

PETALUMA SENIOR CENTER

newsletter

WHAT IS INSIDE:

Happy June! 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

cityofpetaluma.org



June



2022

CURRENT CLASSES

2022

MONDAY:

Quilting- 8:00am

Billiards - 8:30am

Line Dancing - 8:30am

Writing - 10:30am

TUESDAY:

Walking Group- 8:00am

Chess - 9:00am

Knitting- 9:00am

Fall Proof - 10:00am

Billiards - 8:30am

Whats on Your Mind - 10:30am
(First & Third weeks)

Ping Pong - 12:00pm

Speaking of Death - 12:00pm
(Fourth Tuesday of the month)

CURRENT CLASSES

2022

WEDNESDAY:

- Bridge- 10:00am
- Billiards - 8:30am
- TOPS - 9:30am
- Gentle Yoga - 9:00am
- Drawing - 9:30am
- Hearts - 11:30am
- Mahjong - 12:00pm

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
- Computer Class -12:00pm
(once per month)
- Book Club - 1:00pm
(second Thursday)

NEW PROGRAMS

2022

GENTLE YOGA

Wednesdays, 9am - 9:45am

45-minute gentle yoga class with option for a chair. Stretching and movement, done slowly & deliberately, often seated on the floor on a yoga mat or in a chair.

- Improve flexibility & balance to help prevent falls as we age
- Strengthen and stretch your muscles
- Protect your bones by doing weight bearing yoga poses
- Focused, mindful breathing to reduce stress & anxiety
- Yoga may promote better sleeping

Denise Elfenbein bio

I began taking yoga classes in the 90s. I have practiced many styles of yoga over the years. I have made yoga part of my lifestyle which has lead me to teach others and share the wonderful health benefits.

I like to teach a Gentle class that incorporates gentle movements of the body, often seated, with breathing, stretching and gentle twists to keep the spine lubricated and flexible.

I've taught gentle yoga privately in homes. I've worked with a few dementia patients in their home or facility doing chair yoga and gentle yoga. I taught 15 lovely ladies for a New Year's Day women's retreat where we gently moved our bodies in a Shakti flow with a special playlist of music.

TRAINING & EDUCATION

- Yoga Workshop for Arthritis & Osteoporosis, Yoga Vista Academy
- 200-hour RYT Vinyasa yoga teacher training with Taylor Wray's "Livin in Flow", AZ
- Registered with Yoga Alliance - 2022
- CPR/ AED/ First Aid training - 2022
- Basic Yin certification, 2017
- Personal Training & Nutrition certificate from Glendale Community College, AZ
- BA in Psychology & Human Development, Prescott College, AZ - 2011

NEW PROGRAMS

2022

Writing Group

Monday's 10:30-12:00pm

Starting May 9, 2022

"Whether it's memoir, fiction or poetry, Fran Posner will guide us on our writing journey with instruction, feedback and support from all members of the group."

As novelist and teacher Elizabeth George says, "Write Away!"

NEW PROGRAMS

2022

Drawing for Beginners with Vivian Lujan-Cortez

No fee

Wednesdays 9:30-11:00
Starting JUNE 1

Learn to draw through keen observation in this 6 week course. Explore ideas from nature, your personal environment, photos, or simply your imagination.

No need to bring supplies to class, materials will be discussed on the first day.

NEW PROGRAMS

2022

The Computer & Smartphone Club Meeting
Thursday, June 23, 12:00 Noon
At the Petaluma Senior Center

Choosing a Smartphone and Carrier



- Where to buy
- All about SIM Cards
- Locked vs Unlocked
- Burner phones
- Contracts
- Phones for Seniors
- Prices
- 4G vs 5G
- Recommendations



Consumer
Cellular

T-Mobile

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



Elder Justice Sonoma County

Frauds & Scams

What You Can Do to Protect Yourself

Come learn about Elder Justice Efforts in Sonoma County & current trends in frauds and scams targeting Americans. We will discuss how to respond, and keep an eye out for others while also learning about Elder Justice efforts in Sonoma County

JUNE 13, 2022
1:00-2:00 PM
**PETALUMA SENIOR
CENTER**



211 Novak Dr.
Petaluma, CA 94954
(707) 778-4399



CONTACT: Donatam@sasnb.org

Look forward to a series of quarterly trainings from the Elder Justice Initiative in 2022-2023!



