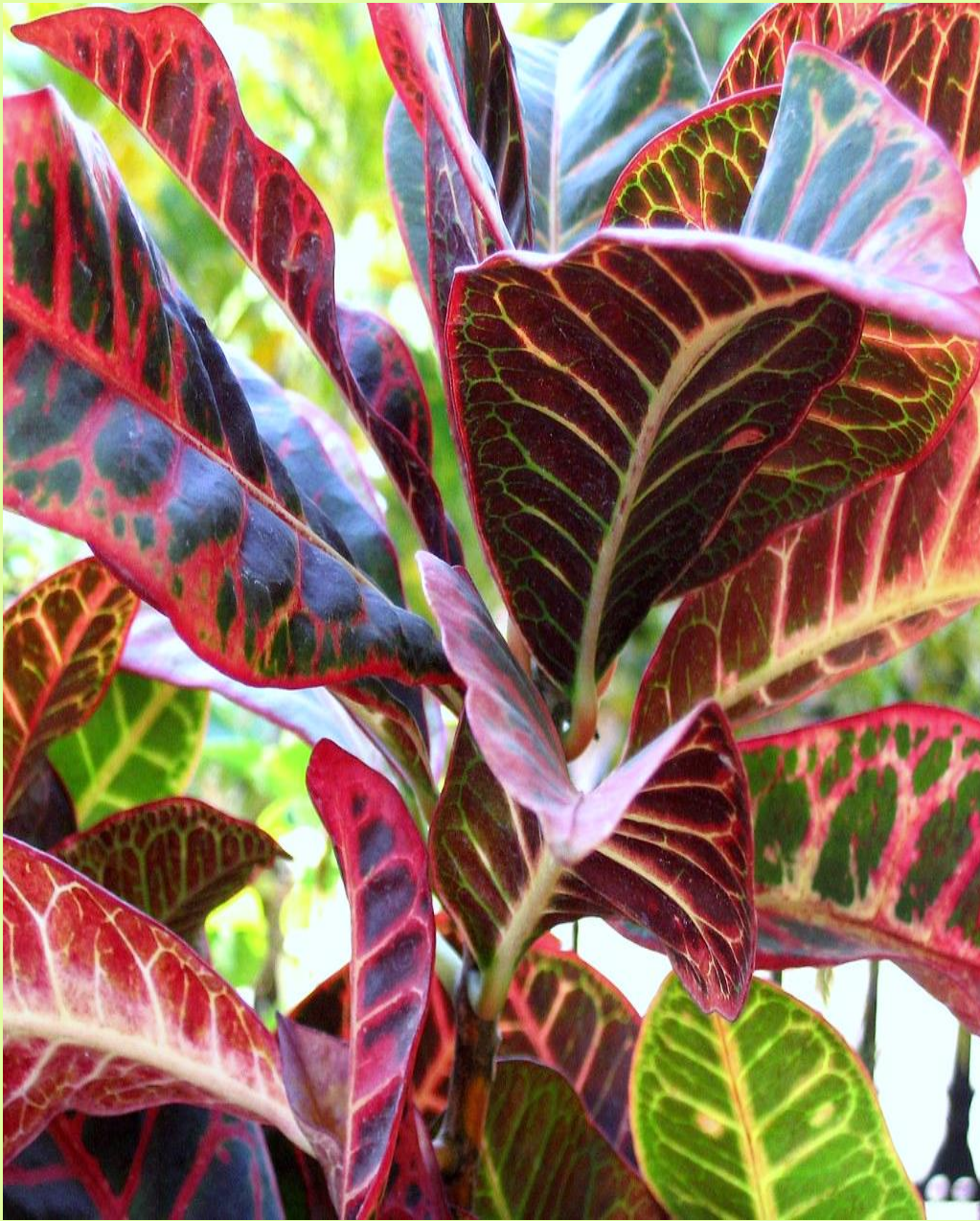


Petaluma Senior Center

JUNE



2025



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



Petaluma Senior Center Highlights

Friday Dance Hour

June 6

1pm -2pm



Cardio, Music, &
Refreshments

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

Happy Crafts



with Bonnie!

Wed. June 11th - 2pm

This month's craft:

Decoupage Solar Lanterns

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

Space is limited

(707)778-4399

no charge



Beat the Heat – June Walks in the Park – take a stroll in beautiful Luchessi Park and enjoy the warm weather... unless it is June Gloom, then enjoy the cool weather 😊.



10am Wednesdays in June – meet in the PSC Lobby

Petaluma Senior Center presents
the 2nd Annual

Creative Currents Art Show

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

Wednesday, June 18

12:30pm – 2:30pm

Recreation Room, 211 Novak Drive, Petaluma

A PSC &
café 211
**PIRATE and
PARROTHEAD
PARTY**

Wednesday
June 25

1PM

R.S.V.P.
BY
June 18

\$10
CONTRIBUTION

**CHEESEBURGERS
IN PARADISE**
 LUNCHEON
JIMMY BUFFET SHIRTS/ PIRATE
COSTUMES OPTIONAL, BUT PREFERRED.

Fun June National Holidays

Mon. June 2 – I Love My Dentist Day

Tue. June 3 – **Egg Day (10am – 12pm)**

Wed. June 4 – International Corgi Day

Thu. June 5 – World Environment Day

Fri. June 6 – Visually Impaired Peoples Day



Please join us for Friday Dance Cardio Hour 1pm!!!!

