

# Petaluma Senior Center

SEPTEMBER



2024



If you would like the Newsletter emailed to you each month, please tell the Front Desk.

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

**Open Friday 10:00am – 2:00pm**

**211 Novak Drive (707) 778 – 4399  
[parksnrec@cityofpetaluma.org](mailto:parksnrec@cityofpetaluma.org)**

# PSC September Events



## Harvest Moon Pasta Party

Wednesday, September 18 - 1pm

Pastas \* Salad \* Dessert

\$5 Contribution

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

## Home Sweet Homecare

### Cookie Bakeoff Invitational

September 25<sup>th</sup> -1pm – 3pm

Petaluma Senior Center – 211 Novak dr.

Meet an assortment of Home Help Organizations & vote for the best bakers!!  
Get more information for you and your loved ones.

- **Errand Runners** (helping with light duty chores, non-medical help)
- **Home Health** – Rehabilitation Help at home.
- **Home Care** – Licensed Care companies who offer in-home health care by certified medical professionals.
- **Hospice Health** – Special Care for people who are near end of life or have stopped treatment. Includes emotional, physical, and spiritual support to the patients and their families.

At the Fairgrounds!!

## Harvest Beats

FREE!!



### Petaluma Fairgrounds Market & Music Thursday, September 19

In celebration of Hispanic Heritage Month

Ballet Folklorico Ireni

Sang Matiz



5pm



6pm

Farmers Market \* Food Trucks \* Locally Made Goods opens 4pm

\* Well-behaved dogs welcome on picnic lawn area

\* Don't stress about parking – TRY TRANSIT!! \* Free Bike Valet

(707) 778-4380

[parksnrec@cityofpetaluma.org](mailto:parksnrec@cityofpetaluma.org)



Talk like a Pirate Day  
MOVIES in the Library  
Sept. 19th

PIRATE MOVIES START AT 10AM

BOLLYWOOD  
MOVIES  
1PM in the  
Library  
SEPT. 24<sup>TH</sup>

# Fun September National Holidays

## at the PSC

Mon. Sept. 2 – **CLOSED** for Labor Day



Tue. Sept. 3 – Skyscraper Day

Wed. Sept. 4 – Wildlife Day

Thu. Sept. 5 – International Day of Charity/ Cheese Pizza Day (1pm - 2pm)

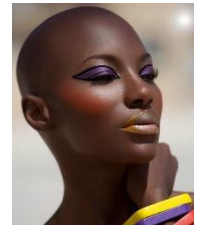
Fri. Sept. 6 – Coffee Ice Cream Day (1pm)



Mon. Sept. 9 – Care Bears Share Your Care Day!

Tue. Sept. 10 – Suicide Prevention Day/ Ants on a Log Day (1pm-2pm)

Wed. Sept. 11 – Patriot Day – Honoring 9/11



Thu. Sept. 12 – Day of Encouragement

Fri. Sept. 13 – Bald is Beautiful Day

Mon Sept. 16 – Cinnamon Raisin Bread Day (10am - 11am)

Tue. Sept. 17 – Pet Bird Day



Wed. Sept. 18 – Rice Crispy Treat Day (10am - 12pm)

Thu. Sept. 19 – Talk Like a Pirate Day – **Pirate movies in the library - 10am**

Fri. Sept. 20 – Tradesman Day



Mon. Sept. 23 – Teal Talk Day for Ovarian Cancer Awareness

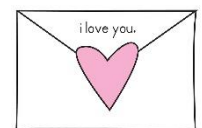
Tue. Sept. 24 – Bollywood Day – **Bollywood movies in the library**



Wed. Sept. 25 – Food Service Workers Day

Thu. Sept. 26 – Love Note Day – write a note to share with someone you love

Fri. Sept. 27 – World Tourism Day



Mon. Sept. 30 – Podcast Day – check out the City of Petaluma's **One Petaluma Podcast** on our City of Petaluma YouTube page.

