

PETALUMA SENIOR CENTER

newsletter

WHAT IS INSIDE:

Happy February!

We are looking forward to resuming in

person

programming on

**Tuesday,
February 15!**

NEW!

Listening Benches
Speaking of Death
Nutritional Seminar
AARP Tax Aide

HOURS & CONTACT:

Tuesdays &
Thursdays

8:00am - 2:00pm

707- 778- 4399

211 Novak Drive

parksnrec@cityofpetaluma.org
cityofpetaluma.org



February

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.

INSTRUCTORS:

Are you interested in
teaching a class or leading
a group? For example:
Spanish lessons, music, etc?

Contact us at 707-778-4399 or
parksnrec@cityofpetaluma.org

AARP TAX AIDE

2022

The Sonoma district of the AARP Foundation's Tax-Aide program is an all-volunteer program.

AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a special focus on taxpayers who are over 50 or have low to moderate income. Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

AARP Foundation Tax-Aide volunteers can help with most, but not all, tax returns. If you have an extremely complicated return, such as one that involves a small business with employees, rental income, or alternative minimum tax (AMT), Tax-Aide may not be able to help.

Tax-Aide available on Mondays at the Petaluma Community Center 320 N McDowell Blvd Petaluma from
9:00am - 2:00pm.

This program will start on Monday, February 28 and is

BY APPOINTMENT ONLY.

Please call (707) 276-6603 to schedule an appointment.

NEW PROGRAMS

2022

THE LISTENING BENCH

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 February of 2022. If you have something on your mind whether it's a story to share, or just 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 who visits the Listening Bench.

Purpose: To provide a safe, confidential setting for any adult, (55 & up) to talk to someone about their life. Whether it's a specific situation, or an existential question, it's an opportunity to share what's on your mind, and make more connections in your community.

For questions or to reserve a space as a visitor, Please contact The Petaluma Senior Center: (707) 778-4399 or parksnrec@cityofpetaluma.org

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 VIRTUALLY on **February 22 at 12:00pm via Zoom.**

Please email Rachel at rbeer@cityofpetaluma.org for the Zoom link. This group will take place every fourth Tuesday of the month.

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

February 17 at 12:00pm, Petaluma Senior Center

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.

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

BILLIARDS:

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

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:



Barbara Arhorn has been teaching Line Dancing at the Senior Center for many years and is currently teaching FREE of charge! Come join her lively class on Thursdays at 8:30am.

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.

LEGAL AID



Elder Law Outreach Program

WHOM WE HELP:

Sonoma County residents who are age 55+

WHAT WE HELP WITH:

- Safety-Related Legal Issues (Restraining Orders)
- Guardianships/Grandparent Visitation
- Landlord/Tenant Issues
- Simple Divorces
- Simple Estate Planning, Including Wills
- Powers of Attorney/Advanced Directives
- Bankruptcy
- Driving/Traffic Court Matters



HOW TO GET OUR FREE HELP:

CALL US!!

707-340-5610

OUTREACH LOCATIONS ARE AVAILABLE THROUGHOUT SONOMA COUNTY
CLOVERDALE, GUERNEVILLE, HEALDSBURG, PETALUMA,
ROHNERT PARK, SEBASTOPOL and SONOMA.

INTERESTED IN HIKING?



Take a hike! This spring when things dry up a bit, Tolay Lake Regional Park on Petaluma's east side has offered to take a group of seniors on a gentle walk thru the park (with our dogs on leash, if we like!) led by a Ranger/Naturalist who'll explain what we see.

Tolay has spiritual significance for indigenous people, so it must be beautiful and interesting. The hike will probably be on a weekday (when more staff is available) and you will need to provide your own transportation.

For questions or to sign up, please contact Ann Heatly, Service Coordinator at PEP Housing in Petaluma.

Ann Heatly, annh@pephousing.org, 707-776-7722

SRJC OLDER ADULTS PROGRAM

2022



SANTA ROSA JUNIOR COLLEGE

OLDER ADULTS PROGRAM

Offers FREE ONLINE courses

Find course offerings in:

- **501 Creative Arts**
- **Autobiographical Writing**
- **Discussion groups include history, language, healthy living, improvisation and more!**
- **Fitness**
- **Music**

SRJC offers noncredit courses for seniors as part of its goal to provide lifelong learning.

