

Petaluma Senior Center

MAY



2024



The PSC will be
CLOSED:

Monday, May 27

Artwork By Karen Lockheart

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

NOW Open Fridays – 10:00am – 2:00pm

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

PSC May Events

Friday Dance Hour

at the PSC

May 17th 1– 2pm

Get your cardio exercise in while free-style grooving to the beats of the 1950s- 1980s!!



Sherlock Holmes Day

Wednesday, May 22

Movies in the Library

Playing from 10am – 3pm

Free popcorn for moviegoers!

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.



Fun May National Holidays at the PSC



Wed. May 1 – Mother Goose Day

Thu. May 2 – National Play Your Ukulele Day / Truffle Day (12 -2pm)

Fri. May 3 – Garden Meditation Day

Mon. May 6 – International No Diet Day



Tue. May 7 – Teachers' Day



Wed. May 8 – Give Someone a Cupcake Day (12 - 2 pm)

Thu. May 9 – Lost Sock Memorial Day

Fri. May 10 – Mother Ocean Day



Mon. May 13 – Fruit Cocktail Day 11am - 1pm

Tue. May 14 – Dance Like a Chicken Day/ Bond with Your Dog Day

Wed. May 15 – Bring Flowers to Someone Day



Thu. May 16 – Honor Our LGBT Elders Day

Fri. May 17 – Endangered Species Day



Mon. May 20 – Rescue Dog Day

Tue. May 21 – International Tea Day 10am - 12pm

Wed. May 22 – Sherlock Holmes Day – **Movies in the Library!!**

Pajama Jammie Jam – Jam Tasting & PJ party!! 1pm

Thu. May 23 – Lucky Penny Day



Fri. May 24 – Road Trip Day



Mon. May 27 – CLOSED for Memorial Day (Cellophane Tape Day)

Tue. May 28 – Slugs Return from Capistrano Day



Wed. May 29 – Senior Health and Fitness Day



Thu. May 30 – International Hug Your Cat Day

MONDAY

Pool - 8:00am - 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

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

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



TUESDAY

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

Pool - 8:00am - 4:00pm

Rockin' Chair Boogie - 9:00am - 9:45am (Begins May 14**)**

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

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

Chess - 9:00am - 12:00pm

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 (May 28th**)**

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

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

Puppy Love - 12:00pm - 1:00pm (May 14th**)**

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

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

Tech Help with Rich & Chuck - 2:00pm - 3:00pm (May 14th**)**



WEDNESDAY

Pool - 8:00am - 4:00pm

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

TOPS - 9:30am - 11:30am

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 - (FULL)

Hearts - 11:30am - 1:30pm

Cribbage - 11:30pm - 1:30pm

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

Happy Crafts with Bonnie - 1:00pm - 3:00pm (May 8th)

What's Your Story - 1:00pm - 2:00pm (May 8th & 22nd)

Look Club - 1:00pm - 2:00pm (May 29th)

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

Widows Connect! - 2:00pm - 3:00pm (Group Full)

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



THURSDAY

Walking Group - 7:45am Sharp

Pool - 8:00am - 4:00pm

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

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

Pinochle - 10:00am - 12:00pm

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

Community Law Consultation - 10:00am - 12:00pm (May 2nd)

Virtual Sit 2B Fit - 10:15am - 11:15am

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

Computer Club - 12:00pm - 1:30pm (May 23rd)

Meditation - 12:30pm - 1:30pm

Book Club - 12:30pm - 2:00pm (May 9th)

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

Wise Women's Circle - 2:00pm - 3:00pm (May 23rd)

Rummikub - 2:00pm - 4:00pm



FRIDAY

Pool - 10:00am - 2:00pm

Fall Proof - 10:00am - 11:00am

Quilting Club 10:00am - 2:00pm

Friday Dance Hour 1:00-2:00pm May 17th



PETALUMA SENIOR CENTER ACTIVITIES

Petaluma Garden Club

New Member Meeting



Thursday, May 2nd
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 its members!



