

Petaluma Senior Center

JULY



2024



CLOSED JULY 4th for Independence Day!

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

Open Friday 10:00am – 2:00pm

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

PSC July Events



NATIONAL HOT DOG DAY

Wednesday, July 17th at 1pm

Complimentary Hot Dog BBQ

Refreshments Provided by The City of Petaluma Senior Center
Hot Dogs Grilled by Café 211 - Petaluma People Services Center

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!



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!



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

Calypto, Reggae, & Soca Music

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

At Lucchesi Park



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








Fun July National Holidays

at the PSC



Mon July 1st – American Zoo Day

Tue July 2nd – Made in the USA Day

Wed July 3rd – International Plastic Bag Free Day

Thu July 4th – CLOSED for Independence Day also Alice in Wonderland Day

Stars & stripes, Dogs & Bikes event at the Community Center 11am – 2pm

Fri July 5th – Pet Remembrance Day



Mon July 8th – **Blueberry Day 12pm- 2pm**

Tue July 9th – **Sugar Cookie Day/ Fashion Day 12pm- 2pm**

Wed July 10th – Don't Step on a Bee Day



Thu July 11th – Culture & Senior Citizens Day



Fri July 12th – Motorcycle Day



Mon July 15th – Give Something Away Day/ **Gummy Worm Day 12pm- 2pm**

Tue July 16th – World Snake Day

Wed July 17th – **Hot Dog Day - 1pm-3pm**



Thu July 18th – World Listening Day

Fri July 19th – Urban Bee Keeping Day – **Disco Inferno Dance Hour - 1pm**

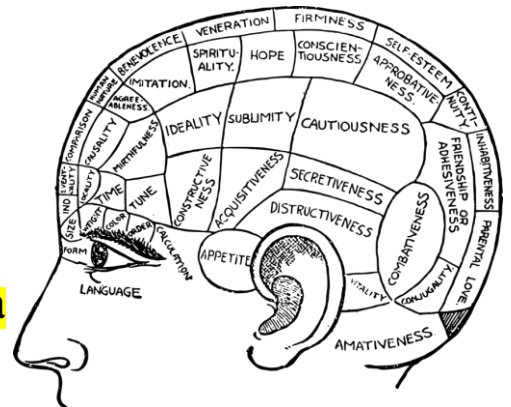
Mon July 22nd – World Brain Day

Tue July 23rd – Gorgeous Grandma Day

Wed July 24th – Tell A Joke Day

Thu July 25th – **Hot Fudge Sundae Day 12pm -2pm**

Fri July 26th – Aunt & Uncle Day



Mon July 29th – International Tiger Day

Tue July 30th – International Day of Friendship

Wed July 31st – Mutt Day – (**Caribbean Carnival Celebration - 1pm**)



MONDAY

Pool - 8:30am - 4:00pm

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

Quilting - 9:00am - 4:00pm

German Language & Culture - 9:30am - 11:00am

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

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

NEW Ballet Folklorico Dance Performance 12:30pm - 2:00pm (July 15th)

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

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



TUESDAY

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

Pool - 8:30am - 4:00pm

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 (**NO FALL PROOF JULY 9th**)

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 (July 23rd)

The Art of Cinema - 11:30am - 1:00pm

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 (July 9th)



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

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

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

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

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

Look Club - 1:00pm - 2:00pm (July 31st)

NEW - 10 Signs of Alzheimer's - 1:00pm - 2:00pm (July 31st)

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

Community Law Clinic - 10:00am - 12:00pm (July 11th)

Pinochle - 10:00am - 12:00pm

Sit 2B Fit - 10:15am - 11:15am **CLASS FULL**

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

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

Meditation - 12:30pm - 1:30pm

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

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

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

Wise Women's Circle - 2:00pm - 3:30pm (July 25th)

Rummikub - 2:00pm - 4:00pm

FRIDAY

Pool - 10:00am - 2:00pm

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

Quilting Club 10:00am - 2:00pm

**NEW Redwood Food Bank
Food Connections Resource Center
July 19th - 11:30am - 1:30pm**

**Friday Dance Hour - Disco Inferno
July 19th - 1:00pm - 2:00pm**



Ireri Ballet Folklorico

Enjoy this beautiful volunteer performance with exquisite costumes & young talented dancers

Monday, July 15th

12:30PM



Performance is **FREE**,
but donations for the class
gladly accepted.



