

Petaluma Senior Center

JUNE



2024



Artwork by Rainer Biela

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

NOW Open Fridays – 10:00am – 2:00pm

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

PSC June Events

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

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



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



Friday Dance Hour



GLOBAL GROOVES

June 14th 1-2pm

Get your cardio exercise in while free-style dancing to music from around the world - No charge to groove!



Fun June National Holidays

at the PSC

Mon June 3 - Egg Day (10am - 12pm)



Tue June 4 - International Corgi Day



Wed June 5 - Thank You Day

Thu June 6 - Applesauce Cake Day (12pm - 2pm)

Fri June 7 - World Caring Day



Mon June 10 - Ball Point Pen Day



Tue June 11 - Call Your Doctor Day

Wed June 12 - Peanut Butter Cookie Day (12pm - 2pm)



Thu June 13 - Kitchen Klutzes of America Day

Fri June 14 - World Blood Donor Day

Friday Dance Hour - Global Grooves - 1pm



Mon June 17 - Take Your Cat to Work Day

Tue June 18 - **Wear Blue Day** - Show support for Men's Health Issues

Wed June 19 - Juneteenth - World Sickle Cell Day

Green Garden Party - 1pm

Thu June 20 - Hike with a Geek Day

Fri June 21 - Dog Party Day

Sickle cell disease is a global public health issue. More than **300,000 babies** are born with sickle cell disease every year in Sub-Saharan Africa and between **50-90 percent** die by their 5th birthday.

U.S. Department of Health and Human Services
Office of Minority Health

minorityhealth.hhs.gov

Mon June 24 - International Fairy Day

Tue June 25 - Strawberry Parfait Day (2pm - 4pm)

Wed June 26 - Forgiveness Day



Thu June 27 - Sunglasses Day



Fri June 28 - Climate Smart Skin Day - wear sunscreen!

MONDAY

Pool - 8:30am - 4:00pm

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

Quilting - 9:00am - 4:00pm

NEW German Language & Culture - 9:30am - 11:00am (Starts June 17th!)

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

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

NEW Smartphone Support with Eli & Felix - 12:00pm - 2:00pm (June 3rd)

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

Parkinson's (PD) Connect Class - 2:00pm - 3:00pm - **NO CLASS 6/24**



TUESDAY

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

Pool - 8:30am - 4:00pm

NEW Get Strong with Denise - 9:00am - 9:45am

Providence Wellness Program - 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 (June 25th)

NEW The Art of Cinema - 11:30am - 1:00pm (Starts June 18th!)

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

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 (June 11th)



WEDNESDAY

Pool - 8:30am - 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 - 1:00pm

NEW Charla Hispana Social Club - 11:30am - 1:00pm

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

Happy Crafts with Bonnie - 1:00pm - 3:00pm (June 12th)

What's Your Story - 1:00pm - 2:00pm (June 12^h & 26th)

Look Club - 1:00pm - 2:00pm (June 26th)

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**

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

Pool - 8:30am - 4:00pm

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

Pinocle - 10:00am - 12:00pm

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

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

Computer Club - 12:00pm - 1:30pm (June 27th)

Meditation - 12:30pm - 1:30pm

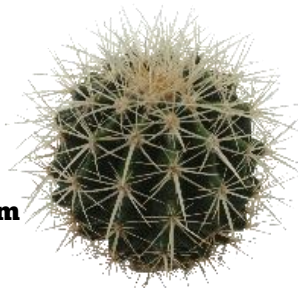
Book Club - 12:30pm - 2:00pm (June 13th)

Rhythm Circle - 1:00pm - 1:45pm (June 27th)

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

Wise Women's Circle - 2:00pm - 3:30pm (June 27th)

Rummikub - 2:00pm - 4:00pm



FRIDAY

Pool - 10:00am - 2:00pm

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

Quilting Club 10:00am - 2:00pm

NEW **How to get up off the Floor**
Fall Prevention Workshop presented
June 7th - 12:30pm - 1:30pm
by Maureen and Michelle

