

# Petaluma Senior Center

February 2023

NEWSLETTER



**Open Monday – Thursday**

**8:00 am – 4:00pm**

**211 Novak Drive**

**(707) 778 – 4399**

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

**CLOSED  
MON.  
FEB. 20th**

# PSC February Events

Muffuletta Sliders, Jambalaya, Collard Greens, Salad, & Dessert

## Mardi Gras Luncheon

Fat Tuesday

February 21<sup>st</sup> 12:30pm-2pm

Enjoy some Creole Cuisine with us to celebrate - wear your purple, green, and gold! \$5 Donation

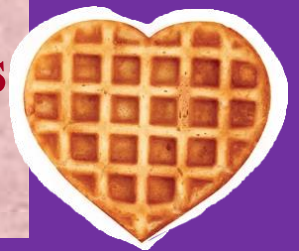
RSVP by Feb 16<sup>th</sup> at the PSC Front Desk



## Valentine's Day

Drop by for Mini Waffles

Tuesday, Feb. 14<sup>th</sup> 9am - 2pm



## Breakfast is the Most Important Meal of the Day!

We are offering a free breakfast snack in the PSC Lounge on

Feb 6<sup>th</sup> - National Oatmeal Monday! 9am-11am

Thu Feb 23<sup>rd</sup> - National Toast Day - Enjoy a crunchy treat! 9am - 12pm

# Fun February National Holidays

## at the PSC

**Wed. Feb 1<sup>st</sup>** – Car Insurance Day – Check the AARP Safe Drivers Course information

**Tue. Feb 2<sup>nd</sup>** – Groundhog Day – What will the groundhog predict?

**Mon. Feb 6<sup>th</sup>** – Oatmeal Monday – Start the day off right with heart healthy Oatmeal from 9am-11am

**Tue Feb 7<sup>th</sup>** – Send a Card to a Friend Day

(Check out our free card library)

**Wed Feb 8<sup>th</sup>** – Laugh & Get Rich Day – Health is wealth!

**Thu. Feb 9<sup>th</sup>** – Read in the Bathtub Day – Grab a book from our Library!

**Mon Feb 13<sup>th</sup>** – Clean Out Your Computer Day

**Tue Feb 14<sup>th</sup>** – Valentine's Day – Mini Waffles 9am – 2pm

**Wed Feb 15<sup>th</sup>** – I want Butterscotch Day! & Susan B. Anthony Day (Come by the desk for a sweet treat)

**Thu Feb 16<sup>th</sup>** – World Anthropology Day

Human behavior, biology, and societies

**Mon Feb 20<sup>th</sup>** – **PSC CLOSED!** (Love Your Pet & Be Comfy Day)

**Tue Feb 21<sup>st</sup>** – Fat Tuesday Mardi Gras – Luncheon at the PSC 12:30pm

**Wed Feb 22<sup>nd</sup>** – California Appreciation Day

**Thu Feb 23<sup>rd</sup>** – Toast Day – Enjoy a crunchy treat 9 am – 12pm

**Mon Feb 27<sup>th</sup>** – Retro Day – wear some vintage attire!

**Tue Feb 28<sup>th</sup>** – Science Day – learn something new about our wonderful world today!

## MONDAY (Closed Feb 20)

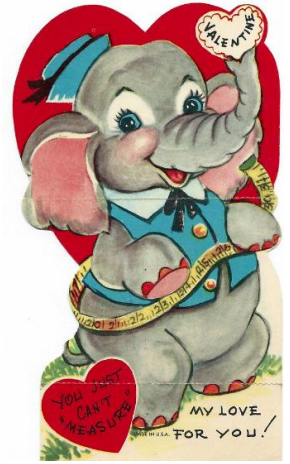
Billiards - 8:30am - 4:00pm

Quilting - 9:00am - 4:00pm

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

Poker - 11:00am - 1:30pm

Function Balance with Maureen - 3:00pm - 4:00pm



## TUESDAY

Walking Group - 7:45am **Sharp**

Billiards - 8:30am - 4:00pm

Chess - 9:00am - 12:00pm

Knitting - 9:00am - 11:30am

Bridge - 12:00pm - 4:00pm (10:00am - 2:00pm on Feb. 21<sup>st</sup>)