REDWOOD EMPIRE FOOD BANK

Food Connections Resource Center

Our Food Connections Resource Center is the first stop for seeking food assistance.

- * We provide you with an emergency food box
- * Help you navigate & receive information about vital Redwood Empire Food Bank food distribution
- * Help you navigate the CalFresh application process.

FRIDAY, JULY 19th
11:30am – 1:30pm

Petaluma Senior Center – 211 Novak dr.

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!

OPEN TO NEW STUDENTS!

*Mondays @ 9:30am
At the Petaluma Senior Center*



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.



PETALUMA SENIOR CENTER ACTIVITIES

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 Elfenbein, B.A. Psychology, Certified Yoga Instructor, Personal Trainer.

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

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



A Wise Women's Circle

Thu. July 25th at 2pm

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

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

• Laugh and make new friends!

Meets the 4th Thursday each Month - 2pm

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

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

SPECIAL DATE - July 11

10 am -12 pm

Or Schedule a free consultation/mobile visit



(707) 789-5336

Communitylawclinic.ca@gmail.com

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

What's your story?

Casual Conversation in Good Company

Weds - July 10 & 24 1:00pm -2:00pm

Petaluma Senior Center Library

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

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

Meditation

with

Zoe!

Thursdays - 12:30pm



¿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, July 9th at 2pm - 3pm

At the Petaluma Senior Center



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

Rich & Chuck

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

Space is limited!

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

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

Conversations on Aging

Identifying Goals, Wishes and Well Being

Tuesday, July 23 10:00am - 11:30am

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

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

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

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

What legacy will you leave?

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

- <https://letsspeakaboutdeath.com/>

PETALUMA SENIOR CENTER ACTIVITIES

NO FALL PROOF JULY 9

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 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.



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

SENIORS LOOK CLUB

Wednesday July 31 at 1:00 PM - 2:00 PM

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



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

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

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

PETALUMA
ARTS CENTER

PETALUMA
SENIOR CENTER

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

Rhythm Circle with Tarah

Thursday, July 25th

1:00 – 1:45pm

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

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

The Computer & Smartphone Club Meeting

Thursday, July 25, 12:00 Noon

At the Petaluma Senior Center



ALL about EMAIL



We will discuss the tradeoffs between cloud-based eMail vs eMail clients that reside on your computer or phone. We will tell you how to get your own personal domain name and review each of the most popular eMail services. We will also discuss security and tell you how to protect your emails from hacking.

PETALUMA SENIOR CENTER ACTIVITIES

Petaluma Current Events Discussion Group

Tuesdays from Noon – 1:30pm



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

Attendance is open to all. No dues or fees for attending.

All opinions are treated with respect and civility.

For more information, call or text Tony Sacramento (707) 235-6105

JOIN US FOR



PD-Connect® Petaluma

Parkinson's Exercise Class

BASIX Petaluma Senior Center

211 Novak Drive, Petaluma, CA 94954

Mondays

2:00pm-3:00pm



WITH

**DR. 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

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

July Coloring Contest

Pick up a coloring sheet in the PSC Front Desk

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

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

CLASS FULL

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



June 2024 Pool Tournament Winner

Ema!!!



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!

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 ☔

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! 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



SANTA ROSA
JUNIOR COLLEGE

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





IT'S YOUR RIVER!
COME OUT AND PLAY.

THE FLOATHOUSE
BOAT RENTALS, TOURS, LESSONS



CALL FOR MORE
707-971-3640
INFORMATION

OR BOOK ONLINE
THEFLOATHOUSEPETALUMA.ORG/RENTALS

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

**Try
something
new!!**

JOIN US IN JULY, AUGUST AND SEPTEMBER ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



ENGLISH CLASSES

Building Foundations of Caregiving
Tuesday, July 9, 2-3 p.m. | [Register](#)

Communicating Effectively
Thursday, July 18, 10-11 a.m. | [Register](#)

Understanding Alzheimer's and Dementia
Tuesday, July 23, 2-3 p.m. | [Register](#)

Supporting Independence
Tuesday, August 6, 10-11 a.m. | [Register](#)

Responding to Dementia-Related Behaviors
Thursday, August 15, 2-3 p.m. | [Register](#)

10 Warning Signs of Alzheimer's
Tuesday, August 20, 10-11 a.m. | [Register](#)

Exploring Care and Support Service
Thursday, September 5, 10-11 a.m. | [Register](#)