Friday Dance Hour - Global Grooves
June 14th - 1:00pm - 2:00pm

NEW **Questions to Ask your Pharmacist**
June 21st - 12:00pm
Presented by Michael Cho, PharmD
Kaiser Permanente Santa Rosa

PETALUMA SENIOR CENTER ACTIVITIES

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

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

PETALUMA SENIOR CENTER ACTIVITIES

Questions to ask your Pharmacist

Presenter: Michael Cho, PharmD
PGY1 Pharmacy Resident
Kaiser Permanente Santa Rosa

Program Description: This class will review questions to ask your pharmacist about medications, medication safety, and supplements

Learning Objectives:

1. Understand the importance of taking medications properly
2. Discuss what to know about your medications
3. Learn key questions to ask before starting a medication
4. Recognize what medications should be used with caution
5. Understand how to use common Over the Counter supplements safely

Date/Time: Friday 6/21/24 12-1PM in the Recreation Room



 KAISER PERMANENTE.

How to Get up off the floor!



Learn how to keep calm and get upright again!

FALL PREVENTION WORKSHOP

Petaluma Senior Center

Friday, June 7 at 12:30pm – 1:30pm

Have a chance to practice the “correct” way to get up with two licensed Physical Therapy Specialists who will discuss balance and fall prevention for seniors.

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

Limited to 20 spaces, don't wait!

No charge

Get Strong with Denise

formally known as Rockin' Chair Boogie



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

Tuesdays - 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!

- 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

¿Quieres hablar en español?

Charla Hispana SOCIAL CLUB



Share and participate in casual conversations and discussions of travel, culture, and art of Spanish Speaking Countries **in Spanish ONLY!**

Wednesdays 11:30am - 1pm

PETALUMA SENIOR CENTER ACTIVITIES

TECH HELP

Tuesday, June 11th 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

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!



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

JOIN THE PSC BOOK CLUB!

Thursday, June 13
12:30PM – 2:00PM



June 13 Selection

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

July 11 Selection

Born in Internment by Anna Fiorina Hess



WEDNESDAYS

11:30PM –
1:00PM



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](tel: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.



What's your story?

Casual Conversation in Good Company

Weds – June 12 & 26 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.

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

Puppy Love

Enjoy a visit with these adorable furry friends!

Tuesday, June 25 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



A Wise Women's Circle

Thu. June 27th 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

Rhythm Circle with Tarah

Thursday, June 27th

1:00 – 1:45pm

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

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

The Computer & Smartphone Club Meeting
Thursday, June 27, 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.

PETALUMA SENIOR CENTER ACTIVITIES

SENIORS LOOK CLUB

Wednesday June 26 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.



Meditation

with
Zoe!

Thursdays - 12:30pm



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, June 25 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



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.

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



NO CLASS 6/24

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**

June Coloring Contest

Pick up a
coloring
sheet in the
PSC Front
Desk

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

WALKING GROUP

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

7:45am SHARP

Tuesdays & Thursdays

Senior Center Back Parking Lot

Rain cancels ☂

Ping-Pong

**Tuesdays &
Thursdays**

2pm – 3pm

**Beginners
welcome!**



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

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.