Mon. June 9 – Meal Prep Day

Tue. June 10 – **Iced Tea Day (10am – 2pm)**

Wed. June 11 – Making Life Beautiful Day

Thu. June 12 – Democracy Day

Fri. June 13 – Weed Your Garden Day



Mon June 16 – Take Your Cat to Work Day

Tue. June 17 – Global Garbageman Day

Wed. June 18 – National Fishing Day/ International Picnic Day



Creative Currents Art Show at the PSC - 12:30pm – 2pm

Thu. June 19 – **JUNETEENTH** – This date marks the end of slavery in the U.S. and commemorates African American freedom.

Fri. June 20 – Take Your Dog to Work Day



Mon. June 23 – Let it Go Day / **Pecan Sandies Day (10am – 2pm)**

Tue. June 24 – Upcycling Day – creative Re-Use!

Wed. June 25 – Day of Joy & **Cheeseburgers in Paradise PSC Party 1pm**

Thu June 26 – **Chocolate Pudding Day (12pm -2pm)**

Fri. June 27 – PTSD Awareness Day



Mon. June 30 – International Asteroid Day



MONDAY

Pool - 8:30am - 4:00pm

8

Improver Line Dancing – 8:30am – 10:00am

Quilting - 9:00am - 4:00pm

Painter's Circle – 10:00am -12:30pm

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

Healthy Aging Social 11:00am- 12:00pm (June 9th)

NEW AARP Smart Diver Course (June 9th & 16th) – must attend both

Classic Poker – 2:00pm - 4:00pm

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

Tai Chi Movement for intermediate /advanced – 3:00pm -4:00pm



TUESDAY

Walking Group – 7:45am **Sharp**

Pool - 8:30am - 4:00pm

8

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 **CLASS FULL**

12:00pm – 12:45pm – for higher level and intensity

Conversations on Aging – 10:00am – 11:30am (June 24th)

NEW – Dreamwork – 11:30am – 1:00pm – **Class Begins June 17**

Puppy Love – 12:00pm – 1:00pm (June 10st)

Duplicate Bridge – 12:00pm - 4:00pm

Current Events Discussion Group - 12:00pm – 1:45pm

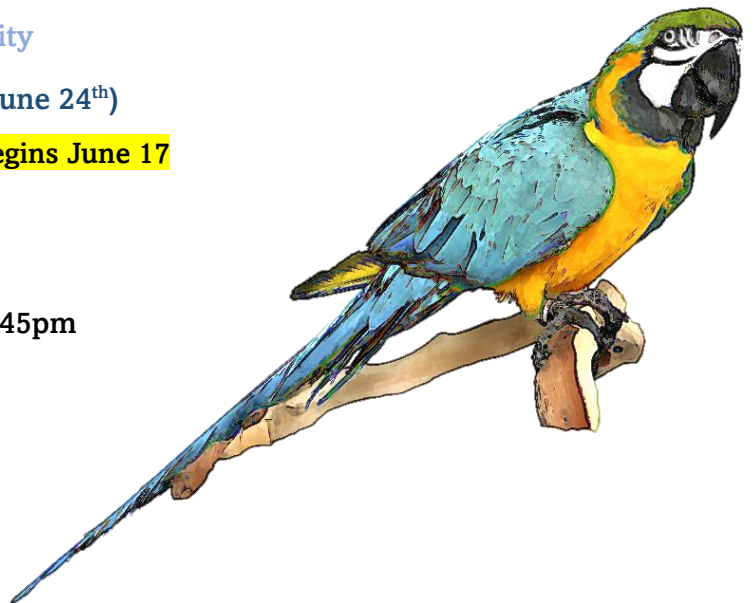
Sing-Along – 2:00pm – 3:00pm (June 17th)

Parliamo in Italiano – 2:00pm – 3:00pm

Ping Pong – 1:30pm – 3:00pm

Positive Thinking - 2:00pm – 3:00pm

Tech Help with Rich & Chuck – 2:00pm – 3:00pm (June 10th)



Pool - 8:30am - 4:00pm **8**

WEDNESDAY

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

Fluent in French - 10:00am SHARP - 11:30am

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

Beginning Line Dance - 10:00am - 11:00 High Beginner / 11:00am - 11:45am Beginner **11am CLASS FULL**

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 - 2:00pm - 3:00pm (June 11th)

What's Your Story - 1:00pm - 2:00pm (June 18th & 25th)

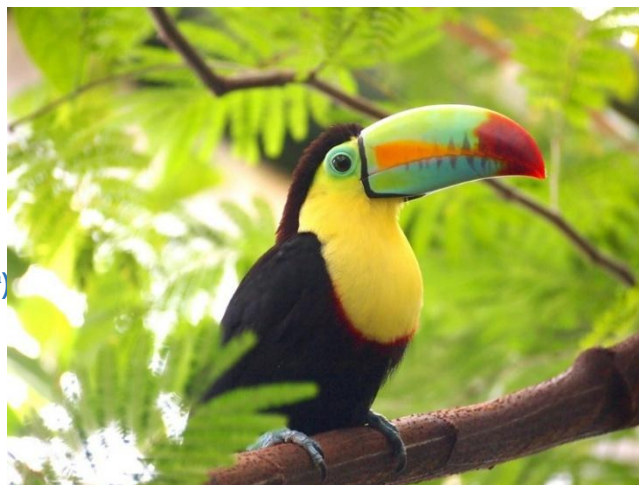
Senior Legal Clinic with Maria - 1:00pm - 3:00pm (June 18th)