<https://www.youtube.com/@cityofpetaluma1858>

# MONDAY

Pool - 8:30am - 4:00pm

Line Dancing – 8:30am – 10:00am

Quilting - 9:00am - 4:00pm

Vinyl Classics – 9:30 – 11:00am

Painter's Circle – 10:00am -12:30pm

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

Classic Poker – 2:00pm - 4:00pm

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

NEW Lucky to Have Loved Support Group – 3:00pm – 4:00pm



# 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

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 **(September 24<sup>th</sup>)**

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 **(September 10<sup>th</sup>)**



## 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

Hearts - 11:30am - 1:30pm

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

Coloring for a Cause 12:00pm – 1:00pm

Happy Crafts with Bonnie – 1:00pm – 3:00pm (September 11<sup>th</sup>)

Puppy Love – 12:00pm – 1:00pm (September 18<sup>th</sup>)

What's Your Story – 1:00pm – 2:00pm (September 11<sup>th</sup> & 25<sup>th</sup>)

Look Club – 1:00pm – 2:00pm (September 25<sup>st</sup>)

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 – 9:30am – 11:30am

Community Law Clinic - 10:00am – 12:00pm (September 5<sup>st</sup>)

Pinochle - 10:00am – 12:00pm

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

Computer Club – 12:00pm – 1:30pm (September 26<sup>th</sup>)

Meditation - 12:30pm - 1:30pm

Book Club – 12:30pm – 2:00pm (September 12<sup>th</sup>)

Rhythm Circle – 1:00pm – 1:45pm (September 12<sup>th</sup> & 26<sup>th</sup>)

Ping Pong – 2:00pm – 3:00pm

Wise Women's Circle – 2:00pm – 3:30pm (September 26<sup>th</sup>)

Rummikub - 2:00pm – 4:00pm

## FRIDAY

Pool – 10:00am – 2:00pm

Fall Proof – 10:00am – 11:00am

Quilting Club 10:00am – 2:00pm



# PETALUMA SENIOR CENTER ACTIVITIES

## Lucky to Have Loved

*An opportunity to connect with others who've lost a loved one.*

**Mondays 3pm - 4pm**

Helping people to bond with others who share similar experiences, fostering new friendships, and creating a sense of belonging.

- ❖ Come together to share journeys, both the good and the bad, and to support each other through the process of grief and healing.
- ❖ A safe and welcoming space where you can express your feelings and find comfort.
- ❖ A time to plan outings and activities to create new joy - an opportunity to build new memories and enjoy life with new friends.

**Attendance is open to everyone.**

## Happy Crafts

♥ **with Bonnie!**

Wed. September 11<sup>th</sup> - 1pm

**This month's craft:**  
**Propagation Station**

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

Space is limited.

(707)778-4399

no charge



## **Puppy Love**

**Enjoy a visit with these adorable furry friends!**

**Wednesday, Sept. 18 at 12 pm**  
**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**



**NEW SRJC CLASS**

**9:30 AM Mondays**

**Class begins 8/19**

**Sign up Today**

## Vinyl Classics

A musical journey from Bach to the Beatles...

**On HQ Vinyl, never digital.**

*Discuss and share your favorites with DJ and Professor*

*Rickey Lee Bauman.*

# PETALUMA SENIOR CENTER ACTIVITIES

## 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 3<sup>rd</sup> Wednesday of the Month 1pm – 3pm

Call (707)778-4399 or go to the front desk to make  
an appointment.

## September 18



## 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](http://www.DeniseElfenbein.com)

**HICAP**  
Medicare Health Insurance  
Counseling & Advocacy Program

**SHIP**  
Senior Health Insurance  
Partnership  
Navigating Medicare

FREE, UNBIASED

Medicare

COUNSELING

Petaluma Senior Center

1st & 3rd Mondays

11:00am & 12:00pm

Call HICAP to Schedule

707-526-4108



This publication was supported by the Area Agency on Aging in partnership  
with Senior Advocacy Services and financial assistance, in whole or in part,  
through a grant from the Administration for Community Living and the  
California Department of Aging.

## A Wise Women's Circle

Thu. September 26<sup>th</sup> 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

# PETALUMA SENIOR CENTER ACTIVITIES

## 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

## What's your story?

*Casual Conversation in Good  
Company*

Wednesdays – September 11 & 25  
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.

## 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

**September 5 10 am -12 pm**

Or Schedule a free consultation/mobile visit

**(707) 789-5336**

[Communitylawclinic.ca@gmail.com](mailto:Communitylawclinic.ca@gmail.com)

<https://www.communitylawclinic.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, September 10<sup>th</sup>  
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 2<sup>nd</sup> Tuesday

## 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, September 24    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

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**

**12pm - 1pm**

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 September 25 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.



