

PETALUMA SENIOR CENTER

newsletter

WHAT IS INSIDE:

Happy New Year!
We are excited to
introduce new
classes and bring
back old favorites
as we enter
January and
February.

NEW!

Listening Benches
Speaking of Death
Meditation Group
Discussion Group

HOURS & CONTACT:

Tuesdays &
Thursdays
8:00am - 2:00pm
707- 778- 4399
211 Novak Drive

parksnrec@cityofpetaluma.org
cityofpetaluma.org



Winter



2022



CURRENT CLASSES

2022

TUESDAY:

Walking Group
Chess
Knitting
Quilting
Fall Proof
Billiards
TOPS

THURSDAY:

Walking Group
Line Dancing
Billiards
Pinochle
Dementia Caregivers
Bridge
Discussion Group
Meditation Group

COST:

All Senior Center classes are free of charge unless noted in the description.
Please contact 707-778-4399 with any questions or concerns.

LEGAL AID:

Offered the second Thursday of each month from 9:00am-12:00pm.
Please call (707) 340-5610 for an appointment.

NEW PROGRAMS

2022

LISTENING BENCHES

After so much isolation due to the pandemic, we'd like to welcome you to the Listening Bench.

What and Where: The Petaluma Senior Advisory Committee, has launched a new project called The Listening Bench, which will take place at the Petaluma Senior Center, beginning in January of 2022. If you have something on your mind whether it's a story to share, or need to be heard without judgement or advice, someone on the Listening Bench will be here for you.

Who's invited to talk? Anyone 55 and older.

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 on the Listening Bench.

Purpose: The Listening Bench can provide a safe, confidential structure for seniors to talk to someone about their life, a situation, challenges, and hopes. It's an opportunity to share what's on your mind and build more connections in your community.

For questions and to reserve a space as a visitor, Please contact The Petaluma Senior Center: (707) 778-4399

NEW PROGRAMS

2022

'SPEAKING OF DEATH

What quality of life do you see for yourself and others? This program will encompass talking openly about concerns, questions, experiences and resources related to death and dying. When we address this time of completion it can provide a compass for our living, bring comfort to our final stage, and leave a positive dying legacy for those we care about. Join us for the first in person meeting on **January 25 at 12:00pm** at the Senior Center.

INTRO TO 'FUNCTIONAL NUTRITION & 'SELF CARE

What is implied by a "balanced" diet, and is it a good idea to borrow from traditional ways of eating & nourishment from around the world to help approach this ideal(?) e.g., Mediterranean diet. Let's look at what our bodies & brains need to thrive, maintain immune resiliency, and energetically alive, paying attention to essential nutrients.

Dennis Zerbo is a state-certified Nutrition Educator & Consultant (since 1991), has presented & taught at numerous community-based venues & senior centers, Sonoma Valley Hospital, etc., as well as integrative pharmacies, where he also worked for several years. He is also a graduate of the California School of Herbal Studies (1986)

Phone: (707) 765 - 9094

CURRENT CLASSES

2022

LINE DANCING:

Thursdays at the Senior Center from 8:30-9:45am. Instructors Barbara & Margaret teach basic & intermediate Line Dancing. This class offers a fun & comfortable musical environment with a fun group of people who love to dance a variety of line dancing steps. This class is offered FREE of charge.

BILLIARDS:

Open pool for men and women every Tuesday and Thursday from 8:00am - 2:00pm.

FALL PROOF:

Offered through Petaluma People Services. It meets at the Senior Center on Tuesdays at 10:00am. This class offers a complete course on balance & mobility to address the increasing incidents of falls among older adults. Please call Michelle at 707-529-1511 for more information.
\$10.00/class

WALKING GROUP:

This group meets at the Senior Center every day at 8:00am. Come get some exercise and friendly conversation! The walking routes vary by day.