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

Rockin' Chair Boogie



This is not your granny's rocking chair!

This is Rockin' Chair Boogie!

Beat the boredom of exercise with this fun, effective & energetically entertaining strength & fitness class!

Class begins May 14th Tuesday 9:00am-9:45am

\$5 per class

Move your Feet and Feel the Beat of the Music of the 50s, 60s & 70s and beyond!

No Dance experience necessary. All levels welcome!

Standing is optional. Movin to the Groovin' is mandatory.

- Improve Bone & Cardiovascular Health
- Prevent Muscle Deterioration
- Boost Quality of Life & Energy Level
- Weight Management
- Improve Flexibility, Mobility & Balance
- Feel Stronger & Healthy
- Laugh, Have Fun & Be Social



Class taught by Denise Efenbein, B.A. Psychology, Certified Yoga Instructor, Personal Trainer.

Denise is passionate about creating safe, fun, effective & motivating exercises that are not boring. www.DeniseEfenbein.com

Puppy Love

Enjoy a visit with these adorable furry friends!

Tuesday, May 14 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



Ringo Starr



Looking for Rummikub

Players

Thursdays 2pm -4pm

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.



TECH HELP

Tuesday, May 14 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

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 10am - 12pm

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

PETALUMA SENIOR CENTER ACTIVITIES



WEDNESDAYS

**11:30PM –
1:30PM**



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 – May 8 & 22 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.

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

Happy Crafts

♥ **with Bonnie!**

Wed. May 8th - 1pm

**This month's craft:
Pipe Cleaner Daisies**

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



Allergy free!!

JOIN THE PSC BOOK CLUB!

Thursday, May 9

12:30PM - 2:00PM



May 9 Selection:

**Daughter of Fortune by Isabel Allende
(Historical Fiction)**

June 13 Selection

**Lessons in Chemistry by Bonnie Garmus
(Historical Fiction)**

A Wise Women's Circle

Thu. May 23th 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 * May 2 & June 6
 10 am -12 pm

Or Schedule a free consultation/mobile visit



(707) 789-5336

Communitylawclinic.ca@gmail.com

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

The Computer & Smartphone Club Meeting
 Thursday, May 23, 12:00 Noon
 At the Petaluma Senior Center

Things You Can Do With a Smartphone You May Not Know



- Mobile Security
- Take Measurements
- Text, Pictures & Speech
- Other Apps
- Just for Fun



There are literally millions of smartphone apps. In this session we will cover a few of them that can be useful for seniors. A few for fun, a few for protection, a few crazy! This will be a fun meeting. Don't miss it.

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

NEW!! Friday - 10am - 11am - All Abilities

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



Conversations on Aging

Identifying Goals, Wishes and Well Being

Tuesday, May 28 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

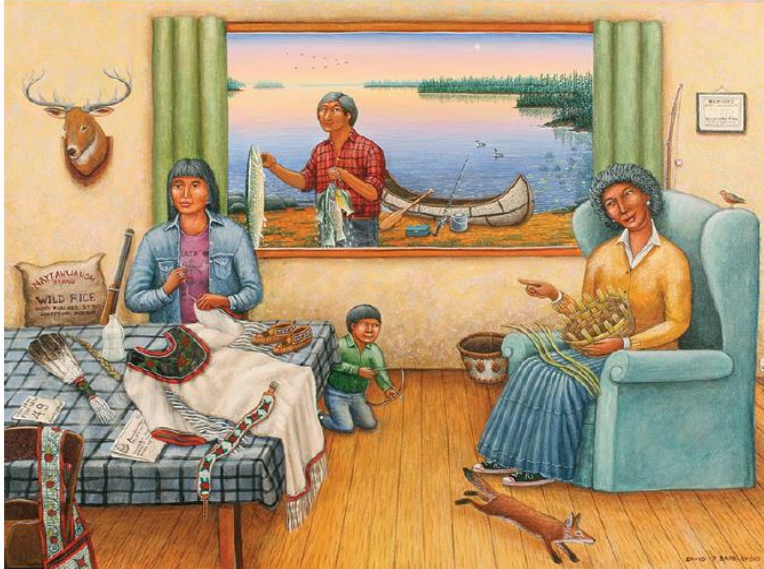
- <https://letspeakaboutdeath.com/>

PETALUMA SENIOR CENTER ACTIVITIES

SENIORS LOOK CLUB

Wednesday May 29 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
SONOMA COUNTY

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.