## JOIN THE PSC BOOK CLUB!

Thursday, September 12<sup>th</sup>

12:30PM - 2:00PM



### September 12 Selection

**The Women by Kristin Hannah  
(A Novel)**

**October 10 Selection**  
**She Was An American Spy During World War II by Jeane Stone**

## Rhythm Circle

with Tarah

Thursdays

September 12 & 26

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, September 26, 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



## Current Events

### Discussion Group

**Tuesdays**

**12:00 Noon to 1:30 pm**

Come join friendly and lively round-the-table discussions on current events and issues that are proposed by our participants. We cover a broad range of topics open to everyone's takes. All opinions are encouraged and treated with respect and civility.

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**



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](mailto:Maureen@PD-Connect.org)



## GENTLE CHAIR YOGA

**Wednesdays** 

**9:00am – 9:45am**

**\$5 per class**

45-minute gentle yoga class with a chair. Stretching and movement, done slowly & deliberately seated in a chair. Some standing for balance.

- 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

## Meditation

with

## Zoe!

Thursdays - 12:30pm



## Ping-Pong

Tuesdays &  
Thursdays

**2pm – 3pm**

Beginners  
welcome!



# PETALUMA SENIOR CENTER ACTIVITIES



## ARTISTS

### Open Art Studio

with Vivian Lujan-Cortez

Thursdays  
9:30 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.

## 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](mailto:parksnrec@cityofpetaluma.org)



## 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

## September Coloring Contest

Pick up a coloring sheet in the PSC Front Desk

Turn in by September 30<sup>th</sup> & enter to win a prize!

# PETALUMA SENIOR CENTER ACTIVITIES

## Pool

MON - THU

8:30am -

4:00pm

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



August 2024 Pool Tournament Winner

**Ned!!!** He won 4 times this year! 🏆

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!

## GOLDEN CONVERSATIONS DISCUSSION GROUP



THURSDAYS AT 11:30 am

Engage in lively & interesting conversations about everyday life.

Topics are wild, serious, funny, & unique. All are welcome to bring opinions and be ready to share, listen, and reflect.

## 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 ☔

## 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.

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/>

## **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



Sign up through the

SRJC Older Adults Program

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

### AT LEGHORN PARK

## **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





**THE FLOATHOUSE**  
BOAT RENTALS, TOURS, LESSONS



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

## 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 - Saturday, Sept 7, 10:00 - 12:00**

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

**Part 2 - Saturday, Sept 21, 10:00 - 12:00**

Supplies to keep at home, 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](http://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](http://www.emergencyprephelp.org)

## 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](http://alz.org/education)

TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT [ALZ.ORG/CRF](http://ALZ.ORG/CRF)

# Coming in October at the PSC

## Denim Days w/ Chelsa

Thursdays October 10, 17, 24

2pm – 4pm \$5 contribution for series

Bring your own Denim jackets, jeans, bags, etc. to embellish.

*Learn to embroider, add buttons/beads, & appliqué to beautify your blues.*



R.S.V.P. – Space is limited

## Happy Crafts

♥ with Bonnie!

Wed. October 9<sup>th</sup> - 1pm

This month's craft:  
**Moon Wreath**

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



## Petaluma Senior Center Gazebo Grand Opening

Wednesday, October 23  
4pm - 6pm

Ribbon Cutting at 4pm

Complimentary Refreshments \* Live Music

R.S.V.P. by October 16<sup>th</sup> - (707)778-4399

*Dedicated to the Life and Memory of Martha Fullerton U'Ren*

## Chili & Chills

Halloween  
Hurrah

Thursday, October 31

12pm – Carnival Games &  
Chili

1:30 pm - Dance Hour &  
Costume Contest with prizes

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

# Coming in October at the PSC



## BRING IN YOUR PHOTOS OF LOVED ONES PASSED FOR THE PSC COMMUNAL Day of the Dead OFRENDA

Day of the Dead (El Dia de los Muertos) is an annual Mexican Observance honoring deceased loved ones. This is a time of joyful remembrance, not a solemn time. One tradition is an Ofrenda -an altar with photos, decorations, and offerings meant as a gift for the dead.

From October 14<sup>th</sup> until Oct 31<sup>st</sup>, you can add your photos to the PSC Ofrenda (we will make photocopies of the originals to place there). This community project is open to anyone regardless of one's religion or beliefs - it is meant to be a positive experience for those who choose to participate.