Look Club 1:00pm - 2:00pm (June 25th)

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

Widows Connect! - 1:30pm - 2:30pm - **GROUP FULL**

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



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

THURSDAY

Improver/High Beginner Line Dancing - 8:30am - 10:00am

Pool - 8:30am - 4:00pm **8**

Artist Open Studio - 9:30am - 11:30am

Community Law Clinic - 10:00am - 12:00pm (June 5th)

Pinochle - 10:00am - 12:00pm

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

Sit 2B Fit - 10:00 am - 11:30am

Origami for Beginners 11:30am - 1:30pm

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

Meditation - 12:30pm - 1:30pm

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

Rhythm Circle - 1:00pm - 1:45pm (June 26th)

Ping Pong - 1:30pm - 3:00pm

Wise Women's Circle - 2:00pm - 3:30pm (June 19th)

Rummikub - 2:00pm - 4:00pm

Tai Chi Movement for beginners - 3:00pm - 4:00pm



FRIDAY

8 Pool - 10:00am - 2:00pm

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

Quilting Club 10:00am - 2:00pm

Vinyl Classics: 12:30pm - 2:00pm

NEW Board Silly Fridays - 12pm - 2pm

Cardio Dance Hour - 1pm - 2pm (June 6)

NEW Should You Stay or Should You Go?
12pm - 1pm - (June 13)

Enjoy Friday Movies in the library all
month long!

PETALUMA SENIOR CENTER ACTIVITIES

SHOULD YOU STAY OR SHOULD YOU GO?

Free Educational Presentation
Housing Options for
Senior Homeowners

What You'll Learn:

- ✓ Why you shouldn't wait until a crisis requires an immediate move. Learn your options now so you can plan ahead
- ✓ How to "right-size" your home, move closer to family or a better climate
- ✓ Determining your home's valuation, capital gains tax, Prop. 19
- ✓ Options for independent living such as 55+ communities, plus assisted living and memory care
- ✓ How senior homeowners can increase cash flow, pay for in-home care, and have no mortgage payments

Speakers

- ✓ Margaret Kapranos, Senior Real Estate Specialist, Berkshire Hathaway
- ✓ Kathleen Carney, Senior Loan Officer and Reverse Mortgage Specialist, NEXA Mortgage
- ✓ Monique Pavon, Director of Client Services, First Light Home Care
- ✓ Rheanna Kennedy, Field Office Supervisor, Help at Home Senior Care

FREE PIZZA!

Life Should Be a Pizza Cake 🍕

Friday,
June 13, 2025

12:00-1:00 p.m.

Petaluma Senior Center
211 Novak Dr, Petaluma

Register Now ➔



Petaluma Senior Center, 707-778-4399



BOARD SILLY FRIDAYS

EVERY FRIDAY IN JUNE 12PM -2PM

DROP IN FOR OPEN BOARD GAME TIME

THIS CASUAL GATHERING, REQUESTED BY SENIORS, IS
A GREAT CHANCE TO MEET NEW PEOPLE, PLAY
FAVORITE GAMES, & HELP START NEW GAME GROUPS.



AARP SMART DRIVER SAFETY COURSE

NEW LOCATION!!

REGISTER
TODAY!

June - Monday 9 & Monday 16

Participants must attend **both** sessions.



12pm - 4pm



NOW AT THE PETALUMA SENIOR CENTER!!!

Participants will receive certification of completion & may qualify for a DISCOUNT on insurance!!

The cost is \$20 for AARP members and \$25 for non-members – payment by check is preferred. Checks should be made out to AARP.

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



Tai Chi Movement

with Lisa

Mondays 3pm -4pm

Intermediate/Advanced

Thursdays 3pm -4pm

Beginners

\$5 contribution

PETALUMA SENIOR CENTER ACTIVITIES

Dreamwork

Listening to the Wisdom of Your Dreams

Ever wonder what your dreams really mean?

Explore hidden parts of yourself and uncover powerful insights and understand your dreams as messages from your deeper self.

Based on the ideas of psychologist Carl Jung, we'll explore how dreams can help you grow, heal, and learn more about who you are.

- Dream journaling and personal reflection
- Exploring symbols to interpret what your dreams & discover common patterns in dreams
- Group discussions & guided activities

You don't need any background in psychology—just curiosity and an open mind.

Tuesdays - 11:30am – 1:00pm

Classes Begin June 17

A Very Special Thank You to:

- * Buffalo Billiards for the great service and price on our Pool Table service
- * Chris Schmidt for assembling our new patio furniture for our Gazebo!

GOLDEN

CONVERSATIONS

Join the discussion and share your stories and views

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.