Fall Proof Balance Classes

10:00am - 11:00am - for unsteady/device assisted participants

11:00am - 12:00pm - for more steady participants

Conversations on Aging - 10:00am - 11:30am (Feb. 28th)

What's on Your Mind - 10:30am - 12:00pm (Feb. 7<sup>th</sup> & 21<sup>st</sup>)

Great Decisions Discussion Group 12:00pm - 2:00pm

Ping Pong - 12:00pm - 1:00pm - **NO Ping Pong Feb. 21<sup>st</sup>**

Gentle Chair Yoga - 2:00pm - 2:45pm



## WEDNESDAY

**Billiards - 8:30am - 4:00pm**

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

**TOPS - 9:30am - 11:30am**

**Mahjong - 10:00am - 12:00pm / 1:00pm - 3:00pm**

**Hearts - 11:30am - 1:30pm**

**What's Your Story - 12:30pm - 1:30pm (Feb. 1<sup>st</sup> & 15<sup>th</sup>)**

**Look Club - 1:00pm - 2:00pm (Feb. 22<sup>nd</sup>)**

**Aging Gracefully Lecture Series - 1:00pm - 2:00pm**

**Dominos - 2:00pm - 4:00pm**

**Widows Connect! - 2:00pm - 3:00pm**



## THURSDAY

**Walking Group - 7:45am **Sharp****

**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 (Feb. 2<sup>nd</sup>)**

**Computer Club - 12:00pm - 1:30pm (Feb. 23<sup>rd</sup>)**

**Book Club - 12:30pm - 2:00pm (Feb. 9<sup>th</sup>)**

**Wise Women Circle - 2:00pm - 3:00pm (Feb 23<sup>rd</sup>)**



# 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](mailto:parksnrec@cityofpetaluma.org)



# Weather Alert Radio & Pillow Shaker/ Strobe Light Combo

In major disasters the phone system may not work, so as a back-up the Sonoma County Department of Emergency Management is giving out this NOAA Weather Radio with strobe light and bed shaker - at NO COST to seniors. You are encouraged to set this up near your bed, especially during Fire Season, that way we can alert you if there is danger.



**Please sign up for one at the Petaluma Senior Center Front Desk.**

## 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 10<sup>th</sup>**

Pick up Intake packets with complete information

\* Petaluma Senior Center

\* Petaluma Community Center 

\* Petaluma Library



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

#### **2-Part Class**

**February 14<sup>th</sup> & February 16<sup>th</sup>**

**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.

# PETALUMA SENIOR CENTER ACTIVITIES

## Medicare Basics: What You Need to Know!

SPECIAL EVENT

Turning 65? Losing coverage with an employer? Trying to make sense of Medicare? What's the difference between Part A and Part B? How much gets deducted from Social Security? What are your health plan options, and what sort of coverage can you hope for?

If you have Medicare, do you qualify for a Special Enrollment Period (SEP) that allows you to change plan options?

These questions and more will be answered in this free, no obligation workshop.



Date: Thursday, Feb 16th

Time: 11:00 AM – 12:00 PM

Presented by: Cara Suminski  
aka "Medicara"

RSVP (707) 778-4399 or [parksnrec@cityofpetaluma.org](mailto:parksnrec@cityofpetaluma.org)

For accommodations of persons with special needs at meeting, call 707.721.4544, TTY 711. Cara is a Local licensed insurance agent specializing in Medicare. Insurance License #0798878. Not affiliated with or endorsed by the government or the federal Medicare program.

## JOIN THE PSC BOOK CLUB!

Thursday,  
February 9<sup>th</sup>

12:30pm – 2:00pm



*February Selection:*

## Euphoria

*By Lily King - Historical Fiction*

**MARCH SELECTIONS:**

*Truth and Beauty by Ann Patchett*

*Autobiography of a Face by Lucy Grealy*

Returning  
Feb.  
7<sup>th</sup>

Are you afraid of falling?

Do you feel unsteady on your feet?