QUESTIONS: CONTACT US AT 707-778-4399 OR
PARKSNREC@CITYOFPETALUMA.ORG

CURRENT CLASSES

2022

CARDS & GAMES:

Pinochle - Thursdays from
9:00am - 11:30am

Bridge - Thursdays from
10:00am - 12:00pm

Chess - Tuesdays from
9:00am - 12:00pm

KNITTING:

Tuesdays from 9:00am -
11:30am

QUILTING:

Tuesdays from 8:30am -
1:30am

MEDITATION GROUP:

Thursdays from 12:30pm -
1:30pm

VOLUNTEER HIGHLIGHT:



A BIG thank you to our faithful volunteer, Ned! You can see his smiling face in the pool room on Tuesdays & Thursdays!

TOPS:

"TOPS" - Taking Off Pounds
Sensibly

Tuesdays from 9:30am
-11:30am. Come join in on this
welcoming support group to
make healthy lifestyle changes
to your health and diet.
First meeting is FREE.

CURRENT CLASSES

2022

DEMENTIA CAREGIVERS SUPPORT GROUP:

Our Dementia Caregivers Support group provides a caring, compassionate and confidential place to share your caregiving concerns. Our group is open to all caregivers of people with Alzheimers or any other form of dementia. The group has been meeting at the Petaluma Senior Center for the last four years and we warmly welcome new members.

Our meetings include education about best caregiving practices and how to deal with challenging behaviors.

The cost for the class is \$5, more if you can, less if you can't and no one turned away due to inability to pay. The class is facilitated by Susan Kay Gilbert, MA Edu. The class meets Thursdays from 10:00 to 11:30 at the Petaluma Senior Center, 211 Novak Drive. Pre-registration is required and you may do so by contacting the facilitator at:

susankaygilbert@yahoo.com

DISCUSSION GROUP:

Join in on Thursdays at 12:00pm for a lively and interesting conversation and discussion. Topics are wild, serious, funny and unique. Bring your opinions and views and join in at the table.

All are welcome!!! Starts on January 20.

IMPORTANT PHONE NUMBERS

AARP Driver Safety Program.....	1-888-687-2277
Adult Protective Services	565-5940
Brown Bag Food Program.....	763-2432
HICAP (Health Insurance Aide).....	800-434-0222
iRIDE.....	765-8488
Share Sonoma County.....	765-8488 Ex. 115
Lucchesi Community Center.....	778-4380
Mary Issac Center (Homeless Shelter).....	776-4777
Para Transit Petaluma.....	778-4460
PEP (Sr. low cost housing).....	762-2336
Petaluma Transit.....	778-4460
Petaluma People Services Center/Café.....	765-8488
Petaluma Fire (Dispatch).....	778-4390
Petaluma Police (Dispatch)	778-4332
Petaluma Senior Center	778-4399
RSVP (Volunteer resource).....	573-3399 Ext 117
Senior Adult Day Program.....	765-8490
Sonoma County Agency on Aging.....	565-5950
Sonoma County Council on Aging.....	525-0143
Veteran's Service Office	565-5960

PETALUMA PEOPLE SERVICE CENTER

YOU ARE NOT ALONE:

If you are feeling lonely or anxious during the Coronavirus outbreak we want to invite you to sign up to receive a daily call from a friendly trained volunteer.

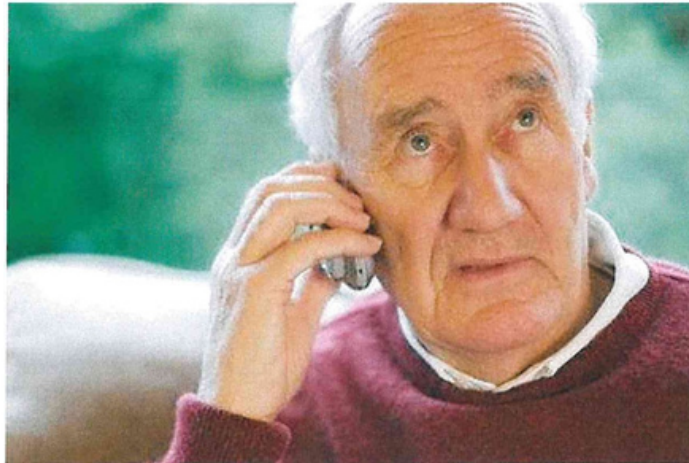
Here is how it works:

You will hear from PPSC and we will find out what you love to talk about or what you are interested in and what time of the day it works for you to have a call from a community volunteer, who has been screened by PPSC. The volunteer will be a cheery voice that you can check in with, talk about the most current information we have on the Coronavirus, will also have some topics to discuss and will be able to connect you to additional services that can be provided to you. The flyer is attached to provide a bit more information.

