

Petaluma Senior Center

NEWSLETTER

December 2022

Open Monday – Thursday

8:00 am – 2:00pm

211 Novak Drive

(707) 778 – 4399

parksnrec@cityofpetaluma.org



PSC December Events

Thu. Dec. 1st – Dec 26th Raffle Begins

(Get 1 entry to win raffle basket with each class/club visit)

Coloring Contest begins – pick up a coloring sheet at the PSC – turn in by December 26TH

Thu. Dec. 8th – Classic Movie Matinee

Mystery – Hercules Poirot Christmas – 10:00am

Tue. Dec. 13th – Winter Tunes by the Tiny Tots
Preschool Program – 9:30am (& Hot Cocoa)

Thu Dec. 15th – Classic Movie Matinee

Musical – White Christmas – 10:00am

Thu. Dec. 15th – Holiday Sweater & National
Cupcake Day – Wear your Holiday finery and
get a free cupcake! Have your photo taken for
our fun wall!

Tue. Dec 20th – National Game Day **BINGO**

10:00am – 11:00am – Free to play, prizes

Thu. Dec. 22nd – Classic Movie Matinee
Comedy – Elf – 10:00am

Wed. Dec 21st – PSC Holiday Brunch

11:00am – 1:00pm – Live Music * Games * Fun!

\$5 donation – please get ticket & sign up at the
PSC by Mon. Dec 19th



Fun December Holidays at the PSC

Mon 5th – Celebrate Shelter Pets bring in a photo of your shelter fur baby for our bulletin board

Tue 6th – Microwave Day – Have some microwave popcorn

Wed 7th – Pearl Harbor Remembrance Day – Take a moment to remember

Thu 8th – Brownie Day – Celebrate with something sweet

Mon 12th – Poinsettia Day – This beautiful Mexican plant can grow up to 15 feet tall!

Tue 13th – Hot Cocoa Day – Come by for a cup and some winter songs sung by our Tiny Tots Preschool Program

Wed 14th – Do More Good Today Day – Take time to do a good deed today (and everyday)

Thu 15th – Cupcake Day/ Holiday Sweater Day

Mon 19th – Hard Candy Day

Tue 20th – Games Day – Come in to play Bingo (10am-11am)

Wed 21st – Winter Solstice & Flashlight Day – let there be light on the shortest day of the year

Thu 22nd – Mathematics Day – Don't let your math get rusty

Mon 26th – Thank you card day – Take in the joy of being gracious

Tue 27th – Make a Paper Snowflake Day – Enjoy this simple craft

Wed 28th – Chocolate Candy Day – how sweet it is...

Thu 29th – TO-DO List Day – catch up on some chores or plans today before the New Year!

MONDAY

Billiards - 8:30am - 2:00pm

Quilting - 9:00am - 2:00pm

Writing Group - 10:00am - 12:00pm

Painting - 10:30am - 1:30pm

Poker - 11:00am - 12:00pm

Widows Connect! - 12:00pm - 1:30pm

Line Dancing - 8:30am - 10:00am CLASS CURRENTLY FULL



TUESDAY

Walking Group - 8:00am

Billiards - 8:30am - 2:00pm

Chess - 9:00am - 12:00pm

Knitting - 9:00am - 11:30am

What's on Your Mind

10:30am - 12:00pm (Dec 6th & Dec 20th)

Great Decisions Discussion Group

12:00pm - 2:00pm

Ping Pong - 12:00pm - 1:00pm

Fall Proof - CANCELLED until February



WEDNESDAY

Billiards - 8:30am - 2:00pm

Gentle Yoga - 9:00am - 9:45am

TOPS - 9:30am - 11:30am

Bridge - 10:00am - 2:00pm

Hearts - 11:30am - 1:30pm

What's Your Story - 12:30pm - 1:30pm

(Dec 14th & 21st)

Look Club - 12:30pm - 1:30pm (Dec 28th)



THURSDAY

Walking Group - 8:00am

Billiards - 8:30am - 2:00pm

Pinochle - 10:00am - 12:00pm

Listening Bench Drop-In Hours - 10:00am - 12:00pm

Sit and Be Fit - 10:15am - 11:30am (NO CLASS DEC.22)