- For information on joining a class please visit: <https://older-adults.santarosa.edu/join-class>
- No age limit for Older Adults Program courses, though they are tailored for seniors.
- Students may register at any time during the semester.
- No fee for Older Adults Program courses.
- Contact Instructor for enrollment details. Select class section number for instructor email address.

The Sonoma County Junior College District does not discriminate on the basis of race, religious creed, color, national origin, ancestry, ethnic group identification, physical disability, mental disability, medical condition, genetic condition, marital status, sex, gender, gender identity, gender expression, genetic information or sexual orientation in any of its policies, procedures or practices; nor does the District discriminate against any employees or applicants for employment on the basis of their age. This non-discrimination policy covers admission, access and treatment in District programs and activities--including but not limited to academic admissions,

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

SPECIAL DELIVERY PROJECT

Let's HOPE the new variant is LOVE!

Twelve years ago, we asked you to create handmade valentines that we could deliver to our Home Delivered Meals seniors who were homebound. This little project has grown and exceeded our expectations and we now, with your help, deliver homemade valentines to every senior in southern Sonoma County. Even if you don't live in Petaluma, you can help by lovingly making and penning a sweet message inside the valentines that we will deliver. Last year we received over 5,500 valentines and were able to deliver valentines to all the seniors throughout the south county, in addition to our Home Delivered Meals recipients.

Here are all the nitty-gritty details:

How do you get involved? Easy! We need your help to supply the cards. PPSC serves over 450 seniors daily. So we need as many valentines as we can get. Last year we expanded our request to help us provide valentines to every senior we could find in Petaluma and it worked! We delivered over 5,500 cards!

How do you help? You guessed it - please make your own card and include a nice message. Please craft as many Valentines as you would like and send them to us. The deadline for us to receive cards is Monday, February 7, 2022. There are a few other important guidelines for this, so please carefully read them below.

PETALUMA PEOPLE SERVICE CENTER

SPECIAL DELIVERY PROJECT CONTINUED

Then what happens? Special delivery! We will collect all the cards by 2/07/2022 and deliver them in time for Valentine's Day.

Is that all? No, there's more. Please send a photo of your valentines to admin@petalumapeople.org so we can share it with others who are creating cards.

How else can I help? You can also help by donating towards the purchase of stamps that we will use to mail out the Valentine's Day cards.

How do I participate in Special Delivery? Make a handmade Valentine's Day greeting card (or several).

Mail to or drop off at: PPSC, 1500 Petaluma Blvd. South, Petaluma, CA 94954, Attn: St. Valentine

When do the cards have to arrive at PPSC? The deadline is Monday, February 7th. This is important!

Are there any rules about what the cards should look like? Yes. Please follow these guidelines; otherwise, we can't use your card(s):

- No glitter! This creates food safety issues,
- Please make your cards cheerful by using bright colors. You can decorate cards using paint, crayons, markers, collage or anything else you can think of,
- Please avoid dark backgrounds and religious symbols,
- Please write clearly in large print and avoid using abbreviation "V-day". Please say, "Valentine's Day",
- You should not give out your address or suggest that the recipients write back to you. Initiating an ongoing correspondence is not appropriate,
- Please make sure that the cards are appropriate for the intended audience. That is to say, pretend it's your sweet grandma, not your snarky teenage brother.

How many cards should I send? As many as you want!

Please direct questions to Petaluma People Services Center
(707) 765-8488

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.