Origami for Beginners

with Randall

Thursdays in June

11:30am - 1:30pm

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



SIT 2B FIT



Join us for this fun class where you can exercise with a chair - seated or standing.

This class will help give you increased flexibility, tone your muscles, elevate your heart rate, strengthen your body, and maintain balance.

NEW TIME!!

Thursdays 10:00am to 11:30am

Program is Free, offered through the SRJC Older Adults Program – sign up at first class

PETALUMA SENIOR CENTER ACTIVITIES

Puppy Love

Enjoy a visit with these adorable
furry friends!

Tuesday, June 10 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!!!



Bebe, Elvis, Ringo Starr, & Taylor Swift

A Wise Women's Circle

Thu. June 19th 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 3rd Thursday each Month - 2pm

Summer MOVIE FRIDAYS

Enjoy a fun flick, air
conditioning, and popcorn
in the PSC Library
Fridays at 11am

Musicals in June

Join our
Pinochle group
because solitaire is just
too lonely...

Thursdays
10am – 2pm

Come & Learn – newbies welcome!



PETALUMA SENIOR CENTER ACTIVITIES

Parliamo in Italiano

Circolo Sociale

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

Tuesdays 2pm – 3:30pm



Join us for a Sing Along!

Tuesday, June 17
2pm – 3pm

- No experience necessary
- Improve brain function and mood
- Relieve Stress
- Create Community

JUST HAVE FUN!!
The 3rd Tuesday of the Month



Be gentle
with yourself.

Try

Positive Thinking

Tuesdays 2pm – 2:45pm

- Breathing exercises
- Meditation
- Living in the moment training
- Stress reduction for Mind and Body

Get Strong with Denise



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

PETALUMA SENIOR CENTER ACTIVITIES

HEALTHY AGING SOCIAL

MONDAY

June 9th

11:00 am to Noon

Stop by and enjoy some food, fun, and refreshments with three community advocates where we will share resources and listen to your needs as a senior aging in Sonoma County.

Senior Legal Clinic with Maria C. Gapinski Esq.

Estate Planning Attorney

Have a legal question?

Schedule a 30-minute legal consultation

RSVP at PSC front desk - (707) 778-4399

Third Wednesday of the month

1pm, 1:30pm or 2:00pm

JUNE 18



Petaluma Tuesday Wellness Walks with Cancer Wellness Programs

Welcome to anyone in treatment, having had cancer
or living life's journey with cancer

Tuesdays 9:00am — 10:30am

FREE Wellness Walks: Join Dr. Keck and other patients as we gather in community for a walk around Lucchesi Park. We meet just before 9am in Senior Center parking lot

FREE Wellness Programs: Following Wellness Walks, from 9:30-10:30am, we will gather in community at the Senior Center for a variety of wellness practices, see below.



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.

JUNE Wellness Programs	
TUESDAYS	
3	Art From The Heart with Holly
10	Special Self-care-Chair Massages by Rosemary
17	Gentle Chair Yoga with Bee
24	Expandance - Gentle Movement with Rachel

JULY Wellness Programs	
TUESDAYS	
8	Art From The Heart with Holly
15	Special Self-care-Chair Massages by Rosemary
22	Gentle Chair Yoga with Bee
29	Expandance - Gentle Movement with Rachel

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

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



Wednesday, June 11 10am -1 pm

Roll Into Your Future



(Snacks Included!)



LOOKING FOR A PART TIME JOB??

Do you Drive your own reliable car?

J & M Homecare Services is looking for you:

Become a Caregiver-on-the-Go!!

Caregiver On the Go drive those who need to go to:

- Doctor, Dental, and Eye Appointments
- Hospital Discharge Assistance
- Outpatient Surgery and Procedures
- Dialysis, Chemotherapy, and Radiation
- Physical Therapy and Occupational Therapy
- Grocery Store & Shopping



10-15 hours a week minimum * \$19-\$22/ hour

Valid Driver's License & Insurance

PETALUMA SENIOR CENTER ACTIVITIES

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.

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

SENIORS LOOK CLUB

Wednesday June 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.

PETALUMA
ARTS CENTER

PETALUMA
SONOMA COUNTY

PETALUMA SENIOR CENTER ACTIVITIES

Are you afraid of falling?
Do you feel unsteady on your feet?

FALL PROOF!

Balance & Mobility Class

Tuesday:

10am – 11am For those very unsteady or that use an assistive device (cane/walker)

11am – 12pm For higher **CLASS FULL** assistive device

12pm – 12:45pm For higher energy & Intensity

Friday: 10am – 11am - All Abilities

Fallproof! is a clinically proven, structure-based exercise class designed to improve balance, mobility, and posture.

Studies show that balance/mobility training can be instrumental in preventing falls in older adults. Many falls can be prevented!

1st Class is free, \$10 per class after that Scholarships/Partial payments are available upon request

Classes are modifiable to fit most fitness levels.

Please stop in and observe a class and see if its right for you!

Questions? Contact Michelle Machado, Fallproof! Instructor (707) 529-1511



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 ☔

What's your story?

Casual Conversation in Good Company

Wednesdays - June 18 & 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.