Discussion Group - 11:30am - 12:30pm

Meditation - 12:30pm - 1:30pm

Community Law Consultation - 10:00am - 12:00pm

(Dec 1st & Jan 5th)

Line Dancing 8:30am-10:00am - CLASS CURRENTLY FULL

Drawing - 10:00am - 11:30am - Class resumes January 5, 2023

Computer Club - 12:00pm - 1:30pm - Class resumes January 26, 2023



PETALUMA SENIOR CENTER ACTIVITIES

DISCUSSION GROUP

THURSDAYS AT 11:30PM

Engage in lively & interesting conversations. Topics are wild, serious, funny, and unique. All are welcome to bring opinions & views and join in!

Sit and be Fit[✦]

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

10:15am - 11:30am

December 1, 8, 15, 29



WHAT'S ON YOUR MIND

Tuesdays Dec 6th & 20th

10:30am – 12:00pm

Current Events Discussion

Writing Group

Mondays

10:00am – 12pm

"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!"

What's your story?

Every other Wednesday

12:30-1:30

Next Dates: December 14 & 21

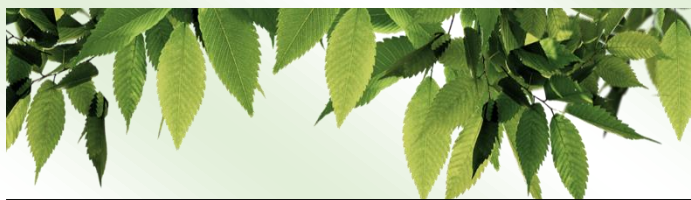
No fee

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.

PETALUMA SENIOR CENTER ACTIVITIES



WALKING GROUP

Come join in some exercise & friendly conversation during a level ground 2-mile walk, 1 hour duration

8:00am Tuesdays & Thursdays at the Senior Center



TOPS- Taking Off Pounds Sensibly

Wednesdays 9:30am – 11:30am

Come join this welcoming support group to make healthy lifestyle changes to your health & diet.

Your first meeting is free.

BOCCE BALL

New Players Welcome to join in the fun on Fridays

9:30am-10:30am

AT Leghorn Park

690 Sonoma Mountain Parkway

BILLIARDS

MON-THU

8:30am – 2:00pm

**Everyone is welcome
& we are looking for
more players of all
levels**

WANTED:



More players for Ping-Pong

Tuesdays 12:00pm – 1:00pm

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

PETALUMA SENIOR CENTER ACTIVITIES

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.



About the instructor: [Denise Elfenbein](#)

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 led 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.

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.

MORE PLAYERS WANTED!!

Join Us! PLAY HEARTS

make friends • have fun • we'll even help you learn the game

**Wednesdays
11:30 – 1:30**

at the Petaluma Senior Center

More Info? email:
Swartzjason301@gmail.com

SENIORS LOOK CLUB

at the Petaluma Senior Center

Wednesday December 28 at 12:30-1:30 PM

Free; no RSVP needed

*What's Going On In This Picture?
What do you see that makes you say that?
What more can we find?*



"The Two Fridas" by Frida Kahlo

Are you interested in stretching your powers of observation and imagination?
Do you enjoy open-ended, lively discussion where there are no wrong answers?

Join us at the Petaluma Senior Center for **"Seniors Look Club"**, a new way of
looking at and talking about art.

Volunteers from the Petaluma Arts Center will guide you on this interesting
journey using art images.

PETALUMA
ARTS CENTER

★
PETALUMA
SONOMA COUNTY
CALIFORNIA 94964

PETALUMA SENIOR CENTER ACTIVITIES

COMMUNITY LAW CLINIC

We are an elder law clinic serving Sonoma County.

Somos una clínica de derecho para personas mayores que presta servicios en el condado de Sonoma.

