

Petaluma Senior Center

January 2023

NEWSLETTER

**CLOSED
MON.
JAN 16TH**



Open Monday – Thursday

8:00 am – 4:00pm

211 Novak Drive

(707) 778 – 4399

parksnrec@cityofpetaluma.org

NEW YEAR

**NEW
HOURS**

PSC January Events

Afternoon Hot Tea Party

Thu Jan 12th - 2pm - 3pm

Wear your fancy hat and enjoy a
Hot Tea & Classic Teatime treat!
Make your own herbal tea!

\$5 Donation

R.S.V.P. at the Front desk by Jan 10th



Drop-In Activities

Trivia & Spaghetti Day - Wed Jan 4th 11am-2pm

Drop by the Senior Center to get your January Newsletter, answer a Trivia question, and get a little bowl of Spaghetti!

Gourmet Coffee Day in the PSC Library - Wed. Jan 18th 1pm - 2pm

Become your own barista and spruce up that Cup of Joe

Hot Chocolate Day in the PSC Library - Tue. Jan 31st 1pm - 2pm

Sweeten up your Day with some Hot Chocolate & Marshmallows!

Classic Movie Days in the PSC Library - 10am

Mon Jan 2nd - Classic Science Fiction movies

Tue Jan 17th - Popeye Cartoons to honor our favorite sailor!

Thu Jan 19th - Nat. Popcorn Day - Singin' in the Rain

Fun January National Holidays at the PSC

Mon Jan 2nd – Science Fiction Day – Sci-Fi Classic Movies playing all day in the PSC Library

Tue Jan 3rd – Mind, Body, Wellness Day – Pledge to take good care of yourself!

Wed Jan 4th – Spaghetti Day / Trivia Day

Thu Jan 5th – Bird Day – Enjoy our feathered friends!

Mon Jan 9th – Static Electricity Day – bring in your old batteries for recycling

Tue Jan 10th – Houseplant Appreciation Day – Come by for some helpful tips

Wed Jan 11th – Learn Your Name in Morse Code Day & Milk Day

Thu Jan 12th – Afternoon Hot Tea Day – Tea Party (2pm – 3pm)

Mon Jan 16th – Martin Luther King Jr. Day – **Senior Center Closed**

Tue Jan 17th – Popeye Day – Classic Popeye Cartoons & Popcorn in the PSC Library

Wed Jan 18th – Gourmet Coffee Day

Make a Delicious Coffee Creation -1pm – 2pm in PSC Library!

Thu Jan 19th – Popcorn Day – Classic Movies & Popcorn in the PSC Library

Mon Jan 23rd – Pie Day – A Special Day for a Special Treat

Tue Jan 24th – Compliment Day – Make somebody's day with positive affirmation

Wed Jan 25th – Observe the Weather Day –

Thu Jan 26th – Clashing Clothes Day – Not Matching, No Problem!! Celebrate it!

Mon Jan 30th – Yodel for your Neighbors Day – Spread some Winter Cheer

Tue Jan 31st – Hot Chocolate Day – Make a Special Hot Chocolate Creation 1pm – 2pm in the PSC Library!

MONDAY

Billiards - 8:30am - 4:00pm

Quilting - 9:00am - 2:00pm

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

Painting - 10:30am - 1:30pm

Poker - 11:00am - 1:30pm

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

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



TUESDAY

Walking Group - 7:45am Sharp (rain cancels)

Billiards - 8:30am - 4:00pm

Chess - 9:00am - 12:00pm

Knitting - 9:00am - 11:30am

Bridge - 12:00pm - 4:00pm

Functional Balance with Maureen - 10:00am - 11:am

Conversations on Aging - 10:00am - 11:30am (Jan. 24th)

What's on Your Mind

10:30am - 12:00pm (Jan. 3rd & 17th)

Great Decisions Discussion Group

12:00pm - 2:00pm

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

Gentle Yoga - 2:00pm - 3:00pm (No Class Jan 24th)



