

# PETALUMA SENIOR CENTER

newsletter

WHAT IS INSIDE:

Happy April!  
We hope you are  
enjoying our new  
classes and  
extended hours!  
Thank you for all of  
the participation  
we have been  
receiving!



HOURS & CONTACT:

Monday - Thursday  
8:00am - 2:00pm  
707- 778- 4399  
211 Novak Drive

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



April



2022

# CURRENT CLASSES

2022

MONDAY:

Quilting- 8:00am

Billiards - 8:30am

TUESDAY:

Walking Group- 8:00am

Chess - 9:00am

Knitting- 9:00am

Fall Proof - 10:00am

Billiards - 8:30am

TOPS - 9:30am

Current Affairs - 10:00am

WEDNESDAY:

Bridge- 10:00am

Billiards - 8:30am

THURSDAY:

Walking Group - 8:00am

Line Dancing - 8:30am

Billiards - 8:30am

Pinochle - 9:00am

Dementia Caregivers-  
10:00am

Discussion Group- 12:00pm

Meditation- 12:30pm

# NEW PROGRAMS

2022

spring 2022

## The LAVENDERS: an aromatic exploration & smell tour

*with aromatherapist*

*Julia Fischer*

Where: PETALUMA SENIOR CENTER

211 Novak Drive, Petaluma

When: Tuesday, April 19 from 11:30am - 1:00pm

*FREE or by donation*

Other than Tea Tree Oil, Lavender is by far the best known and most commonly used essential oil in traditional aromatherapy. But what do we really know about it? Of the dozens of brands of Lavenders for sale, how do you know if you are purchasing a genuine, a hybrid, an adulterated essential oil, or a totally synthetic fragrance? Why are they different prices?

By understanding the relationship between aroma and chemical composition, and by observing that essential oils are influenced by many factors - such as geographical origin (e.g., climate, soil, altitude), hybridizing, age and yield - we will grasp how easy they are to adulterate. We will look at a multitude of Lavenders, real and unreal, comparing scents, and learning their specific uses in practice. Feel free to bring any Lavender oils you may have at home for us to evaluate in class!

We will also consider pairings of essential oils that blend well with Lavender.

This is a real “nose-opening” class designed to illuminate the beauty and complexity of the *Lavandula* family. Even with relatively little formal training in aromatherapy, each of you will be able to more clearly identify individual compounds - both natural and synthetic - and will be given many ideas and applications for this incredibly useful plant.

*Julia Fischer is a lover and enthusiastic voice of aromatic plants with over 35 years of experience studying, teaching and practicing aromatherapy. She has contributed to or consulted on numerous articles and books about essential oils and natural healing. A seasoned instructor, her emphasis on aromatic chemistry, made accessible to even the beginning student, is key to understanding the pharmacology of essential oils. Her classes cover all aspects of aromatherapy - from the chemical to the alchemical - and are hugely empowering for anyone interested in aromatherapeutics and health independence.*

# NEW PROGRAMS

2022

**The Computer & Smartphone Club Meeting**  
**Thursday, April 28, 12:00 Noon**  
**At the Petaluma Senior Center**

## **Things You Can Do With a Smartphone You May Not Know**



- Mobile Security
- Take Measurements
- Text, Pictures & Speech
- Other Apps
- Just for Fun



# 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 March 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, and share whatever's on their mind.

For questions or to reserve a space as a visitor, Please contact The Petaluma Senior Center: (707) 778-4399 or [parksnrec@cityofpetaluma.org](mailto: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 for the first in person meeting on **April 26 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

**April 20, 1:00pm, Petaluma Senior Center**

# NEW PROGRAMS

2022



Senior Advisory Committee in  
partnership with the Petaluma  
Senior Center

**WE WANT TO  
HEAR FROM  
YOU!**

SUGGESTIONS?? GOT IDEAS?

The AdHoc Committee for Senior Center Programming  
wants to hear from you.

We want to hear your ideas and thoughts about Senior  
Center programming. Check out the box and poster in  
the lobby at the Senior Center and drop your  
suggestion in the box! In addition, if you'd like to be  
involved in our programming brain-storming meeting,  
leave us your name and contact information on the  
clipboard, and we'll let you know when the date/time is  
set.