ALL WE DO IS ELDER LAW

Our services include:

- Estate Planning
- Elder Abuse Prevention
- Public Benefits

**DEC. 1st
& JAN 5th**

TODO LO QUE HACEMOS ES LA LEY DE LOS ANCIANOS

Nuestros servicios incluyen:

- Planificación patrimonial
- Prevención del abuso de ancianos
- Beneficios Públicos

10 am – 12 pm


WE SERVE OUR COMMUNITY

We prioritize people over profits. This is why our services are always affordable. Additionally, we utilize a sliding scale for qualifying clients.

SERVIMOS A NUESTRA COMUNIDAD

Nuestros servicios son siempre asequibles. Escala móvil disponible para clientes que califiquen. Somos móviles. Podemos facilitar citas remotas.

SCHEDULE A FREE CONSULTATION

 **Call or text**
707. 789. 5336

 **Email**
communitylawclinic.ca@gmail.com

 **We are mobile**
We also facilitate remote appointments



10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



DEC. 7TH

WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

Hosted by



Wednesday, December 7
10:30 a.m. - Noon

Petaluma Senior Center
211 Novak Dr.
Petaluma, CA 94954

Register by phone at 707.778.4399
or email parksnrec@cityofpetaluma.org

Visit alz.org/CRF to explore additional education programs online and in your area.

alzheimer's association®

Coloring Contest

Come by the Senior Center to pick up your copy, color it, and drop it back off to be entered to win a fun prize!
Turn in your sheet by December 26th

ACTIVITIES AT THE PETALUMA COMMUNITY CENTER

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.

ZUMBA GOLD

Ages 55+

Mondays and Fridays
11:00am - 12:00pm
Petaluma Community Center
320 N. McDowell Blvd
\$5/class
First class FREE!



TAI CHI

Mondays & Wednesdays

10:00am Petaluma Community Center

Sign up through the

SRJC Older Adults Program

<https://older-adults.santarosa.edu/join-class>



Earle Baum Center Vision Support Group

PETALUMA COMMUNITY CENTER

Every 3RD Tuesday of the Month

10:00-12:00 ACTIVITY ROOM

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.

Patricia Jefferson- Vision
Rehabilitation Educator/Instructor
jefferson@earlebaum.org

(707) 479-8321



Need Tech Help?

Thursday, December 8th

5:00pm - 6:00pm

Petaluma Community Center

Hello Senior Center Members,

I am a Petaluma resident and Junior in High School with a deep interest in science and technology.

Over the past 10 years, I've been building, rebuilding, repairing, and programming computers in my spare time and am also the controls lead (head programmer) on my high school robotics team. Through all these experiences I've developed an ability to troubleshoot technology problems of all kinds, which I'd now like to use to help members of the senior center solve their technology issues.

Starting in November, I'll be offering **free** tech support clinics on the second Thursday of each month.

I can work on Macs, PCs, android phones, iPhones and all tablets —pretty much any device you have and can bring with you.

I look forward to meeting you! - Eli



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,

The Listening Bench

After so much isolation due to the pandemic, we'd like to welcome you to the Listening Bench.

What the program is:

- **What and Where:** The Petaluma Senior Advisory Committee, has launched a new project called The Listening Bench, which began taking place at the Petaluma Senior Center 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.



NEW!
Starting
November 3
Drop In
Thursdays
10:00am - 12:00pm

Make an Appointment:

707.778.4399

parksnrec@cityofpetaluma.org

Listening Bench Location:

Petaluma Senior Center
211 Novak Drive



El "Banco de Escucha"

Después de tanto aislamiento debido a la pandemia, nos gustaría darle la bienvenida al programa "Listening Bench" (Banco de Escucha).

En qué consiste este programa:

- **Qué y dónde:** El Comité Asesor Senior de Petaluma, ha lanzado un nuevo proyecto llamado "The Listening Bench" (el Banco de Escucha), que comenzó a tener lugar en el "Petaluma Senior Center" en marzo de 2022. Si necesita un consejo o tiene algo dando vueltas en su mente, ya sea una historia que desee compartir o simplemente necesite ser escuchado(a) sin sentirse juzgado(a), alguien en el "Banco de Escucha" estará ahí para usted.
- **¿Quién está invitado(a) a este programa?** Cualquier persona de 55 años o más.
- **¿Quiénes estarán para escucharlo(a)?** Los adultos mayores voluntarios, que han sido capacitados en el arte de la escucha activa, ofrecerán su apoyo entre pares y su conjunto de habilidades compasivas para ayudar a cualquier persona que visite el "Banco de Escucha".
- **Propósito:** Proporcionar un entorno seguro y confidencial para que cualquier adulto(a) (de 55 años o más) hable con alguien sobre su vida y comparta lo que tenga en su mente.