Healthy Living for Your Brain and Body
Tuesday, September 10, 2-3 p.m. | [Register](#)

Dementia Conversations
Thursday, September 19, 10-11 a.m. | [Register](#)

SPANISH CLASSES

Healthy Living for your Brain and Body
Thursday, July 18, 6:30-7:30 p.m. | [Register](#)

Understanding Alzheimer's and Dementia
Thursday, August 15, 6:30-7:30 p.m. | [Register](#)

Alzheimer's Awareness
Thursday, September 19, 6:30-7 p.m. | [Register](#)

CHINESE CLASSES

Understanding Alzheimer's and Dementia (Mandarin)
Thursday, July 11, 10-11 a.m. | [Register](#)

Dementia Conversations (Mandarin)
Tuesday, July 16, 10-11 a.m. | [Register](#)

10 Warning Signs of Alzheimer's (Mandarin)
Friday, July 19, 2-3 p.m. | [Register](#)

Healthy Living for Your Brain and Body (Mandarin)
Thursday, August 15, 10-11 a.m. | [Register](#)

Effective Communication Strategies (Mandarin)
Tuesday, August 27, 10-11 a.m. | [Register](#)

Understanding and Responding to Dementia-Related Behavior (Mandarin)
Thursday, September 12, 10-11 a.m. | [Register](#)

For on-demand recorded classes, please visit alz.org/education



TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT ALZ.ORG/CRF

Coming in August at the PSC



Orchid Care 101 with Cathy



August 8th – 1:00pm

Space is limited, so R.S.V.P.

at the PSC Front desk or (707)778-4399

Folk Dancing

with Sue Oaks

Embark on a joyful journey of movement!

*Learn new dances from
around the world*

Mondays at 1:00pm – 2:00pm

No class 8/19

\$5 contribution per class

No dance experience necessary!

Designed for active seniors, this class offers a delightful blend of cultural dances, fostering a sense of community and well-being through rhythmic expression and great music. Will include some ballroom dances and square dancing (American folk dance).

Maria Gapinski, Esq. Trust and Estate Attorney



Estate Planning for Seniors

August 12, 2024 **1pm - 3pm**

Join us for a workshop to help you prepare your documents:

- Simple Will
- Health Care Directive
- Power of Attorney

How do these documents work and why are they important?

We will discuss requirements to help you get your documents in order, to plan for your health care, possible incapacity and the best options for passing your assets to your loved ones. Please bring questions, ideas and concerns.

Maria C. Gapinski, Esq.
Estate Planning Attorney
P.O. Box 822
Penngrove, CA 94951
mcgapinski@icloud.com

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

Underwater Wonderland “Shell – ebration”

A Petaluma Senior Center &
Café 211 – Petaluma People Services Center

Hawaiian Cuisine Luncheon

Wed. August 21

1pm

R.S.V.P. (707)778-4399 or at the
PSC Front Desk - **\$10 Contribution**

Please Dress up in your Under-the-Sea Attire

Coming in August at the PSC

Happy Crafts

♥ **with Bonnie!**

Wed. August 7th - 1pm

This month's craft:

**Moon Beaded
Decorations**

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

Space is limited.

(707)778-4399

no charge



Senior Legal Clinic with Maria

Maria C. Gapinski,

Esq., Estate Planning Attorney

Receive a one-time 30-minute legal
consultation free of charge.

** Up to 3 appointments per date
the 3rd Wednesday of the Month 1pm - 3pm*

Begins August 21

R.S.V.P.'s will only be accepted after August 1st



Coming in August at the Community Center

Senior

Line Dance

👣 **Social**

Thursday, August 1st

2pm - 4pm

Free Event!

Petaluma Community Center

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



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@wrmm.org for more information

Bounty Farm

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

Disaster Volunteer

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

Admin Support

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



*Repairing Homes
Revitalizing Communities
Rebuilding Lives*

Safe Homes and Communities for Everyone

About RTP

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

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

Contact Us

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



BECOME A PART OF
REBUILDING TOGETHER PETALUMA

Volunteer

RTP utilizes volunteers for many of our projects 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



Rescue, love, care, repeat. This is what we do and we are in need of more hands to do it! If you:

- ✓ Have a desire to nurture;
- ✓ Have a love of cats and kittens;
- ✓ Have some extra time;
- ✓ Would like to make some new friends, both feline and human...