WEDNESDAY

Billiards - 8:30am - 4:00pm

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

TOPS - 9:30am - 11:30am

Hearts - 11:30am - 1:30pm

What's Your Story - 12:30pm - 1:30pm (Jan 4th & 18th)

Look Club - 12:30pm - 1:30pm (Jan 25th)



THURSDAY

Walking Group - 7:45am Sharp (rain cancels)

Billiards - 8:30am - 4:00pm

Pinochle - 10:00am - 12:00pm

Drawing - 10:00am - 11:30am

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

Sit 2B Fit - 10:15am - 11:30am

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

Meditation - 12:30pm - 1:30pm

Community Law Consultation - 10:00am - 12:00pm (Jan 5th)

Computer Club - 12:00pm - 1:30pm (Jan 26th)

Book Club - 12:30pm - 2:00pm (Jan 12th)

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



Functional Balance

NEW



with Maureen



Physical Therapist, DPT, NCS, CSRS

Tuesdays in January

10:00am – 11:00am

Stay Strong &
Improve Stability
while practicing
balancing
exercises you
can use
everyday!

[https://wiredtherapyandwellness.com/team/
wiredtherapy@gmail.com](https://wiredtherapyandwellness.com/team/wiredtherapy@gmail.com)

My name is Maureen and I am the founder of Wired Therapy and Wellness. I received my undergraduate in 2009 and then doctorate degree in 2011 in Physical Therapy at Saint Louis University. I have practiced in all different types of settings for therapy including inpatient rehab, skilled nursing, home health, acute hospital care, and at an outpatient clinic over my 10+ years as a therapist. My passion is neurology! I became a board certified specialist in neurology in 2020.

NEW

PETALUMA

FREE TAX ASSISTANCE

AARP Tax-Aide provides tax preparation to anyone, **free** of charge, with a focus on taxpayers who are over 50 & have low to moderate income.

STEPS:

1. Taxpayers pick up a packet
2. Read the instructions & complete the forms
3. **AARP TAX PHONE** will be set up Mid-January

Call (707) 276- 6603 & leave a message with your name and phone number to make an appointment for tax preparation

Appointments will be available on Mondays beginning January 30 at the Petaluma Community Center at

320 North McDowell Blvd.

Beginning **January 10th**

Pick up Intake packets with complete information

* Petaluma Senior Center

* Petaluma Community Center

* Petaluma Library



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 2B 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

January 5, 12, 19, 26



WHAT'S ON YOUR MIND

Tuesdays Jan 3rd & 17th

10:30am – 12:00pm

Current Events Discussion Group

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?

DISCUSSION GROUP

January 4th & 18th 12:30pm -1:30pm

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 of listeners.

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

7:45 am SHARP Tuesdays & Thursdays at the Senior Center




BILLIARDS

MON-THU

8:30am – 4:00pm

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



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.

WANTED:



More players for Ping-Pong

Tuesdays 12:00pm – 1:00pm



BOCCE BALL

New Players Welcome to join in the fun on Fridays

9:30am - 10:30am

AT Leghorn Park

690 Sonoma Mountain Parkway



Widows Connect!

Ladies Social Club

Mondays at 12:00pm

Make new friends & connect with other widows

- Attend Local Events
- Dine Out
- Travel
- Charity Projects

Enjoy good company & good times!



PETALUMA SENIOR CENTER ACTIVITIES

GENTLE YOGA with Chair

Tuesdays, 2pm – 3pm

Wednesdays, 9am – 9:45am

\$5 per class (NO CLASS Tuesday JAN 24th)

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



PETALUMA SENIOR CENTER ACTIVITIES

SENIORS LOOK CLUB

at the Petaluma Senior Center

Wednesday January 25 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?*



"Three Musicians" by Pablo Picasso

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, USA

Conversations on Aging

Identifying Goals, Wishes and Well Being

Thursday, January 24th 10:00am – 11:30am

Being prepared has its benefits. Western culture has made an unconscious decision to talk about end of life wishes only when necessary, usually only when a crisis occurs. Let's remove the taboo of conversations about End of Life and have those conversations just be another part of life.