## Lucy in the Library

Tues. October 15 - 10am

National I Love Lucy Day  
Marathon



Coming in October  
at the Community  
Center →

## Senior Line Dance Social

Thursday, October 3<sup>rd</sup>

2pm - 4pm

Free Event!

Petaluma Community Center

320 N. McDowell Blvd.

(707)778-4380



# 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](mailto:admin@petalumapeople.org)

## You Are Not Alone

- Volunteers make a daily call to an isolated senior
- Application required
- Contact [notalone@petalumapeople.org](mailto:notalone@petalumapeople.org)

## Home Delivered Meals

- Volunteers deliver meals to homebound seniors
- Application required
- Contact [admin@petalumapeople.org](mailto: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](mailto:admin@petalumapeople.org)

## Monetary Donation

- Monetary donations are always welcome
- [petalumapeople.org/donate](http://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](http://www.petalumapeople.org)  
[admin@petalumapeople.org](mailto: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](mailto: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](mailto: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](mailto:admin@petalumapeople.org)

## Admin Support

- Volunteers are needed to support our main office on various tasks
- Flexible time and schedule
- Contact [admin@petalumapeople.org](mailto: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](http://www.rtpetaluma.org)  
501 Payson Street  
Petaluma, CA 94954



BECOME A PART OF  
REBUILDING TOGETHER PETALUMA

### Volunteer

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

### Donate

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



# PETALUMA, WE NEED VOLUNTEERS!

**PLEASE SIGN UP  
AT REFB.ORG**



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

*Help us End Hunger in Our Community!*

707-523-7900 | 3990 Brickway Blvd., Santa Rosa | [refb.org](http://refb.org) | [volunteers@refb.org](mailto: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

If you...  
have a love of cats and kittens,  
have a need to nurture,  
would like to make some new friends, both feline and human, then...

## Volunteer at Morti's Used Book Nook & Cat Adoption Lounge



This is what we do and we are in need of more hands to do it!

We are looking for more volunteers to add to our team! Our volunteers come into the Lounge mornings and evenings to clean and feed; we socialize, love, and cuddle all cats and kitties daily. Our Book Nook and Cat 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 volunteer for a worthy cause, please complete our application and return it today! Must be at least 18 years old

More Information: Call LaRee,  
(707)-775-5130

<https://www.petalumapetpals.org/volunteer>



**Requirements:** We have a minimum requirement of two shifts per week with each shift being 2-3 hours. Both weekday morning and evening shifts are cleaning and feeding, same for the weekend plus greeting the public and showing off our kitties! Volunteer work can be moderately demanding physically. Must be able to do the following: bending, lifting, carrying, pushing/pulling, standing, walking, repetitive scrubbing/cleaning actions, contact with cleaning/sanitizing chemicals, simple math skills and effective communication.



## 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](http://cots.org/volunteer)



# VOLUNTEER OPPORTUNITIES

## PETALUMA VALLEY HOSPITAL AUXILIARY

### VOLUNTEERS NEEDED

As members of the Auxiliary, we provide 3 services:

- Escort (walk around hospital checking to see if needed for various tasks)
- Information Desk (Greet patients and visitors & direct them appropriately)
- Gift Shop (cashier, stocking shelves)

#### SHIFTS

9:00am - 12:00pm OR 12:00pm-3:00pm Monday - Friday

#### Additionally:

- New Caregiver Tour Guide  
Every other Monday approx. 1:30pm - 2:15pm
- Miscellaneous other tasks as needed.

#### Contact:

Virginia Merwin, Membership Chair - 707-321-4558  
Cathy Matter, President - 707-478-2836  
Volunteer opportunities - Petaluma Valley Hospital  
<https://www.providence.org>



## Join ReLeaf Petaluma's Outreach Team

### WHAT IS THE OUTREACH TEAM?

Outreach volunteers promote ReLeaf, its programs, and recruit volunteers by engaging the public in conversation and listening to opinions. They are essential to the mission of ReLeaf, as they inform residents about our work and the benefits of native trees by distributing flyers and staffing the ReLeaf information tables prior to every tree planting.

### Is this you?

- Like to engage people in conversation
- Have a passion for environmental projects
- Can be nonjudgmental and listen to public concerns
- Can give straightforward descriptions of ReLeaf programs
- Want to take action to address climate change
- Enjoy being outdoors



### IT'S FUN!

The ReLeaf Outreach Team is a fun way to meet new people in the community and be part of a variety of community events.

