW - The Law of Attraction - 1:30pm - 2:00pm

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

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

Cribbage - 12:30pm - 2:00pm

Meditation - 12:30pm - 1:30pm

Book Club - 12:30pm - 2:00pm (April 11th)

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

Community Law Consultation - 10:00am - 12:00pm (April 4th)

Rhythm Circle - 1:00pm - 1:45pm (April 25th)

Computer Club - 12:00pm - 1:30pm (April 25th)

Wise Women's Circle - 2:00pm - 3:00pm (April 25th)

NEW - Rummikub - 2:00pm - 4:00pm



PETALUMA SENIOR CENTER ACTIVITIES

Voulez vous parler en français



FLUENT in FRENCH SOCIAL CLUB

Share and participate in casual conversations and discussions of travel, culture, and art of French Speaking Countries in French only!

Wednesdays in April 10am - 12pm

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

Petaluma Garden Club Pop-up Plant Sale

at the Petaluma Senior Center (211 Novak Dr.)

Monday, April 29th 12pm - 4pm

Organic vegetables * Perennials & Annuals

Succulents & Houseplants

& More!!



All plants are grown and nurtured with the expert skills of our members. The Petaluma Garden Club supports the PEF and SRJC Scholarships and donate Plant sale proceeds to many non-profit organizations. Petaluma Garden Club members also donate their time and skills to beautify Petaluma!!

New Member Meeting

Thursday, May 2nd at 12:30pm - 2pm

Join the Petaluma Garden Club whose purpose is to:

Create a wider knowledge of plants * Increase and stimulate a general interest in gardening * Beautify the community* Organize programs & exhibits that shall be both educational and inspirational to all it's members!

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



Looking for Rummikub

Players

Thursdays 2pm -4pm

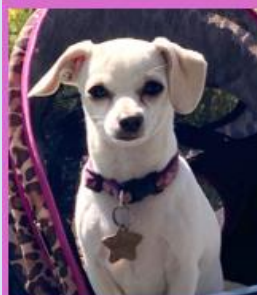
R.S.V.P. at the front desk (707)778-4399

Puppy Love

Enjoy a visit with these adorable
furry friends!

Tuesday, April 30 at 12pm
in the PSC Library

These helpful hounds participate in the "Read to a Dog" program in 2 libraries & 2 schools and are peer support for SR Police & Fire Departments!!!



**Taylor
Swift**



Elvis & Bebe



PETALUMA SENIOR CENTER ACTIVITIES



Petaluma Wellness Walks with In-person Wellness Programs

Come join us for **FREE** mornings of walking and time for in-person activities
Welcome to anyone in treatment, having had cancer or living life's journey with cancer

Please join us:
Tuesdays 9 – 10:30am - Lucchesi Park, Petaluma

Meet at Senior Center Parking lot - 211 Novak Dr.

Wellness Walk:

Join Dr. Keck and other cancer survivors to get some physical activity and sense of community
We gather **just before 9am**, at the **Senior Center parking lot, 211 Novak Dr.**

Wellness Programs:

We end our walk back at the **Senior Center** for a variety of in-person Wellness Programs
From **9:30-10:30** we will enjoy either art, a support group, yoga, qigong, music etc.

The walk is gentle and there is no experience needed for any of the Wellness Programs.
As with all the Wellness Programs, we encourage you to '*Come As You Are*'
We believe '*Together We Are Stronger*'



Walk Facilitator:

Sara Keck, MD believes that regular physical activity is the foundation for health and wellness. There are various ways to exercise, and for many people walking is feasible and accessible. She believes a sense of community and human connection is crucial, so come join us as we connect the two through walking.

Please call or email Ronda, MA to Dr. Keck, if possible, before your very first walk only.
ronda.bunker@providence.org (707) 790-8061 rain or shine—no pets please

For Wellness Program information, please contact:
Sharon.Doughty@providence.org 707-791-7874



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

1pm – 2pm

No crafting/ art experience necessary & supplies are provided.



MANIFESTING AND SHARING THE LAW OF ATTRACTION

"What we focus on expands,
whether positive or negative."

4 Wednesdays 1:30 - 2 pm
Hosted by Nancy Chien-Eriksen

TECH HELP

Tuesday, April 9th at 2pm - 3pm
At the Petaluma Senior Center



Ask for basic technical help for your
cellphone, laptop, or tablet from

Rich & Chuck

RSVP at the PSC Front Desk or call (707)778-4399

Space is limited!