Next Month dates: July 9 & 23



Current Events



Discussion Group

Tuesdays - 12:00 Noon to 1:30 pm

Come join friendly, lively round-the-table discussions on current events and ideas that are proposed by our participants. We cover a broad range of issues open to everyone's takes. All views are encouraged and treated with civility and respect. Our meetings are held in the Art Room, at the rear of the Senior Center to the right.

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

PETALUMA SENIOR CENTER ACTIVITIES

Meditation

with Zoe!

Thursdays - 12:30pm

BENEFITS OF MEDITATION

Lower Stress

Feel Calmer and More Relaxed

Improve Focus

Quiet Your Mind

Enhance Emotional Health

Promote Better Sleep

Strengthen Your Immune System

Suitable for Beginners & more Experienced meditators

Come drop in and try a class!!



Vinyl Classics

A SRJC CLASS

"Turn on, tune in, drop out"

Fridays @ 12:30pm

Warm and Rich Sound Quality
Tactile and Hands On Experience
Beautiful Album Artwork
Nostalgia and Music History

Connection with Community and Culture
Immersive Album Listening
Exciting Collectability
Relaxing and Mindful Ritual



0946 3 82419 2 8

Conversations on Aging

Identifying Goals, Wishes and Well Being

Tuesday, June 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/>

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

Thursday, June 5
10 am -12 pm

Or Schedule a free consultation/mobile visit

(707) 789-5336

Communitylawclinic.ca@gmail.com

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

PETALUMA SENIOR CENTER ACTIVITIES

Rhythm Circle

with Tarah

Thursday

June 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.



Rummikub

Thursdays

2pm -4pm

Voulez vous parler en français



FLUENT in FRENCH

Discussion Group

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

Wednesdays

10:00am – 11:30am

Please come prepared with a topic to discuss



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.

PETALUMA SENIOR CENTER ACTIVITIES

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!



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



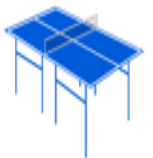
Wednesdays
9:00am – 9:45am
\$5 per class

45-minute gentle yoga class with 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



Ping Pong



Tuesdays & Thursdays

1:30pm - 3:00pm

PETALUMA SENIOR CENTER ACTIVITIES

Would you like to
talk to someone?

The Listening Bench

Purpose:

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

Who's listening?

Volunteer seniors who have been trained in the art of active listening, will be offering their peer support and compassionate skill set to any individual who visits the Listening Bench.

Drop In - Thursdays from 10am - 12pm at the Petaluma Senior Center, 211 Novak Drive

Make an Appointment: Call (707) 778 - 4399

Email: parksnrec@cityofpetaluma.org



The Listening Bench is expanding and seeking volunteer listeners!

Join our training to learn active, reflective listening skills and offer a few hours a month at the Senior Center and other Petaluma locations.

We provide adults 55+ a safe, confidential space to be heard. Monthly Round Tables offer ongoing support to the Listeners and provide tools for growth in empathy, boundaries, and connection.



For more info please call (707)778-4399



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

12:00pm – 1pm

No crafting/ art experience necessary & supplies are provided.



June Coloring Contest

Pick up a coloring sheet in the PSC
Front Desk

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

PETALUMA SENIOR CENTER ACTIVITIES

Pool

ALL DAY

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

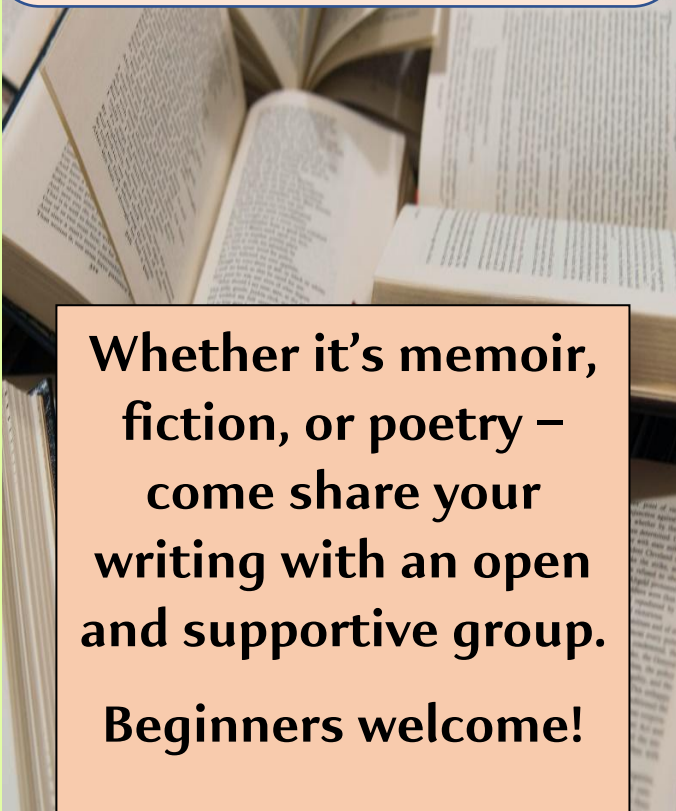


May 2025 Pool Tournament Winner
Joel!!!



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!