If you have a family member, neighbor or friend who you think might like a daily call please share this information. If you are interested in volunteering please email us at NotAlone@petalumapeople.org.

It is easy to sign up - call us at 707-765-8488 or email PPSC at NotAlone@petalumapeople.org.

PETALUMA PEOPLE SERVICES CENTER



YOU ARE NOT ALONE VOLUNTEERS NEEDED

During this time of uncertainty Petaluma People Services Center is looking for volunteers to make daily phone calls to Sonoma County Seniors or our friends with compromised immune systems.

TO SIGN UP AS A VOLUNTEER OR LEARN MORE ABOUT THE PROGRAM VISIT OUR WEBSITE: WWW.PETALUMAPEOPLE.ORG OR EMAIL US AT NOTALONE@PETALUMAPEOPLE.ORG

Volunteers will be assigned a specific senior to contact daily and will be updated with current information on the Coronavirus and other topics to simulate conversation. Phone calls will last 10-30 minutes.

YOU ARE NOT ALONE

is a program from Petaluma People Services Center

Questions: 707-765-8488

PETALUMA PEOPLE SERVICES CENTER

MEALS ON WHEELS

Daily deliveries Monday through Friday and frozen meals available for the weekends. May reduce the number of meal deliveries and provide frozen and shelf-stable pack-ups if drivers become unavailable. Petaluma People Services Center, (707) 765-8488

Daily pickup of meals, Monday-Friday, at Petaluma Senior Café (211 Novak Street in Petaluma). Pickup between 12:30pm and 1:30pm. Call if unable to pickup, and for more information. Petaluma People Services Center, (707)-765-8488.

iRIDE

Need a RIDE?

Yes! Answer many older adults. More than 20 percent of Americans age 65 and older don't drive, according to an analysis of the federal government's National Household Travel Survey by AARP's Public Policy Institute.

Here in Petaluma we are working to solve that problem with Petaluma People Services Center iRIDE Petaluma. Call PPSC today to find out how you can become a valued member of this exciting team of Volunteer Drivers. Petaluma People Services Center 707-765-8488

Find applications and more information online at
petalumapeople.org

“SENIOR RESOURCES”

SRJC OLDER ADULTS PROGRAM

SRJC offers noncredit classes designed specifically for active seniors as part of its goal to provide lifelong learning. For additional class offerings or for more information on the Older Adults Program www.santarosa.edu

COUNCIL ON AGING

(707) 525-0143 councilonaging.com

Services available by phone:

- Case Management: phone for new clients; check-ins for existing clients
- Mental Health Services
- Elder Advocacy at the Family Justice Center
- Adult Day Programs are closed
- Senior Care Coordination - Home visits limited to emergencies only

MOVEMENT & EXERCISE

Best Exercises for Seniors - seniorlifestyle.com

Silver Sneakers - [Video Workouts](#)

Mobility Guide - [Web Article](#)

SENIOR CAFE LUNCH MENU

PETALUMA PEOPLE SERVICES CENTER
PETALUMA SENIOR CAFÉ
 Located at 211 Novak Drive
 12:00 p.m. to 2:00 p.m. Activities
 1:00 p.m. Lunch