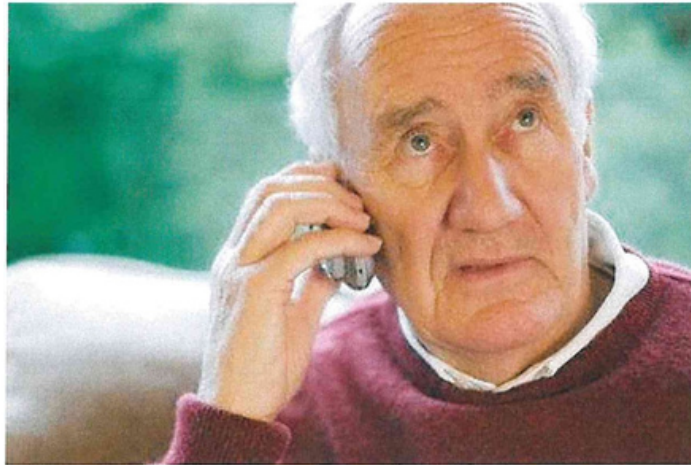
Here is how it works:

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@PETLUAMPEOPLE.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

RADICALLY REFRAMING AGING SUMMIT



Hosted by Maria Shriver, the Radically Reframing Aging Summit (Feb. 28-March 4) is a FREE, 5-day online summit featuring conversations with 20+ experts in the fields of aging, nutrition, mental health, and empowerment including Deepak Chopra, MD, Martha Beck, PhD, Anne Lamott, and Dan Buettner. Presented by Shriver Media & Sounds True.

Register online at summit.soundstrue.com

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 – February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 7. Caribean Chicken Brown Rice w/ Black Beans Peas and Carrots Green Salad Pineapple ♦ W. W. Roll	1. Baked Fish w/ Lemon Brown Rice Confiti Peas *Broccoli- Cranberry Salad Apple ♦ W. W. Bread	2. Beef Fajitas Mexican Rice Spinach Green Salad *Orange Slices ♦ W. W. Roll	3. Tuscan Chicken Polenta Italian Vegetables Green Salad Fruit Salad ♦ W. W. Roll	4. BBQ Beef Sandwich Carrots Green Salad Banana ♦ W. W. Roll
14. Valentine's Day Shepard's Pie Green Beans Colelaw Peas Sugar Cookie ♦ W. W. Roll	15. Pork Chili Verde Brown Rice with Pinto Beans *Broccoli Normandy Green Salad Pineapple ♦ W. W. Roll	16. Creamy Chicken Alfredo with Penne Pasta Spinach Pea Salad Cinnamon Apples	17. Baked Fish w/Lemon Red Potatoes Brussel Sprouts Green Salad *Oranges ♦ W. W. Roll	18. Meatloaf Mashed Potatoes California Blend Vegetables - Cottage Cheese w/Tonatoes Strawberries ♦ W. W. Roll
21. OFFICE CLOSED FOR PRESIDENTS' DAY	22. Ratatouille Polenta Mixed Vegetables Green Salad Banana ♦ W. W. Roll	23. Tamale Pie Brown Spanish Rice Cauliflower Green Salad Peas ♦ W. W. Roll	24. Roasted Lemon Herb Chicken Mashed Potatoes *Brussel Sprouts Green Salad Cherries ♦ W. W. Roll	25. Cheese Burger Red Potatoes - Carrots Hamburger Condiments Lettuce, Tomato, Red Onion Pineapple ♦ W. W. Bun
28. Turkey Chili Red Potatoes Swiss Chard Colelaw Peas ♦ W. W. Roll	 shutterstock - 366751364	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

RECIPE OF THE MONTH

Butternut Squash Risotto

Prep Time: 15 mins

Cook Time: 40 mins

Serves 4

This butternut squash risotto is creamy, comforting, and delicious! Filled with cozy autumn flavor, it's a perfect recipe for a fall dinner party or date night.

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1/2 teaspoon sea salt, plus more to taste
- Freshly ground black pepper
- 2 cups cubed butternut squash, 1/4-inch cubes
- 2 garlic cloves, finely chopped
- 1 teaspoon minced rosemary or sage
- 1 cup uncooked Arborio rice
- 1/2 cup dry white wine
- 4 cups warmed vegetable broth
- Chopped parsley or small sage leaves, optional, for garnish
- 1/2 cup grated pecorino or Parmesan cheese, optional, for serving

RECIPE OF THE MONTH

Instructions

1. In a large skillet, heat the oil over medium heat. Add the onion, salt and several grinds of pepper, and cook for 2 to 3 minutes. Add the butternut squash and cook for 6 to 8 minutes.
2. Add the garlic, rosemary, and the rice. Stir and let cook for about 1 minute then add the wine. Stir and cook for 1 to 3 minutes, or until the wine cooks down.
3. Add the broth, $\frac{3}{4}$ cup at a time, and stir continuously to allow each addition of broth to be absorbed before adding the next. Cook until the butternut squash is tender, and the risotto is soft and creamy. Season to taste.
4. Garnish with parsley or sage leaves and serve with grated cheese, if desired.