Petaluma Current Events Discussion Group

Tuesdays from Noon – 1:30pm



Come join friendly, lively round-the-table discussions on events and ideas that are proposed by our participants.

We cover a broad range of issues - open to everyone's takes. All views are encouraged and treated with civility and respect.

For more information, contact Tony Sacramento at 707-235-6105.



PETALUMA SENIOR CENTER ACTIVITIES

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 ☂

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. MAUREEN 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**

May Coloring Contest

Pick up a coloring sheet in the PSC Front Desk

Turn in by May 30th & enter to win a prize!



Ping-Pong

Tuesdays & Thursdays

2pm – 3pm

Beginners welcome!



PETALUMA SENIOR CENTER ACTIVITIES

Class will be on Video with **your** live participation during May – Keep up with your fitness!!!

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

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.

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

FRI 10:00am - 2:00pm

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



April 2024 Pool Tournament Winner

Ned!!! (He won twice in a row!) 🏆🏆

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

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



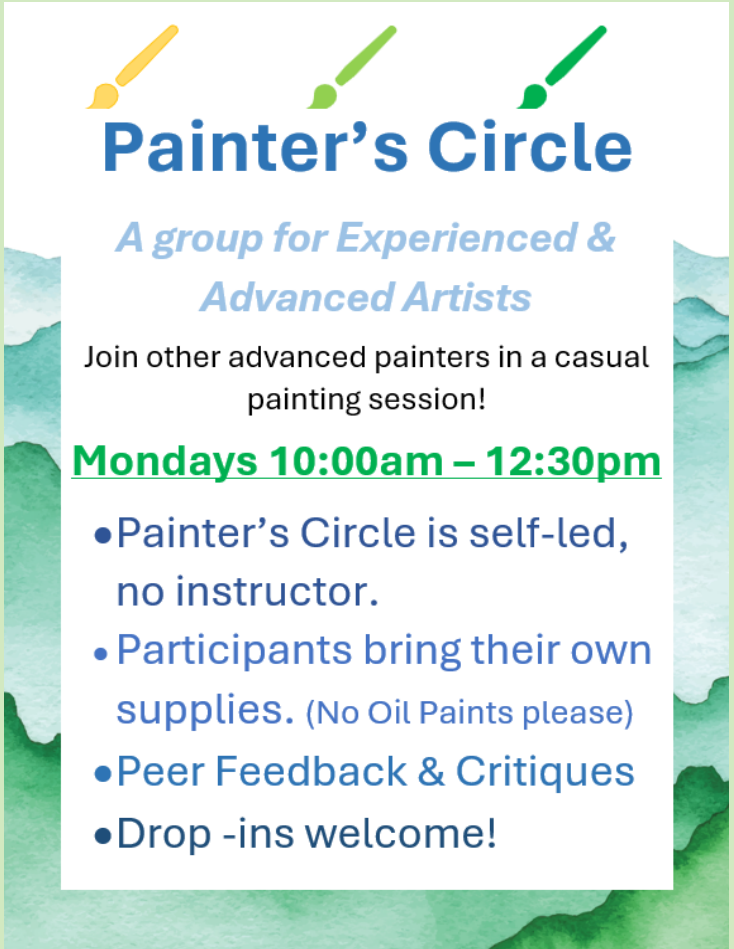
Painter's Circle

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!