# FALL PROOF!

## Balance & Mobility Class

### Tuesdays

**10am – 11am** For those very unsteady or that use an assistive device (cane/walker)

**11am – 12pm** For higher level participants who don't need an assistive device

**Fallproof! is a clinically proven, structure-based exercise class designed to improve balance, mobility, and posture.**

Studies show that balance/mobility training can be instrumental in preventing falls in older adults. Many falls can be prevented!

**1<sup>st</sup> Class is free, \$10 per class after that** Scholarships/Partial payments are available upon request

Classes are modifiable to fit most fitness levels.

Please stop in and observe a class and see if its right for you!

Questions? Contact Michelle Machado, Fallproof! Instructor

(707) 529-1511





# PETALUMA SENIOR CENTER ACTIVITIES



Come Play



## MAHJONG

WEDNESDAYS

10am - 12pm & 1pm - 3pm

Starting February 1<sup>st</sup>



## Learn Meditation with Zoe!

12pm Thursdays

If you would like to join our  
Meditation Group, Zoe will  
teach you the basics first.

Meditation Group begins at  
12:30 Thursdays



**NEW!!!**

Looking for members

## A Wise Women's Circle

February 23<sup>rd</sup> at 2pm

Share life's gifts, surprises, and  
challenges of the aging woman in a  
warm and nurturing atmosphere.

Connect on balancing emotional, physical,  
mental, and spiritual health, while making  
new friends and enjoying the wisdom that  
goes with getting older.

Issues of older women may include memories, senior living,  
adult kids, sexuality, loneliness, personal growth,  
caretaking, widowhood, end of life, what matters & more.

4th Thursday each Month - 2pm

## Functional Balance



with Maureen



Physical Therapist, DPT, NCS, CSRS

Monday, February 6<sup>th</sup>, 13<sup>th</sup>, 27<sup>th</sup>  
3:00pm - 4:00pm

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

<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.

# PETALUMA SENIOR CENTER ACTIVITIES

## WANTED



### Domino Players



**NEW**

for February!

### Wednesdays

2:00pm – 4:00pm

### **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!

## WHAT'S ON YOUR MIND

**Current Events Discussion Group**

**Tuesdays Feb. 7<sup>th</sup> & 21<sup>st</sup>**

**10:30am – 12:00pm**

**1<sup>st</sup> and 3<sup>rd</sup> Tuesdays each month**

### *Writing Group*

### *Mondays*

**10:00am – 12:00pm**

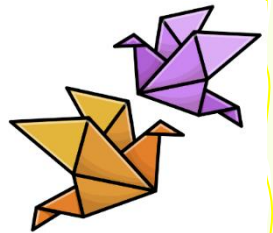
"Whether it's memoir, fiction or poetry, Fran Posner will guide us on our writing journey with instruction, feedback and support from all members of the group."

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

## ORIGAMI BASICS

**TUESDAY, Feb 7<sup>th</sup> at 12pr**

**Paper provided.**



## What's your story?

*DISCUSSION GROUP*

**February 1<sup>st</sup> & 15<sup>th</sup> 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

**7:45am SHARP** Tuesdays & Thursdays at the Senior Center,  
Back Parking Lot

## 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

## 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

**MORE  
PLAYERS  
WANTED!!**

## Widows Connect!

Ladies Social Club

Wednesdays 2:00pm – 3:00pm

*Make new friends & connect with  
other widows*

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

**New  
Time!!**

Enjoy good company & good times!

# PETALUMA SENIOR CENTER ACTIVITIES

## SENIORS LOOK CLUB

Wednesday February 22 at 1:00 PM - 2:00 PM

**\*\*new start time\*\***

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



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.



## GENTLE YOGA with Chair

Tuesdays, 2:00pm - 2:45pm

Wednesdays, 9:00am - 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.**

## BOCCE BALL

**New Players  
Welcome to join  
in the fun on  
Fridays**

**9:30am -  
10:30am**

**AT Leghorn Park**

**690 Sonoma  
Mountain Parkway**

# PETALUMA SENIOR CENTER ACTIVITIES

## 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

February 2, 9, 16, 23

## 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.

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

## Buying a Computer

- What do You Need?
- How much to spend
- Where to get the best deals
- Laptop vs Desktop
- Windows vs Mac



Over the years the computer business has evolved. The hardware has changed, the operating systems have become more functional, newer apps require lots of memory and power, and prices have plummeted. If you have been thinking about getting a new computer, don't miss this meeting.