Equipment



Staub Dutch Oven



Vegetable Broth



Arborio Rice

SOURCE:

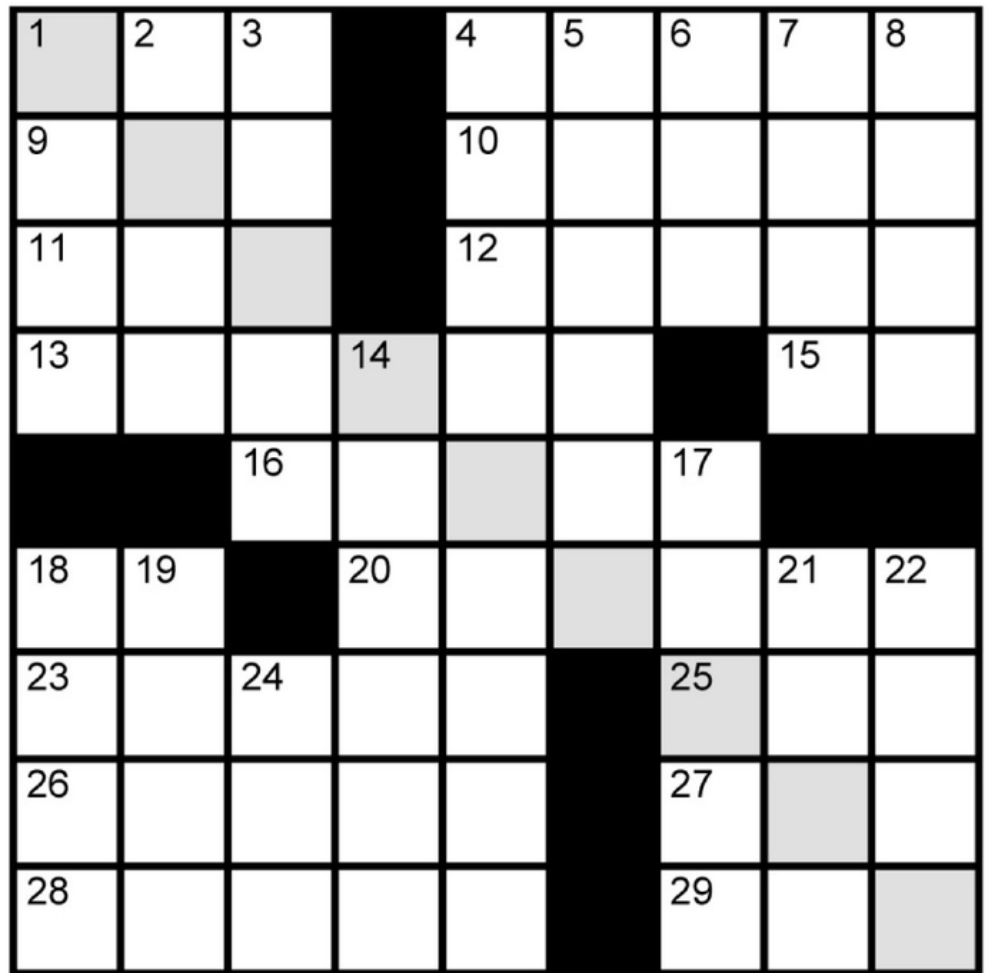
LOVEANDLEMONS.COM

CROSSWORD PUZZLE

Docs, Cops, and Prof tactic

Across

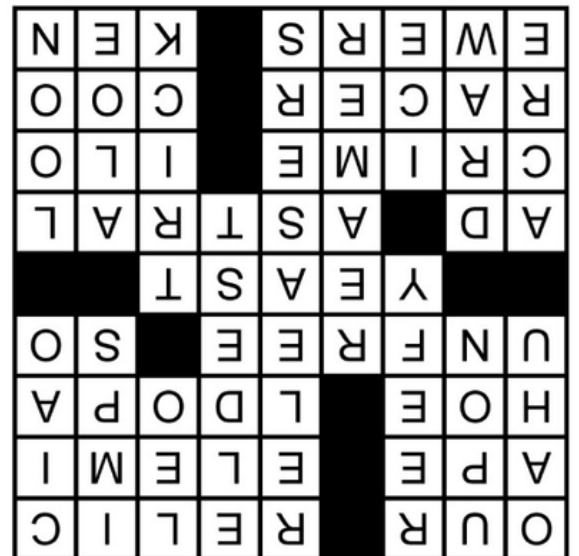
1. "Days of ___ Lives"
4. Archaeological find
9. Animal that beats its chest
10. Varnish resin
11. Garden tool
12. Parkinson's drug
13. Locked up
15. Therefore
16. Bakery supply
18. Commercial
20. Stellar
23. Arson, for one
25. U.N. agency
26. Indy entrant
27. Bill and ___
28. Decorative jugs
29. Barbie's beau



Down

1. Diamond Head locale
2. "Once ___ a time..."
3. Like an atoll
4. Those who set free
5. Firstborn
6. "Seinfeld" uncle