Rummikub

Thursdays
2pm -4pm

PETALUMA SENIOR CENTER ACTIVITIES

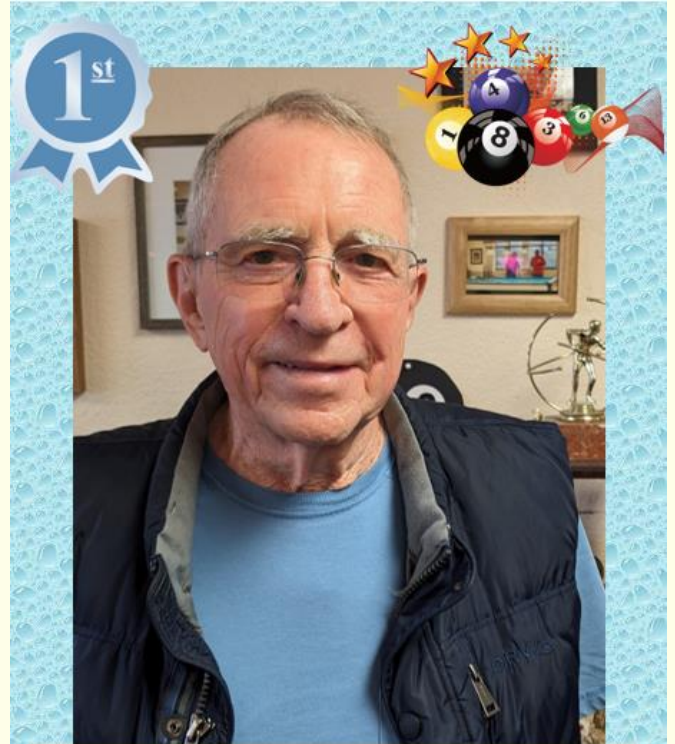
Pool

MON - THU

8:30am -

4:00pm

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



May 2024 Pool Tournament Winner

Joel!!!



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!

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

Regístrese para obtener una tarjeta de la biblioteca y tomar prestados libros de la biblioteca.

Tuesday, June 4

Martes, 4 de junio

10:00 AM - 11:00 PM

Petaluma Senior Center

211 Novak Drive, Petaluma



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



sonomalibrary.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

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

Would you like to talk to someone?

The Listening Bench

Purpose:

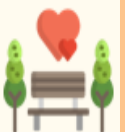
To provide a safe, confidential setting for any adult, (55 & up) to talk to someone about their life and share whatever's on their mind.

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.

Make an Appointment: Call (707) 778 - 4399

Email: parksnrec@cityofpetaluma.org





THE FLOATHOUSE
BOAT RENTALS, TOURS, LESSONS



Check out this opportunity to float on the Petaluma River!
Try something new!!

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

Schedule a free consultation/mobile visit

(707) 789-5336

Communitylawclinic.ca@gmail.com



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

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

Coming in July at the PSC

Happy Crafts

♥ **with Bonnie!**

Wed. July 10th - 1pm

This month's craft:
Textured Collages / Vision Boards

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



10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

Hosted by



Wednesday, July 31
1 p.m. - 2 p.m.

Petaluma Senior Center
211 Novak Dr.
Petaluma CA 94954

To register please call 707.778.4399

Visit alz.org/CRF to explore additional education programs online and in your area.

**ALZHEIMER'S
ASSOCIATION**
Northern California &
Northern Nevada Chapter

23877425

Friday Dance Hour

Disco Inferno (Funky Friday)

July 19th 1 - 2pm

Get your cardio exercise in while free-style dancing to music from the disco era - No charge to boogie oogie oogie!



Caribbean Carnival Celebration

A St. Lucian Dine & Dance Party

Wednesday, July 31st at 1pm

Explore Caribbean inspired cuisine:

Plantains, Cucumber Salad, "Ital" Curry, Mac N' Cheese, Jerk Chicken Salad, Red Beans & Rice

Then "whine your waist" to the rhythms of the tropics

Calypso, Reggae, & Soca Music

\$5 Contribution - R.S.V.P. (707) 778-4399

Coming in July at the Community Center



Petaluma Parks and Recreation presents:

Stars & Stripes, Dogs & Bikes

An annual Petaluma family friendly event

Dog Costume Contest

Thursday, July 4 - 12:00pm

Lucchesi Park – 320 N. McDowell Blvd.

Enter your Yankee Doodle Doggie to win!

Use the **QR code** below to preregister or come the day of at 11:30am to the Rec Tent to sign up!

Categories include *Best in Show * Patriotic Pooch * Glamour Paws * Crafty Canine * & Funny Fido*

Call (707) 778-4399 for more information




PETALUMA PARKS AND RECREATION PRESENTS

STARS & STRIPES DOGS & BIKES

THURSDAY, JULY 4
11:00AM - 2:00PM
LUCCHESI PARK

JOIN US FOR FAMILY-FRIENDLY FUN TO KICK OFF THE 4TH OF JULY HOLIDAY!