Everyone deals with this in their own way & in their own time frame.

Take the time and ask yourself what truly matters to you?

Do you see life as a spiritual experience as well as a physical experience?

What rituals are important to you?

What legacy will you leave? How do you want to prioritize your time when you are in your final chapter?

SHARON ZIFF, RN

- As a Hospice Nurse for 12 years at Memorial Hospice, Sharon Ziff, RN, learned about death; the importance of preparations; and dying with dignity from her many patients. Upon retirement, Sharon was certified in the specialized program, "Authentic Presence: Contemplative Care for End-of-Life Practitioner."
- Sharon is wholly committed to helping her community gain knowledge to best prepare themselves and their loved ones for a good "final chapter" and how to face death with dignity.
<https://letsspeakaboutdeath.com/>

Beginning Drawing

with Vivian Lujan-Cortez

Thursdays 10:00am – 11:30am

Starts Jan. 5 - Mar. 02

No Fee

Drawing is a teachable learnable skill.

Learning to draw is learning to see.



Learn to draw through keen observation in this eight-week course.

Explore ideas from nature, your personal environment, photos, or simply your imagination.

Observe and draw groups of objects understanding relationships, proportions, and composition.

Employ different shading techniques in order to achieve three dimensional effects.

We will work with different drawing media while studying still life, landscape, and portraiture.

No need to bring supplies for first time students.

We will discuss materials in class.

PETALUMA SENIOR CENTER ACTIVITIES

JOIN THE PSC BOOK CLUB!

Thursday,
January 12th

12:30pm – 2:00pm



January Selection:

The Invisible Life

of Addie LaRue

By V.E. Schwab

Historical Fiction

Community Law Clinic

Community Law Clinic is a low- cost elder law clinic and Alternate Dispute Resolution Firm. Seniors are never turned away for lack of funds.

We are mobile. We do home visits.
We can travel throughout
Sonoma County.



Our services include:

Elder Law * Trust / Estate Planning *
Tenant Protection* Elder Abuse *
Grandparents Rights* Pet Trust *

Canine Support Available [🐾]

Drop in for free counsel at the Petaluma Senior Center

Jan. 5th 10 am -12 pm

Or Schedule a free consultation/mobile visit

(707) 789-5336

Communitylawclinic.ca@gmail.com

<https://www.communitylawclinic.com/>



LOOKING FOR
MAHJONG
PLAYERS!!



We are trying to put a group together, sign up at the
desk if you are interested in playing Mahjong



WANTED



Domino Players



for February!

If you are interested
in playing, please
contact PSC Front
Desk

Computer/ Smartphone Club

Thursday, January 26th at 12:00pm



email security

“Cyber Security”



Hardly a day goes by without hearing about another Cyber breach.

This session will address:

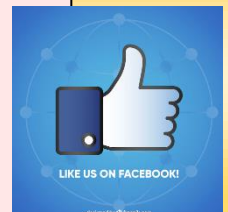
- Everything the average consumer needs to know about the current state of cyber security
- What you should do to protect your contacts and data
- How to guard against malicious attacks like ransomware, viruses, phishing, spoofing and more..

Email Security * Encryption * VPNs * File Managers * 2-Factor Authentication * Anti-Malware * Captcha * Info Sources * Recommendations

Want to see what's happening at Petaluma Parks & Recreation and the Petaluma Senior Center?

Like us on our Facebook Page!

<https://www.facebook.com/PetalumaParksandRec/>



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, January 12th

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":

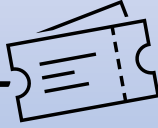
Petaluma Senior Center
211 Novak Drive



JANUARY 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!**

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.