## 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

Thu. Feb 2nd & Thu. March 2nd



10 am -12 pm

Or Schedule a free consultation/mobile visit

(707) 789-5336

[Communitylawclinic.ca@gmail.com](mailto:Communitylawclinic.ca@gmail.com)

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

# 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 3<sup>RD</sup> 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](mailto:jefferson@earlebaum.org)

(707) 479-8321



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/>



# Need Tech Help?

Thursday, February 9<sup>th</sup> /March 9<sup>th</sup>

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, financial aid, educational services and athletics--and application for District employment. The Sonoma County Junior College District is an equal opportunity employer.

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

Ubicación del "Banco de Escucha":

Petaluma Senior Center  
211 Novak Drive



# FEBRUARY 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!

## February Coloring Contest

Pick up a coloring sheet in the PSC Front Desk

Turn in by Feb 28<sup>th</sup> & enter to win a prize!

Do you know of Senior  
Discounts in/ around  
Petaluma?

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

Help us share the knowledge  
with everyone!



COMING UP AT THE SENIOR CENTER

# St. Patrick's Day Corned Beef & Cabbage Luncheon

Wednesday, March 15<sup>th</sup>

12pm \$5 Donation

R.S.V.P. at the PSC Front Desk by **March 10<sup>th</sup>**

Live  
Music!



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 Divorees
- 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.

# VOLUNTEER OPPORTUNITIES



## Interested in joining us?

When you volunteer with us you are supporting the mission of the Petaluma Educational Foundation.

Call us at 707-775-0688 or send us an email at maria@peinfo.com Looking forward to hearing from you!

ALPHABETSOUPSTORES.COM  
203 & 217 WESTERN AVENUE  
DOWNTOWN PETALUMA

## WE NEED YOUR TIME & TALENT AS AN ALPHABET SOUP STORE VOLUNTEER TO:

- work the register
- process inventory
- support store projects
- provide customer service



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 (707) 765-8488 find out more about joining our team of volunteers.



## 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](http://WWW.PETALUMAPEOPLE.ORG) OR EMAIL US AT [NOTALONE@PETALUMAPEOPLE.ORG](mailto: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](http://VOLUNTEER.GOV) OR CONTACT [MATTHEW\\_ENDERLE@NPS.GOV](mailto:MATTHEW_ENDERLE@NPS.GOV) FOR MORE INFORMATION

# February Traditions around the World

February is Black History Month in the United States and Canada. Since 1976, the month has been designated to remember the contributions of people of the African Diaspora.



**February 1: National Freedom Day** - Celebrates the signing of the 13th Amendment in 1865, which abolished slavery.

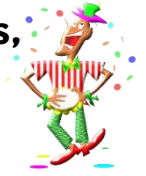
**Feb 5: Chinese Lantern Festival** - On the night of the Chinese Lantern Festival, streets are decorated with colorful lanterns, often with riddles written on them. People eat sweet rice balls called tangyuan, watch dragon and lion dances, and set off fireworks. It is celebrated during the first full moon of the new lunar year and the end of [the Chinese New Year](#) (Spring Festival) period.



**Feb 15: Yokote Kamakura Snow Cave Festival, Japan** - Yokote is one of the areas in Japan's snow country with the heaviest snowfalls. The Kamakura Festival, held on 15 and 16 February every year, is dedicated to the water deity. During this folk festival, altars are built in snow chambers where children play, drink amazake (sweet, fermented rice drink) and grill rice cakes. The festival has a history of about 450 years. The Kamakura Festival was originally an event in which money was offered to the water deity enshrined in the altar and was held to pray for the well-being of families, prosperity of businesses, and good harvests.



**Feb 17: Carnival, Brazil** - Brazilian Carnival is celebrated on the Tuesday before Ash Wednesday. The carnival is marked by **colorful costumes, samba music and dance, grand parades, and food festivals.**



It is the perfect opportunity to engage in overindulgence before starting the period of Lent.

**February 19/ 20: Bolludagur, or "Cream Bun Day", Scandinavia**

Children decorate sticks with colored paper and then spank their parents with it while demanding buns ("bolla, bolla, bolla!"). In return, the parents give the children cream buns.