Petaluma Senior Café Menu – January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. OFFICE CLOSED FOR NEW YEAR'S DAY OBSERVED!	4. Terryaki Beef Jasmine Rice 5 Way Mixed Vegetables Green Salad Apricots ♦ W. W. Roll	5. Caribbean Chicken Brown Rice with Black Beans Peas and Carrots Green Salad Banana ♦ W. W. Roll	6. Beef Stew Brown Rice Pilaf Cauliflower 3 Bean Salad Strawberries ♦ W. W. Roll	7.  Stuffed Bell Peppers CA Blend Vegetables Green Salad w/ HB Egg *Mandarin Oranges ♦ W. W. Roll
10. Beef Barley Casserole with Vegetables Green Beans Green Salad Banana ♦ W. W. Roll	11. Pork Chili Verde Brown Rice with Pinto Beans *Broccoli Normandy Green Salad Pineapple ♦ W. W. Roll	12. Meatloaf Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomatoes Strawberries ♦ W. W. Roll	13. Spaghetti with Meat Sauce Italian Vegetables Marinated Vegetable Salad Cherries ♦ W. W. Roll	14. Baked Fish with Lemon Red Potatoes *Brussel Sprouts Beet Salad *Oranges ♦ W. W. Roll
17. CLOSED FOR MARTIN LUTHER KING DAY!!	18. Ratatouille Polenta Mixed Vegetables Green Salad Banana ♦ W. W. Bread	19. Tamales Pie Brown Spanish Rice Cauliflower Coleslaw Sliced Apples ♦ W. W. Roll	20. Slow Roasted Pork with Apples Butter Egg Noodles Green Beans Green Salad *Mandarin Oranges ♦ W. W. Roll	21. Roasted Turkey Mashed Potatoes Peas Beet Salad Cherries ♦ W. W. or Roll
24. Macaroni and Cheese 5 Way Mixed Vegetables Hard Boiled Egg Green Salad Mandarin Salad ♦ W. W. Roll	25. Pulled Pork Sandwich Red Potatoes Peas and Carrots 3 Bean Salad Strawberries	26. Shepherd's Pie California Blend Green Salad Apricots ♦ W. W. Roll	27. Tuscan Chicken Polenta Italian Vegetables Green Salad Blueberries ♦ W. W. Roll	28. BBQ Beef Sandwich Cauliflower Coleslaw Banana ♦ W. W. Roll
31. Tuna Casserole Egg Noodles Spinach Coleslaw *Orange Slices ♦ W. W. Roll	Daily 1 cup 1% Milk Bread Butter	*Vitamin C Vitamin A ♦ Fiber Salt		

Menu Subject to Change

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

WINTER RECIPE

Best Soup Recipes: Creamy Potato Soup



Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Serves 4 to 6

This creamy potato soup is one of our favorite soup recipes!

Ingredients

- 3 tablespoons extra-virgin olive oil, divided
- 1 large white onion, chopped
- ½ teaspoon sea salt
- 4 garlic cloves, chopped
- 1 tablespoon white wine vinegar
- 4 cups vegetable broth, store bought or homemade
- 1½ pounds Yukon gold potatoes, about 5, chopped
- 1½ cups cooked white beans, drained and rinsed
- ½ teaspoon Dijon mustard
- 1 tablespoon fresh lemon juice
- ¼ teaspoon smoked paprika
- Freshly ground black pepper

WINTER RECIPE

Optional Toppings

- Scallions or chives
- Coconut bacon
- Greek yogurt, optional
- Cheddar cheese, optional