AARP SMART DRIVER SAFETY COURSE

**REGISTER
TODAY!**

**Sign up
soon!**

Call the Petaluma Senior
Center at (707)778-4399

2-Part Class

February 14th & February 16th

8:30am - 12:30pm

At the Petaluma Community Center

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.**

**Do you know of Senior
Discounts in/ around
Petaluma?**

**Please call us at (707)778-
4399 or drop by the front
desk.**

**Help us share the
knowledge with everyone!**

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

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 for
iRIDE Petaluma



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



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

Celebration of World Traditions

Jan. 1st – New Year’s Day – We wish you all the best in 2023!

Jan. 6th – Epiphany



- In Latin countries, it’s called Dia de los Reyes Magos (Three Kings Day). The three wise men are added to the nativity scene. Children leave their shoes by the door, hoping for fruits, candy, and trinkets to be left inside them by the Wise Men.
- Many countries have a special cake with something baked inside and whoever finds it is king for the day.
- A traditional dish was Twelfth Cake, a dense fruitcake. Whoever found the baked-in bean was king for a day. Whoever found the clove was the villain; the twig, the fool; and the rag, the tart.



Jan. 15th – Makar Sankranti/Pongal

Hindu harvest festival celebrated in most parts of India, Nepal, and Bangladesh

- **First day of Pongal:** Bhogi. Worn out clothes and household items are burned in a huge bonfire and offerings are made to the rain god.
- **Second day of Pongal:** Surya Pongal or Tahi Pongal. Rice is boiled with milk in new pots outdoors until it boils over. This momentous event is highly celebrated. The rice is topped with sugar cane, nuts, and raisins. It is offered to the sun god and later eaten by the family along with other sweets. Early in the morning the women create beautiful kolams (drawing) on the ground outside the home with colored rice flour.
- **Third day of Pongal:** Mattu Pongal. The day is dedicated to the cattle. Cows are decorated with paint, beads, bells, and flowers. They are fed sweet rice and led through town.
- **The last day of Pongal:** Kaanum Pongal. People visit family and friends.



Jan. 16th – Martin Luther King, Jr. Day

Martin Luther King, Jr. (January 15, 1929 – April 4, 1968) was a Baptist minister and a civil rights activist. He led the Montgomery Bus Boycott (1955–1956). His efforts led to the 1963 March on Washington, where he delivered his “I Have a Dream” speech. In 1964, King became the youngest person to receive the Nobel Peace Prize for his efforts to end segregation and racial discrimination through civil disobedience and other non-violent means.

Jan. 22nd – Chinese New Year

Year of the Black Rabbit



- Brooms and cleaning materials are put away. No cleaning takes place during the holiday, so no good luck will be swept out of the home.
- People do not fight and avoid being mean to each other, as this would bring a bad, unlucky year.
- Bright colors, especially red, are worn.
- The Annual Reunion Dinner, Nian Ye Fan, is held on New Year's Eve. This is an important part of the celebration. Families come together and eat together. The food is symbolic. In northern China, dumplings are served at midnight, they symbolize wealth.
- Foods during the entire holiday hold symbolism.
 - Red meat is not served, and one is careful not to serve or eat from a chipped or cracked plate.
 - Fish is eaten to ensure long life and good fortune.
 - Red dates bring the hope for prosperity, melon seeds for proliferation, and lotus seeds mean the family will prosper through time.
 - Oranges and tangerines symbolize wealth and good fortune.
 - When company stops by an eight sided "prosperity tray" filled with goodies like red dates, melon seeds, cookies, and New Year Cakes is served.

