

# PETALUMA SENIOR CENTER

newsletter

WHAT IS INSIDE:

Happy May! 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)



May



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 - 11:30am

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

Hearts - 11:00am

## 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)



# NEW PROGRAMS

2022

## MOTHERS' DAY LUNCH & TEA



Join the Petaluma Senior Center and the PPSC Senior Cafe for a Mothers Day Lunch and Tea!

Please RSVP by **MAY 3**

707-778-4399

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



# 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

spring 2022

## The LAVENDERS: an aromatic exploration & smell tour

*with aromatherapist  
Julia Fischer*

Where: PETALUMA SENIOR CENTER

211 Novak Drive, Petaluma

When: Monday, May 9, from 11:30 am to 1:00 pm

*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

## *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

## *The Life and Art of Isadora Duncan*



Tuesday, May 31

11:30am

\$5 donation

**\*Sign up at front desk\***

Celebrate modern dance pioneer Isadora Duncan with a special presentation by dancer, Lois Flood, who brings the California native to life through dance and storytelling. Duncan's many contributions to art, politics and feminism will also be shared in this one-hour program.



# NEW PROGRAMS

2022



## EDUCATIONAL MEDICARE SEMINAR

An illustration of a person standing and pointing at a whiteboard, with three smaller figures representing an audience seated in front of them.

**DATE:** MAY 16TH • MONDAY • 11:00 AM

**LOCATION:** RECREATION ROOM AT THE  
PETALUMA SENIOR CENTER, 211 NOVAK DRIVE

Learn from local Medicare expert, Sam Olson, about the latest in Medicare to help you stay informed about your health insurance benefits.



# NEW PROGRAMS

2022

**The Computer & Smartphone Club Meeting**  
**Thursday, May 26, 12:00 Noon**  
**At the Petaluma Senior Center**

## **Must Have Computer Utilities for Mac and PC**



- Backups
- Cleaners
- Data Recovery
- File management
- Font Management
- Hotkeys
- File/Image Converters
- Media Players
- Password Managers
- And Many More



Malwarebytes



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# 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

## LECTURE SERIES

We are excited to introduce a NEW lecture series to the Senior Center! These educational seminars will take place monthly on varying topics such as aging, gardening, health and wellness, nutrition, and MORE!

**May 18 at 12:00pm**

Aging, Spirituality, and Self-care

If we are brave enough to admit that we're in the autumn of our lives we can begin to intentionally cultivate resilient responses to the challenges we face.

In this introductory talk on the process of navigating aging we will look at identity changes, cultivating resilience, and building happiness into our lives.

We will also touch on dealing with loss and grief and developing our spirituality to support us during this life stage.

Join us to explore how our needs change as we age and the many facets of self-care during this interesting period.

Laurie Cahoon, L.Ac. is an acupuncturist and holistic health care practitioner in Petaluma. Laurie has worked with people of all ages with all different kinds of health issues for 40 years. A specialty within Laurie's practice is helping women navigate the aging process. Laurie and her dear friend, Jean Grant-Sutton, are co-facilitating women's support and educational groups on Aging, Spirituality, and Self-care.

## 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!

# 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 **May 24 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

**May 19, 12:00pm, Petaluma Senior Center**



# NEW PROGRAMS

2022

## PING PONG

Interested in playing Ping Pong? Let us know!  
We have availability in our Recreation Room on Tuesdays from  
11:30am - 2:00pm.

## BOCCE BALL

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

## LIBRARY PRESENTATION

Petaluma Librarian, Kerrie Gavgavian, will be hosting a Petaluma Library Presentation on **Monday, May 23 at 11:00 am**. She will review all the great resources provided by our local, and county libraries. Kerrie will explore free Library apps for eBooks/eAudiobooks, a website tour of Library resources and services, and fun current events!

## 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 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  
11:00am

## KNITTING:

Tuesdays from 9:00am -  
11:30am

## QUILTING:

Mondays from  
8:00am - 2:00pm

## MEDITATION GROUP:

Thursdays from 12:30pm -  
1:30pm

## VOLUNTEER HIGHLIGHT:



Bill Leonheart and Tracy Gentry work tirelessly at the PPSC Senior Cafe in getting the Seniors great tasting and nourishing meals every day, whether in the cafe or by sending them to the Seniors at home with Meals on Wheels.