MAHJONG



Players Wanted

WEDNESDAYS

10am – 11:30am

Beginners welcome/ Pros welcome

Chinese Style



WANTED

Mexican Train

Domino Players

Wednesdays

1:30pm – 4:00pm



PETALUMA SENIOR CENTER ACTIVITIES

Petaluma Senior Center

BOOK CLUB

Thursday, June 12th

12:30pm



June Selection

Honey, Baby, Mine

by Laura Dern and Diane Ladd
(Memoir)

July 10 Selection

The Devil in The White City

by Erick Larson
(Historical non-fiction)



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!

¿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

TECH HELP

Tuesday, June 10th

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

WIN A CAR

Donate for a chance to win a sweet ride!

Limited time



Rev Up the Excitement with Our Summer Car Giveaway!

Donate July 9-31 for a chance to win a car. You could be the lucky donor randomly selected as the winner of up to \$30,000 toward the purchase of your sweet, new ride!*

Book your appointment today.

[Make an appointment online](#) or call 877-25-VITAL

Petaluma Parks and Recreation BLOOD DRIVE

Location: Petaluma Fairgrounds

Beverly C. Wilson Hall

175 Fairgrounds Drive, Petaluma, CA 94952

Date: Tuesday, July 29, 2025

Time: 10:00 am - 2:00 pm



To schedule an appointment, go to vitalant.org and enter blood drive code: 100560888
Or Scan QR Code

*Terms and conditions apply, visit vitalant.org/cargiveaway

Find us @vitalant:     

vitalant.

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



ACTIVITIES AT THE PETALUMA COMMUNITY CENTER

Ages 55+
Mondays and Fridays
11:00am - 12:00pm
Petaluma Community
Center
320 N. McDowell Blvd
\$5/class
First class FREE!



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.

Senior Line Dance Social

Thursday, June 12th

2pm - 4pm

Free Event!

Petaluma Community Center

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



REDWOOD EMPIRE FOSTER
PARENT ASSOCIATION
FRIDAY NIGHT BINGO
Petaluma Community Center
320 North McDowell Blvd

*Providing scholarships for Foster Children while
having fun playing Bingo*

BINGO

Every Friday Night

Doors Open 4:30pm / Game Starts at 6:30pm

Buy-in \$45

Regular Games Pay \$250 / Specials Pay \$300

Play 1 time during the month of your birthday for free

1st time players only pay \$20 for buy-in

Coming in July

Happy Crafts

♥ with Bonnie!

Wed. July 9th - 2pm

This month's craft:

Rock Campfire Candleholder

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



Bead Your Own Bracelets

Join us for a colorful crafting adventure



Friday, July 11
12pm -2pm



Join our workshop to create unique bracelets!
Participants can explore different colors, sizes, and shapes of beads. Unleash your creativity in a fun, inviting atmosphere with fellow bead enthusiasts.
\$5 contribution for supplies - RSVP (limited space)

Sizzle & S'more

National Hot Dog Day Party

Wednesday, July 16 - 1pm

Join us in "The Great Indoors" for
Hot Dogs, Potato Salad, Green Salad,
Baked Beans, S'mores and more!

\$5 Contribution

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



Blue Zones & Petaluma Senior Center
presents

Blue Zones Cooking Demos

Summer Salads

Wednesday, July 30 - 1pm

Cooking For One

Wednesday, August 6 - 1pm

RSVP @ Front Desk

\$5 per demo contribution



BLUE ZONES PROJECT

June is National Fruits and Vegetables Month!!

Enjoy peak-season produce and build healthier eating habits. In California, June brings an abundance of fruits like cherries, peaches, and nectarines, alongside vegetables such as zucchini, green beans, cucumbers, and tomatoes. Celebrate with a recipe for 2 – a sweet **cherry almond crisp** and a savory **sautéed zucchini and cherry tomato medley**—both bursting with fresh, local flavor.



Cherry Almond Crisp (for 2 servings)

- 2 cups fresh cherries, pitted
- 1/4 cup granulated sugar
- 1 1/2 tsp cornstarch
- 1/4 tsp vanilla extract

Topping:

- 1/4 cup rolled oats
- 3 tbsp almond flour (or finely ground almonds)
- 2 1/2 tbsp brown sugar
- 2 tbsp butter, melted
- Pinch of salt



Instructions:

1. Preheat oven to 350°F (175°C).
2. In a small bowl, toss cherries with granulated sugar, cornstarch, and vanilla. Transfer to two ramekins or a small baking dish.
3. Mix oats, almond flour, brown sugar, salt, and melted butter. Crumble evenly over the cherries.
4. Bake for 25–30 minutes until golden and bubbly.
5. Serve warm, optionally with a dollop of whipped cream or a scoop of vanilla ice cream.

Sautéed Zucchini & Cherry Tomato Medley (for 2 servings)



- 1 medium zucchini, halved lengthwise and sliced
- 1/2 cup cherry tomatoes, halved
- 1 small garlic clove, minced
- 1 tbsp olive oil
- Salt and pepper, to taste
- A few fresh basil leaves, torn (optional)

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add garlic and sauté for about 30 seconds.
3. Add zucchini and cook for 3–4 minutes, stirring occasionally.
4. Add cherry tomatoes and cook for another 2–3 minutes, until slightly softened.
5. Season with salt and pepper. Garnish with basil just before serving.