**February 20: World Day of Social Justice** - Social Justice Day is meant to remind people that advocacy and activism is what love and justice looks like. It is to uphold the principles of social justice by promoting gender equality, and the rights of indigenous peoples and migrants; it is meant to advance social justice by dismantling and removing barriers that people face because of gender, age, race, ethnicity, religion, culture, or disability.



**February 21: International Mother Language Day** - It is a worldwide annual observance to promote awareness of linguistic and cultural diversity and promote multilingualism. Linguistic diversity is increasingly threatened as more and more languages disappear. "One language disappears on average every two weeks, taking with it an entire cultural and intellectual heritage." ~UNESCO This day is about preserving and celebrating one's native tongue and learned tongues.



# HEALTHY LIVING FOR YOUR BRAIN AND BODY

TIPS FROM THE LATEST RESEARCH

**COMING  
SOON!!**

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

## March 9

**2:30pm - 4:00pm**

**RSVP at the PSC  
Front Desk**

Visit [alz.org/CRF](https://www.alz.org/CRF) to explore additional education programs in your area.

**Coming Soon!**

## PSC Cooking Series

Demystifying

# Thai Food

**Cooking Demonstration**



Do you love Thai food but just can't figure out the ingredients or the techniques of how to make it? Join us in this fun & yummy cooking Demonstration! Christine Castello (yup, the lady at the front desk) spent some time in Thailand and wants to share what she learned. Includes food sampling and recipes!

### **Wednesday March 22nd, 12:30-2pm: Thai Curries**

We will be making and cooking mild red curry from scratch. Red curry is versatile and used in many Thai dishes. We will also be discussing green, yellow, panaeng, kaw soi, and massaman curries; all share similar ingredients and technique.

Christine will share with you her favorite curry dish, she calls, the warm hug!

**RSVP by Thursday March 16**

### **Wednesday March 29th, 12:30-2pm: Noodles, Noodles, Noodles**

Do you love Pad Thai, Pad See Ew and Drunken noodles? Learn about dry vs fresh noodles and learn the authentic way of making these popular noodle dishes.

**RSVP by Thursday March 23**

### **Wednesday April 5th, 12:30-2pm: Rice, Soup and Stir fry**

Sticky rice is a northern Thailand staple and traditionally served with barbeque. In this class, we will be making sticky rice and discussing the difference between Jasmin and Glutenous rice. Mystery solved! We will also be making quick and easy Tom Kha Kai (chicken coconut soup) and Pad Krapow Gai (chicken and basil stir fry).

**RSVP by Thursday March 30**

**\$5 per class. PLEASE RSVP! No last minute sign ups or walk Ins. Class limited to 15 people.**

## 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 ( <i>Health Insurance Aide</i> ).....	800-434-0222
iRIDE ( <i>Volunteer Drivers</i> ).....	(707) 765-8488
Share Sonoma County ( <i>Housing</i> ).....	(707)765-8488 Ex. 115
Lucchesi Community Center.....	(707)778-4380
Mary Issac Center ( <i>Homeless Shelter</i> ) .....	(707)776-4777
Para Transit Petaluma ( <i>Transportation</i> )...	(707)778-4460
PEP ( <i>Sr. low cost housing</i> ).....	(707)762-2336
Petaluma Library.....	(707)763-9801
Petaluma Transit ( <i>Bus</i> ).....	(707)778-4460
Petaluma People Services Center/Café ( <i>&amp; Meals on Wheels, You are not Alone</i> )..	(707)765-8488
<b>Petaluma Fire (Dispatch).....</b>	<b>(707)778-4390</b>
<b>Petaluma Police (Dispatch) .....</b>	<b>(707)778-4332</b>
Petaluma Senior Center .....	(707)778-4399
RSVP ( <i>Volunteer Resource</i> ) .....	(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
<i>(Social, Fiduciary, and Nutritional Service Resources)</i>	
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 (Feb 3<sup>rd</sup>)

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+.



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](mailto:NotAlone@petalumapeople.org).