Jan 22nd – Tết Nguyên Đán – Vietnamese Lunar New Year

Year of the Cat



- The first person to enter the home after the start of the New Year sets the precedence for the coming year. Many people arrange to have a child or someone well-off enter the home minutes after the start of the New Year.
- The Mam Ngu Qua, the five-fruit tray, is placed on the ancestral altar, symbolizing the admiration and gratitude to their ancestors and to Heaven and Earth. The five fruits are symbolic of the five basic elements – metal, wood, water, fire, and earth. The tray may hold five fruits or more. It's often in the shape of a pyramid. The fruits include bananas, watermelons, oranges, kumquats, coconuts, apples, persimmons, and tomatoes. The ones chosen have meaning: green bananas symbolize a wish for protection from supernatural powers and ancestors, while watermelons a desire for fertility, and kumquats for prosperity.
- In the United States, women will often wear the colors of the Vietnamese flag, red and yellow, while men wear black.

COMING SOON!

AGING GRACEFULLY

A LECTURE SERIES

Discover topics and speakers relating to aging. Something for everyone.
Something for you. Connect, learn and share knowledge.

1pm- 2pm

FEBRUARY 1

Heather Campopiano

Estate Planning & Elder Law Attorney

1pm- 2pm

FEBRUARY 8

Wynnelena Canio, MD, CMD, AGSF

Geriatrics and Psychiatry

1pm- 2pm

FEBRUARY 15

Leonard Leinow

Cannabis and Aging

1pm- 2pm

FEBRUARY 22

Dennis Zerbo, M.A., CNE/CNC, Herbalist

Nutrition and Self-Care

1pm- 2pm

MARCH 1

Dennis Pocekay, MD

End of Life

1pm- 2pm

MARCH 8

Dr. Allan Bernstein, M.D., Neurologist

All About Strokes

**NO
CHARGE**

Petaluma Senior Center, 211 Novak Drive

707.778-4399

parksnrec@cityofpetaluma.org



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 8:00am - 9:00am (Jan 6)

All - First Friday of the month 8:00am - 9:00am/ Third Friday of the month 8:00am - 9:00am

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+.



(707) 565-INFO

(707) 565-4636



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.

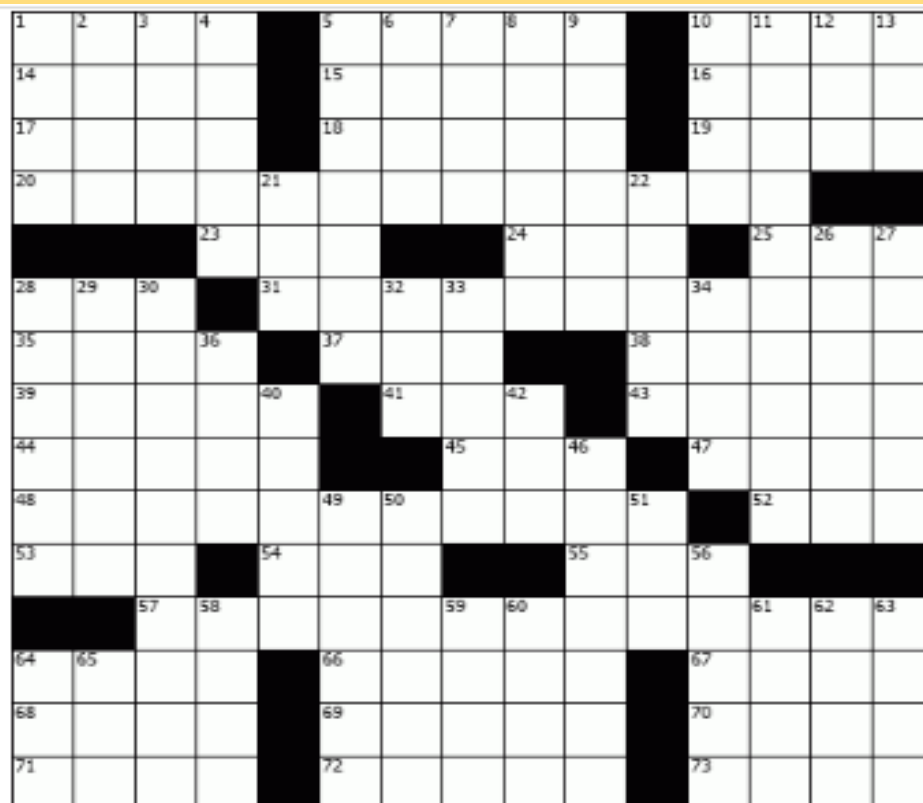
Here is how it works: You will hear from PPSC and we will find out what you love to talk about or what you are interested in and what time of the day it works for you to have a call from a community volunteer, who has been screened by PPSC.