Tech Help at the PSC is on the 2nd
Tuesday of the month

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.



PETALUMA SENIOR CENTER ACTIVITIES



THURSDAYS

**12:30PM –
2:00PM**



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!



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 – April 10 & 24 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

1:00pm – 2:00pm

\$5 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

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



JOIN THE PSC BOOK CLUB!

Thursday, April 11

12:30PM - 2:00PM



April 11th Selection:

Before We Were Yours

by Lisa Wingate

(Historical Fiction)

May 9 Selection:

Daughter of Fortune by Isabel Allende

(Historical Fiction)

A Wise Women's Circle

Thu. April 25th 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

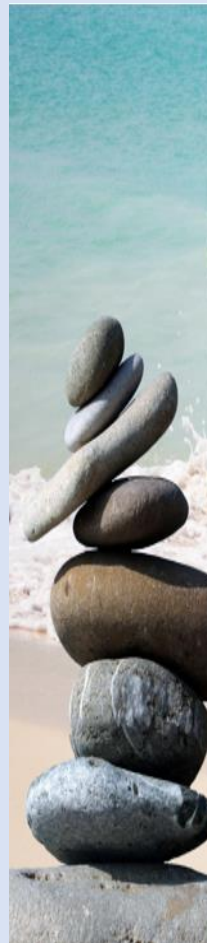
Positive Thinking

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 * April 4 & May 2
10 am -12 pm

Or Schedule a free consultation/mobile visit



(707) 789-5336

Communitylawclinic.ca@gmail.com

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

11am class is Full

Try the 10am class!

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



The Computer & Smartphone Club Meeting
Thursday, April 25, 12:00 Noon
At the Petaluma Senior Center

Safety Considerations: Backup Practices and VPNs

- Backup Media
- Practical Home Setups
- Backup Software
- Cloud Backup Services
- Software and Cloud Providers
- VPN Explained
- VPN Options
- VPNs Compared



Rhythm Circle with Tarah

Thursday, April 25th

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 subject of the meeting will be **Safety Considerations: Backup Practices and VPNs**. If you want to know how to preserve your data and settings and protect them using a Virtual Private Network (VPN), don't miss this session.

PETALUMA SENIOR CENTER ACTIVITIES

SENIORS LOOK CLUB

Wednesday April 24 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
SENIOR CENTER

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

Nobody will be turned away if they cannot pay the \$5 fee.

Conversations on Aging

Identifying Goals, Wishes and Well Being

Tuesday, April 23 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/>

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

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, Apr 2nd at Noon: Round Table Discussions

Tuesday, Apr 9th at Noon: *High Seas Treaty* Led by Rainer Biela

Areas of the seas beyond national jurisdiction comprise the high seas, which are facing a degradation of ecosystems due to climate change and the increase in human activities, such as shipping, overfishing, pollution, and deep-sea mining. The recently negotiated High Seas Treaty, also known as the Biodiversity Beyond National Jurisdiction treaty, will attempt to address these issues. How difficult will it be to convince nations to participate?

Tuesday, Apr 16th at Noon: Round Table Discussions

Tuesday, Apr 23rd at Noon: *Pandemic Preparedness* Led by Mary Michelucci

Looking back at the Covid-19 pandemic, there are many lessons to take away in terms of domestic and international policies. Although this pandemic seems to have waned, how can we apply these lessons to future pandemics? Will countries cooperate, and will a consensus emerge on how to manage global health challenges?

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

JOIN US FOR



PD-Connect® Petaluma

Parkinson's Exercise Class
BASIX Petaluma Senior Center

211 Novak Drive, Petaluma, CA 94954

Mondays
2:00pm-3:00pm



WITH

DR. MAUREN ROHLWING
PT, DPT, NCS, CSRS

Parkinson's-Specific Exercises created by
Board Certified Neurological Specialist.

PD-Connect BASIX™ focuses on Balance, Aerobics,
Strength, Integration and 'eXcellence.'

No membership required.

Donations greatly appreciated.

For More Info Please Call (415) 598-8709

or email Maureen@PD-Connect.org

April Coloring Contest

Pick up a
coloring
sheet in the
PSC Front
Desk

Turn in by
April 30th &
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!