1129 Industrial Avenue Suite 201
Petaluma, CA 94952
707.526.4108 www.SASNB.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 **June 28 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

June 22, 12:00pm, Petaluma Senior Center

NEW PROGRAMS

2022

BOOK CLUB

Join the Senior Center Book Club! Second Thursday of the month at 1:00pm in the Game Room.

June Book: I Know Why the Caged Bird Sings by Maya Angelo
Register at the Front Desk! 707-778-4399

PING PONG

Interested in playing Ping Pong? Let us know!
We have availability in our Recreation Room on
Tuesdays from 12:00pm- 2:00pm.

BOCCE BALL

New players are welcome to join!
Fridays, 9:30am - 10:30am at Leghorns Park
690 Sonoma Mountain Parkway

WHATS ON YOUR MIND

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!

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**

FITNESS

2022

Fitness & Strength Training

Mondays and Fridays 12:30-1:30pm

\$5.00 drop in.

Petaluma Community Center

320 N McDowell Blvd

**Diana's class focuses on
cardiovascular and muscular
strength and endurance, balance,
coordination, and posture in a
supportive environment while
seated or standing.**

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 from 10am - 12pm. 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! Walking group, level ground 2 mile walk, 1 hour duration

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

Hearts - Wednesdays at

11:30am

Mahjong - Wednesdays

12:00pm - 2:00pm

KNITTING:

Tuesdays from 9:00am -

11:30am

QUILTING:

Mondays from

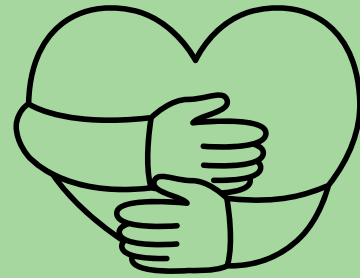
8:00am - 2:00pm

MEDITATION GROUP:

Thursdays from 12:30pm -

1:30pm

VOLUNTEER HIGHLIGHT:



Susan Kay Gilbert facilitates the Dementia Caregivers Support Group, and has been an amazing asset to the Senior Center and overall community. Thank you, Susan, for all that you do!

TOPS:

"TOPS" - Taking Off Pounds Sensibly

Wednesdays 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

PEP HOUSING




2022



Write On!

FREE Poetry & Creative Writing Playshops

Sandra Anfang, host of Petaluma's Rivertown Poets and a credentialed poetry teacher, editor, and author of *Road Warrior: Poems of the Inner and Outer Landscape* and other publications, offers Seniors a series of 6-8 weekly Poetry/Creative Writing Playshops. How many she'll conduct depends upon turnout. Each week Sandra will explore a different poetry style and help us express ourselves creatively through writing.

-  Informal & fun: No critiques, no judgment.
-  Sharing your writing isn't required: No pressure.
-  Sign up for the series, or pick & choose Playshops

Playshops are held in PEP Housing's Edith St. Community Room
167 Edith St., Petaluma (near Whole Foods)

Wednesdays from 1-2 pm starting May 4

The legendary & talented pianist, Aldo Garibaldi, will perform
from 3 to 4pm afterward if you'd care to stick around!

Space is limited! Sign up today!

Email Sandra at rivertownpoet@gmail.com

If you don't have email, you can text her at 650-888-7875

Poetry Playshops are sponsored by Ms. Sallie Latch, Edith Resident

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.

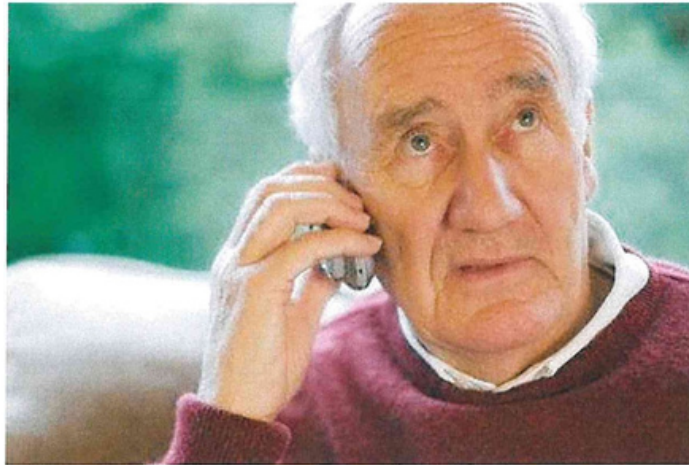
Here is how it works:

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”

COUNCIL ON AGING

(707) 525-0143 councilonaging.com

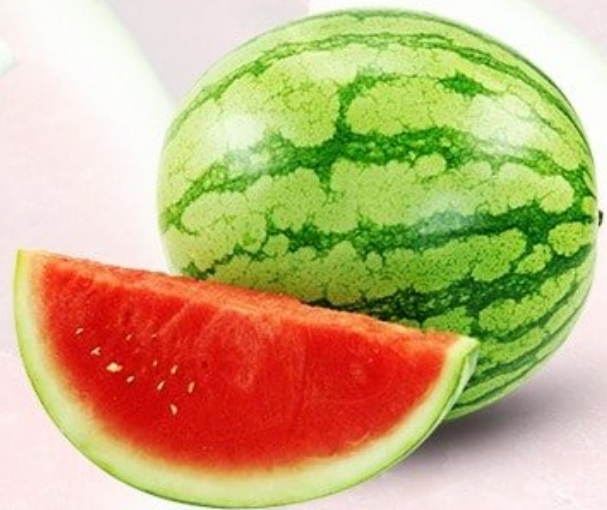
Services available by phone:

- 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

BENEFITS OF

WATERMELON

- ▲ Keeps you **hydrated**
- ▲ Rich in **Vitamin A, B6, C**
- ▲ May improve **heart** health
- ▲ Reduces **muscle** soreness
- ▲ Contains compounds that may **prevent cancer**
- ▲ Good for **skin** and **hair**



“SENIOR RESOURCES”


MOVEMENT & EXERCISE

SAFETY TIPS FOR ACTIVE SENIORS

1. **CONSULT WITH YOUR DOCTOR** before starting any type of exercise regimen.
2. **WEAR SUNSCREEN** with SPF 30+ when exercising outdoors.
3. **WEAR A MASK** if you are exercising outdoors where others can walk by.
4. **STAY HYDRATED** by drinking plenty of water before, during, and after exercising.
5. **USE PROPER FOOTWEAR** to avoid serious injuries and improve your performance.
6. **LISTEN TO YOUR BODY** about how much exercise is safe and how much is too much. Don't overdo it!

SENIOR CAFE LUNCH MENU

Petaluma Senior Café Menu – June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>6. Stuffed Bell Peppers *Broccoli- Normandy Green Salad w/ HB Egg *Mandarin Oranges ♦ W. W. Roll</p>	<p>Vitamin C Vitamin A ♦Fiber ♦Salt</p> <p>7. Creole Pork Rice California Blend Coleslaw Strawberries ♦ W. W. Roll</p>	<p>1. Turkey Casserole with Egg Noodles Carrots Green Salad *Orange Wedges ♦ W. W. Roll</p>	<p>2. Italian Pork Ragù w/Egg Noodles Italian Vegetables Blend Green Salad w/ Tomatoes Apricots ♦ W. W. Roll</p>	<p>3. Swiss Steak Rice Pilaf Summer Squash Spinach Salad with *Oranges Strawberries ♦ W. W. Roll</p>
<p>13. Hungarian Goulash Buttered Noodles Mixed Vegetables Green Salad Strawberries ♦ W. W. Roll</p>	<p>14. Chicken Ranchero Brown Rice with Black Beans *Swiss Chard Green Salad Peaches ♦ W. W. Roll</p>	<p>15. BBQ Beef Sandwich Red Potatoes Summer Squash Coleslaw Cinnamon Apples ♦ W. W. Roll</p>	<p>9. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad Carrots with Dip ♦ W. W. Roll</p>	<p>10. Teriyaki Beef Rice Mixed Vegetables Yams Green Salad Apricots ♦ W. W. Roll</p>
<p>20. Tamale Pie Brown Spanish Rice Cauliflower Green Salad Banana ♦ W. W. Roll</p>	<p>21. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Carrots with Dip ♦ W. W. Bread</p>	<p>22. Pulled Pork Sandwich Red Potatoes Green Beans Green Salad Pears</p>	<p>23. Turkey with Gravy Mashed Potatoes Green Beans Cottage Cheese Salad Strawberries ♦ W. W. Roll</p>	<p>17. CLOSED FOR JUNETEENTH DAY OBSERVED</p>
<p>27. Chicken Marsala Garlic Herb Potatoes Italian Vegetables Green Salad Pears ♦ W. W. Roll</p>	<p>28. Fish Fillets Yams Green Beans Green Salad w/ HB Egg Pineapple ♦ W. W. Roll</p>	<p>29. Chili Colorado Brown Rice Blend 5 Way Mixed Vegetables Green Salad *Orange Wedges ♦ W. W. Roll</p>	<p>30. Chinese Chicken Salad Three Bean Salad Fruit Salad Vegetables with Dip ♦ W. W. Bread</p>	<p>24. Cheeseburger – Red Potatoes – Peas & Carrots Lettuce, Tomato and Onions Watermelon ♦ W. W. Roll</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

