

# PETALUMA SENIOR CENTER

newsletter

WHAT IS INSIDE:

Happy August! 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)



August



2022

**AUGUST**

# SPECIAL EVENTS

*End of Summer*

## BBQ

you're invited to join us  
211 Novak Drive



Purchase your ticket at the front desk for \$5.00

**Thursday, August 25**

**12:00-2:00pm**



# EXCITING NEWS!

Petaluma Parks and Recreation is excited to announce that NEW bike racks have been installed at the Senior Center! Check them out!



# CURRENT CLASSES

2022

## MONDAY:

Quilting- 8:00am

Billiards - 8:30am

Line Dancing - 8:30am

Writing - 10:30am

Poker - 11:00am

## 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 - *Starting August 10*  
Hearts - 11:30am

THURSDAY: Walking Group - 8:00am  
Line Dancing - 8:30am  
Billiards - 8:30am  
Pinochle - 10:00am  
Discussion Group- 12:00pm  
Meditation- 12:30pm  
Computer Class -12:00pm  
(once per month)  
Book Club - 12:30pm  
(second Thursday)

# NEW PROGRAMS

2022

## GENTLE YOGA

**Wednesdays, 9am - 9:45am, \$5 per class**

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

**Nobody will be turned away if they cannot pay the \$5 fee.**

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

## What's your story?

**Every other Wednesday  
beginning August 10th**

**12:30-1:30**

**No fee**

**Petaluma Senior Center, 211 Novak Dr**

If you have a lifetime of heartwarming, humorous and cherished stories, this is the place for you! With 2 minute storytelling, everyone gets an opportunity to share amongst a supportive group willing to listen.

Cara Wasden has been a Toastmaster for the past 17 years and has learned how to confidently share her passions with others through humor, humility, and honesty. For the 5 years prior to the pandemic, she volunteered her time meeting with folks at Sunrise Senior Living, and now she's excited to meet with you and hear your stories.



# 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 10:00-11:30am

Starting August 10

Learn to draw through keen observation in this 8 week course. Explore ideas from nature, your personal environment, photos, or simply your imagination.

We will try different medias, such as charcoal, colored pencils and felt tip pens.



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



# NEW PROGRAMS

2022

## *Music Hour*

*Come join us in our lounge for  
music hour.*

*Every Tuesday from  
12:00-1:00pm.*

*Starting August 9*

*Piano available for play, or you  
are welcome to bring your own  
instrument.*





# NEW PROGRAMS

2022

REGISTER THROUGH THE SRJC AT (707) 527-4533

## Sit and be Fit<sup>✦</sup>

Join us for this fun class where you can exercise with a chair either seated or standing.

This class will help give you increased flexibility, tone your muscles, elevate your heart rate, strengthen your body and maintain balance.

Every Thursday

Starting August 18

10:15-11:45am



# NEW PROGRAMS

2022

**The Computer & Smartphone Club Meeting**

**Thursday, August 25, 12:00 Noon**

**At the Petaluma Senior Center**

## **Cloud Computing and Chromebooks**

- **How it works**
- **Characteristics**
- **Public vs Private Clouds**
- **Payment plans**
- **Software and Cloud Providers**
- **Disadvantages**
- **Security**
- **Applications**



# NEW PROGRAMS

2022

TO REGISTER: CALL 707-778-4399



August 16<sup>th</sup> & August 18<sup>th</sup>

9:00am-1:00pm

320 N McDowell Blvd

Petaluma, Ca 94954

\$20 for AARP members/ \$25 non-members

Please make checks payable to AARP

Participants will receive certification of completion  
for discount on insurance.



# NEW PROGRAMS

2022



## New Program Widows Connect!



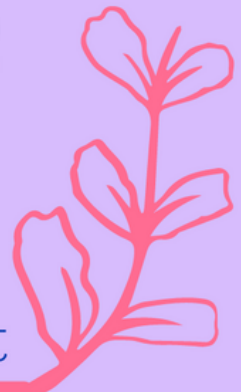
This is your opportunity to connect with other widows. Make new friends, find common ground and companionship.

- Attend Local Events
- Dining Out
- Travel
- And More....