THE EVENT WILL FEATURE:

- FARMERS MARKET VENDORS
- BIKE PARADE
- FREE BIKE VALET AT LUCCHESI PARK
- KIDS ACTIVITIES
- LIVE MUSIC
- DOG COSTUME CONTEST AT 12:00PM AND MORE!

RIDE YOUR BIKE, BRING YOUR PUP, AND HAVE FUN!




PETALUMA PARKS AND RECREATION PRESENTS...

MOVIES IN THE PARK

June 21, 2024 - Sing
July 19, 2024 - Shrek
August 16, 2024 - Barbie
September 27, 2024 - Up
October 25, 2024 - Coco




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





June is Great Outdoors Month!!

June is Great Outdoors month, celebrating nature and all its wonders! You can celebrate by going on hikes with your family, having a picnic in the park, or even planting flowers in your garden.

June 2 – American Indian Citizenship Day celebrates the contributions and heritage of Native Americans to our nation. To honor this day, you can learn about the history and culture of Native American tribes, participate in cultural events or workshops, and support organizations working for indigenous rights and recognition. It's also a great opportunity to reflect on the importance of respecting and preserving the sovereignty and traditions of Native American communities.



June 10 - The Dragon Boat Festival, also known as Duanwu Festival, is a traditional Chinese holiday celebrated to honor the ancient poet Qu Yuan. People participate in dragon boat races, where teams paddle ornately decorated boats to the beat of drums, symbolizing the search for Qu Yuan's body in the river. Traditional foods enjoyed during the festival include zongzi, pyramid-shaped glutinous rice wrapped in bamboo leaves, and realgar wine, believed to ward off evil spirits.



June 21 - The summer solstice marks the longest day of the year. In many places, such as Stonehenge in England and Chichen Itza in Mexico, ancient structures align with the sun's position during the solstice. Celebrate the summer solstice by watching the sunrise or sunset, take a moment to appreciate the abundance of life and growth around you. Spend time outdoors, go for a walk in a park or sit by a tranquil body of water – allow yourself connection with the natural world and find peace in its rhythms.

June 25 - The Stonewall Riots Anniversary commemorates the pivotal moment in LGBTQ+ history when patrons of the Stonewall Inn in New York City fought back against police raids in 1969. It serves as a reminder of the ongoing fight for LGBTQ+ rights and the resilience of the community in the face of adversity.



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.

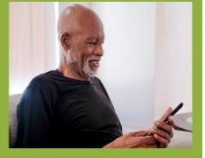
- Senior Advocacy Services (707)526 – 4018
- Petaluma People Services Center/Café
(*& Meals on Wheels, You are not Alone*)..(707)765-8488
- Sonoma County Agency on Aging.....(707)565-5950
- Sonoma County Council on Aging.....(707)525-0143
- AARP Driver Safety Program.....1-888-687-2277
- Adult Protective 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

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

HUB

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



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 – 7th & 21st
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) Cheery sounds
- 5) Asian nurse
- 9) Pet protection org.
- 14) Polish prose
- 15) "Contendere" preceder
- 16) Word-insertion mark
- 17) "Star Wars" sage
- 18) Gaming first-timer
- 19) "I Got ___" (Croce tune)
- 20) What river rats do to sharpen their teeth?
- 23) Tummy muscles
- 26) On ___ (under tight control)
- 27) Sister of your father
- 28) Praying insect
- 30) They can barely give a hoot
- 32) No place for a roller skate
- 33) "Aida" composer
- 36) Town for cold trolls?
- 40) Posts on a ship's deck
- 41) Dips one's toe in
- 44) Peninsula comprising Spain and Portugal
- 48) Knitter's project, sometimes
- 49) Love potion's number
- 50) Chinese pork dish
- 54) Actor Brynner
- 55) Singer's annoying relative?
- 58) Textile fiber
- 59) Aroma synonym
- 60) Not too much
- 64) "Me, Myself & ___" (Jim Carrey vehicle)
- 65) Brooklyn ballers
- 66) Like some losers
- 67) "Blowin' in the Wind" composer
- 68) ___ en point (heraldic style)
- 69) "Pro" votes