DISCUSSION GROUP

THURSDAYS AT 11:30 am



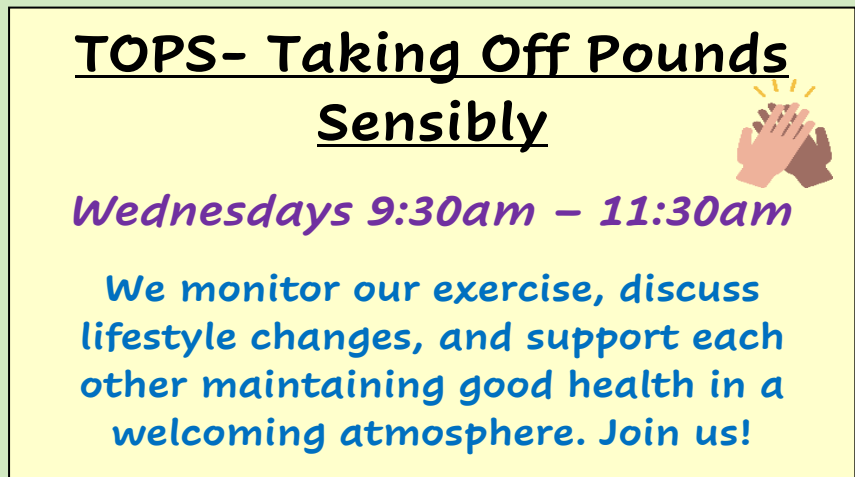
Engage in lively & interesting conversations. Topics are wild, serious, funny, and unique. All are welcome to bring opinions & views and join in!

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



Senior

Line Dance Social



Thursday, May 30th

2pm - 4pm

Free Event!

Petaluma Community Center

320 N. McDowell Blvd. (707)778-4380



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! 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.

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



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



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.

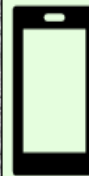
DISCUSSION GROUP enhances the social and intellectual quality of life for active seniors through lively discussion centered on topics such as consumer issues, history, current events, healthy aging, literature, conversational Spanish and much more. Each course section has its own focus.

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

Need Tech Help?



Thursday, May 9th

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



THE FLOATHOUSE
BOAT RENTALS, TOURS, LESSONS



Check out this opportunity to float on the Petaluma River!

Try something new!!



YOUTH & SENIORS RIDE FREE

Hop aboard and go green with SMART!

Youth (ages 0-18) and Seniors (ages 65+) can now ride the SMART train fare-free. They can take any SMART train on any day of the week, and no Clipper card or tickets are needed. Train conductors may ask for proof of age (such as a state ID, license, or student ID).

Ride SMART to your favorite destinations, including schools, parks, recreation centers, summer jobs, movie theaters, shopping centers, libraries, museums, restaurants, and downtown areas. Bicycles and scooters are welcomed aboard the SMART train!

Go Green with SMART! Hop aboard SMART and enjoy greater independence, and travel sustainably. SMART helps to reduce vehicle emissions, fosters eco-friendly cities, alleviates traffic congestion, and reduces the need for expansive road networks, thus preserving valuable green spaces.



web: sonomamarintrain.org
tel: 707-794-3330
email: CustomerService@sonomamarintrain.org

Follow Us on Social Media

Petaluma Parks & Recreation

Get updates on Petaluma Community events, meetings, and more!