Petaluma Senior Center, 211 Novak Drive  
707-778-4399  
[parksnrec@cityofpetaluma.org](mailto:parksnrec@cityofpetaluma.org)

# NEW PROGRAMS

2022

## BRAINSTORMING SESSION

Do you attend the Petaluma Senior Center?  
Do you have any any great ideas for programs?  
We need your help!

Come join us for a brainstorming session to share and explore ways to enhance and add groups and activities at the center. We value your feedback!

Thank you!

Senior Advisory Committee

Date: **Tuesday April 19**

Time: **10:00am - 12:00pm**

Petaluma Community Center, 320 N. McDowell Blvd

## CURRENT AFFAIRS

Join the discussion every first and third Tuesday from 10:00am - 12:00pm at the Senior Center. This lively group will discuss current events and all viewpoints and opinions are welcome!

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



# FALL PROOF

2022



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

**Tuesdays**

**10:00-11:00**

**Petaluma Senior Center**

**211 Novak Drive**

**Petaluma, CA**

**First Class is free, \$10.00/class after that  
Scholarships/Partial payments are available upon request**

**Fallproof! Balance & Mobility Classes**

Fallproof is a clinically proven, structured exercise class designed to improve balance, mobility and posture. Studies show that balance and mobility training is instrumental in preventing falls in older adults. Many falls can be prevented!

**Classes are modifiable to fit most fitness levels.**

**Please stop in and observe a class at any time, to see if it's right for  
YOU!**

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

# 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! Monday - 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** - Wednesdays  
from 10:00am - 2:00pm

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

## KNITTING:

Tuesdays from 9:00am -  
11:30am

## QUILTING:

Mondays from  
8:00am - 2:00pm

## MEDITATION GROUP:

Thursdays from 12:30pm -  
1:30pm

## VOLUNTEER HIGHLIGHT:



Patricia Souza is a proud member of the Garden Club, plays bridge at the Senior Center and pickleball at Lucchesi, and is a member of the Senior Advisory Committee. Thank you, Patricia, for all that you do!

## 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](mailto: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!!!

# LEGAL AID

2022



## 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.

# EARLE BAUM CENTER

2022



• EARLE  
• BAUM  
• CENTER

TRANSFORMING THE  
LIVES OF PEOPLE WITH  
SIGHT LOSS

707.523.3222  
4539 Occidental Rd.  
Santa Rosa, CA 95401  
[www.earlebaum.org](http://www.earlebaum.org)

## Earle Baum Center Vision Support Group PETALUMA COMMUNITY CENTER

Every 3<sup>RD</sup> Tuesday of the Month

10:00-12:00

ACTIVITY ROOM

Starting 3-15-22

Our informal group is open to all who are interested in learning about our training and services at no cost. Everyone is encouraged to share their experiences in a friendly atmosphere. We discuss topics related to sight loss: low vision aids, independent living skills, assistive technology tools including smart phones, tablets, GPS and more.

Earle Baum Center's mission is to provide hope and opportunities for people with sight loss to improve and enrich their personal, social, and economic lives.



If interested, please contact: Patricia Jefferson- Vision Rehabilitation Educator/Instructor  
[jefferson@earlebaum.org](mailto:jefferson@earlebaum.org) 707-479-8321

# CURRENT CLASSES

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
Redwood Empire Food Bank Distribution....	707-523-7900
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



# GROCERIES TO GO PROGRAM

The Groceries to Go program provides anyone in need of assistance an offering of government commodities supplemented by the Redwood Empire Food Bank's fresh produce, bread, and donated shelf-stable groceries.

To reduce the spread of COVID-19, all distribution sites have been transformed into drive-through sites with food pre-packed in boxes using the help of volunteers and the California National Guard.

Groceries To Go: USDA food open to all.

Senior Basket: Once a month 35-40 lb. box of staple food items and fresh produce for low income seniors 60+. Whether facing an unexpected hardship or living on a fixed income, seniors in our community have monthly access to an abundance of quality produce and grocery items through Senior Basket. The consistent availability of vitamin-rich foods enables nutritional stability for some of the most vulnerable members of our community.