Tortellini Salad

Prep Time: 20 mins

Cook Time: 5 mins

Total Time: 25 mins

Serves 6

This tortellini salad recipe is a perfect picnic side dish or make-ahead lunch! It's filled with juicy cherry tomatoes, fresh basil, briny artichoke hearts, and a zingy homemade dressing.

Ingredients

- 18 ounces cheese tortellini or vegan tortellini*
- Italian Dressing
- 2 cups halved cherry tomatoes
- 1 14-ounce can artichoke hearts, drained and chopped
- 1 cup cooked white beans, drained and rinsed
- ½ cup thinly sliced red onion
- 5 pepperoncini, stemmed and chopped
- 2 cups fresh arugula
- 1 cup fresh basil, torn, plus more for garnish
- Parmesan or pecorino cheese, optional
- Red pepper flakes, optional

RECIPE OF THE MONTH

Instructions

1. Cook the tortellini according to the package directions until al dente. Drain and let cool.
2. Prepare the dressing according to the instructions in this recipe.
3. In a large bowl, combine the tortellini, tomatoes, artichokes, beans, onion, pepperoncini, and the dressing and toss to combine. Add the arugula and basil and toss again. Season to taste, and add Parmesan and red pepper flakes, if desired. Garnish with more fresh basil. Serve right away or store in the fridge for up to 4 days.



SOURCE:

LOVEANDLEMONS.COM

CROSSWORD PUZZLE

Free Printable Crossword Puzzle #2

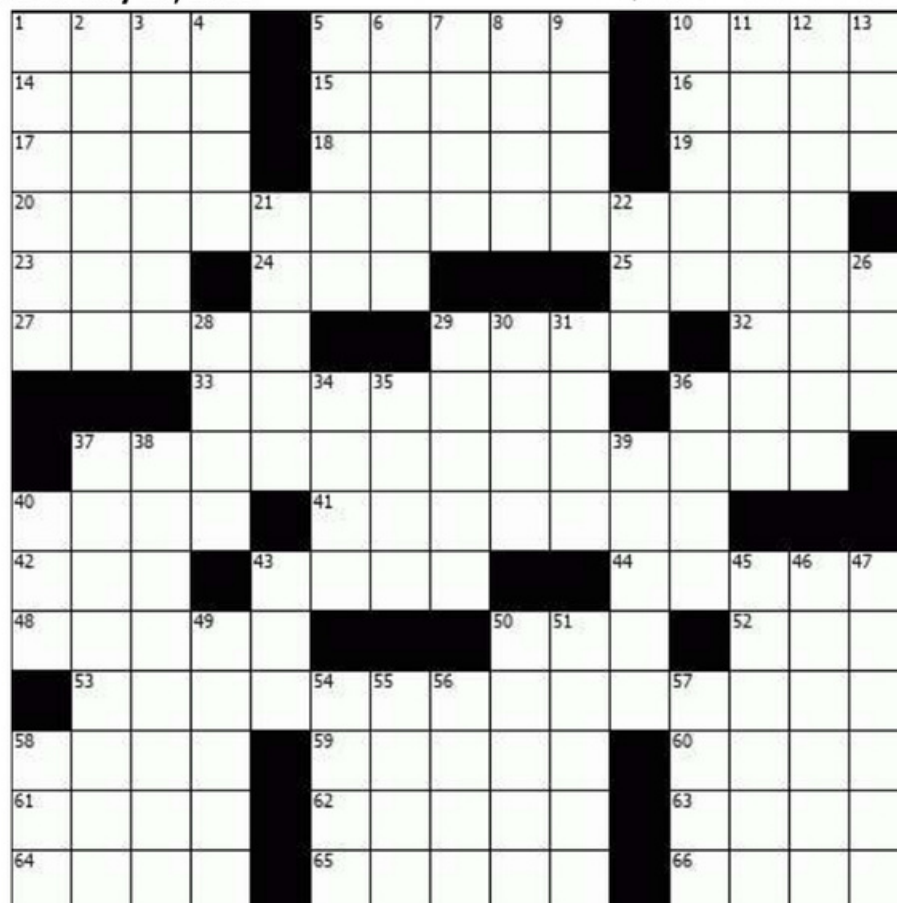
This is the Daily Crossword Puzzle #2 for **May 27, 2022**

