

UPDATES FOR THE PETALUMA SENIOR CENTER



Coming Soon: The Listening Bench program, through the Senior Advisory Committee, will be making a schedule to meet up and talk with a volunteer. This program is to facilitate those that would like someone to talk to about their concerns and feelings or anything that they would like to share and have someone hear them.

Although the Senior Center is still only open from **8 am until noon** on Tuesdays and Thursdays, there are classes happening at the Petaluma Community Center for our Seniors as well on other days. We are willing to take class proposals by email at parksnrec@cityofpetaluma.org so we can see where we can fit it in. See back for class schedule and times.

Fall Proof: Classes are still at the Senior Center provided by Michelle through Petaluma Peoples Services Center. As well as the Café meals by them, are still being prepared and you can order the meals the day before at (707) 765-8488.

CLASS SCHEDULE:

Tuesdays:

Chess: 9 am to Noon in the Computer Room.

Knitters: 9 am to 11:30 am in the Art Room.

(10 maximum room capacity)

Quilters: 8:30 am to 11:30 am in the Meeting Room.

(8 maximum room capacity)

Fall Proof: 10 am to 11 am In the Recreation Room.

(16 maximum room capacity)

Pool: 8:30 am to 11:30 am in the Billiard Room.

(10 maximum room capacity)

Tops: 9:30 am to 11:30 am in the Game Room.

(8 maximum capacity)

Thursdays:

Line Dancing: 8:30 am to 9:45 am in the Recreation Room. (16 maximum room capacity)

Pool: 8:30 am to 11:30 am in the Billiard Room. (10 maximum room capacity)

Pinochle: 9 am to 11:30 am in the Game Room (8 maximum room capacity)

Dementia Caregivers

Group:10:00 am to 11:30 am in the Art Room (7 maximum room capacity)

Bridge: 10am to 12pm in the Recreation Room
(16 maximum room capacity)

SENIOR CLASSES AT PETALUMA COMMUNITY CENTER

Mondays & Fridays:

Zumba Gold: 11 am to Noon in the Assembly Room

Fitness & Strength Training: 12:30 pm to 1:30 pm in the Assembly Room

We are excited to announce that Tai Chi will be back in January at the Petaluma Community Center.