## **GROCERIES TO GO**

First Friday of the month

8:30am - 10:00am

Third Friday of the month

8:30am - 10:00am

## **SENIOR BASKET**

First Friday of the month

8:30am - 10:00am

Location: Petaluma Senior Center, 211 Novak Drive

# 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.

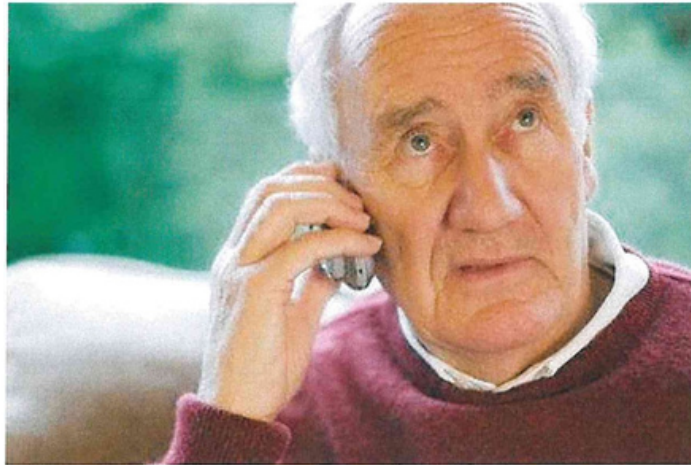
Here is how it works:

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](mailto:NotAlone@petalumapeople.org).

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

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**TO SIGN UP AS A VOLUNTEER OR LEARN MORE ABOUT THE PROGRAM VISIT OUR WEBSITE: [WWW.PETALUMAPEOPLE.ORG](http://WWW.PETALUMAPEOPLE.ORG) OR EMAIL US AT [NOTALONE@PETALUMAPEOPLE.ORG](mailto:NOTALONE@PETALUMAPEOPLE.ORG)**

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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](http://petalumapeople.org)

# “SENIOR RESOURCES”

## COUNCIL ON AGING








(707) 525-0143 [councilonaging.com](http://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

### MOVE NATURALLY MENU

-  Dance to your favorite song.....4 minutes
-  Take the stairs.....1 minute
-  Walk to your local coffee shop.....25 minutes
-  Do 10 walking lunges.....30 seconds
-  Call a friend and walk while you chat.....10 minutes
-  Tend to your indoor or outdoor garden.....5 minutes
-  Take a walk outside.....30 minutes
-  Make sourdough bread.....30 minutes

# 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 – April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Daily</b>  <b>1 cup 1% Milk</b>  <b>Bread</b>  <b>Butter</b></p>	<p><b>*Vitamin C</b>  <b>Vitamin A</b>  <b>◆Fiber</b>  <b>▣Salt</b></p>	<p></p>	<p></p>	<p>1. Baked Chicken with                      Lemon – Artichoke                      Brown Rice Pilaf                      Carrots                      Green Salad                      Banana                      ◆W. W. Roll</p>
<p>4. Caribbean Chicken                      Brown Rice w/                      Black Beans                      Peas and Carrots                      Green Salad                      Pineapple                      ◆W. W. Roll</p>	<p>5. Beef Stew                      Brown Rice Pilaf                      Cauliflower                      Cole-slaw                      Strawberries                      ◆W. W. Roll</p>	<p>6. ▣Stuffed Bell                      Peppers                      Broccoli- Normandy                      Green Salad w/ HB Egg                      *Mandarin Oranges                      ◆W. W. Roll</p>	<p>7. Roasted Turkey                      with Gravy                      Mashed Potatoes                      California Vegetables                      3 Bean Salad                      Cherries                      ◆W. W. Roll</p>	<p>8. Teriyaki Beef                      Jasmine Rice                      5 Way Mixed                      Vegetables                      Green Salad                      Apricots                      ◆W. W. Roll</p>
<p>11. Chicken Marsala                      Herb Potatoes                      Broccoli                      Normandy Green                      Salad                      Peas                      ◆W. W. Roll</p>	<p>12. Pork Chili Verde                      Brown Rice with                      Pinto Beans                      *Broccoli Normandy                      Green Salad                      Pineapple                      ◆W. W. Roll</p>	<p>13. Spaguetti with                      Meat Sauce                      Italian Vegetables                      Green Salad                      Apricots                      ◆W. W. Roll</p>	<p>14. Baked Fish                      Brown Rice Pilaf                      Spinach                      Pea salad                      Blueberries                      ◆W. W. Roll</p>	<p>15. Spring Lunch                      ▣Ham Casserole                      Mashed Potatoes                      California Blend Vegetables                      Cottage Cheese w/Tomatoes                      Strawberry Shortcake                      ◆W. W. Roll</p>
<p>18. Slow Roasted Pork                      with Mushroom Sauce                      Butter Egg Noodles                      Green Beans                      Green Salad                      *Mandarin Oranges                      ◆W. W. Roll</p>	<p>19. CheeseBurger                      Red Potatoes - Carrots                      Hamburger Condiments                      Lettuce, Tomato,                      Red Onion                      Pineapple                      ◆W. W. Bun</p>	<p>20. Ratatouille                      Polenta                      Mixed Vegetables                      Cottage Cheese                      Salad with Tomatoes                      Banana                      ◆W. W. Roll</p>	<p>21. Orange Chicken                      with Broccoli and                      Sesame Seeds                      Jasmine Rice                      *Brussel Sprouts                      Cucumber-Red Onion                      Salad                      ◆W. W. Roll</p>	<p>22. Tamale Pie                      Brown Spanish                      Rice                      Cauliflower                      Green Salad                      Peas                      ◆W. W. Roll</p>
<p>25. Turkey Chili                      Red Potatoes                      Swiss Chard                      Coleslaw                      Peas                      ◆W. W. Roll</p>	<p>26. Baked Fish                      w/Lemon                      Brown Rice Confetti                      Peas                      Green Salad                      Apple                      ◆W. W. Roll</p>	<p>27. Hungarian Goulash                      Egg Noodles                      Peas and Carrots                      *0Broccoli - Cranberry                      Salad                      Peaches                      ◆W. W. Roll</p>	<p>28. Tuscan Chicken                      Polenta                      Italian Vegetables                      Green Salad                      Blueberries                      ◆W. W. Roll Pulled</p>	<p>29. BBQ Beef                      Sandwiches                      Red Potatoes                      Green Beans                      Caesar Salad                      Banana</p>