### JOIN NOW!

Are you interested in joining the ReLeaf outreach team?  
Please contact [releafpetaluma.noellene@gmail.com](mailto:releafpetaluma.noellene@gmail.com)  
[releafpetaluma.org](http://releafpetaluma.org)



## Become a Tree Steward at A Park Near You



### WHAT IS A TREE STEWARD?

Tree Stewards are volunteers who are trained to monitor the native trees ReLeaf Petaluma has planted –checking on them regularly, making minor repairs, responding to and reporting problems, and keeping accurate records of each tree's condition.

#### Where?

Tree Stewards are needed at all ReLeaf planting locations. Please contact us to find out your preferred location.

#### Is There Training?

Yes! All Tree Stewards are trained on what observations to make, how to record their data, what maintenance is required and when to seek help.

### IT'S FUN

Being a Tree Steward is a fun way to meet new people in the community. Get outside and enjoy Petaluma's parks and open spaces, all while helping to protect the urban forest.



### JOIN NOW!

Contact [ReLeafpetaluma@gmail.com](mailto:ReLeafpetaluma@gmail.com)  
[Releafpetaluma.org](http://Releafpetaluma.org)

Meet New Friends & Get Fresh Air and Exercise

Call them for Volunteer Opportunities

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](http://www.petalumariverpark.org/events)  
[info@petalumariverpark.org](mailto:info@petalumariverpark.org)



## September is Better Breakfast Month



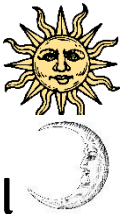
This observance encourages people to start their day with a nutritious meal. It's a great time to try out new breakfast options like smoothies packed with fruits and greens, or overnight oats made with chia seeds and nuts. You could also experiment with healthy breakfast burritos or avocado toast topped with eggs for a protein boost. Embracing a better breakfast can lead to more energy, improved focus, and overall well-being throughout the day.

### **The Fall Equinox**



**September 22nd at 5:43am pst.**

This marks the start of autumn in the Northern Hemisphere and is celebrated worldwide, particularly in cultures that honor seasonal changes. People celebrate by harvesting crops, enjoying seasonal foods like roasted root vegetables or pumpkin soup, and participating in outdoor activities like nature walks or bonfires. Some also observe the day with rituals that balance light and darkness, reflecting the equal length of day and night during the equinox.



### **Johnny Appleseed Day**

**September 26<sup>th</sup>**

Honors the legendary figure John Chapman, who is credited with planting apple trees across the American Midwest in the early 19th century. The day is marked by activities such as apple picking, baking apple-themed treats like pies or cider, and sharing the story of Johnny Appleseed's contributions to American folklore. It's a time to appreciate the impact of his work on agriculture and the enduring cultural significance of apples in American history.



### **Rumi Day**

**September 30<sup>th</sup>**

Rumi Day celebrates the life and teachings of the 13th-century Persian poet and mystic Jalaluddin Rumi. People honor his legacy by reading his poetry, reflecting on themes of love, spirituality, and the divine. A famous Rumi verse fitting for the day is, "Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray."



## 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 – 4108  
Petaluma People Services Center/Café  
(*& Meals on Wheels, You are not Alone*)..(707)765-8488  
Sonoma County Agency on Aging.....(707)565-5950  
AARP Driver Safety Program.....1-888-687-2277  
Adult Protective Services ..... (707) 565-5940  
Redwood Empire Food Bank Distribution..(707)-523-7900  
HICAP (*Health Insurance Aide*).....800-434-0222  
RSVP (*Volunteer Resource*) .....(707)573-3399 Ext 117  
Senior Adult Day Program.....(707)765-8490  
(*Social, Fiduciary, and Nutritional Service Resources*)  
Veteran's Service Office .....(707)565-5960



### Transportation



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

### Housing Placement



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

### Local Community Services



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

## Findhelp.org

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

NEED HELP GETTING CONNECTED WITH SERVICES?



WE CAN HELP



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

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 – September 6 & 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

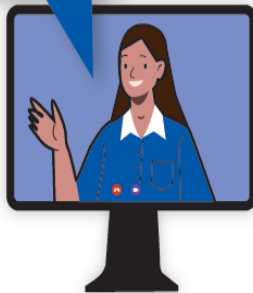
## COMMUNITY PARTNER OFFICE HOURS

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 connected with you!