ACROSS

- 1) Italian lawn bowling
- 6) Little rascal
- 11) Furtive and crafty
- 14) German WWII submarine
- 15) Vietnam's capital
- 16) "The Purloined Letter" author
- 17) Big guy on sax
- 19) "CD" follower
- 20) Editor's "Let it stand"
- 21) Eggs in bio labs
- 22) It makes the cut
- 24) Big guy AKA "The Great Communicator"
- 28) Queens, for one
- 31) They can be caught on the beach
- 32) Vote to accept
- 33) Bullfighter
- 37) Kind of fly
- 38) Ski hill
- 40) Nobel-winning UN agency
- 41) Idyllically pastoral
- 44) FDA concern
- 46) Short-lived hot stuff
- 47) Unethical
- 49) Big guy from Milton
- 53) Digs in the ice?
- 54) Male possessive pronoun
- 55) Food stabilizer
- 59) Sib to Sis
- 60) Big guy who used to say "Aloha"
- 64) Order to a dog
- 65) Like a gymnast
- 66) Southwest driver?
- 67) Enclosure for swine
- 68) Wise men or women
- 69) Gambler's money

DOWN

- 1) Macs or dudes, old-style
- 2) Short story of one's life
- 3) Nat King or Natalie
- 4) Tire-puncturing strip
- 5) List ending, often
- 6) Period of mourning in Judaism (Var.)
- 7) Gondola's route
- 8) Queen's subject, often
- 9) Bovine noise
- 10) Conjunctivitis
- 11) Unit of parsley
- 12) Bath sponge (Var.)
- 13) Aden's country
- 18) Suit size designation
- 23) Org. depicted in "Apollo 13"
- 25) Away from home
- 26) Least bit of rain
- 27) Barely cooked
- 28) Rum-soaked cake
- 29) Cause for nose pinching
- 30) Campus cadet org.
- 33) Freight unit
- 34) Christian's last name
- 35) Globular jar
- 36) Stir up, as sediment
- 38) Big hunk of beef
- 39) Part of an eyelid
- 42) Spherical hairstyle
- 43) Buddhist shrines
- 44) Mammoth trio?
- 45) Set up house together
- 47) Some wild goats (Var.)
- 48) Cologne ingredient
- 49) Bee Gees brothers
- 50) Everglades wading bird
- 51) Method conclusion?
- 52) Humpback, e.g.
- 56) Big bash
- 57) Run \_\_\_ (go crazy)
- 58) Assess
- 61) Khan's title
- 62) 18-wheeler, e.g.
- 63) Co-\_\_\_ (condo kin)

BIG GUYS

By Clarence J. Meeks

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17					18							19		
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49	50	51						52						
53							54				55	56	57	58
59				60	61	62				63				
64				65						66				
67				68						69				



## No-Sew Felt Heart Garland DIY

**Equipment** - 1 Pair of scissors \* 1 hot glue gun/ glue sticks \* cardstock or cardboard.

**Materials** - 1 roll of twine \* sheets of felt in various shades of pink and red, or your preferred colors \* pom poms

### Instructions

Draw a heart template on cardstock/ cardboard and cut that out as a guide!

Cut out the felt using the template. You can use a felt pen to trace. Each heart needs 2 cutouts (front & back). Use the inky side of the felt on the inside of the heart to not show.

Cut 13 strips of twine, yarn, or string. Approximately 8 inches long. Fold the twine or string of choice in half.

Take 1 heart and place the folded piece of twine, fold side down, on the top center of the felt heart. Use the hot glue gun to glue the twine and along one side of the outer edge of the heart. Place a second felt heart on top so that the edges match up and press together. This should form a pocket once the glue dries.

Place a pom pom inside of the pocket, then add glue along the outer edge of the open half and press the felt together. Repeat for the remaining hearts.

Place a pom pom inside of the pocket, then add glue along the outer edge of the open half and press the felt together. Repeat for the remaining hearts.

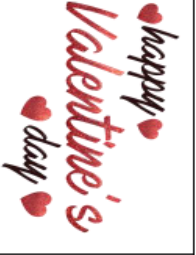


Measure and cut out the desired length of twine needed for the felt heart garland (~ 4ft.)

Tie the felt hearts to the string in the desired pattern. Knot each heart tightly to the garland and then cut the excess twine from the heart.