PETALUMA SENIOR CENTER ACTIVITIES

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!

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



PETALUMA SENIOR CENTER ACTIVITIES

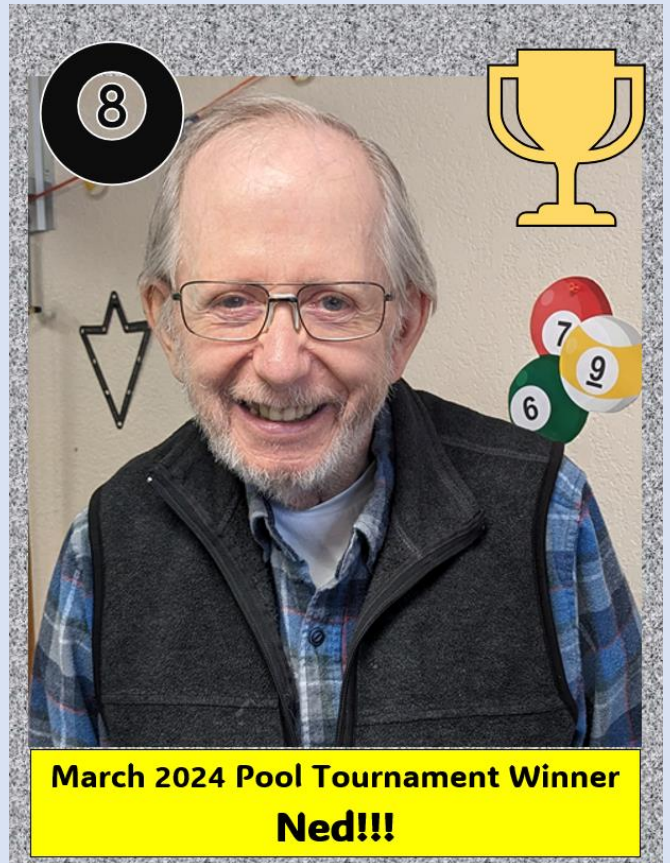
Pool

MON - THU

8:30am -

4:00pm

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



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!



PETALUMA SENIOR CENTER ACTIVITIES

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

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!

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

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

Tuesday, April 9
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!*



SONOMA COUNTY LIBRARY
sonomailbrary.org/bibliobus

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!

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/>

EVERY TUESDAY IN 2024!
¡TODOS LOS MARTES EN 2024!



SLOW STROLLS

FOR OLDER ADULTS

Older adults! 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 ADULTOS MAYORES

¡Adultos mayores! Acompañenos 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.

Please note that slow strolls may be cancelled on stormy and extremely hot days.



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



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

Bocce Ball

Friday

9:30-10:30

Join the fun.

We'll teach you
how to play

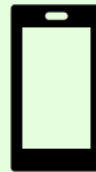
Leghorn Park

699 Sonoma Parkwy

Next to tennis courts



Need Tech Help?



Thursday, April 11th

5:00pm - 6:00pm

[Petaluma Community Center](#)



Hello Senior Center Members,

I am a Petaluma resident and Senior in High School with a deep interest in science and technology.

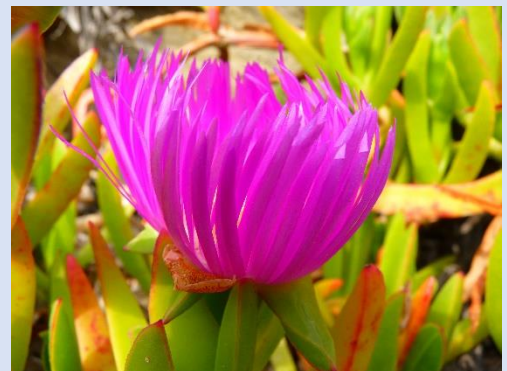
Over the past 10 years, I've been building, rebuilding, repairing, and programming computers in my spare time and am also the controls lead (head programmer) on my high school robotics team.

Through all these experiences I've developed an ability to troubleshoot technology problems of all kinds, which I'd now like to use to help members of the senior center solve their technology issues.