### Register Here

or contact:

Yesenia Gaytan, 2-1-1 Director

[Yesenia.Gaytan@unitedwaywinecountry.org](mailto: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

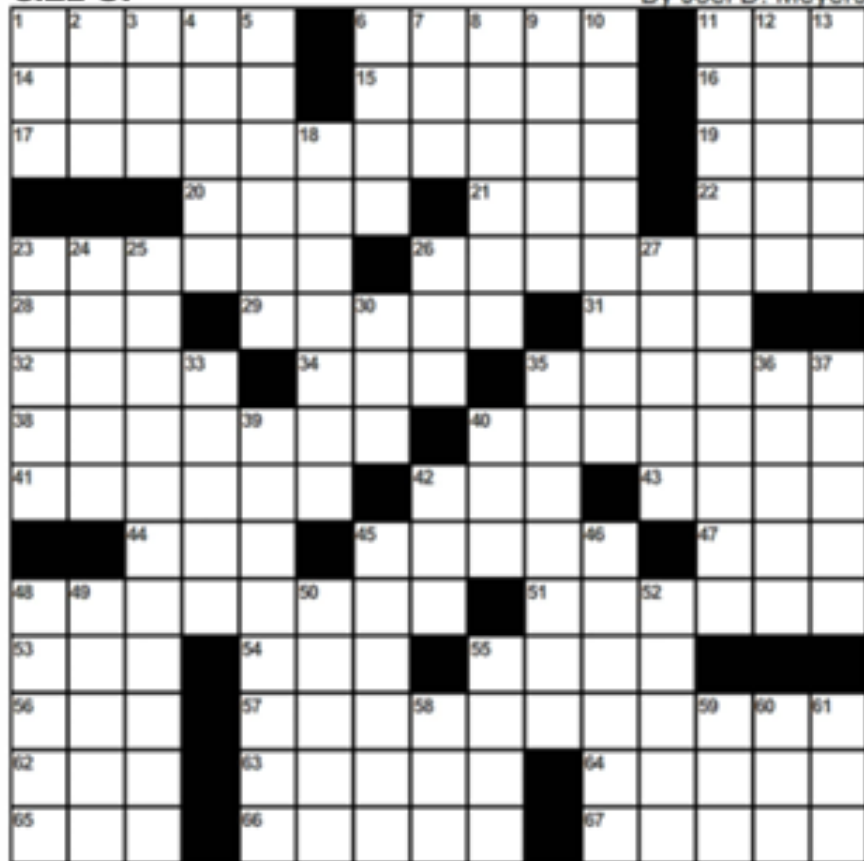
- 1) Average Joe
- 6) Bane
- 11) Groceries holder
- 14) One way to set a clock
- 15) "I had \_\_\_ good time"
- 16) Intense anger
- 17) Quite sizeable
- 19) Clock standard, briefly
- 20) Additional amount
- 21) Lapidarist's object of study
- 22) Startling exclamation
- 23) Not on the level?
- 26) Reciprocally
- 28) Enjoy the slopes
- 29) Drops in the ocean?
- 31) Turndown words
- 32) Common pets
- 34) Engage in litigation
- 35) New York big house
- 38) Footrest
- 40) Stock of weapons
- 41) Expose by squealing
- 42) Lots of mins.
- 43) Tom's "A Few Good Men" co-star
- 44) Candidate for spitchcocking
- 45) Ending for "deal" or "home"
- 47) Finger-pointer's word
- 48) Augurs
- 51) One of the Rockefellers
- 53) Put a spell on
- 54) Confessional revelation
- 55) White House figure
- 56) Away from the bow
- 57) Pennies and nickels, e.g.
- 62) What to call a knight
- 63) "And now ..." sayer
- 64) Willow for wickerwork
- 65) Frat letter
- 66) Tries to locate
- 67) Native American home of old