**Mondays 12:00pm,  
Starting September 12**

if you are interested in  
joining this group

Call (707) 778-4399 or email us at  
[parksnrec@cityofpetaluma.org](mailto:parksnrec@cityofpetaluma.org)



# 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 on **August 23 at 12:00pm** at the Senior Center.

## TAI CHI AT COMMUNITY CENTER

We are excited to invite back Tai Chi classes through the SRJC Older Adults Program!

These classes will take place on **Mondays at 10:00am** at the **Community Center**, 320 N. McDowell Blvd.

## 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!!!



# NEW PROGRAMS

2022

## BOOK CLUB

Join the Senior Center Book Club! Second Thursday of the month at 12:30pm in the Game Room.

August Book: Animal Farm by George Orwell

September Book is: She Flew Bombers by Jean Slone

October Book is: Lottery by Patricia Wood

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.**

# FITNESS

2022

## ZUMBA GOLD

Ages 55+

Mondays and Fridays

11:00am - 12:00pm

Petaluma Community  
Center

320 N. McDowell Blvd

\$5/class

First class FREE!





# CURRENT CLASSES

2022

## LINE DANCING:

Mondays & Thursdays at the Senior Center from 8:30-9:45am. Instructors Genie, 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.

## BILLIARDS:

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

## FALL PROOF:

Offered through Petaluma People Services. It meets at the Senior Center on Tuesdays from 10am - 12pm. Two separate sessions. 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

## WALKING GROUP:

This group meets at the Senior Center every Tuesday and Thursday 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  
10:00am - 12:00pm

**Bridge** - Wednesdays from  
10:00am - 2:00pm

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

**Hearts** - Wednesdays at  
11:30am

## KNITTING:

Tuesdays from 9:00am -  
11:30am

## QUILTING:

Mondays from  
8:00am - 2:00pm

## MEDITATION GROUP:

Thursdays from 12:30pm -  
1:30pm

## VOLUNTEER HIGHLIGHT:



Stuart Wittenstein is an awesome volunteer for the chess group! Chess is one of the world's most popular games, played by millions of people worldwide. Stuart was the first advocate to keep it going after the pandemic and plays a good game.

## 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.

# 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:

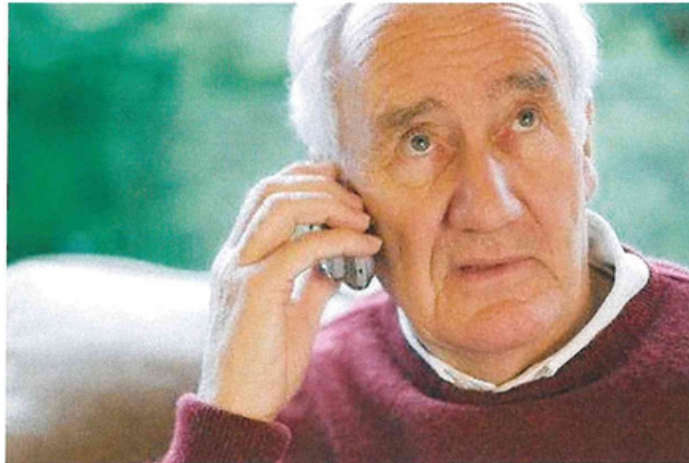
You will hear from PPSC and we will find out what you love to talk about or what you are interested in and what time of the day it works for you to have a call from a community volunteer, who has been screened by PPSC. The volunteer will be a cheery voice that you can check in with, talk about the most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



Volunteer for  
iRIDE Petaluma

Do you like meeting new people, and are interested in helping your neighbors? Join our iRIDE Petaluma volunteer driver Transportation program. By volunteering you will drive members in our community who are no longer able to drive to much needed appointments, the store or social engagements; all vital in keeping our seniors healthy, involved and able to age-in-place. Please call to find out more about joining our team of volunteer.

PETALUMA PEOPLE SERVICES CENTER: 707-765-8488

# “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

## AREA AGENCY ON AGING RESOURCES



COVID-19

Older adults, family members and caregivers can find support and services for ages 60+.



Call to talk with a social worker trained to help you navigate the unique needs, life changes and challenges of aging.

(707)565-4636 or you can email us at [565INFO@schsd.org](mailto:565INFO@schsd.org).