7. Little devils
8. Italian farewell

14. Pipe smoker's tool
17. Bridge unit
18. "God's Little ___"
19. Tie
21. Balm ingredient
22. Crackpot
24. Diamonds, slangily



WORD SEARCH

FEBRUARY WORD SEARCH

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

AMETHYST

PRIMROSE

VALENTINE

GROUNDHOG

SHORTEST MONTH

WINTER

VIOLET

AQUARIUS

CHOCOLATES

LEAP YEAR

TWENTY EIGHT DAYS

WINTER OLYMPICS

PISCES

ROSES

PRESIDENTS' DAY

TWENTY NINE DAYS

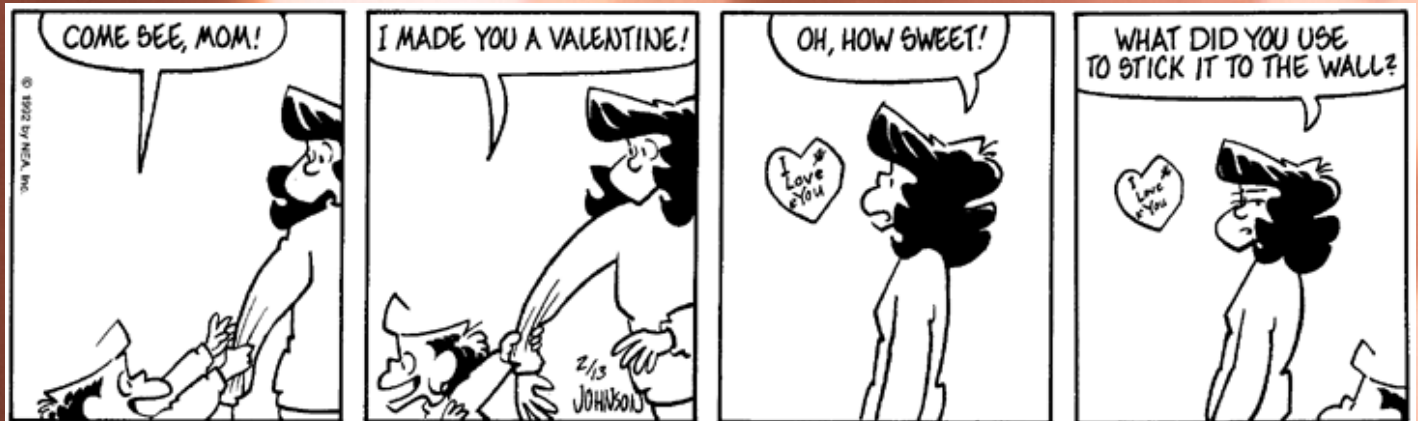
JUST FOR 'FUN!



Do skunks celebrate
Valentine's Day?



Sure, they're very
scent-imental!



QUESTIONS: CONTACT US AT

707-778-4399 OR

PARKSUREC@CITYOFPETALUMA.ORG