

PETALUMA SENIOR CENTER

newsletter

WHAT IS INSIDE:

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



HOURS & CONTACT:

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

parksnrec@cityofpetaluma.org
cityofpetaluma.org



March



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 Computer & Smartphone Club Meeting
Thursday, March 24, 12:00 Noon
At the Petaluma Senior Center

Everything You Need to Know About Networks



- LANs
- WANs
- WiFi
- The Internet
- Fiber
- Satellite
- Tethering and Hotspots
- Sharing Files and Printers
- Petaluma Services



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

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 **March 22 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

March 24, 1:00pm, 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:



Quilting Group with Jayne Myers
Jayne has a passion for quilting and keeps the group going strong. The group works tirelessly each week to create such a beautiful collection of quilts as well as patterns. Perhaps you too have a strong desire to utilize, (or try out your hand in) quilting techniques

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!!!

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

Earle Baum Center Vision Support Group PETALUMA COMMUNITY CENTER

Every 3RD 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 707-479-8321

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, annhepehousing.org, 707-776-7722

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.

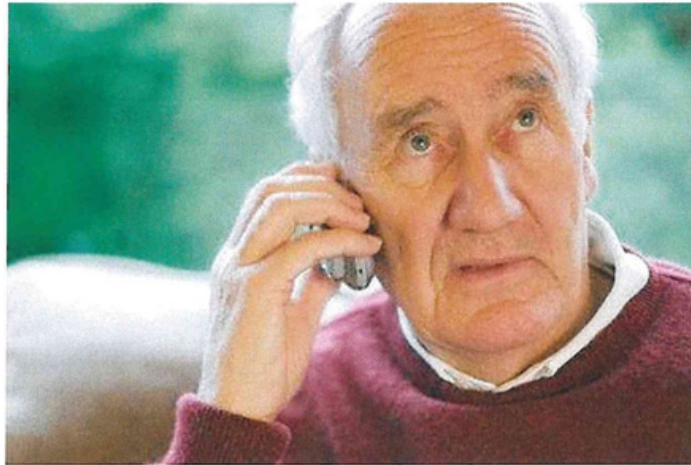
Here is how it works:

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.

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

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 – March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Vitamin C Vitamin A ♦ Fiber ☞ Salt</p>	<p>1. Baked Fish w/ Lemon Brown Rice Confiti Peas *Broccoli-Cranberry Salad Apple ♦ W. W. Bread</p>	<p>2. Beef Fajitas Mexican Rice Spinach Green Salad *Orange Slices ♦ W. W. Roll</p>	<p>3. Tuscan Chicken Polenta Italian Vegetables Green Salad Blueberries ♦ W. W. Roll</p>	<p>4. BBQ Beef Sandwich Carrots Green Salad Banana ♦ W. W. Roll</p>
<p>7. Caribbean Chicken Brown Rice w/ Black Beans Peas and Carrots Green Salad Pineapple ♦ W. W. Roll</p>	<p>8. Beef Stew Brown Rice Pilaf Cauliflower Coleslaw Strawberries ♦ W. W. Roll</p>	<p>9. ☞ Stuffed Bell Peppers Broccoli Normandy Green Salad w/ HB Egg *Mandarin Oranges ♦ W. W. Roll</p>	<p>10. Lemon Chicken California Vegetables Marinated Vegetable Salad Cherries ♦ W. W. Roll</p>	<p>11. Teriyaki Beef Jasmine Rice 5 Way Mixed Vegetables Green Salad Apricots ♦ W. W. Roll</p>
<p>14. Chicken Marsala Garlic Roasted Herb Potatoes Italian Vegetables Salad Pears ♦ W. W. Roll</p>	<p>15. Pork Chili Verde Brown Rice with Pinto Beans *Broccoli Normandy Green Salad Pineapple ♦ W. W. Roll</p>	<p>16. Baked Fish Brown Rice Pilaf Spinach Pea salad Blueberries ♦ W. W. Roll</p>	<p>17. St. Patrick's Day Corned Beef Cabbage Red Potatoes Green Salad Pistachio Cake Cherries ♦ W. W. Roll</p>	<p>18. Salisbury Beef Brown Rice Blend California Blend Vegetables - Cottage Cheese w/Tomatoes Strawberries ♦ W. W. Roll</p>
<p>21. Slow Roasted Pork with Apples Butter EggNoodles Green Beans Green Salad *Mandarin Oranges ♦ W. W. Roll</p>	<p>22. Ratatouille Polenta Mixed Vegetables Green Salad Banana ♦ W. W. Roll</p>	<p>23. Tamale Pie Brown Spanish Rice Cauliflower Green Salad Pears ♦ W. W. Roll</p>	<p>24. Roasted Lemon Herb Chicken Mashed Potatoes *Brussel Sprouts Green Salad Cherries ♦ W. W. Roll</p>	<p>25. CheeseBurger Red Potatoes - Carrots Hamburger Condiments Lettuce, Tomato, Red Onion Pineapple ♦ W. W. Bun</p>
<p>28. Turkey Chili Red Potatoes Swiss Chard Coleslaw Pears ♦ W. W. Roll</p>	<p>29. Baked Fish Yams Swiss Chard Cauliflower Pineapple ♦ W. W. Roll</p>	<p>30. Hungarian Goulash Egg Noodles Peas and Carrots Green Salad Peaches ♦ W. W. Roll</p>	<p>31. Pulled Pork Sandwiches Red Potatoes Italian Green Beans Caesar Salad Banana</p>	<p>Daily 1 cup 1% Milk Bread Butter</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

Best Bean Dip

Prep Time: 20 mins

Serves 8

This refried bean dip recipe is a crowd-pleasing party appetizer or game day snack! Skip the cheese on top to make this recipe vegan.