[SonomaCounty.ca.gov/Human-Services-Department](https://SonomaCounty.ca.gov/Human-Services-Department)



# 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 – August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Lemon Chicken Rice Pilaf Mixed Vegetables Green Salad Fruit Salad ♦ W. W. Roll	2. Bulguniny Beef Brown Rice Confiti Brussel Sprouts Beet Salad Apple ♦ W. W. Bread	3. Turkey Casserole with Egg Noodles Carrots Green Salad *Orange Wedges ♦ W. W. Roll	4. Italian Pork Ragu w/Egg Noodles Summer Squash Green Salad w/Tomatoes Apricots ♦ W. W. Roll	5. Baked Fish Baked Potato Stir Fry Vegetables Carrot Raisin Salad Hard Boiled Egg Boysenberries ♦ W. W. Bread
8. Stuffed Bell Peppers * Broccoli Nomanady Green Salad w/ HB Egg *Mandarin Oranges ♦ W. W. Roll	9. Chicken Marsala Garlic Herb Potatoes Italian Vegetables Green Salad Pears ♦ W. W. Roll	10. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Roll	11. Tuna Casserole with Egg Noodles Summer Squash Italian Carrot Salad Blueberries ♦ W. W. Bread	12. Teriyaki Beef Rice Mixed Vegetables Yams Green Salad Apricots ♦ W. W. Bread
15. Hungarian Goulash Buttered Noodles Mixed Vegetables Green Salad Strawberries ♦ W. W. Roll	16. Chicken Ranchero Brown Rice with Black Beans * Swiss Chard Green Salad Watermelon ♦ W. W. Roll	17. BBQ Beef Sandwich Red Potatoes Summer Squash Coleslaw Cinnamon Apples ♦ W. W. Roll	18. Nicoise Salad with Tuna, Green Beans, Red Potatoes, Chopped Egg and Green Salad, Cherry Tomato, Cucumber and Basil Salad - Fresh Fruit Salad - Vegetables w/ Dip ♦ W. W. Roll	19. Salisbury Steak- Mashed Potatoes California Blend Vegetables - Cottage Cheese w/Tomato Blueberries ♦ W. W. Roll
22. Turkey with Gravy Mashed Potatoes Green Beans Cottage Cheese Salad Strawberries ♦ W. W. Roll	23. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Bread	24. Pulled Pork Sandwich Red Potatoes *Broccoli Green Salad Pears	25. Tannale Pie Brown Spanish Rice Cauliflower Green Salad Banana ♦ W. W. Roll	26. Cheeseburger Red Potatoes Pears & Carrots Lettuce, Tomato and Onions Watermelon ♦ W. W. Roll
29. Chicken a la King Brown Rice Pilaf Italian Vegetables Green Salad Pears ♦ W. W. Roll	30. Fish Filets Yams Green Beans Green Salad Hard Boiled Egg Pineapple ♦ W. W. Roll	31. Chili Colorado Brown Rice Blend 5 Way Mixed Vegetables Green Salad *Orange Wedges ♦ W. W. Roll		*Vitamin C Vitamin A ♦ Fiber Salt

Menu Subject to Change

Suggested Contribution \$ 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

Contribución 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

## How to Cook Spaghetti Squash

### Prep time

5 mins

### Cook time

35 mins

### Total time

40 mins

This is my go-to method for creating perfect al dente spaghetti squash strands to use in vegetable sides and main dishes. The exact timing will vary depending on the heat of your oven and the size of your squash.