DOWN

- 1) "Rebel Without a Cause" actor Mineo
- 2) Half a dance's name
- 3) That woman
- 4) Igneous-rock producer
- 5) Music halls of old
- 6) Twenty-four cans, at times
- 7) Dot-com's address
- 8) Acts as monarch
- 9) More guarded
- 10) Items on the periodic table
- 11) Corporate doings
- 12) Lancelot's attire
- 13) Board, as a bus
- 18) Cooper or mason
- 23) Showy neckwear
- 24) Participate in a roller derby
- 25) Something for favorite customers?
- 26) Prez after Harry
- 27) Packed, as pistols
- 30) Wimple wearer
- 33) Shoe bottoms
- 35) Poison in classic mysteries
- 36) Grandmother's keepsake, sometimes
- 37) Ewok or Klingon
- 39) Slow-flowing syrup
- 40) Cruise ship for couples?
- 42) Is suffering from
- 45) Dennis of the comics, for one
- 46) Extremely popular
- 48) New moon, e.g.
- 49) Make usable again
- 50) Greedy person's demand
- 52) Real estate contract
- 55) Ballantine and others
- 58) Albanian currency
- 59) It's in the winter air
- 60) "\_\_\_ whiz!"
- 61) Versifier's "before"





SIZE UP

By Joel D. Meyers



Petaluma Senior Cafe Menu – September 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
<b>2. CAFÉ/ To Go Meals CLOSED FOR LABOR DAY!</b>	<b>3. Swiss Steak Rice Pilaf *Broccoli Green Salad Apricots ♦ W. W. Roll</b>	<b>4. BBQ Chicken Baked Beans Peas Coleslaw Strawberries ♦ W. W. Roll</b>	<b>5. Baked Fish Rice Pilaf Green Beans Pea Salad Pineapple ♦ W. W. Roll</b>	<b>6. Italian Pork Ragu/Polenta Italian Vegetables Marinated Vegetable Salad *Mandarin Oranges ♦ W. W. Roll</b>
<b>9. Stuffed Bell Peppers *Broccoli Normandy Green Salad w/ HB Egg Blueberries ♦ W. W. Roll</b> 	<b>10. Turkey Casserole Capri Vegetables Italian Carrot Salad *Orange Wedges ♦ W. W. Roll</b>	<b>11. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Roll</b>	<b>12. Teriyaki Beef Rice Rice Peas Cucumber, Red Onion and Tomato Salad Pineapple ♦ W. W. Roll</b>	<b>13. Frittata Potatoes California Blend Green Salad Apricots ♦ W. W. Roll</b>
<b>16. Hungarian Goulash Buttered Noodles Green Beans Green Salad Strawberries ♦ W. W. Roll</b>	<b>17. Chicken Ranchero Brown Rice with Black Beans Capri Vegetables Green Salad Peaches ♦ W. W. Roll</b>	<b>18. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomato Cinnamon Apples ♦ W. W. Roll</b>	<b>19. Baked Atlantic Cod with Pesto Brown Rice *Broccoli Normandy Green Salad w/ Hard Boiled Egg Watermelon ♦ W. W. Roll</b>	<b>20. Pulled Pork Sandwich Red Potatoes Italian Vegetables Green Salad *Orange Slices ♦ W. W. Roll</b>
<b>23. Tarragon Chicken with Mushrooms and Pearl Onions Green Beans, Rice Pilaf Spinach Salad Pineapple ♦ W. W. Roll</b>	<b>24. Spaghetti with Italian Meat Sauce Italian Vegetables Green Salad Apricots ♦ W. W. Roll</b>	<b>25. Pork Chow Mein Rice Carrots, Cucumber, Red Onion and Tomato Salad Strawberries ♦ W. W. Roll</b>	<b>26. Turkey w/ Gravy Stuffing Peas Beet Salad *Mandarin Oranges ♦ W. W. Roll</b>	<b>27. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Roll</b>
<b>30. Chili Colorado Brown Rice Mixed Vegetables Coleslaw Banana ♦ W. W. Roll</b>			<b>Daily 1 cup 1% Milk Bread Butter</b>	<b>*Vitamin C Vitamin A ♦Fiber Salt</b> 

Menu Subject to Change

Food may have been processed/removed from or contain tree nuts, dairy, eggs, soy or wheat. Los alimentos también pueden haber sido procesados / removidos 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

**Mexican Train Dominos** - Wednesdays

1:30pm - 4:00pm

**Pinochle** - Thursdays

10:00am - 12:00pm

**Rummikub** - Thursdays

2:00pm - 4:00pm



## Mind

**Lucky to Have Loved Support Group**  
Mondays

3:00pm - 4:00pm

**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

12:00pm - 1:00pm

**Artists Open Studio** - Thursdays

9:30am - 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

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**

**Meditation** - Thursdays

12:30pm - 1:30pm