We have the perfect solution! We are looking for more volunteers to add to our team! Our volunteers come into the Cat Lounge mornings and evenings to clean and feed; we socialize, love, and cuddle all cats and kitties daily. Our Book Nook and Cat Adoption Lounge, staffed by volunteers, is open to the public on the weekends. If you love cats, enjoy feeling appreciated and have some time you would like to fill volunteering for a worthy cause, please complete our application and return it today! Must be at least 18 years old.

<https://www.petalumapetpals.org/volunteer>, or call 707-494-9569.

We have a minimum requirement of two shifts per week, with each shift 2 to 3 hours. Weekday morning cleaning and feeding shifts are between 9:30 a.m. and 12:00 p.m.; weekday evening shifts are between 4:30 and 8:00 PM. Weekend shifts are between 10:30 a.m. and 6:00 p.m.

The volunteer work can be moderately demanding physically. Volunteers must be able to bend, lift, carry, push/pull, stand, walk, and perform repetitive scrubbing/cleaning actions with possible contact with cleaning/sanitizing chemicals. Simple math skills and effective communication with volunteers and the public required.

Volunteer



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



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





July is Lost Pet Prevention Month!!

National Lost Pet Prevention Month, observed in July, is dedicated to raising awareness about the steps pet owners can take to prevent their pets from becoming lost. To ensure the safety of your furry friends, always keep your pets secured with proper identification, such as a collar with an ID tag and a microchip with up-to-date information. Additionally, ensure your home and yard are secure by fixing any gaps or weak spots in fences and gates. Lastly, train your pets to respond to basic commands like "come" and "stay," which can help keep them safe if they ever get loose.

July 6 – AgitÁgueda – Every July, the streets of Águeda, Portugal, come alive with vibrant colors as thousands of umbrellas are hung overhead during the AgitÁgueda art festival that lasts over 3 weeks! During AgitÁgueda, families can enjoy free concerts, art installations, and street performances. One of the most popular attractions at AgitÁgueda is the floating umbrellas, which create a beautiful canopy that provides shade and adds a splash of color to the town.



July 19 – Pflasterspektakel in Linz, Austria, is a renowned street art festival held every July, featuring a diverse range of performances including, acrobatics, theater, and offering live folk, jazz, and classical musical performances. To celebrate at home, you can enjoy traditional Austrian treats like Linzer Torte and Apfelstrudel and set up a mini stage in your yard for family and friends to showcase their talents.



July 27 – Norfolk Day – Dedicated to honoring the culture, history, and community spirit of Norfolk, England, this day is marked with various events, including local fairs, historical reenactments, and community gatherings. To celebrate at home, you can enjoy traditional Norfolk dishes like Cromer crab, made with fresh crab meat, lemon, mayonnaise, and seasoning, and Norfolk dumplings, which are typically made from flour, suet, baking powder, and a pinch of salt.



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.



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

NEED HELP GETTING CONNECTED WITH SERVICES?



WE CAN HELP



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

SONOMA COUNTY
aging + disability
RESOURCE
HUB



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 – July 5 & 19
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 connect 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) Quint in "Jaws"
- 5) Defender of Castle Grayskull
- 10) Drunkards
- 14) Caesar's garb
- 15) Deposed leader, perhaps
- 16) Exclude
- 17) Poetic collection
- 18) Extend, in a way
- 19) Old Chevy
- 20) Bully's credo
- 23) Can of worms?
- 24) Warms up, as leftovers
- 25) Arrangement
- 28) Move, as a plant
- 31) Acknowledge
- 32) Like granola
- 33) Drink from a dish
- 36) Was completely indifferent
- 40) Pull the plug on
- 41) Singing duo Hall & ___
- 42) Gadgeteers' concerns
- 43) Grapevine tidbit
- 44) Drum sounds
- 46) Remove a violin string
- 49) "That hurt!"
- 50) Middle of a certain month
- 57) Digestion aid
- 58) Pay a call on
- 59) Pink, as a steak
- 60) Young winged god of the Greeks
- 61) Slur over a syllable
- 62) Affirm
- 63) Blow a gasket
- 64) Bottle-___ dolphin
- 65) Requisite