Instructions

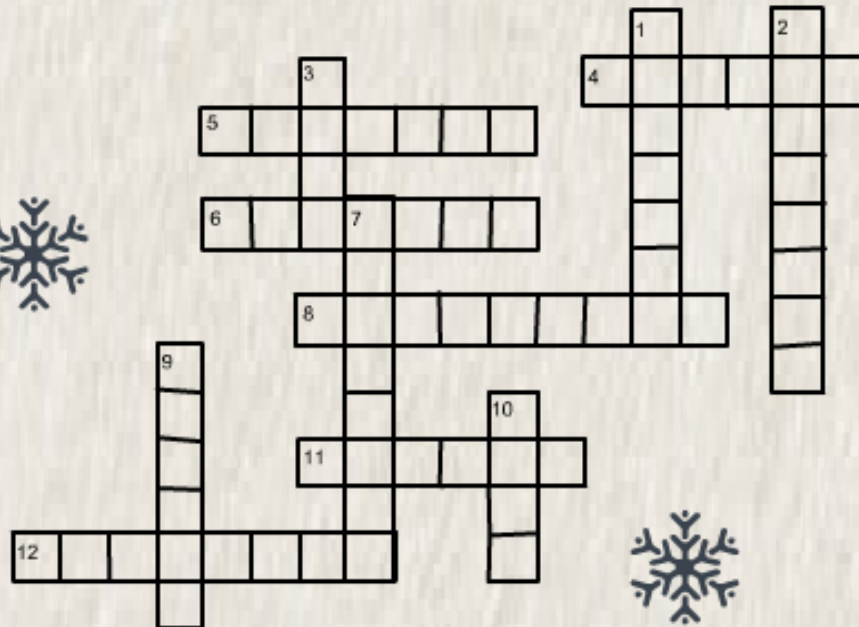
1. Heat 2 tablespoons olive oil in a large pot or Dutch oven over medium heat. Add the onion, salt, and several grinds of pepper. Sauté 6 to 8 minutes, until softened.
2. Add the garlic, stir, and cook 2 more minutes. Stir in the white wine vinegar and cook, stirring, for 30 seconds, and then add the broth, potatoes, and white beans. Bring to a boil, reduce the heat, and simmer 30 minutes.
3. Let cool slightly, then transfer half of the soup to a blender with the remaining 1 tablespoon olive oil, the mustard, lemon juice, and paprika. Blend until smooth and return the pureed soup back to the pot.
4. Use a potato masher to gently smash the potato chunks and beans. Season to taste with more salt and pepper and serve with desired toppings.

SOURCE:

[HTTPS://WWW.LOVEANDLEMONS.COM/SOUP-RECIPES/](https://www.loveandlemons.com/soup-recipes/)

CROSSWORD PUZZLE

Winter Crossword Puzzle



Down:

1. A large piece of woolen or similar material used as a covering on a bed or elsewhere for warmth.
2. The twelfth month of the year in the northern hemisphere usually considered the first month of winter.
3. Burning
7. A severe snowstorm with high winds.
9. Shake slightly and uncontrollably as a result of being cold.
10. Make or become liquefied by heat.

Across:

4. A covering for the hand-worn for protection against cold or dirt and typically having separate parts for each finger and the thumb.
5. A vertical channel or pipe which conducts smoke and combustion gases up from a fire or furnace and typically through the roof of a building.
6. A large floating mass of ice detached from a glacier or ice sheet and carried out to sea.
8. (of an animal or plant) spend the winter in a dormant state.
11. An outer garment extending either to the waist or the hips typically having sleeves and a fastening down the front.
12. Wood that is burnt as fuel.