DOWN

- 1) "The Bridge of San Luis ___"
- 2) "Without further ___ ..."
- 3) Put out of sight
- 4) Like bachelor parties
- 5) Chronicles
- 6) "Archie" character
- 7) "Hello!" or "Goodbye!"
- 8) "The Natural" hero Roy
- 9) Berry in some drinks
- 10) Beach wear
- 11) Czech capital
- 12) Concrete kin
- 13) Bikini Atoll events, briefly
- 21) Kenya's capital
- 22) "The Mary Tyler Moore Show" spin-off
- 23) Early hrs.
- 24) Winged mammal
- 25) Obstacle
- 29) Bronze component
- 31) Sadly pensive
- 33) Boxer's physician
- 34) Finish the course
- 35) "Treasure Island" monogram
- 37) Dolphins run here
- 38) Beer barrel
- 39) Very pale
- 42) St. Anthony's cross
- 43) Skit show, for short
- 44) Bergman, but not Ingmar
- 45) Containing two components
- 46) Tooth part
- 47) Light-sensitive membrane
- 48) "I could eat ___"
- 51) Down ___ knee
- 52) Salt Lake City neighbor
- 53) Rag composer Joplin
- 56) Sharp-sighted
- 57) Not a challenge
- 61) Tot's "little piggy"
- 62) Constellation near Scorpius
- 63) "Plains" leader

GNU AND IMPROVED

By Wesley Holman

1	2	3	4	5	6	7	8	9	10	11	12	13
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64						65				66		
67						68				69		

Petaluma Senior Café Menu – June 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Stuffed Bell Peppers *Broccoli Normandy Green Salad w/ HB Egg Blueberries ♦ W. W. Roll 	4. Tuna Casserole Capri Vegetables Italian Carrot Salad Apricots ♦ W. W. Roll	5. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Roll	6. Teriyaki Beef Rice Peas Cucumber, Red Onion and Tomato Salad Pineapple ♦ W. W. Roll	7. Creole Pork Rice California Blend Coleslaw Apricots ♦ W. W. Roll
10. Hungarian Goulash Buttered Noodles Green Beans Green Salad Strawberries ♦ W. W. Roll	11. Chicken Ranchero Brown Rice with Black Beans Capri Vegetables Green Salad Peaches ♦ W. W. Roll	12. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomato Cinnamon Apples ♦ W. W. Roll	13. Baked Fish Brown Rice Confetti *Broccoli Normandy Hard Boiled Egg Marinaded Vegetable Salad Watermelon ♦ W. W. Roll	14. Father's Day! Pull Pork Sandwich Red Potatoes Italian Vegetables Green Salad *Oranges - Cupcake ♦ W. W. Roll
17. Turkey w/Gravy Stuffing Peas Beet Salad *Mandarin Oranges ♦ W. W. Roll	18. Spaghetti with Italian Meat Sauce Italian Vegetables Green Salad Apricots ♦ W. W. Roll	19. CAFÉ/ To Go Meals CLOSED for Juneteenth Day	20. Tamale 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. Roll
24. Chicken Marsala Red Potatoes Green Beans Green Salad *Mandarin Oranges ♦ W. W. Roll	25. Chili Colorado Brown Rice Mixed Vegetables Coleslaw Banana ♦ W. W. Roll	26. Chinese Chicken Salad Three Bean Salad Fruit Salad Vegetables with Dip ♦ W. W. Bread	27. Cheeseburger Red Potatoes Carrots Hamburger Condiments *Orange Wedges ♦ W. W. Roll	28. Fish Fillets Yams Green Beans Green Salad w/HB Egg Pineapple ♦ 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.

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

Café 211 Fun

(PPSC Senior Café) (707)765-8488

Mondays – BINGO

12:45pm

Fridays – Popcorn & A Movie

12:45pm

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

Cribbage - Wednesdays

11:30pm - 1:00pm

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

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 - **NO CLASS 6/24**

Walking Group - Tue. & Thu.

7:45am SHARP

Get Strong with Denise - Tuesdays

9:00am - 9:45am

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 - **FULL**

Sit 2B Fit - Thursdays

10:15am - 11:15am

Meditation - Thursdays

12:30pm - 1:30pm