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

## Perfect Baked Potato

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Cook Time: 1 hr

Serves 4

Bake a potato perfectly every time! With the olive oil & sea salt coating, it'll come out of the oven with crispy skin and fluffy insides that are delicious with your favorite toppings.

### Ingredients

- 4 medium russet potatoes
- Extra-virgin olive oil
- Sea salt
- Cashew Sour Cream
- Tempeh Bacon Bits
- Chives

### Instructions

1. Preheat the oven to 425°F and line two baking sheet with parchment paper.
2. Use a fork to poke a few holes into the potatoes. Place on the baking sheet, rub with olive oil, and sprinkle liberally with sea salt all over. Bake 45 to 60 minutes, or until the potato is fork-tender and the skin is crisp.
3. Slice open each potato. Assemble with a dollop of sour cream or cashew cream, tempeh bacon bits, and a sprinkle of chives. Serve with remaining cashew cream and tempeh bacon on the side.

# RECIPE OF THE MONTH



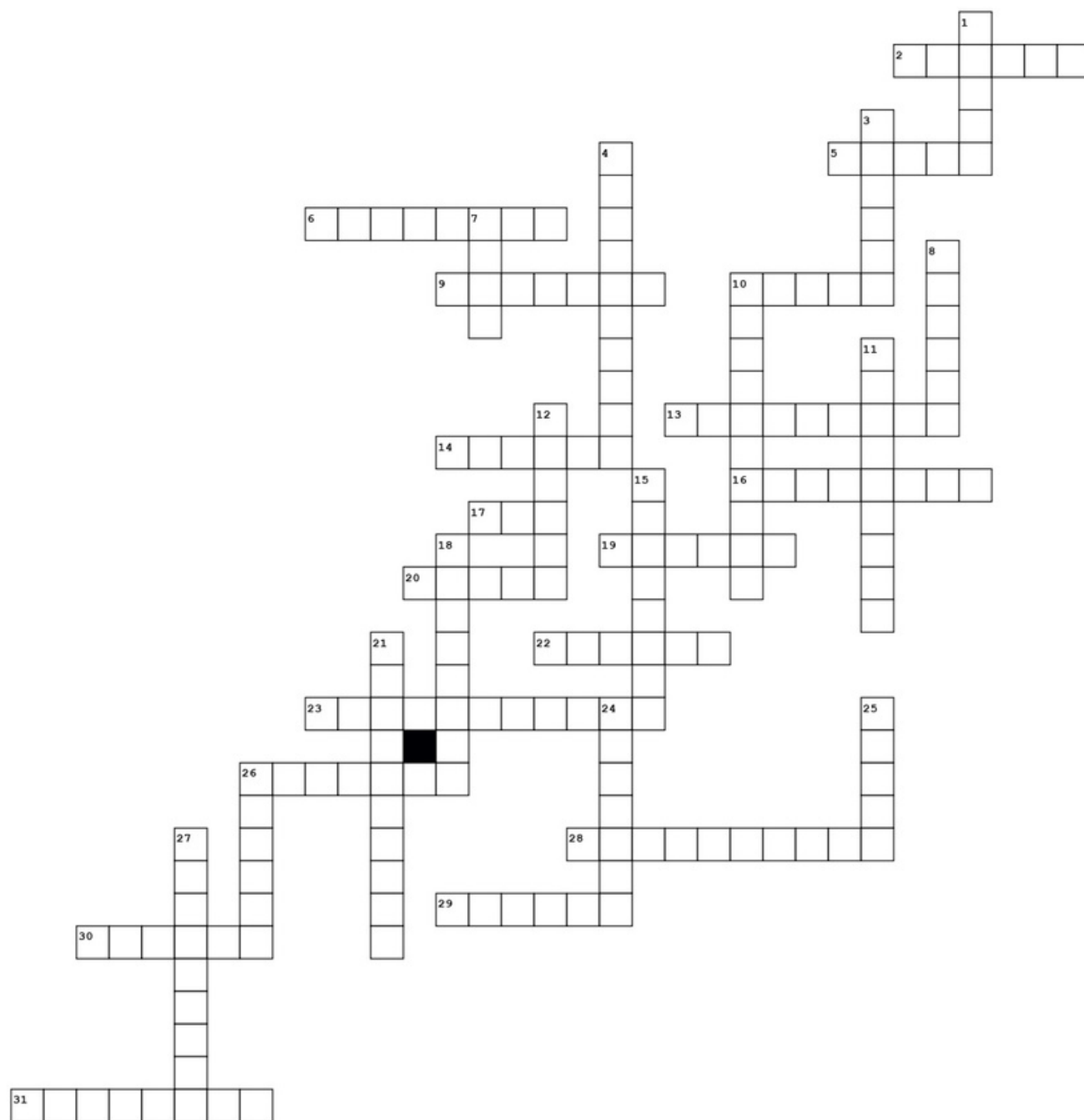
SOURCE:

[LOVEANDLEMONS.COM](http://LOVEANDLEMONS.COM)



# CROSSWORD PUZZLE

## Spring



### Across

2. equinox, happens March 19, 2020
5. English city known for hot springs