## 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](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

# 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](mailto: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:

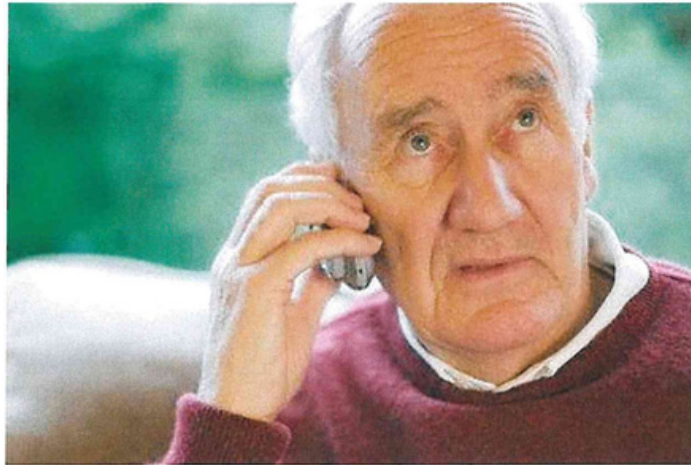
You will hear from PPSC and we will find out what you love to talk about or what you are interested in and what time of the day it works for you to have a call from a community volunteer, who has been screened by PPSC. The volunteer will be a cheery voice that you can check in with, talk about the most 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](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@PETLUAMPEOPLE.ORG](mailto:NOTALONE@PETLUAMPEOPLE.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

### 3 Exercises to Try



#### Sit to Stand

Start by sitting in a chair with a seat high enough that you don't need to use your hands to rise. Have a second chair in front of you for safety. When you're ready, stand up and sit down repeatedly. If it's too challenging, place a cushion or two on the seat to create a higher surface. Repeat 10 times. This exercise can be helpful for getting up from a low couch or toilet and can help prevent the need for assistance in the future.



#### Bridge

Lie on your back on your bed with your knees bent and feet flat on the mattress. Raise your hips and hold for three seconds at the top of the motion. Lower your hips. Repeat 10 times. This movement strengthens the gluteal muscles, which are essential for getting up from a chair, bed mobility, standing and walking. It also stretches the hip flexor muscles, which can become tight and weak from a sedentary lifestyle.



#### T-Rows

Sit upright in a chair and hold a resistance band in front of you at chest height. Open your arms to the right and left to stretch the band into a horizontal line, which should touch the center of your sternum (breastbone) when your arms are outstretched. Return to the starting position, and repeat 10 times. This exercise works the muscles of the upper back and shoulder blades to improve upright standing posture. T-rows can also help maintain neutral spine posture while standing, walking efficiency and balance.



# 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 – May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Lennon Chicken Rice Pilaf Mixed Vegetables Green Salad Fruit Salad ♦ W. W. Roll	3. Burgundy Beef Brown Rice Confetti Brussel Sprouts Beet Salad Apple ♦ W. W. Bread	4. Turkey Casserole with Egg Noodles Carrots Green Salad *Orange Wedges ♦ W. W. Roll	5. Italian Pork Ragu w/Egg Noodles Italian Vegetables Blend Green Salad w/ Tomatoes Apricots ♦ W. W. Roll	6. Mother's Day Quiche Lorraine Potatoes with Rosemary Peas - Carrot Raisin Salad - Boysenberries Lennon Cake ♦ W. W. Bread
9. Stuffed Bell Peppers *Broccoli- Normandy Green Salad w/ HB Egg *Mandarin Oranges ♦ W. W. Roll	10. Creole Pork Rice California Blend Coleslaw Strawberries ♦ W. W. Roll	11. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad Carrots with Dip ♦ W. W. Roll	12. Tuna Casserole Summer Squash Italian Carrot Salad Blueberries ♦ W. W. Bread	13. Teriyaki Beef Rice Mixed Vegetables Yams Green Salad Apricots ♦ W. W. Roll
16. Hungarian Goulash Buttered Noodles Mixed Vegetables Green Salad Strawberries ♦ W. W. Roll	17. Chicken Ranchero Brown Rice with Black Beans *Swiss Chard Green Salad Peaches ♦ W. W. Roll	18. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese w/ Tomato Cinnamon Apples ♦ W. W. Roll	19. Macaroni and Cheese *Broccoli Normandy Hard Boiled Egg Marinated Vegetable Salad Watermelon ♦ W. W. Roll	20. Nicoise Salad with Tuna, Green Beans, Red Potatoes, Chopped Egg and Green Salad, Cherry Tomato, Cucumber and Basil Salad - Fresh Fruit Salad - Carrots with Dip ♦ W. W. Roll
23. Tamale Pie Brown Spanish Rice Cauliflower Green Salad Pears ♦ W. W. Roll	24. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Green Salad Carrots with Dip ♦ W. W. Bread	25. Pulled Pork Sandwich Red Potatoes Green Beans Green Salad Pears	26. Chili Colorado Brown Rice Mixed Vegetables Green Salad w/Tomatoes *Orange Wedges ♦ W. W. Roll	27. Memorial Day Weekend Cheeseburger – Red Potatoes – Peas & Carrots Lettuce, Tomato and, Onions Watermelon ♦ W. W. Roll
30. OFFICE CLOSED FOR MEMORIAL DAY	31. Fish Filets Yams Green Beans Green Salad w/ HB Egg Pineapple ♦ W. W. Roll		*Vitamin C Vitamin A ♦ Fiber Salt	Daily 1 cup 1% Milk Bread Butter