Author: Jeanine Donofrio

Serves: 2 to 4

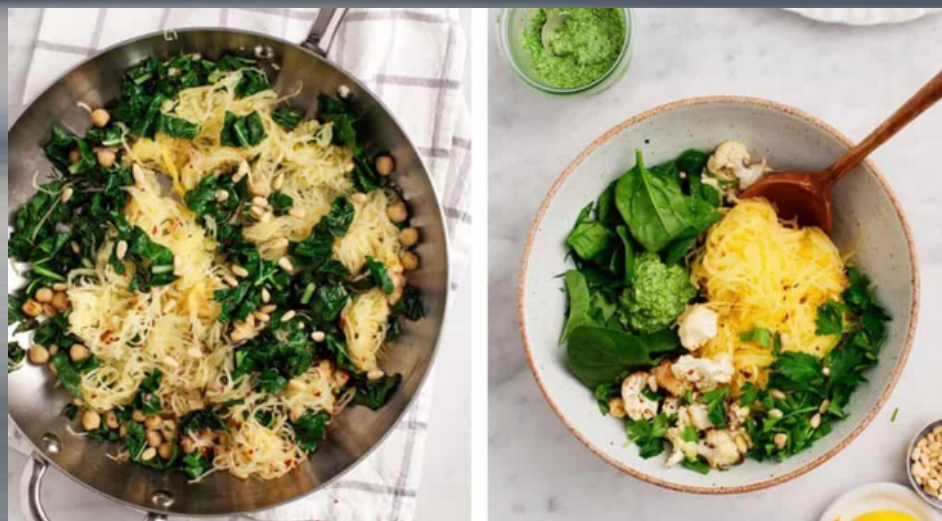
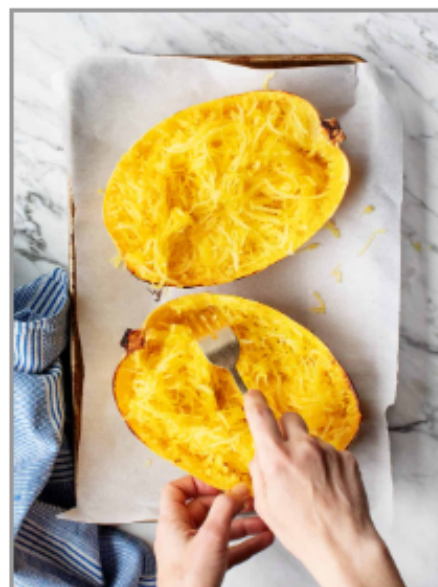
### Ingredients

- 1 spaghetti squash
- extra-virgin olive oil
- sea salt and freshly ground black pepper

### Instructions

1. Preheat the oven to 400°F.
2. Slice the spaghetti squash in half lengthwise and scoop out the seeds and ribbing. Drizzle the inside of the squash with olive oil and sprinkle with salt and pepper.
3. Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes. Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a little bit firm. The time will vary depending on the size of your squash. I also find that the timing can vary from squash to squash.
4. Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.

Recipe by Love and Lemons at <https://www.loveandlemons.com/how-to-cook-spaghetti-squash/>