Ingredients

- 1 recipe Refried Beans
- 1 (4-ounce) can green chiles, drained
- 2 tablespoons fresh lime juice
- $\frac{3}{4}$ teaspoon onion powder
- Heaping $\frac{1}{4}$ teaspoon cayenne pepper, optional
- Water, as needed

Topping options

- Tortilla chips, for serving
- Tomatoes
- Scallions
- Avocado
- Serrano peppers
- Cilantro
- Cotija cheese

RECIPE OF THE MONTH

Instructions

1. In a food processor, combine the refried beans, green chiles, lime juice, onion powder, and cayenne pepper, if using. Pulse until combined. If the mixture is too thick, add water, 1 tablespoon at a time, to reach your desired consistency.
2. Spread the bean dip onto a platter, top with desired toppings, and serve with tortilla chips.



SOURCE:

LOVEANDLEMONS.COM

CROSSWORD PUZZLE

31st March

ACROSS

- 1 Stock in ___
- 6 Mantle
- 11 End table item
- 15 Defizzed
- 19 Fray
- 20 Punitive
- 21 Peculiar: prefix
- 22 Skye of film
- 23 Chemical compound
- 24 Viable
- 25 Waiter's offering
- 26 White-tailed eagle
- 27 Marsha draws a line?
- 30 Loren, for one
- 32 Ply a needle
- 33 Bird's beak
- 34 Revise
- 35 Eleventh-hour
- 38 Like Tim Cratchit
- 42 Difficult situations
- 44 Old phone user
- 48 Pedro's gold
- 49 Sirius's medium
- 50 Look of vehemence
- 52 Fly in the ointment
- 53 Chopin composition
- 55 Shock jock Don
- 57 Alaskan Indian
- 58 Icelandic sagas
- 59 Crunch's ancestor
- 60 Closely packed
- 62 On in years
- 64 Paving stone
- 65 One on a quest
- 67 Some NCOs
- 68 Saint Philip ___
- 69 Playing card
- 70 Olympic Games site
- 72 Made a request
- 74 Fly aloft
- 76 Part of a casa
- 79 Jaunt in a jalopy
- 81 Old England worker
- 83 Spikes
- 87 Aesir member
- 88 Persuasion
- 89 Wading birds
- 91 Mowgli's teacher
- 92 Curves
- 94 007's alma mater
- 96 Tangelo
- 97 Shadow

- 98 Avoid capture
- 99 Plantar areas
- 101 King of Tyre
- 103 Royal ruler: abbr.
- 104 Upshot
- 106 Minn. neighbor
- 107 "Fore" yell
- 108 Wide shoe sizes
- 109 Make happen
- 111 Pedro's aunt
- 113 Healing goddess
- 115 Snub
- 118 Sheree's directions?
- 125 Garfield's foil
- 126 Princess, in India
- 128 Sheer cotton
- 129 Injury side effect
- 130 Subtraction word
- 131 Son of Zebulun
- 132 ___ Island
- 133 Baton race
- 134 Sums: abbr.
- 135 Cloning unit
- 136 Shoulder muscles, for short
- 137 Perfect places

DOWN

- 1 Ore carrier
- 2 King of Thailand
- 3 Bird over Pompeii
- 4 Indicate
- 5 Skater Berezhnaya
- 6 Extend over
- 7 Grasped
- 8 Oklahoma city
- 9 Linda of "Alice"
- 10 Showing off one's muscles
- 11 Depict
- 12 Summer beverage
- 13 Least amount
- 14 Sulked
- 15 Sally in the wild?
- 16 Loughlin or Petty
- 17 Actress Sten
- 18 Pubescent
- 28 "___ boy!"
- 29 Old French coin
- 31 Sambuca flavoring
- 34 Modern era
- 35 Loamy deposit
- 36 Clarinetist Shaw
- 37 All: Fr.

- 39 "___ It" (Dave Matthews Band)
- 40 French city
- 41 Loretta visits Grandma?
- 43 Doris all the time?
- 45 Dock worker
- 46 Sandwich Island
- 47 Former Met Staub
- 49 Defeat invaders
- 51 Budget stretchers
- 54 Patty meets royalty?
- 56 Concordes: abbr.
- 61 Narrow ridge
- 63 Ecclesiastical district: abbr.
- 66 Chance
- 71 Foreign agents
- 73 Biblical sellout
- 75 Places for photos
- 76 Abstemious
- 77 Designer Simpson
- 78 Nobelism Pauling
- 80 Chant
- 82 "Dallas"

- matriarch
- 84 "Seascape" playwright
- 85 Scat-singing Mel
- 86 Daytime shows
- 90 Colt's dad
- 93 Biblical word
- 95 Nifty, in the '50s
- 100 Moved along edges
- 102 "O, my Luve is like ___"
- 105 Berber
- 108 Eaten away
- 110 Like old crackers
- 112 Mexican corn mush
- 114 Rhone tributary
- 115 Juan's greeting
- 116 Footnote abbr.
- 117 Central idea
- 118 Three squared
- 119 Nob or Beacon
- 120 Touched ground
- 121 1987 Costner role
- 122 Ubangi feeder
- 123 Still buster
- 124 Lee of the Weavers
- 127 Pierre's refusal

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WORD SEARCH

Types of Food

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

- ONION
- PORK
- BURGERS
- FAST FOOD
- RADISH
- MACARONI
- LETTUCE
- VEGETABLES
- NOODLES
- BREAD
- CEREAL
- HAM
- FRUIT
- TUNA
- SALAD
- SPAGHETTI
- BUTTER
- ROLLS
- TV DINNER
- HOTDOGS
- STEAK
- GRAVY

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