Please join me at my **free** tech support clinic on the second 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





**Check out
this
opportunity
to float
on the
Petaluma
River!**

**Try
something
new!!**



**This Quilt was created by our
quilters for the Sonoma-Marin
Walk to End Alzheimer's,
which will occur on
Saturday, October 5, 2024,
at Sonoma State University.**

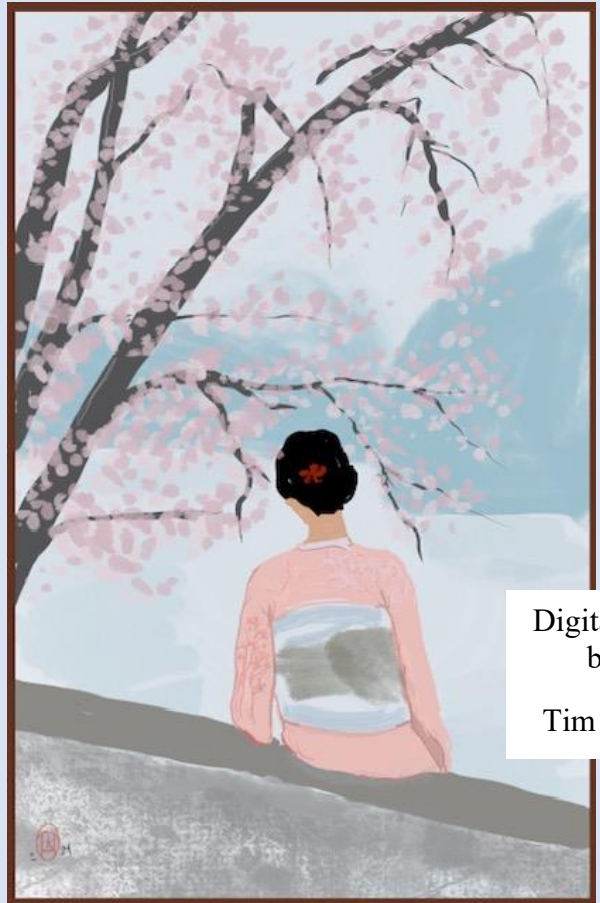
For more information go to

https://act.alz.org/site/TR/Walk2024/CA-NorthernCaliforniaandNorthernNevada?pg=en&fr_id=17477

or call **408.372.9904**



Watercolor by Karen Lockheart



Digital Art
by
Tim May



Sunset Blvd. by Rainer



2023 Weather Quilt by Jayne Myers
The house colors are the high & low temperature, the sky the weather condition, the doors each month birthstone! WOW!

Coming in May at the PSC

Happy Crafts

♥ **with Bonnie!**

Wed. May 8th - 1pm

This month's craft:

Pipe Cleaner Flowers (no allergies 😊)

R.S.V.P. at the
PSC Front Desk
Space is limited
(707)778-4399
no charge



Pajama Jammie Jam Jam Tasting & PJ Party!!

Wednesday, May 22 at 1pm



* Wear your slumber suits
(Pajamas, sweatpants, robes, etc.)

* Enjoy breakfast for lunch!

Waffle bar w/ jam, fruit, eggs, sausage, etc.

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

\$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@wrm.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

Rebuilding Together.
Petaluma

*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 throughout 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.

REDWOOD EMPIRE FOOD BANK

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!

707-523-7900 | 3990 Brickway Blvd., Santa Rosa | refb.org | volunteers@refb.org

VOLUNTEER OPPORTUNITIES



Interested in joining us?

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

Call us at 707-778-4818 or send us an email at Colleen@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.

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.

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.

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.

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

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

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

April Traditions Around the World



April is Keep America Beautiful Month

An annual observance dedicated to promoting environmental stewardship and community beautification efforts across the nation. To participate, individuals can join local cleanup events, plant trees, recycle, or simply commit to reducing their own environmental footprint. By coming together to enhance the cleanliness and aesthetic appeal of our communities, we contribute to a healthier and more sustainable future for generations to come.

April 15 - Universal Day of Culture

Worldwide Universal Day of Culture offers people an opportunity to celebrate their rich life experiences and cultural heritage. Seniors can participate by sharing their stories, traditional recipes, and skills with younger generations through intergenerational activities. Seniors can also explore cultural events tailored for their interests, such as art classes, historical tours, or music appreciation sessions, fostering connections and a sense of belonging within their communities.