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. Modern Mesopotamia
5. Heavy sword
10. Old Glory unit
14. Songstress with attitude
15. Collectively
16. At sixes and sevens
17. Prince William's alma mater
18. Keys go to this city
19. Force through tiny holes
20. Tony-winning "Evita" actor
23. ___ Lingus (Irish airline)
24. Athletic supporter?
25. History segment
28. Undermine
31. "Who's Afraid of Virginia Woolf?" Oscar winner



35. Sea in Kazakhstan and Uzbekistan
37. Start for juris or generis
38. Complain relentlessly to
39. Lover's antithesis
41. To succeed, you may have to raise it
43. Let it be your umbrella
44. Ring setting, sometimes
45. Beatty of "Deliverance"
47. ___'acte (intermission)
48. "Baptism" singing star
52. Many millennia
53. Court fig.
54. Sound of amazement
55. It's the word
57. Reputed originator of the curve ball
64. Presidential box festoon
66. Provide diversion
67. No longer worth discussing
68. The life of Riley
69. Payment conditions
70. In an otiose manner
71. Abruptly fired
72. Standing tall
73. Relinquish

Down

1. Same as before, in footnotes
2. "West Side Story" actress Moreno
3. Company with a "calling" calling
4. Press conference activity
5. Tennis legend Pete
6. Large portion of habitable Earth
7. Sampan, for one
8. Ill will
9. Curbed (with "in")
10. Indian garment
11. Dual-powered airplane
12. Fogbow's shape
13. White alternative
21. Exclamation of affirmation
22. Wails openly
26. Theatre district
27. Off the rear, nautically speaking
28. African expanse
29. Ark landfall
30. Intellectual property suit
32. Short piece of a pencil
33. "Candle in the Wind" dedicatee
34. Anthroponym
36. Ignore Polonius' advice
40. Fabric with a soft drape
42. Prepare to drag
46. Least sharp-witted
49. Until now
50. Dr. Seuss, notably
51. Substance partner
56. Act like
58. Like mellower wines
59. Medical solution
60. Parris Island letters
61. Stem joint
62. It was recently sought after in Athens
63. Eye malady
64. One of seven in the world
65. Mustache application

TAMALE PIE FOR 2

INGREDIENTS

- 5 ounces extra lean ground beef
- ¼ cup [onion](#), small dice
- 2 tablespoons [green peppers](#), small dice
- 1 small [garlic clove](#), minced
- ½ cup [diced tomato](#), canned with juice
- ½ cup [frozen corn](#)
- 1 teaspoon [chili powder](#)
- 3 tablespoons [yellow cornmeal](#) (divided)
- 1 pinch [salt](#)
- ½ cup [nonfat milk](#) or 1/2 cup [low-fat milk](#)
- 1 egg white
- 2 tablespoons [cheddar cheese](#), shredded (optional)



Top with
Avocado!