<https://traditionallycozy.com/felt-heart-garland/>



Petaluma Senior Café Menu – February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6. Creamy Lennon-Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad Cherries ♦ W. W. Roll	 7. Pork Chili Verde Spanish Rice Zucchini and Yellow Squash Green Salad *Mandarin Oranges ♦ W. W. Roll	1. Tuscan Chicken Polenta Italian Vegetables Green Salad Banana ♦ W. W. Roll	2. Beef Fajitas Spanish Rice California Vegetables Green Salad *Orange ♦ W. W. Roll	3. Baked Fish Brown Rice Cautiflower Green Salad Banana ♦ W. W. Roll
13. Beef Barley Casserole California Vegetables Beet Salad Green Salad Cherries ♦ W. W. Bread	14. Valentine's Day Pot Roast Brown Rice Pilaf Green Beans Green Salad Blueberries Chocolate Pudding ♦ W. W. Roll	15. BBQ Chicken Sandwich Roasted Yams Peas Italian Carrot Salad *Oranges ♦ W. W. Bun	16. Pork with Apricots Egg Noodles *Broccoli Normandy Green Salad Cinnamon Apples ♦ W. W. Roll	17. Sweet n Sour Chicken with Pineapple Jasmine Rice *Brussels Sprouts Green Salad Strawberries ♦ W. W. Bread
20. OFFICE CLOSED FOR PRESIDENTS' DAY	21. Swiss Steak Rice Zucchini/Yellow Squash Green Salad Apricots ♦ W. W. Roll	22. Pork with Mushroom Sauce Stuffing *Broccoli Green Salad Strawberries ♦ W. W. Roll	23. Chicken with Vegetables Jasmine Rice - Green Beans - Carrot Salad with *Oranges and Pineapple Banana ♦ W. W. Roll	24. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple ♦ W. W. Roll
27. Shepherd's Pie Swiss Chard Green Salad Banana ♦ W. W. Roll	28. Pork Chow Mein Brown Rice *Brussels Sprouts, Cucumber, Tomato, Red Onion Salad Pineapple ♦ W. W. Roll	Dairy 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  
 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

Menu subject to change - Food may have been processed/exposed to or contain tree nuts, dairy, eggs, soy or wheat. Los alimentos también pueden haber sido procesados / expuestos o contener nueces de árbol, lácteos, huevos, soja o trigo.

# 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

**Mahjong** - Wednesdays

10:00am - 12:00pm

**Hong Kong Style** 1:00 pm - 3:00pm

**Hearts** - Wednesdays

11:30am - 1:30pm

**Dominos** - Wednesdays

2:00pm - 4:00pm

**Pinochle** - Thursdays

10:00am - 12:00pm

## Mind

**Great Decisions** - Tuesdays

*Current Events Discussion Group*

12:00pm - 2:00pm

**Tops** - Wednesdays

*(Taking Off Pounds Sensibly)*

9:30am - 11:30am

**Widows Connect!** - Wednesdays

*Social Club* 2:00pm - 3:00pm

**Discussion Group** - Thursdays

11:30am - 12:30pm

**Listening Bench** - Thursdays

*Drop-In* - 10:00am - 12:00pm

## Create

**Quilting** - Mondays

9:00am - 4:00pm

**Writing Group** - Mondays

10:00am - 12:00pm

**Knitting** - Tuesdays

9:00am - 11:30am

**Drawing** - Thursdays

10:00am - 11:30am

## Body

**Functional Balance** - Mondays

3:00pm - 4:00pm

**Walking Group** - Tue. & Thu.

7:45am SHARP

**Fall Proof** - Tuesdays

10:00am - 11:00am

For unsteady/device assisted

11:00am - 12:00pm

For more steady patrons

**Ping Pong** - Tuesdays

12:00pm - 1:30pm (not Feb 21<sup>st</sup>)

**Gentle Yoga**

**Tuesdays** 2:00pm - 2:45pm(chair)

**Wednesdays** 9:00am - 9:45am

**Sit 2B Fit** - Thursdays

10:15am - 11:30am

**Meditation** - Thursdays

12:00pm Intro / 12:30pm - 1:30pm