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

## Carrot Muffins

---

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Serves 12

These healthy carrot muffins are a delicious breakfast or snack! They're moist, fluffy, and warmly spiced. They keep well at room temperature for up to 2 days. After that, pop them in the freezer. They thaw perfectly!

### Ingredients

- 1 cup all-purpose flour, spooned and leveled
- $\frac{3}{4}$  cup whole wheat flour, spooned and leveled
- $\frac{1}{2}$  cup almond flour, spooned and leveled
- 1 tablespoon aluminum-free baking powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{2}$  teaspoon nutmeg
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{2}{3}$  cup unsweetened almond milk
- $\frac{1}{2}$  cup avocado oil or neutral oil
- 2 large eggs
- $\frac{1}{2}$  cup cane sugar
- 1 teaspoon vanilla extract
- 3 cups grated carrots
- $\frac{1}{2}$  cup chopped walnuts
- $\frac{1}{2}$  cup raisins
- $\frac{1}{4}$  cup whole rolled oats, for sprinkling on top



# RECIPE OF THE MONTH

## Instructions

1. Preheat the oven to 400°F and grease a 12-cup muffin tin.
2. In a medium bowl, whisk together the flours, baking powder, cinnamon, ginger, nutmeg, and salt.
3. In a large bowl, whisk together the almond milk, oil, eggs, sugar, and vanilla. Stir in the carrots.
4. Pour the dry ingredients into the bowl of wet ingredients and stir to combine. Fold in the walnuts and raisins. Use a  $\frac{1}{3}$ -cup measuring cup to scoop the batter into the muffin cups. Bake for 16 to 20 minutes, or until the muffin tops spring back to the touch. Let cool for 10 minutes, and then transfer to a wire rack to cool completely.



SOURCE:

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

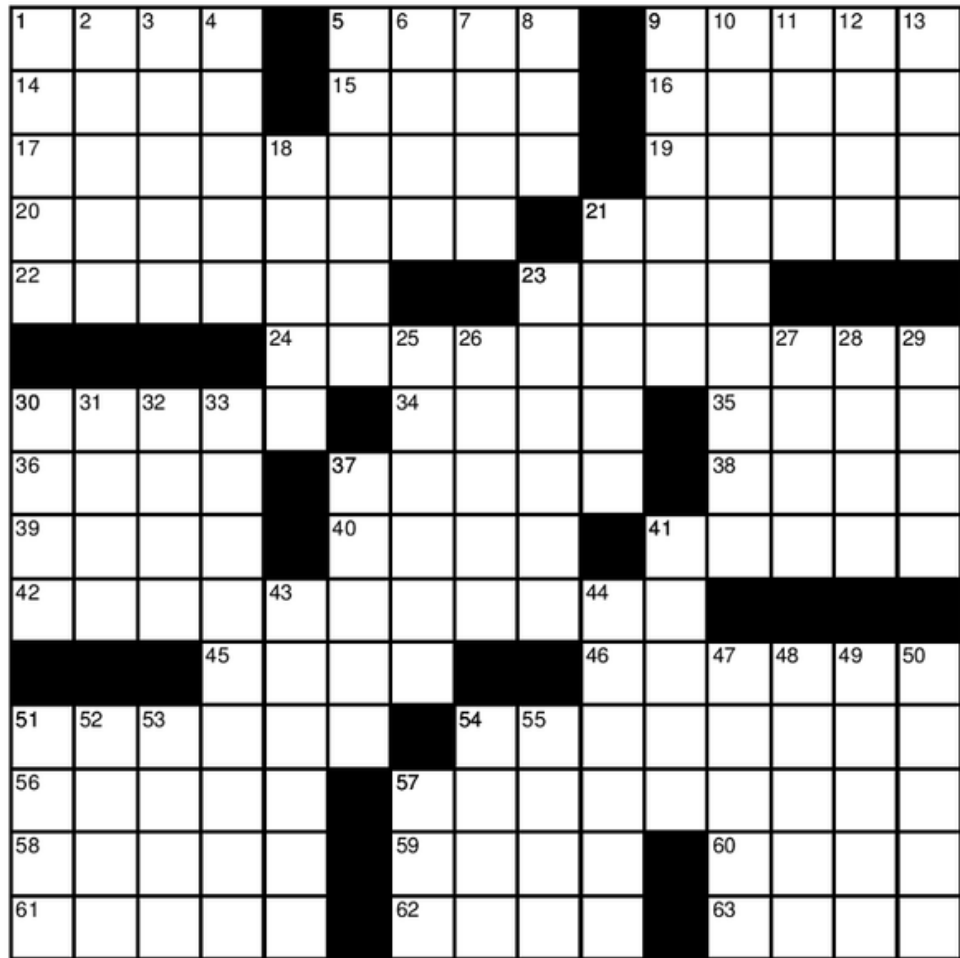


# CROSSWORD PUZZLE

## Hot to Trot

### ACROSS

1. "Oh, woe!"
5. The first to fall, after the fall
9. She had a cat named Dinah
14. The wise have it?
15. Subject of an apology from HAL-9000
16. What he says, goes
17. Stopped sleeping on the floor?
19. Catcher's position
20. Request to a barista
21. It might be Odd or happy
22. A hero might have it
23. Poi plant
24. Barber's instruction manual?
30. Album entry
34. The true face of Walter Mitty
35. Part of MIT
36. Neither all nor nothing
37. She and Nicole lived a Simple Life
38. Kind of values
39. Gets a bronze
40. Store sign
41. Evening news hr.
42. "Best of Intentions" or "Modern Day Bonnie and Clyde"?
45. Many unknown Johns and Janes
46. Surrounded by
51. Like a brand new trail
54. Prepare to end an engagement
56. Letter embellishment
57. Prestigious list of ground-breaking axioms?
58. Partner of Brahma and Vishnu
59. Stable parent
60. Are not casual?



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61. Less green, perhaps
62. "The Heat \_\_\_\_"
63. It may require stitches
12. Part of a barbecue bed
13. German duck
18. Disney flier
21. Paris bistros
23. Fiddling (with)
25. Giraffes' kin
26. A singing Carpenter
27. Cognizant of
28. Automaker's amt.
29. Stern's opposite
30. "Yo, Bub!"
31. Word with zero or happy
32. Present opener?
33. Take a Porsche out without paying, perhaps
37. Prepared to be shot
41. Melodic subjects
43. Beyond bounds
44. Mediterranean sail
47. Neckwear for a dog or a dogface
48. "Beavis and Butt-head" spinoff
49. Gobsmacks
50. Part of a cog or a comb
51. "Back in the \_\_\_\_": Beatles
52. Soda available in grape, orange, and peach
53. Send sprawling
54. Spanish ladies: Abbr.
55. Drachma's replacement
57. PA location of a '79 scare

### DOWN

1. Some saxes
2. Blackmore's " \_\_\_\_ Doone"
3. Triton's daughter, a la Disney
4. \_\_\_\_ bet (stays in the game)
5. Slow movement
6. Cake with a kick
7. Present opener?
8. Was in the forefront
9. Categorize
10. Flavor for a British jelly bean
11. "My turn to bat"

# WORD SEARCH

## MAY

BASKET

BOUQUET

BUMBLEBEE

BUTTERFLIES

CATERPILLAR

FLOWERS

FROGS

GARDENING

LADYBUG

MAY DAY

MOTHERS DAY

PLANTS

SPRINGTIME

SOIL

UMBRELLA

WORMS



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



# JUST FOR 'FUN!

## Between Friends by Sandra Bell Lundy



It's allergy season again?! You've got to be pollen my leg.



*I could tell a joke about pizza, but it's a little cheesy.*



QUESTIONS: CONTACT US AT

707-778-4399 OR

PARKSNREC@CITYOFPETALUMA.ORG