DOWN

- 1) Check
- 2) Arizona Native American
- 3) All excited
- 4) Basin
- 5) Type of crab
- 6) Permission to leave granted by a bishop
- 7) Stole type
- 8) Safe, on board
- 9) Kind of wire
- 10) Part of USSR
- 11) Alpha's opposite
- 12) A size too small
- 13) Sports figs.
- 21) St. Anthony's cross
- 22) Arles' river
- 25) Curtain material
- 26) Mary Kay competitor
- 27) "___ better watch out ..."
- 28) Indy entrant
- 29) Flight data, briefly
- 30) Part of a price
- 32) Director Preminger
- 33) "___ we forget"
- 34) Not on solid ground?
- 35) "Do you want to hear a secret?"
- 37) Long green
- 38) "Platoon" locale, for short
- 39) Certain Protestant
- 43) Take back to the lab
- 44) Furrowed, as a road
- 45) Point of no return?
- 46) Color often described as "burnt"
- 47) Nigerian currency
- 48) Aircraft race-course tower
- 49) Nitrous ___ (laughing gas)
- 51) Word after "get" or "break"
- 52) Fodder holder
- 53) Horned goddess
- 54) Church part
- 55) Sloth's home
- 56) Range group

A BIG MAYBE

By Judith W. Walker

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



**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**

Petaluma Senior Café Menu – July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Lemon Chicken Rice Pilaf Mixed Vegetables Green Salad Cinnamon Apples ♦ W. W. Roll	2. Italian Pork Ragu w/Polenta Italian Vegetables Marinated Vegetable Salad ♦Mandarin Oranges ♦W. W. Roll	3. Celebrate Summer! Hot Dog (Beef) German Potato Salad Summer Squash Green Salad Watermelon Cookie ♦W. W. Bun	4. CAFE/ To Go Meals CLOSED FOR INDEPENDENCE DAY!	5. Baked Fish Rice Pilaf Green Beans Coleslaw Pineapple ♦W. W. Roll
8. Stuffed Bell Peppers *Broccoli Normandy Green Salad w/ HB Egg Blueberries ♦ W. W. Roll	9. Turkey Casserole Capri Vegetables Italian Carrot Salad *Orange Wedges ♦W. W. Roll	10. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Roll	11. Teriyaki Beef Rice Peas Cucumber, Red Onion and Tomato Salad Pineapple ♦W. W. Roll	12. Fritata California Blend Green Salad Apricots ♦W. W. Roll
15. Hungarian Goulash Buttered Noodles Green Beans Green Salad Strawberries ♦W. W. Roll	16. Chicken Ranchero Brown Rice with Black Beans Capri Vegetables Green Salad Peaches ♦W. W. Roll	17. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomato Cinnamon Apples ♦W. W. Roll	18. Baked Atlantic Cod with Parsi Brown Rice *Broccoli Normandy Green Salad w/ Hard Boiled Egg Watermelon ♦W. W. Roll	19. Pulled Pork Sandwich Red Potatoes Italian Vegetables Green Salad *Oranges - Cupcake ♦W. W. Roll
22. Tarragon Chicken with Mushrooms and Pearl Onions Green Beans Rice Pilaf Spinach Salad Pineapple ♦W. W. Roll	23. Spaghetti with Italian Meat Sauce Italian Vegetables Green Salad Apricots ♦W. W. Roll	24. Turkey with Gravy Stuffing Peas Beet Salad *Mandarin Oranges ♦W. W. Roll	25. Tuna Pie Brown Spanish Rice Cauliflower Green Salad Banana ♦W. W. Roll	26. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Vegetables with Dip ♦W. W. Bread
29. Chili Colorado Brown Rice Mixed Vegetables Coleslaw Banana ♦W. W. Roll	30. Chinese Chicken Salad Three Bean Salad Fruit Salad Vegetables with Dip ♦W. W. Bread	31. Cheeseburger Red Potatoes Carrots Hamburger Condiments *Mandarin Oranges ♦W. W. Roll	*Vitamin C Vitamin A ♦Fiber Salt	Daily 1 cup 1% Milk Bread Butter

Menu Subject to Change

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

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

9:30am - 11:30am

Fluent in French - Wednesdays

10:00am - 11:30am

Charla Hispana - Wednesdays

11:30am - 1:00pm

Widows Connect! - Wednesdays

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

Walking Group - Tue. & Thu.

7:45am SHARP

Get Strong with Denise - Tuesdays

9:00am - 9:45am

Fall Proof - Tuesdays

NO FALL PROOF JULY 9

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 **CLASS FULL**

10:15am - 11:15am

Meditation - Thursdays

12:30pm - 1:30pm