¡NUEVO!
Desde el 3 de
noviembre.
¡Acérquese!

Jueves
10:00am - 12:00pm

Haga una cita:

707.778.4399

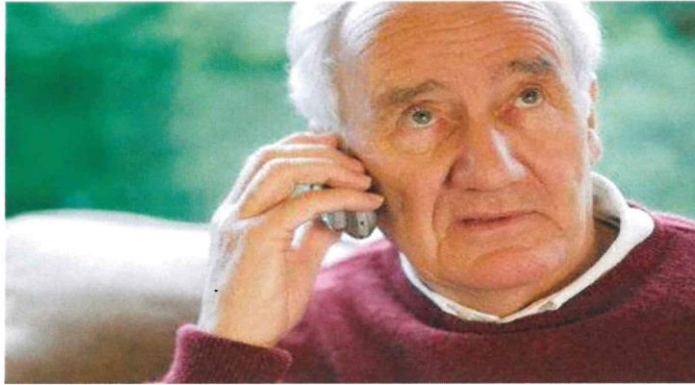
parksnrec@cityofpetaluma.org

Ubicación del "Banco de
Escucha":

Petaluma Senior Center
211 Novak Drive



VOLUNTEER OPPORTUNITIES



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@PETALUMAPEOPLE.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



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 vial in keeping our seniors healthy, involved and able to age-in-place. Please call to find out more about joining our team of volunteer.

(707) 765 - 8488

VOLUNTEER OPPORTUNITIES



Find Community. Engage in Learning. Give Back.

Volunteer AT POINT REYES NATIONAL SEASHORE

Strengthen connections with and foster stewardship of
the park from the Bear Valley Visitor Center.

Flexible time commitment of 3 days per month.
Training provided.



Contact
kodi_monaghan@partner.nps.gov
for more information



JOIN THE WINTER WILDLIFE DOCENT PROGRAM AT POINT REYES NATIONAL SEASHORE

HELP TEACH ABOUT AND PROTECT THE PARK'S UNIQUE MARINE WILDLIFE
FLEXIBLE TIME COMMITMENT AND TRAINING PROVIDED



FIND US ON VOLUNTEER.GOV OR CONTACT
MATTHEW_ENDERLE@NPS.GOV
FOR MORE INFORMATION



*Homebound, but need
legal help?
No Problem, we can
come to you!
Call us!*



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.



DECEMBER RAFFLE



Each time you visit the
Petaluma Senior Center
you can enter to win a
surprise

GIFT BASKET!

**Make sure you write your
name clearly on our sign-
in sheet to get your ticket!**



Celebration of World Traditions

Dec 1st – Rosa Parks Day (USA)

To honor the celebrated civil rights leader (est. 2000 in CA)

Dec 6th – St. Nicholas Day (Northwestern Europe)

To honor St. Nicholas of Myra, famous bringer of gifts to well behaved children

Dec 8th – Bodhi Day (Worldwide)

To commemorate the day Siddhartha Gautama Buddha attained enlightenment



Dec 12th – Our Lady of Guadalupe Day (Worldwide) – celebrates the belief that a man encountered Mexico's patron saint in 1531. She is a symbol of life and hope, celebrated with feasts

Dec 16th – 24th – Las Posadas (USA, Mexico, Latin America, Central America, & the Caribbean)

Posadas means “inns” and the tradition of Las posadas comes from the story of Mary & Joseph searching for a place to stay on their way to Bethlehem. It is now celebrated with a procession of carols going house to house until they reach a party at their final stop.

Dec 18th – 26th – Hanukkah (Worldwide)

It is often called “The Festival of Lights” and is celebrated with the lighting of the menorah, traditional foods, games, and gifts. This holiday commemorates the rededication of the Second Temple of Jerusalem in the 2nd Century B.C.