April 15-May 1- Intergenerational Week

Intergenerational Week celebrates the bonds and mutual benefits between different age groups within communities. Seniors can participate by mentoring young people, sharing wisdom, and engaging in activities that bridge generation gaps, such as storytelling or collaborative art projects. Likewise, younger generations can involve seniors in technology workshops, outdoor excursions, or volunteer initiatives, fostering understanding and empathy across age divides.



April 26 - National Arbor Day

Celebration of the importance of trees and promoting tree planting and care. Communities around the world mark this day by organizing tree-planting events, educational activities, and environmental awareness campaigns. Arbor Day serves as a reminder of the vital role trees play in providing oxygen, improving air quality, and enhancing the beauty of our natural surroundings.



To join in at a Petaluma Tree Planting Event contact ReLeaf Petaluma - releafpetaluma@gmail.com

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
- Sonoma County Council on Aging.....(707)525-0143
- 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



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



SONOMA COUNTY **aging + disability** RESOURCE **HUB**

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

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

Council on Aging

(707) 525-0143

councilonaging.com

Services available by phone:
Case Management: phone for new clients; check-ins for existing clients
Mental Health Services

Elder Advocacy at the Family Justice Center

Senior Care Coordination – Home visits limited to emergencies only

Adult Day Programs are closed



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 – April 5 & 19
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

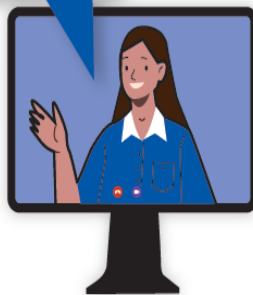
COMMUNITY PARTNER OFFICE HOURS

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 be 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) Touch base after a flyout
- 6) Bronx Zoo houseful
- 10) Fissionable particle
- 14) Jumped up
- 15) Grid great Starr
- 16) Dumbbell
- 17) Mr. Moto portrayer, 1935-57
- 19) Ice and Iron, for two
- 20) "Time ___ Bottle" (Croce tune)
- 21) Spelunker's milieu
- 22) Big name in inns
- 24) Nine-to-fiver's grind
- 26) Plays for a sap
- 27) Soccer fan's cheer
- 28) "Hold it!"
- 32) Hacienda brick
- 35) Poker holding
- 36) California wine valley
- 37) Smoke an e-cig
- 38) Chicken coop raiders
- 39) Sink problem
- 40) In excess of
- 41) Was in the hole
- 42) Part of a pie
- 43) Totally lost it
- 45) ___ Jeanne d'Arc
- 46) The Flintstones' pet
- 47) Outdoor dining spot
- 51) Duelist's aide
- 54) Comics possum
- 55) Gangster's gun
- 56) Arabian Peninsula land
- 57) Mr. Freeze portrayer, 1967
- 60) 15th-century caravel
- 61) "Dirty" Cajun dish
- 62) Slender and graceful
- 63) Baseball card tidbit
- 64) Work out in the ring
- 65) Head of cattle

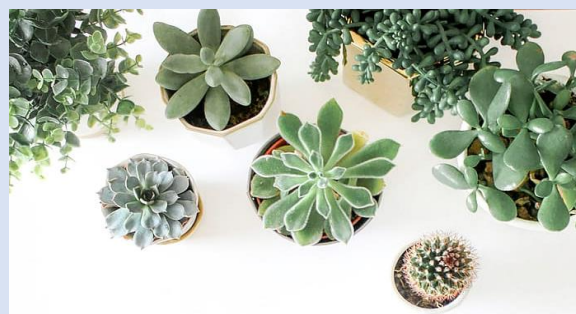
DOWN

- 1) Floppy-snouted beast
- 2) Sphere of action
- 3) Subtly suggested
- 4) Make a patsy of
- 5) Bed sheet fabric
- 6) Higher in rank
- 7) Trim, as expenses
- 8) Go astray
- 9) Illegal muscle enhancers
- 10) Mr. Deeds portrayer, 2002
- 11) Frat party garb
- 12) Pundit's piece
- 13) Flat-topped formation
- 18) Valentine trim
- 23) Tidbit for an aardvark
- 25) Mr. Chips portrayer, 1939
- 26) Flogged, in a way
- 28) Does a car wash job
- 29) Agra garb
- 30) Cast-of-thousands film
- 31) Matador's prop
- 32) Declare firmly
- 33) Brubeck of jazz
- 34) Tourney for all
- 35) Bookstore section for DIYers
- 38) Original members
- 42) Enjoys the boardwalk
- 44) Diarist Anais
- 45) Game company with a hedgehog mascot
- 47) Cell company's structure
- 48) Marble material
- 49) Private stock
- 50) Anesthetic of old
- 51) Peyton and Eli, to Archie
- 52) Send out
- 53) Water-to-wine site
- 54) Twelve-point type
- 58) Backtalk
- 59) More than tipsy

Hey, Mister!