Parksnrec@cityofpetaluma.org

f @petalumaparksandrec

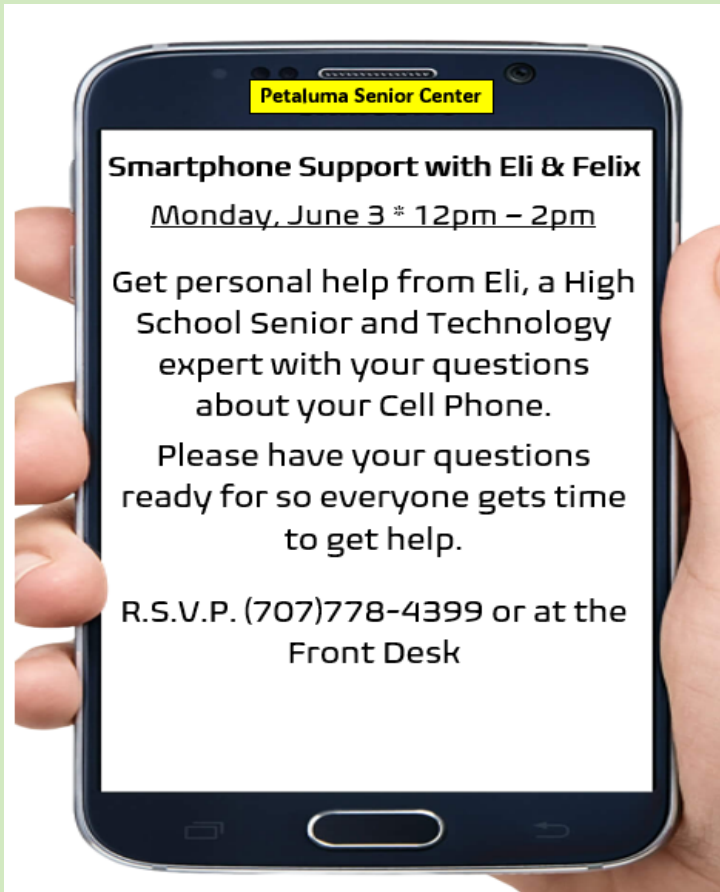
i @petalumaparksandrec

globe cityofpetaluma.org

Petaluma Community Center
320 North McDowell
707-778-4380

Petaluma Senior Center
211 Novak Dr.
707-778-4399

Coming in June at the PSC



Petaluma Senior Center

Smartphone Support with Eli & Felix
Monday, June 3 * 12pm – 2pm

Get personal help from Eli, a High School Senior and Technology expert with your questions about your Cell Phone.

Please have your questions ready for so everyone gets time to get help.

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

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 - Monday, June 3, 2:00-4:00

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

Part 2 - Monday, June 17, 2:00-4:00

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

You must register in advance at www.emergencyprephelp.org
Or leave a message at 707-241-3280

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

www.emergencyprephelp.org

Petaluma Senior Center presents:

Creative Currents

Enjoy a collection of a painted expression from the Artist's Open Studio program at this PSC Art show.

Wednesday, June 5
1:00pm – 3:00pm

Recreation Room, 211 Novak Drive, Petaluma



Juneteenth

Green Garden Gathering

Wednesday, June 19 at 1pm

- **Salad Bar & Dessert**
- **Decorated Garden Hat Contest**
- **Fairy Scavenger Hunt in the garden**
 - **Live Jazz Music**

\$5 Contribution - R.S.V.P. at the PSC Front Desk



Coming in June at the PSC

Jewelry in June

Thursdays at 2pm

June 6 - Tassel Earrings

June 13 - Beaded Bracelets

June 20 - Pressed Flower Pendants

3 Classes = \$10 Contribution!

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

space limited



Happy Crafts

♥ **with Bonnie!**

Wed. June 12th - 1pm

This month's craft:

Flower Fairy Lanterns

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

Space is limited

(707)778-4399

no charge



German Language & Culture CLASS

Develop basic communicative language skills while immersing yourself in the fabric of German art and culture. Every-day use of expression and vocabulary while utilizing conversation, role-playing, small group and personalized games!

Class begins June 17th
Mondays @ 9:30am
At the Petaluma Senior Center



The ART of CINEMA

A new free class offering
from SRJC
At the PETALUMA
Senior Center

Explore & Discuss
aspects of film
production, history, theory,

and criticism with films like "Psycho."
"The Big Lebowski"
"Seven Samurai"
and many more.

Class Meets Tuesdays @ 11:30am
Starts June 18th

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



*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.



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.



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



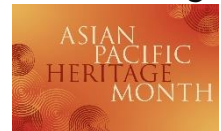
May Month-long Observances

May has so many!!!