Dec 21st – Winter Solstice (Worldwide)

Also called the longest night, the winter solstice is celebrated in numerous cultures. These holidays often involve the concept of New Beginnings as daylight hours now begin to increase. Here are just a few!

Saint Lucia Day, Scandinavia – gingersnaps, saffron buns, and glogg are traditionally served



Dongzhi, China – celebrated with family gathers and traditional foods like tangyuan, a glutenous rice ball filled with sesame or sweet red bean paste. The round shape of the balls symbolizes togetherness and completeness. Dumplings are also a traditional dish as well, filled with fatty meats, ginger, and garlic – helping to fend off illness and lift spirits with deliciousness!

Stonehenge Gathering, England – Stonehenge lines up with the movements of the sun, which suggests that in ancient times winter solstice festivals happened there. In modern times revelers have kept up this tradition annually.

Shab-e Yalda, Iran – celebrated with family gatherings, all night fires, poetry readings. Enjoying fruits of summer like watermelon and pomegranates is believed to protect one from illness in winter! All that Vitamin C!

Lantern Festival, Vancouver Canada – in addition to creating and lighting lanterns, attendees can enjoy a “Labyrinth of Light” a maze of 600 candles that invites one to let go of the past and welcome new possibilities.

Toji, Japan – Some customs include eating kabocha squash and to take a bath with yuzu (citrus fruits) in the water (said to refresh body and spirit and ward off illness). Some Japanese Zoos throw yuzu into the warm baths meant for their animals.



Dec 22nd – Soyal (Hopi & Zuni Tribes Indigenous America)



Ceremonies and rituals include purification, dancing, and welcome kachinas, protective spirits of the mountains,

Dec 25th – Christmas (Worldwide)

Favorite Christmas traditions may include (but are not limited to) opening advent calendars, sending Christmas cards, decorating Christmas Trees, making Gingerbread houses & people, singing Christmas Carols, hanging stockings on the mantle, kissing under the mistletoe, write letters to Santa and leaving him milk and cookies, enjoying a Nativity Play and other spiritual services, hiding a Christmas pickle in the tree, drinking eggnog, gathering with friends and family in celebration!

Dec 26th – Jan. 1st – Kwanzaa (USA, Canada, the Caribbean)



This holiday was created in 1966 in the United States to welcome the first harvests to the home. There are 7 principles signified are: unity, self-determination, collective work & responsibility, cooperative economics, purpose, creativity, and faith. Like Hannukah, lighting candles is a way to represent these concepts.

Dec 26th – Boxing Day (Great Britain, Australia, New Zealand, and Canada)

Traditionally a day when servants, tradespeople, and those less fortunate were given gifts and money from their bosses. Traditions on this day include eating leftovers, enjoying sporting events, and thanking those who serve with a special token.





IMPORTANT NUMBERS

AARP Driver Safety Program.....1-888-687-2277
Adult Protective Services (707) 565-5940
Redwood Empire Food Bank Distribution..(707)-523-7900
HICAP (*Health Insurance Aide*).....800-434-0222
iRIDE (Volunteer Drivers)..... (707) 765-8488
Share Sonoma County (*Housing*)....(707)765-8488 Ex. 115
Lucchesi Community Center.....(707)778-4380
Mary Issac Center (*Homeless Shelter*)(707)776-4777
Para Transit Petaluma (Transportation)...(707)778-4460
PEP (*Sr. low cost housing*).....(707)762-2336
Petaluma Library.....(707)763-9801
Petaluma Transit (Bus).....(707)778-4460
Petaluma People Services Center/Café
(*& Meals on Wheels , You are not Alone*)..(707)765-8488
Petaluma Fire (Dispatch).....(707)778-4390
Petaluma Police (Dispatch)(707)778-4332
Petaluma Senior Center(707)778-4399
RSVP (*Volunteer Resource*)(707)573-3399 Ext 117
Senior Adult Day Program.....(707)765-8490
Sonoma County Agency on Aging.....(707)565-5950
Sonoma County Council on Aging.....(707)525-0143
(*Social, Fiduciary, and Nutritional Service Resources*)
Veteran's Service Office(707)565-5960

GROCERIES TO GO

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.