Find the solution at

<https://onlinecrosswords.net/2125>

Across

1. Give everything away
5. Tiny creature
10. "Hey, you!"
14. "___ Lama Ding Dong" (1961 hit)
15. Emitted coherent light
16. Words with "the minute" and "date"
17. Computer screen symbol
18. 1969 Hitchcock film
19. Separate
20. PICK
23. Bambi's aunt
24. Tell's home canton
25. Word with cut or bill
27. Oregon's capital
29. Fleshy fruit
32. Doc bloc
33. Animal named for its coat color
36. Double curve
37. PICK
40. Girl of kiddie literature
41. Eminem, e.g.
42. Fingers
43. "For Once ___ Life"
44. Colorful parrot
48. Deadly
50. Quilting party
52. Attorneys' org.
53. PICK
58. Disorderly groups
59. Flat agreement
60. Carrier to Ben-Gurion
61. Occupy the throne
62. Frenzied
63. Twelve zeroes prefix
64. Leave be
65. Troutlike fish
66. Small whirlpool



Down

- | | | |
|-----------------------------|-------------------------------|------------------------------------|
| 1. Illegal incentives | 21. "Serpico" director Sidney | 40. Skippy rival |
| 2. Gap in a manuscript | 22. DVD player alternative | 43. Type |
| 3. Without principles | 26. Dundee denial | 45. Summoned |
| 4. Firecracker noise | 28. Pennsylvania port | 46. On the train |
| 5. Hitching post? | 29. Full of energy | 47. Ambush |
| 6. New Zealand native | 30. Slippery critters | 49. Balance sheet plus |
| 7. Catch sight of | 31. In ___ (stuck) | 50. Pesto ingredient |
| 8. Necklace unit | 34. "Phoey!" | 51. Put in office |
| 9. Wood trimmer | 35. 1/8 fluid ounce | 54. "Desire Under the ___" |
| 10. Class member | 36. Gumbo pod | 55. Flyers, for one |
| 11. Like the Jetson's house | 37. Social butterfly | 56. Curse |
| 12. Party decoration | 38. Volatile | 57. Rose known as "Charlie Hustle" |
| 13. Preschooler | 39. Caravan transport | 58. "___ Doubtfire" |

WORD SEARCH

Musical Terms

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

MEDLEY
ADAGIO
ATONAL
ALLEGRO
LEGATO
CHORD
CLEF
CADENZA
CADENCE
GALLIARD
CONCERTO
MEZZO
DISSONANCE
CHORUS
DUET
ESPRESSIVO
FALSETTO
CAVATINA

Play this puzzle online at : <https://thewordsearch.com/puzzle/168/>



JUST FOR 'FUN!

STONE SOUP

BY JAN ELIOT



When do you go at red and stop at green?



When you're eating a watermelon!!!



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