Arthritis Awareness Month serves to highlight the impact of symptoms like joint pain, stiffness, and inflammation on individuals' daily lives. By fostering understanding and empathy, we can encourage early detection through symptom recognition, leading to timely medical intervention and improved quality of life. Engaging in activities such as sharing informative resources, advocating for accessible healthcare, and promoting lifestyle modifications can empower individuals to manage their symptoms effectively.



Asian and Pacific Islander Heritage Month celebrates the rich culture and diverse heritage of Asian and Pacific Islander communities. We can honor this heritage by attending cultural events, supporting Asian-owned businesses, and educating themselves on the history and traditions of various Asian and Pacific Islander groups. May was chosen to commemorate the first significant wave of Japanese immigrants to the United States in May 1843 and the completion of the transcontinental railroad, which was largely built by Chinese immigrants, in May 1869, highlighting the pivotal role Asians played in shaping American history.



Gardening for Wildlife Month emphasizes creating habitats that support biodiversity and attract various forms of wildlife. Planting native flowers such as echinacea, black-eyed susans, and milkweed can provide nectar for pollinators like bees and butterflies while also supporting their life cycles. Additionally, incorporating shrubs like elderberry and serviceberry, as well as trees such as oak and maple, can offer shelter, food, and nesting sites for birds and small mammals, enhancing the ecological balance of the garden.



Lyme Disease Awareness Month educates us about the risks and prevention strategies associated with tick-borne illnesses. Preventing tick bites by wearing long sleeves and pants, using insect repellents containing DEET or picaridin, and performing thorough tick checks after outdoor activities can significantly reduce the risk of contracting Lyme disease. Furthermore, minimizing exposure to areas with tall grass and dense vegetation, as well as creating tick-safe zones in residential yards by removing leaf litter and keeping grass trimmed, are essential measures in safeguarding against tick bites and Lyme disease transmission.

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 - 3th & 17th
8:00am - 9:00am

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

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

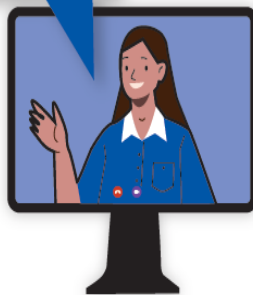
COMMUNITY PARTNER OFFICE HOURS

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) Old Greek garb
- 6) Homer Simpson's mother
- 10) Misses the mark
- 14) 26-Across Canal city
- 15) Oceans
- 16) With 33-Down, cut from a calf
- 17) Attempt to make the regatta team?
- 19) Border
- 20) "Mom" or "fox" sound
- 21) Augmented
- 23) Actress __ Jillian
- 24) Big bungler
- 26) Barge canal of song
- 27) Inclined to drive on side streets?
- 32) Opera opener
- 35) Singer Lane
- 36) Top performance, informally
- 37) Fillmore's party
- 38) Pixar figures
- 40) Border
- 41) Mucho
- 43) Squealing sort
- 44) Bubbly wine
- 45) Air travel in April and May?
- 48) In re
- 49) Massage offerer
- 50) Chin-wag
- 53) Many a barista's skill
- 57) Cornell's home
- 59) Writer Wiesel
- 60) Time spent with lawman Earp?
- 62) God with a bow
- 63) Pro's foe
- 64) No. 1 Rolling Stones hit of 1973
- 65) Ballpark figures
- 66) Some senate votes
- 67) Can't do without

DOWN

- 1) Tornado Alley city
- 2) Person from Provo
- 3) Japanese camera brand
- 4) Cake prettifier
- 5) Small jingly ball, maybe
- 6) Indy 500 month
- 7) Siouan tribe
- 8) Direct object, e.g.
- 9) Patriotic number
- 10) Fancy purse
- 11) North American junipers
- 12) Be furious
- 13) Inuit's vehicle
- 18) Threaten like a tiger
- 22) Puccini song
- 25) Falsely present as genuine
- 27) Jan and Marcia Brady, to Cindy
- 28) Simmering
- 29) IHOP alternative
- 30) Throw off
- 31) Lovato of pop
- 32) Leatherworkers' tools
- 33) See 16-Across
- 34) Chemistry lab procedure
- 39) "Never mind"
- 42) Pot starter
- 46) "Scram!"
- 47) Actor Lane of "The Producers"
- 50) Get a feel for
- 51) Very pungent
- 52) Diamond squares
- 53) Lily pad, e.g.
- 54) __ mater
- 55) Baseball Hall of Famer Sandberg
- 56) "Toodles!"
- 58) Fine-tune
- 61) "Deck the Halls" contraction