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) 778-4372



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



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



Rebuilding Together
Petaluma

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> 707-765-3944 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 – June 6 & 20

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.

ALL ABILITIES AND PACES!
¡TODAS LAS CAPACIDADES Y RITMOS!



RIVER PARK WALKS

OPEN TO THE PUBLIC

Join a weekly walk every
Tuesday morning to enjoy the
1.4-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.

CAMINATAS DEL RIVER PARK

ABIERTO AL PÚBLICO

Acompáñenos a la caminata semanal
todos los martes por la mañana para
disfrutar del circuito de ida y vuelta
de 1.4 millas en el Parque del Río
Petaluma. Lo acompañarán otras
personas que buscan sumergirse en
la belleza del parque en un entorno
grupal.

**When: Every Tuesday at
9:00AM**

Meet in the Steamer Landing Parking
Lot at 100 East D Street.

**Cuándo: Todos los martes a las
9:00AM**

Punto de encuentro en el estacionamiento
del Steamer Landing en 100 East D Street.

Please note that the walks may be cancelled on stormy and extremely hot days.
Tenga en cuenta que las caminatas pueden cancelarse en días de tormenta y
mucho calor.



For more information/Para más información:
p.rivas@petalumariverpark.org
www.petalumariverpark.org



Elder Law Program

Free legal help with:

- Restraining orders related to abuse
- Landlord/Tenant issues (subject to referral)
- Simple Wills (for estates less than \$184,500)
- Powers of Attorneys/Advance Health Care Directives
- Appealing reduction/termination of SSI or SSDI
- Probate Conservatorship issues (under limited circumstances)
- Probate Guardianship issues (under limited circumstances)



**Potential clients must first go through
our intake process, either in-person at
our Santa Rosa office or over the phone,
before meeting with an attorney.**

**We can only assist individuals directly;
not through friends or relatives.***

*unless there is a valid Conservatorship or Power of Attorney
in place

**Most legal services cannot be completed
same-day (follow-up appointments may
be required).**

COME TO OUR OFFICE!

144 South E Street, Ste. 100, Santa Rosa, CA 95404

MON	TUE	WED	THU
9:15-11:30am	9:15-11:30am	9:15-11:30am	9:15-11:30am
1:15-4:00pm	1:15-4:00pm		1:15-4:00pm

Closed Wednesday Afternoons and Fridays

We offer flexible appointments!

If you cannot come to our office, call our Elder Law
Line and leave a message with your name, phone
number, and a brief description of your legal issue:

(707) 340-5610



ACROSS

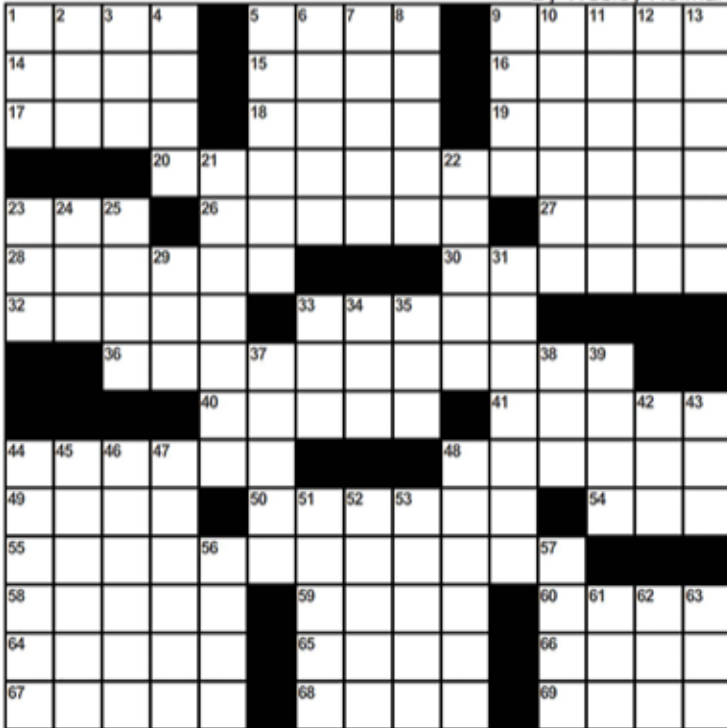
- 1) Cheery sounds
- 5) Asian nurse
- 9) Pet protection org.
- 14) Polish prose
- 15) "Contendere" preceder
- 16) Word-insertion mark
- 17) "Star Wars" sage
- 18) Gaming first-timer
- 19) "I Got ____" (Croc tune)
- 20) What river rats do to sharpen their teeth?
- 23) Tummy muscles
- 26) On ____ (under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

DOWN

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

GNU AND IMPROVED

By Wesley Holman



Healthy Petaluma
DISTRICT & FOUNDATION

Senior Memoir Project

Research has shown that there is a benefit to the older adult in telling their life history. Reflecting on one's life story/memoir opens the door to a sense of personal meaning and purpose and provides an opportunity to tie together themes from both the past and the present, allowing for the development of understanding and insight.

Are you interested in being interviewed? Interviewees will also have the opportunity to receive a free copy of the interview after it has been completed.