SENIOR BASKET First Friday of the month 8:30am - 10:00am (Dec. 2nd)

All - First Friday of the month 8:30am - 10:00am/ Third Friday of the month 8:30am - 10:00am

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.

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

Senior Care Coordination – Home visits limited to emergencies only

Adult Day Programs are closed

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.

SonomaCounty.ca.gov/Human-Services-Department

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.

Please R.S.V.P. 24 hours in advance for PICK UP

Daily pickup of meals, Monday-Friday, at Petaluma Senior Café (211 Novak Street in Petaluma). Pickup 12:30pm – 1:00pm. Call if you are unable to pick up.

Call Petaluma People Services Center to R.S.V.P or for more info
(707)-765-8488



**PETALUMA PEOPLE
SERVICES 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.

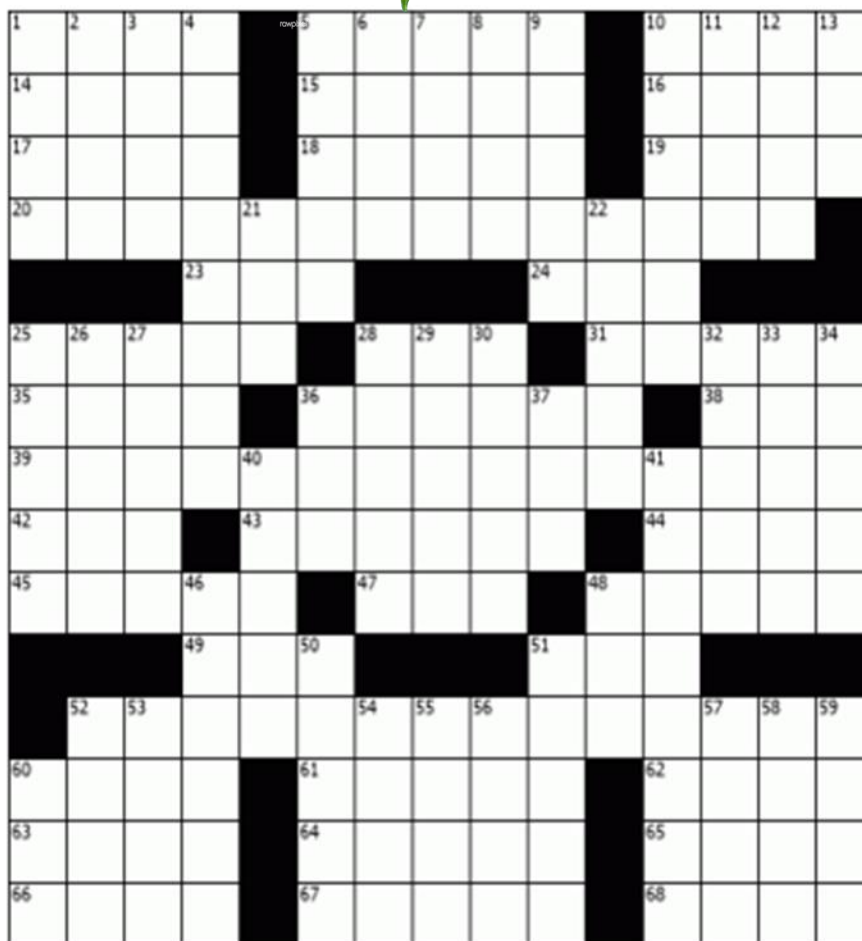
Here is how it works: You will hear from PPSC and we will find out what you love to talk about or what you are interested in and what time of the day it works for you to have a call from a community volunteer, who has been screened by PPSC.

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. If you have a family member, neighbor, or friend who you think might like a daily call please share this information.

Call us at 707-765-8488 or email NotAlone@petalumapeople.org.