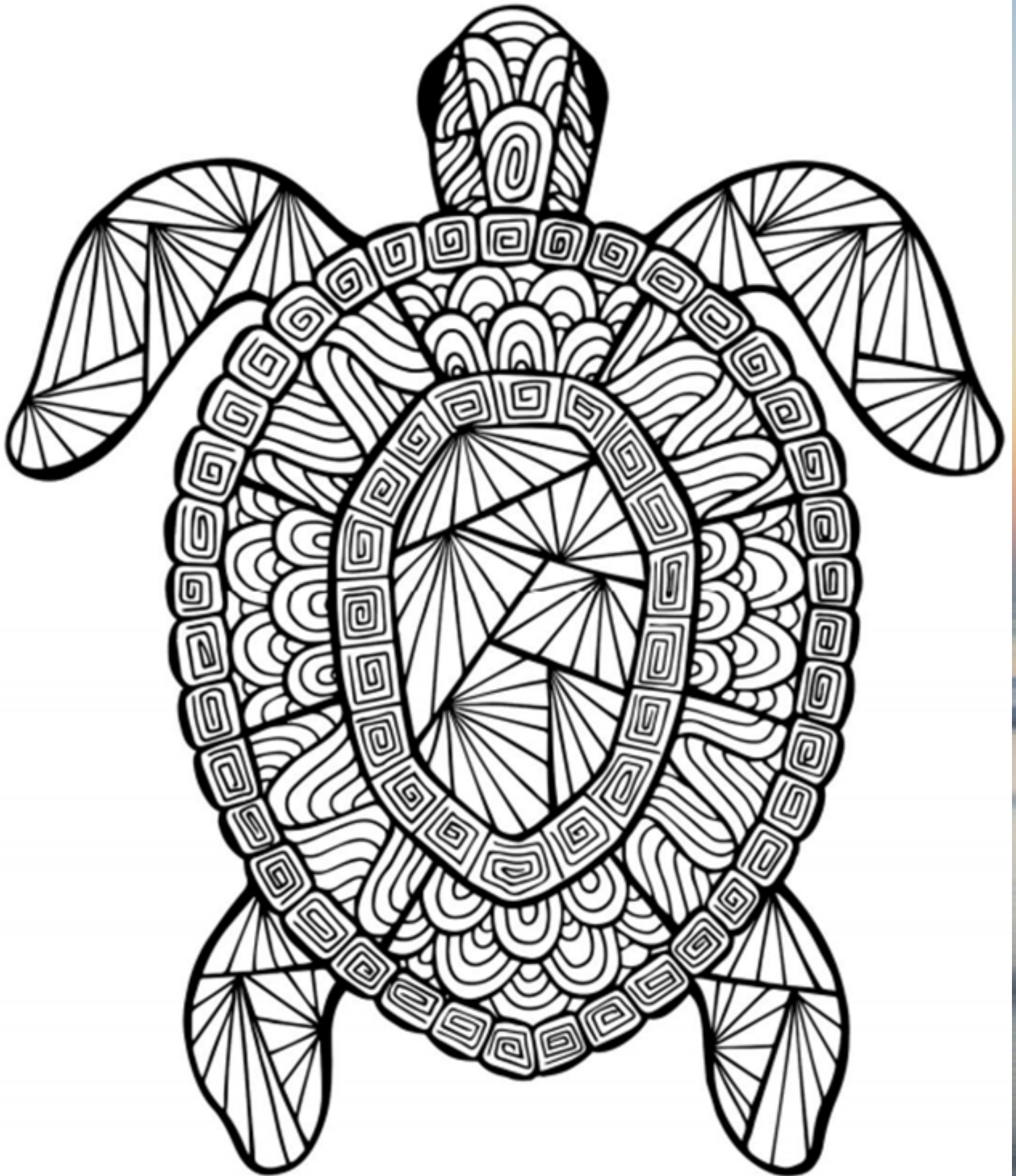


SOURCE:

LOVEANDLEMONS.COM



# COLORING PAGE

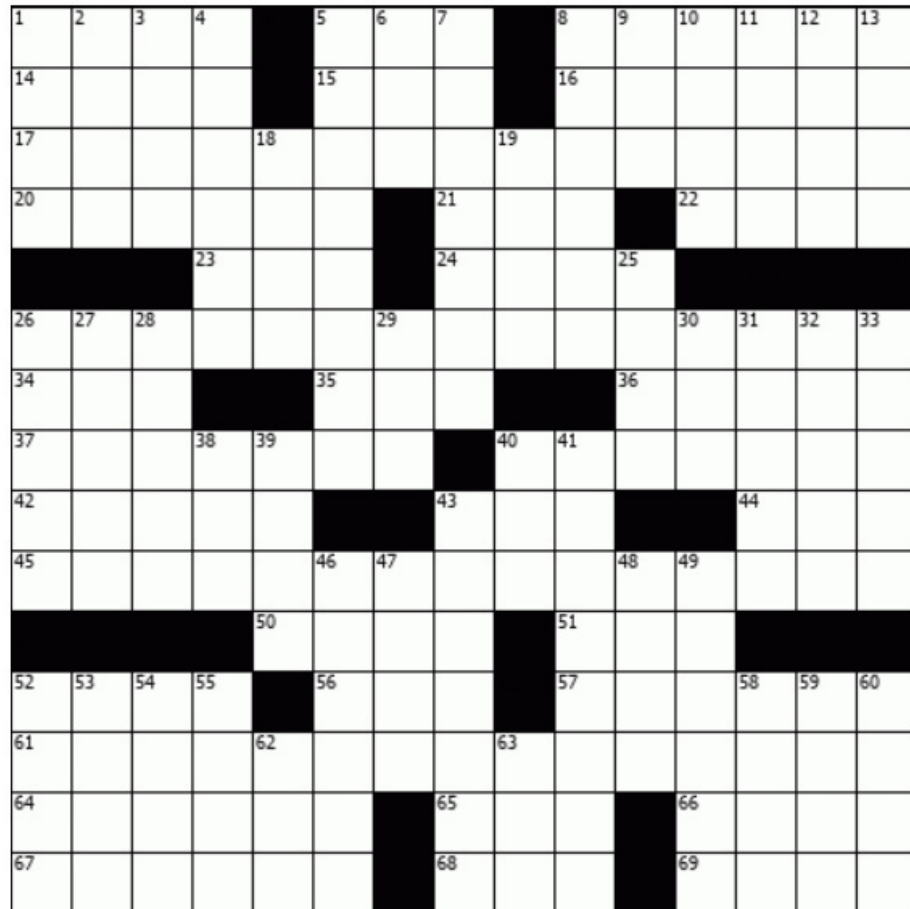




# CROSSWORD PUZZLE

## Across

1. Armed forces females
5. Testiness
8. Colorful kitty
14. Aid's partner
15. Twin-\_\_\_ engine
16. What suspects need
17. Noted columnist meets "Ali" star?
20. Famous lemons
21. Zilch
22. Classical theaters
23. Chinese restaurant's need
24. Dr. \_\_\_ (Austin Powers' nemesis)
26. Oater legend meets "Danke Schoen" singer?
34. Patriotic shout
35. Asian holiday
36. Part of a corporation?
37. The surf of surf and turf, perhaps
40. Battery's companion
42. Cream of the crop
43. Down Under bird
44. Explosive sound
45. British singer meets Superman's alter ego?
50. Oskar portrayer
51. Old-time exclamation
52. Legally binding command
56. U can follow them
57. Make an accusation
61. Noted filmmaker meets sportscasting legend?
64. Canada's capital
65. Wide shoe width
66. Periods of note
67. Primarily
68. Dash sizes
69. "Return of the Jedi" sage



## Down

1. It may be living or minimum
2. Not yet risen
3. Corp. bigwigs
4. Scattered, as leaves
5. Emulate Peggy Fleming
6. Less than underdone
7. Distinguished
8. Listener participation show
9. Hirt and Jolson
10. Prom rental
11. As before, in footnotes
12. Quote as an example
13. Fed. job safety administration
18. Bride's look, it's said
19. Not on tape
25. Discounter's word
26. Minty quaff
27. "\_\_\_ Mio"
28. Attire for an abbess
29. "\_\_\_ darn tootin'!"
30. Former NHL rival
31. Brownish gray
32. Wrinkle-resistant fabric
33. Cereal box stat.
38. R-V connectors
39. Partner of kiss or show
40. Doctors' grp.
41. Comes to the top, as a diver
43. Certain shade giver
46. Trachea, e.g.
47. Spanish home
48. 1,000 grams, for short
49. Frasier's portrayer
52. "Pennies \_\_\_ Heaven"
53. Minute quantity
54. Opposed one
55. "Easier said \_\_\_ done"
58. Gateway Arch architect Saarinen
59. Tickled
60. "Born Free" lioness
62. Nocturnal creature
63. Where the cubs play

# WORD SEARCH

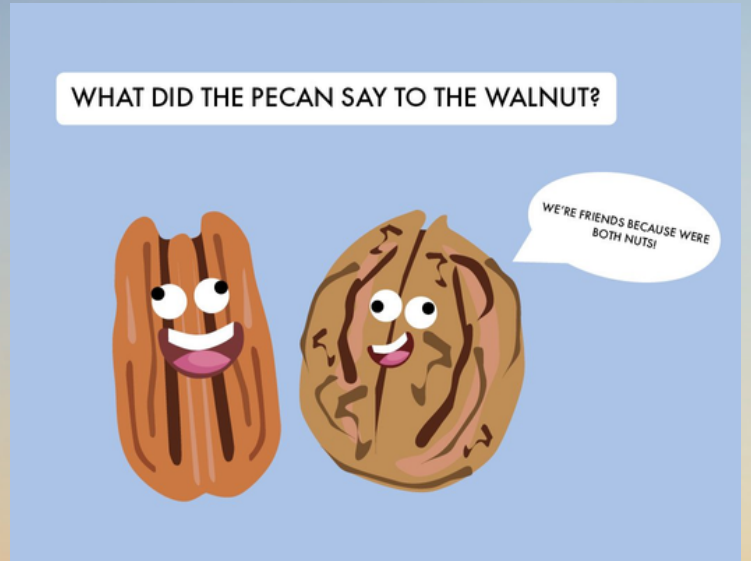
## Farm Animals

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

BEES  
TURKEY  
ANIMALS  
BUFFALO  
HORSE  
DUCK  
BIRDS  
DOG  
GOAT  
FISH  
CHICKEN  
CALF  
LLAMA  
DEER  
GOOSE  
SHEEP  
BISON  
HEN  
GEESE  
LAMB

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# JUST FOR FUN!



QUESTIONS: CONTACT US AT

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