Please call Ben Spierings at (707) 285-1243 ext. 134
VISIT OUR NEW SITE AT WWW.HEALTHYPETALUMA.ORG



What did the watermelon say to the popsicle in June?
"You're the coolest snack around!"

Why don't oysters share their beach towels?
Because they're a little shellfish!



Why do bananas use sunscreen in the summer?
Because they peel!

Petaluma Senior Café Menu – June 2025

PETALUMA PEOPLE SERVICES CENTER PETALUMA CAFÉ 211 Located at 211 Novak Drive Lunch: 12:30 p.m. to 1:00 p.m. Activities: 12:30 to 2:30p.m.					
MONDAY		TUESDAY		WEDNESDAY	
2. *Broccoli Beef Rice Carrots Green Salad Apricots ♦ W. W. Roll	3. Hungarian Goulash Buttered Noodles Mixed Vegetables Green Salad Strawberries ♦ W. W. Roll	4. Ratatouille Polenta Italian Vegetables Three Bean Salad Banana ♦ W. W. Roll	5. Burgundy Beef with Egg Noodles *Brussel Sprouts Beet Salad Tangerine ♦ W. W. Roll	6. Chicken a la King Rice Pilaf Green Beans *Broccoli Salad Boysenberries ♦ W. W. Roll	
9. Jambalaya with Chicken and Chicken Sausage *Broccoli Coleslaw Apricots ♦ W. W. Roll	10. Chili Beans with Turkey Capri Vegetables Green Salad Blueberries ♦ W. W. Bun	11. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Roll	12. Pork Ragu with Polenta California Blend Green Salad *Tangerine ♦ W. W. Roll	13. Father's Day Lunch! Meatloaf Mashed Potatoes Peas and Carrots Tomato Salad, Cherries Chocolate Cake ♦ W. W. Roll	
16. Stuffed Bell Peppers *Broccoli Normandy Mixed Vegetables Green Salad w/HB Egg *Tangerine ♦ W. W. Roll	17. Baked Fish Rice with Corn Carrots Green Salad Cinnamon Apples ♦ W. W. Roll	18. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomato *Mandarin Oranges ♦ W. W. Roll	19. CAFÉ To Go Meals CLOSED FOR JUNETEENTH DAY!	20. Chicken Ranchero Brown Rice with Black Beans Capri Vegetables, *Coleslaw Peaches ♦ W. W. Roll	
23. Baked Cod with Pesto Rice Pilaf *Broccoli Green Salad Banana ♦ W. W. Roll	24. Pulled Pork Sandwich Red Potatoes California Vegetables *Coleslaw Pineapple ♦ W. W. Bun	25. Spaghetti with Meat Sauce Italian Vegetables Three Bean Salad Strawberries ♦ W. W. Roll	26. Baked Beans with Turkey Carrots Spinach Salad Apple ♦ W. W. Roll	27. Cheeseburger Red Potatoes Cauliflower Hamburger Condiments Pineapple ♦ W. W. Bun	
30. Chicken Cacciatore Rigatoni Pasta Green Beans Green Salad Banana ♦ W. W. Roll	Happy Father's Day!		Daily 1 cup 1% Milk Bread Butter		*Vitamin C Vitamin A ♦ Fiber Salt

Senior suggested donation \$ 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

Donación 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

Food may have been processed/exposed too or contain tree nuts, dairy, eggs, soy or wheat. Los alimentos también pueden haber sido procesados / expuestos o contener nueces de árbol, lácteos, huevos, soja o trigo

Menu Subject to Change

Café 211 Fun (PPSC Senior Café) (707)765-8488

Mondays – BINGO 12:45pm **Fridays – Popcorn & A Movie 12:45pm**

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/>

Weekly Classes

Play

8

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 - 1:45pm

Parliamo in Italiano - Tuesdays

2:00pm - 3:30pm

Positive Thinking - Tuesdays

2:00pm - 3:00pm

Fluent in French - Wednesdays

10:00am - 11:30am

Charla Hispana - Wednesdays

11:30am - 1:00pm

Widows Connect! - Wednesdays

1:30pm - 2:30pm *Group full*

Spice of Life Social Club - Wednesdays

3:00pm - 4:00pm

Listening Bench Drop-In

10:00am - 12:00pm

Discussion Group - Thursdays

11:30am - 12:30pm

Vinyl Classics - Fridays

12:30pm - 2:00pm

Meditation with Zoe - Thursdays

12:30pm - 1:30pm

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 - Improver 8:30am - 10:00am

Wednesdays - Beginning Line Dancing

10:00am - 11:00am - High beginner

11:00am - 11:45 am - Beginner **CLASS FULL**

Thursdays - Improver/ High Beginner

8:30am - 10:00am

PD Connect - Mondays

2:00pm - 3:00pm

Tai Chi Movement

Mondays - Intermediate/Advanced

3:00pm - 4:00pm

Thursdays- Beginners 3:00pm - 4:00pm

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 - CLASS FULL

12:00pm - 1:00 pm - *Higher Energy*

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

Ping Pong - Tuesdays & Thursdays

1:30pm - 3:00pm

Gentle Chair Yoga - Wednesdays

9:00am - 9:45am

Sit 2B Fit Video class - Thursdays

NEW TIME 10:00am - 11:30am