**Across**

1. Chinese association
5. Accomplished
10. Wimbledon score
14. Target of some sprays
15. "Message received"
16. Two-dimensional measure
17. Greek salad element
18. Grouse
19. Potatoes partner
20. U
23. Dr. of rap
24. Bummed
25. Some Gillette razors
28. Erie Canal mule, of song
31. Showed concern
35. Did the butterfly
36. Napoleon cousin
38. Phrase in June, often
39. YOU
42. Average grade
43. Tranquility
44. Make an artistic impression
45. "Kind of ____" (1967 hit)
47. Where beauty is, to the beholder
48. Toyota model
49. It may be laughing
51. Word with force and mail
52. EWE
60. Kid
61. Catcher's do it
62. Privy to
63. One of the great ones
64. Prevention measure?
65. It may leave its mark
66. Decimal units
67. Doctor locator
68. Backtalk

**Down**

1. Trendy protein source
2. Polish border river
3. "____ creature was stirring . . ."
4. Some Pontiacs
5. Make a case
6. Campus quarters
7. Sponsorship (Var.)
8. ____ up (energizes)
9. Long baskets, in basketballese
10. Greek letter
11. Cookie often eaten inside out
12. Piccata meat
13. Don the feedbag
21. Apr. addressee
22. PC shortcut
25. Animal support org.
26. Certain jacket
27. Closer to extinction
28. Land's end?
29. Pewter or brass
30. Subscription termination
32. Protests gone awry
33. Draw out
34. "Tiny Bubbles" singer
36. Lansing-to-Flint dir.
37. Fury
40. Heart, but not soul
41. Close call
46. Is in sync
48. Word with sugar or cream
50. Bulletin board overseer
51. Diet ad caption
52. Party pooper
53. Similar in nature
54. Lung opening?
55. It can help you reach the next level
56. Bait fish
57. Crooner Paul
58. Clark's colleague
59. Volumes A and Z, e.g.
60. Engine type

Small Batch Chocolate Chip Cookies

Small batch chocolate chip cookies are buttery and soft, easy to make, and are the perfect amount for one or two people to enjoy. Ready in minutes!

Prep Time	Cook Time	Total Time
10 mins	9 mins	20 mins

Course: Dessert Cuisine: American Diet: Vegetarian

Keyword: chocolate chip cookies, chocolate chunk cookies, chocolate cookies, cookies, small batch chocolate chip cookies, small batch cookies

Servings: 6 cookies Calories: 220kcal Author: [Joanie Zisk](#)



5 from 7 votes

**COOKIES
FOR ONE
OR TWO!**

Ingredients





- 4 tablespoons butter , softened
- 3 tablespoons brown sugar
- 2 tablespoons granulated sugar
- 1 large egg yolk
- ½ teaspoon vanilla extract
- ½ cup all-purpose flour
- ¼ teaspoon baking soda
- ¼ teaspoon cornstarch
- ⅛ teaspoon salt
- ½ cup semi-sweet chocolate chips



Instructions

1. Preheat the oven to 350°F (177°C).
2. Combine softened butter with brown sugar and sugar in a medium-sized bowl. Beat on medium speed with an electric mixer until well combined, about 1 minute.
3. Add the egg yolk and vanilla and beat until the ingredients are well mixed.
4. In a separate small bowl, stir together the flour, baking soda, cornstarch, and salt.
5. Slowly add the dry ingredients to the cookie dough batter. Mix on low speed until the dough starts to form.
6. Fold in the chocolate chips.
7. Line a baking sheet with parchment paper or use a silicone baking sheet. Scoop the dough using a 2-tablespoon cookie scoop and place them on the baking sheet, 2 inches apart. Roll the dough into balls.
8. Bake for 8-10 minutes or until the edges are very lightly browned. The center of the cookies should look slightly underbaked.
9. Allow the cookies to cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.