WORD SEARCH



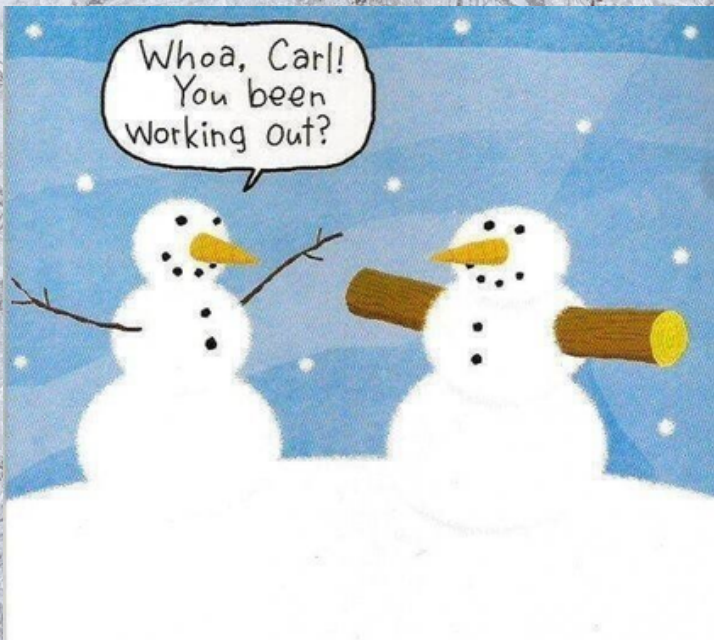
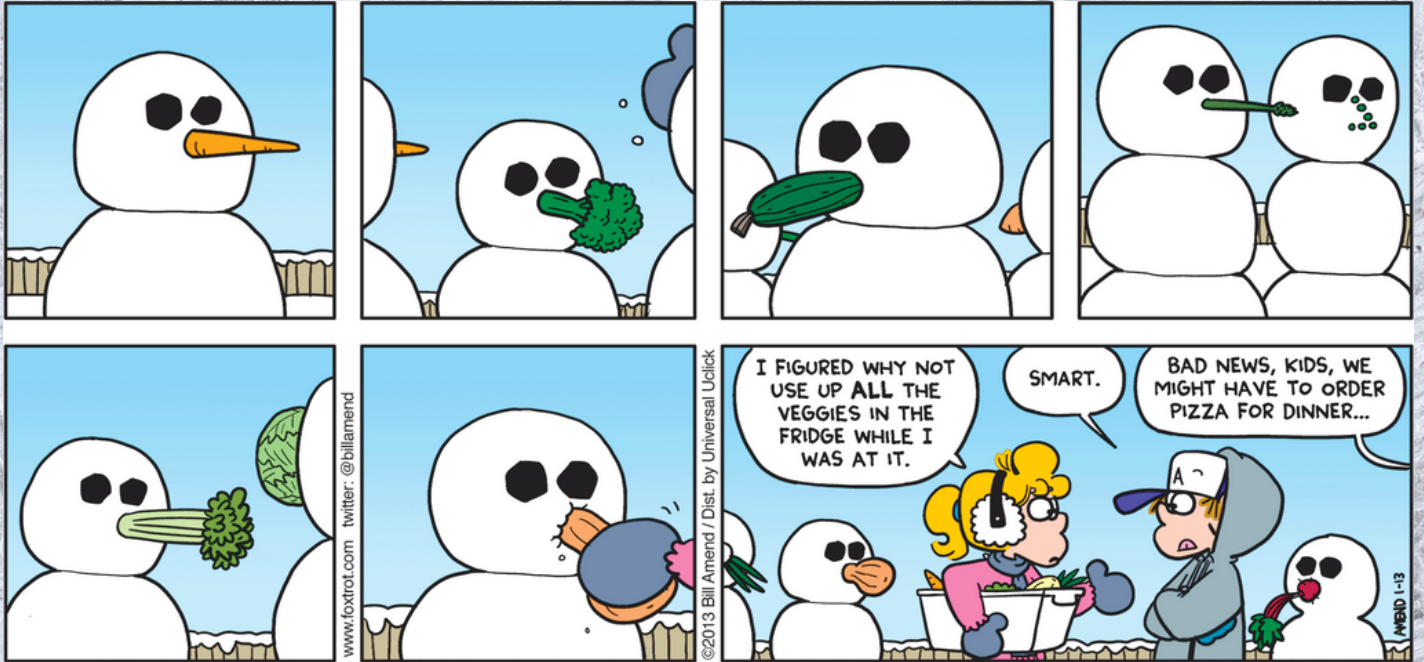
Winter Word Search

W	E	D	E	C	E	M	I	R	E	Q	G	J
F	I	C	T	T	O	J	S	C	A	L	L	A
F	S	N	O	W	F	L	A	K	E	S	G	N
R	R	C	T	K	S	X	D	E	H	A	F	U
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I	O	S	N	O	W	M	A	N	E	W	O	A
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G	M	H	E	O	I	Z	E	E	R	F	Q	L
B	A	J	M	D	E	C	E	M	B	E	R	E



Winter	Cold	Frost
December	Freezing	Ice
January	Snowman	Scarf
February	Snowflakes	Mittens

JUST FOR 'FUN!



QUESTIONS: CONTACT US AT
707-778-4399 OR
PARKSNREC@CITYOFPETALUMA.ORG