DIRECTIONS

1. Pre-heat oven to 350 degrees.
2. In a nonstick skillet, brown the ground beef and break it apart using a spoon. Add the onions and green peppers and garlic. Once the meat is cooked, drain off any excess fat. Alternately, transfer the contents of the pan to a plate lined with two paper towels, wipe skillet and return beef to pan.
3. After draining excess fat using either method, add the tomatoes, corn, chili powder and 1/2 tablespoon of cornmeal. Bring the mixture to a simmer. Transfer to a one-quart casserole.
4. Place the milk, cornmeal and salt in a small saucepan and bring to a light boil. Reduce to a simmer and stir frequently until thickened. Alternately, you can cook the ingredients in a microwave and cook for 2 and 1/2 minutes, stirring every 30 seconds.
5. In a small bowl beat the egg whites by hand until foamy. Slowly add in the cornmeal, stirring to make sure it does not scramble the egg. Add the soy cheese/cheese if using.
6. Top the casserole filling with the cornmeal mush.
7. Bake for 25 to 30 minutes the top should be puffed and lightly browned.



Petaluma Senior Café Menu – January 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. OFFICE CLOSED FOR NEW YEAR'S DAY OBSERVED	3. Burgundy Beef Egg Noodles Cauliflowers Green Salad Pineapple ♦ W. W. Roll	4. Tuscan Chicken Polenta Italian Vegetables Green Salad Banana ♦ W. W. Roll	5. Beef Fajitas Spanish Rice California Vegetables Green Salad *Orange ♦ W. W. Roll	6. Baked Fish Brown Rice Confetti Peas Cottage Cheese Salad Apple ♦ W. W. Bread
9. Creamy Lemon-Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad Pears ♦ W. W. Roll	10. Pork Chili Verde Spanish Rice Zucchini and Yellow Squash Green Salad *Mandarin Oranges ♦ W. W. Roll	11. Baked Fish Potatoes Romanoff Mixed Vegetables Green Salad Apricots ♦ W. W. Roll	12. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ♦ W. W. Roll	13. Beef Stroganoff Roasted Carrots Green Salad Apricots Milk Roll
16. OFFICE CLOSED FOR MARTIN LUTHER KING JR. DAY	17. BBQ Chicken Sandwich Roasted Yams Peas Italian Carrot Salad *Oranges ♦ W. W. Bun	18. Pork with Apricots Egg Noodles *Broccoli Normandy Green Salad Cinnamon Apples ♦ W. W. Roll	19. Pot Roast Brown Rice Pilaf Green Beans Green Salad Blueberries ♦ W. W. Roll	20. Sweet n Sour Chicken with Pineapple Jasmine Rice *Brussels Sprouts Green Salad Strawberries ♦ W. W. Bread
23. Swiss Steak Rice Zucchini/Yellow Squash Green Salad Apricots ♦ W. W. Roll	24. Turkey Mashed Potatoes Peas and Carrots Colelaw Cherries ♦ W. W. Roll	25. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple ♦ W. W. Roll	26. Chicken with Vegetables Jasmine Rice - Green Beans- Carrot Salad with *Oranges and Pineapple Banana ♦ W. W. Roll	27. Pork with Mushroom Sauce Stuffing Swiss Chard Green Salad Pears ♦ W. W. Roll
30. Shepherd's Pie Swiss Chard Green Salad Banana ♦ W. W. Roll	31. Pork Chow Mein Brown Rice *Brussels Sprouts, Cucumber, Tomato, Red Onion Salad Pineapple ♦ W. W. Roll		Daily 1 cup 1% Milk Bread Butter	*Vitamin C Vitamin A ♦Fiber  Salt

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

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

Weekly Classes

Play

Billiards - Everyday 8:30am

Poker - Mondays

11:00am - 12:30pm

Chess - Tuesdays

9:00am - 12:00pm

Bridge - Tuesdays

12:00pm - 4:00pm

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 - 10:00am - 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 - Thursdays
10:00am - 11:30am

Body

Walking Group - Tue. & Thu.
7:45am SHARP

Ping Pong - Tuesdays
12:00pm

Gentle Yoga -

Tuesdays 2:00pm - 3:00pm

Wednesdays 9:00am - 9:45am

Sit 2B Fit - Thursdays
10:15am - 11:30am

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