Petaluma Senior Café Menu – December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 *Vitamin C <u>Vitamin A</u> ♦Fiber Salt			1. Beef Fajitas Spanish Rice California Vegetables Green Salad Blueberries ♦W. W. Roll	2. Baked Fish Brown Rice Confetti Peas Cottage Cheese Salad Apple ♦W. W. Bread
5. Creamy Lemon-Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad Pears ♦W. W. Roll	6. Chili Verde Spanish Rice Zucchini and Yellow Squash Green Salad *Mandarin Oranges ♦W. W. Roll	7. Baked Fish Potatoes Romanoff Mixed Vegetables Green Salad Apricots ♦W. W. Roll	8. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ♦W. W. Roll	9. Beef Stroganoff Roasted Carrots Pineapple Green Salad Milk Roll
12. Beef Barley Casserole California Vegetables Beet Salad Cherries ♦W. W. Bread	13. BBQ Chicken Sandwich Roasted Yams Peas Italian Carrot Salad *Oranges ♦W. W. Bun	14. Pork with Apricots Egg Noodles *Broccoli Normandy Green Salad Cinnamon Apples ♦W. W. Roll	15. Pot Roast Brown Rice Pilaf Green Beans Green Salad Blueberries ♦W. W. Roll	16. Sweet n Sour Chicken with Pineapple Jasmine Rice *Brussels Sprouts Green Salad Strawberries ♦W. W. Bread
19. Swiss Steak Rice Zucchini/Yellow Squash Green Salad Apricots ♦W. W. Roll	20. Pork with Creamy Herb Stuffing Swiss Chard Green Salad Strawberries ♦W. W. Roll	21. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple ♦W. W. Roll	22. Chicken with Vegetables Jasmine Rice - Green Beans-Carrot Salad with *Oranges and Pineapple Banana ♦W. W. Roll	23. Holiday Celebrated Roast Beef Mushroom Demi Glace Mashed Potatoes Green Bean Pea Salad Mandarin Orange Gingerbread WW Roll
26. CLOSED FOR CHRISTMAS DAY OBSERVED	27. Pork Chow Mein Brown Rice *Brussels Sprouts, Cucumber, Tomato, Red Onion Salad Pineapple ♦W. W. Roll	28. Ratatouille Polenta Mixed Vegetables Spinach Salad with Hard Boiled Egg *Orange ♦W. W. Roll	29. Shepherd's Pie Swiss Chard Green Salad Banana ♦W. W. Roll	30. Happy New Year! Ham with Black Eyed Peas - Carrots Green Salad Peaches, Banana Caramel Cake 

Menu Subject to Change

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

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

Café Seating is limited. Reservations required. Please RSVP 24 hours in advance. The suggested lunch contribution for seniors is \$3.00 – \$8.00

Weekly Classes



Play

Billiards – Everyday 8:30am

Poker – Mondays

11:00am – 12:00pm

Chess – Tuesdays

9:00am – 12:00pm

Bridge – Wednesdays

10:00am – 2:00pm

Hearts – Wednesdays

11:30am – 1:30pm

Pinochle – Thursdays

10:00am – 12:00pm

Mind

Widows Connect! – Mondays
Social Club

12:00pm – 1:30pm

Great Decisions – Tuesdays

Current Events Discussion Group

12:00pm – 2:00pm

Tops – Wednesdays

(Taking Off Pounds Sensibly)

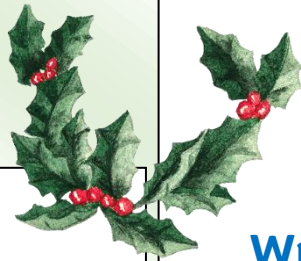
9:30am – 11:30am

Discussion Group – Thursdays

11:30am – 12:30pm

Listening Bench – Thursdays

Drop-Ins – 11:00am – 12:00pm



Create

Quilting – Mondays
9:00am – 2:00pm

Writing Group – Mondays
10:00am – 12:00pm

Painting – Mondays
10:30am – 1:30pm

Knitting – Tuesdays
9:00am – 11:30am

Drawing – Thu – 10:00am – 11:30am
Class resumes Jan 5th

Body

Walking Group – Tue. & Thu.
8:00am

Ping Pong – Tuesdays
12:00pm

Gentle Yoga – Wednesdays
9:00am – 9:45am

Sit & Be Fit – Thursdays
10:15am – 11:30am

No Class Dec 22

Meditation – Thursdays
12:30pm – 1:30pm

Line Dance Mon & Thu

8:30am-10:00am

Class currently FULL

Fall Proof – Tue 10:00am-12:00pm
Classes resume Feb. 7th