By Fred Piscop

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17					18						19			
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24			25				26							
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32	33	34				35					36			
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40						41					42			
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51	52	53						54				55		
56						57	58				59			
60						61					62			
63						64					65			



Petaluma Senior Café Menu – April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Baked Fish Brown Rice Conforti Peas Green Salad Apple ♦ W. W. Roll	2. French Onion Burger w/Jack Cheese Red Potatoes Capri Vegetables 3 Bean Salad Strawberries ♦ W. W. Roll	3. Arroz con Pollo (chicken w/rice) California Vegetables Coleslaw Cherries ♦ W. W. Roll	4. Italian Beef Ragù with Polenta Cauliflower Cottage Cheese Apricots ♦ W. W. Roll	5. Pork Roast w/Mustard Glaze Yams Green Beans Pea Salad *Mandarin Oranges ♦ W. W. Roll
8. Creamy Lemon-Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad *Mandarin Oranges ♦ W. W. Roll	9. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ♦ W. W. Roll	10. Turkey Mashed Potato w/Gruy Green Beans Green Salad Diced Pears ♦ W. W. Roll	11. Hungarian Goulash Brown Rice Peas *Broccoli Salad with Cranberries Mixed Fruit ♦ W. W. Roll	12. Pulled Pork Sandwich Yams Capri Vegetables Coleslaw Blueberries ♦ W. W. Hamburger Bun
15. Pork with Apricots Egg Noodles *Broccoli Normandy Green Salad Cinnamon Apples ♦ W. W. Roll	16. Pot Roast with Potatoes Green Beans Green Salad *Oranges ♦ W. W. Roll	17. Turkey and White Bean Casserole Brown Rice Pilaf Zucchini and Yellow Squash -Green Salad *Mandarin Oranges ♦ W. W. Roll	18. Chicken a la King Brown Rotini Pasta California Vegetables Marinated Vegetable Salad Banana ♦ W. W. Roll	19. Stuffed Bell Peppers Brown Rice Capri Vegetables Carrot Raisin Salad Pineapple ♦ W. W. Roll
22. Baked Fish Potatoes Romanoff Mixed Vegetables Green Salad Apricots ♦ W. W. Roll	23. BBQ Chicken Yams Capri Vegetables Green Salad Cherries ♦ W. W. Roll	24. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple ♦ W. W. Roll	25. Swiss Steak Rice California Blend Coleslaw Apricots ♦ W. W. Roll	26. Thai Chicken Jasmine Rice Peas and Carrots Cucumber, Red Onion and Tomato Salad Pineapple ♦ W. W. Roll
29. Chicken Fajitas Rice with Black Beans *Brussel Sprouts Green Salad Blueberries ♦ W. W. Roll	30. Shepherd's Pie *Broccoli Normandy Green Salad Banana ♦ W. W. Roll		*Vitamin C Vitamin A ♦Fiber Salt	Daily 1 cup 1% Milk Bread Butter

Menu Subject to Change

Food may have been processed/exposed too or contain tree nuts, dairy, eggs, soy or wheat. Los alimentos también 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

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

Mondays – BINGO

12:45pm

Fridays – Popcorn & A Movie

12:45pm

Café 211 Fun

(PPSC Senior Café) (707)765-8488

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 - 12:30pm

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

PD Connect - Mondays

2:00pm - 3:00pm

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*

Ping Pong Tuesdays & Thursdays

2:00pm - 3:00pm

Gentle Chair Yoga - Wednesdays

9:00am - 9:45am

Beginning Line Dancing - Wednesdays

10:00am - 11:00am - beginner

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

(FULL)

Sit 2B Fit - Thursdays

10:15am - 11:15am

Meditation - Thursdays

12:30pm - 1:30pm