6. in spring--turn your clock

### Down

1. branch of the military
3. Argentinian dance
4. a veg sweetest in spring

# CROSSWORD PUZZLE

9. spring holiday
  10. go fly one
  13. seven-day holiday
  14. spiral spring's shape
  16. hope springs
  17. or green, state question
  19. peak winds
  20. baby sheep
  22. daylight savings
  23. a period of work experience
  26. holds eggs
  28. ancient reptiles
  29. city east of Palm Springs
  30. comes in like a lion
  31. four musicians
7. runner, state bird
  8. a spring flower
  10. spring winds in Egypt
  11. springtime activity
  12. created by differences in atmospheric pressure
  15. loud noise associated with storms
  18. where paintings hang
  21. insect with colorful wings
  24. meal taken outdoors
  25. begins on Ash Wednesday
  26. chocolate
  27. cocoa food

# WORD SEARCH

Word Search

Hello Spring



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



APRIL	RAIN	CROCUS	GRASS
UMBRELLA	SPRING	RABBIT	BUTTERFLY
BLOSSOM	SEASON	GREEN	RAINBOW
ROBIN	SUN	BUD	MELT

# JUST FOR 'FUN!



**What is a flower's favorite kind of pickle?**  
A daffo-dill.



QUESTIONS: CONTACT US AT  
707-778-4399 OR  
[PARKSUREC@CITYOFPETALUMA.ORG](mailto:PARKSUREC@CITYOFPETALUMA.ORG)