AND SOMETIMES Y

By Frank Longo

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
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59					60			61				
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Petaluma Senior Café Menu – May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily 1 cup 1% Milk Bread Butter	*Vitamin C Vitamin A ◆ Fiber  Salt	1. Turkey Casserole with Egg Noodles Carrots *Orange Wedges ◆ W. W. Roll	2. Italian Pork Ragù with Polenta Summer Squash Spinach Salad with Sliced Tomatoes and Basil Apricots ◆ W. W. Roll	3. Baked Fish Roasted Red Potatoes Green Beans Carrot Raisin Salad Boysenberries ◆ W. W. Roll
6. Stuffed Bell Peppers *Broccoli Normandy Green Salad w/ HB Egg Blueberries ◆ W. W. Roll	7. Tuna Casserole Capri Vegetables Italian Carrot Salad Apricots ◆ W. W. Roll	8. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad Vegetables with Dip ◆ W. W. Roll	9. Creole Pork Rice California Blend Coleslaw Apricots ◆ W. W. Roll	10. Mother's Day Friatta, Rice Mixed Vegetables Green Salad Strawberries Poundcake ◆ W. W. Roll
13. Hungarian Goulash  Buttered Noodles *Swiss Chard Green Salad Strawberries ◆ W. W. Roll	14. Chicken Ranchero Brown Rice with Black Beans Capri Vegetables Green Salad Peaches ◆ W. W. Roll	15. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomato Cinnamon Apples ◆ W. W. Roll	16. Baked Fish Brown Rice Confiti *Broccoli Normandy Hard Boiled Egg Marinated Vegetable Salad Watermelon ◆ W. W. Roll	17. Tarragon Chicken with Mushrooms and Pearl Onions - Orzo Pasta Italian Vegetables Green Salad *Oranges ◆ W. W. Roll
20. Tamales Pie Brown Spanish Rice Cauliflower Green Salad Banana ◆ W. W. Roll	21. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Vegetables with Dip ◆ W. W. Bread	22. Pulled Pork Sandwich Red Potatoes Green Beans Coleslaw Pears	23. Roasted Turkey w/Gravy Stuffing Pears Beet Salad *Mandarin Oranges ◆ W. W. Roll	24. Spaghetti with Italian Meat Sauce Italian Vegetables Green Salad Apricots ◆ W. W. Roll
27. CLOSED FOR MEMORIAL DAY!	28. Chili Colorado Brown Rice Mixed Vegetables Coleslaw Pineapple ◆ W. W. Roll	29. Chinese Chicken Salad Three Bean Salad Fruit Salad Vegetables with Dip ◆ W. W. Bread	30. Cheeseburger Red Potatoes Carrots Hamburger Condiments *Orange Wedges ◆ W. W. Roll	31. Fish Filets Yams Green Beans Green Salad w/ HB Egg Banana ◆ W. W. Roll

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.

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 8:00am

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

Cribbage - Wednesdays

11:30pm - 1:30pm

Mexican Train Dominos - Wednesdays

1:30pm - 4:00pm

Pinochle - Thursdays

10:00am - 12:00pm

Rummikub - Thursdays

2:00pm - 4:00pm

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 *(Group Full)*

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

Fridays - 10:00am - 2:00pm

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

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

12:00pm - 12:45 pm- Higher Energy

Fridays - 10:00am -11:00am - All abilities

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

Sit 2B Fit - Thursdays

Virtual in Rec Room 10:15am - 11:15am

Meditation - Thursdays

12:30pm - 1:30pm

