

Petaluma Senior Center

March 2023

NEWSLETTER



Open Monday – Thursday

8:00 am – 4:00pm

211 Novak Drive

(707) 778 – 4399

parksnrec@cityofpetaluma.org



**CLOSED
THURSDAY
March 30th**

PSC March Events

St. Patrick's Day

Corned Beef & Cabbage Luncheon

Wednesday, March 15th

12:00pm



LIVE ACCORDIAN MUSIC!

Live Performance by The Village Network of

Petaluma's Village Singers!

Traditional Irish songs to celebrate St. Patrick's Day, such as "My Wild Irish Rose", "Danny Boy", and "Galway Bay" (one of their favorites!) and some lovely tunes that you probably have enjoyed before.

R.S.V.P. at the PSC Front Desk by **March 10th**

\$5 Donation

Billiards Tournament

March 6th at 10:00am



March 6th National Oreo Day!



Enjoy an Oreo cookie from
11am – 1pm in the lobby!

National French Bread & National Astrology Day!



Tuesday, March 21st 9am – 2pm



Come in and enjoy a piece of French bread AND have your horoscope read.

National Chip & Dip Day!

Celebrate this silly holiday with us!

Thu. March 23rd  12pm – 2pm

National

Black Forest Cake Day!



Wed. March 29th

10am – 2pm

Fun March National Holidays

at the PSC

Wed March 1st - Plan a solo Vacation Day / Refired, not Retired! Day



Thu March 2nd – Old Stuff Day – Clear out that clutter!

Mon March 6th - Dentist Day! Also **Oreo Day**..... 😊 **11am – 1pm**

Tue March 7th - Sock Monkey Day/ Unique Name Day

Wed March 8th – INTERNATIONAL WOMEN’S DAY!



Thu March 9th – Name Tag Day – put the name to the face day!

Mon March 13th - K-9 Veterans Day

Tue March 14th - Genius Day/ Write your Story Day



Wed March 15th - Alien Encounters Day (World Contact Day)



St. Patrick’s Day Luncheon 12pm

Thu March 16th – Giant Panda Day



Mon March 20th - “Won’t you be my Neighbor Day” – Celebrating Mr. Rogers

Tue March 21st – **French Bread & Astrology Day – Come in and get a piece of French bread and have your horoscope read. 9am – 2pm**

Wed March 22nd – Talk like William Shatner Day/ Daffodil Day

Thu March 23rd – **Chip & Dip Day 12pm – 2pm/ Puppy Day**



Mon March 27th – International Scribble Day

Tue March 28th –  Respect Your Cat Day

Wed March 29th - **Black Forest Cake Day 10am – 2pm**



Thu March 30th – **CLOSED** – Take a Walk in the Park Day

MONDAY

Billiards - 8:30am - 4:00pm

Quilting - 9:00am - 4:00pm

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

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



TUESDAY

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

Billiards - 8:30am - 4:00pm

Knitting - 9:00am - 11:30am

Chess - 9:00am - 12:00pm

Scrabble - 10:00am - 12:00pm **NEW!!!**

Duplicates Bridge - 12:00pm - 4:00pm

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 **Mar. 28th**

What's on Your Mind - 10:30am - 12:00pm **Mar. 7th / 21st**

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

Ping Pong - 12:15pm - 1:15pm

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 (Beginner's Welcome!**) 10:00am – 12:00pm**

Hong Kong style 1:00pm – 3:00pm

Hearts - 11:30am - 1:30pm

What's Your Story - 12:30pm - 1:30pm (Mar. 15th & 29th)

Look Club – 1:00pm – 2:00pm (Mar. 29th)

Aging Gracefully Lecture Series – 1:00pm – 2:00pm (Mar. 1st/ 8th)

Mexican Train Dominos – 2:00pm – 4:00pm

Widows Connect! - 2:00pm – 3:00pm



THURSDAY – closed 3/30

Walking Group – 7:45am **Sharp**

Billiards - 8:30am - 4:00pm

Pinochle - 10:00am – 12:00pm

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 (Mar. 2nd)

Computer Club – 12:00pm – 1:30pm (Mar. 23rd)

Book Club - 12:30pm – 2:00pm (Mar. 9th)

Wise Women Circle – 2:00pm – 3:00pm (Mar. 23rd)



PETALUMA SENIOR CENTER ACTIVITIES

HEALTHY LIVING FOR YOUR BRAIN AND BODY TIPS FROM THE LATEST RESEARCH

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 lifestyle choices 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.

Hosted by



**Thursday, March 9
2:30 - 4 p.m.**

**Petaluma Senior Center
211 Novak Dr.
Petaluma, CA 94954**



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

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

alzheimer's association®

18082470

Want Access to **FREE**

 Movies, Audiobooks, 
eBooks, Music, and more?

Petaluma Librarian, Kerrie Gavagian, will be hosting a ***Petaluma Library Presentation***

Thursday, March 23rd 11:00am

at the Petaluma Senior Center!



She will review all the great resources provided by our local, and county libraries. Kerrie will explore **free** Library apps for eBooks/Audiobooks, a website tour of Library resources and services, and fun current events!



NEW!!

The Computer & Smartphone Club Meeting

Thursday, March 23, 12:00 Noon

At the Petaluma Senior Center

Best Free Computer Apps



- Office Suites
- Email clients
- Journaling
- News
- Security
- And many more



Many users spend money on computer applications because they do not know what free alternatives are available. In this session in each of 20 categories, 5 or more choices of free apps will be presented along with recommendations.

Scrabble

Tuesdays

10am - 12pm



PETALUMA SENIOR CENTER ACTIVITIES

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! Includes food sampling and recipes!

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

CLASS FULL-WAITING LIST AVAILABLE

We will be making and cooking mild red curry from scratch. Red curry is versatile and used in many Thai dishes. We will be discussing other Thai curries as well.

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

CLASS FULL-WAITING LIST AVAILABLE

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.

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

CLASS FULL-WAITING LIST AVAILABLE

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).

\$5 per class. PLEASE RSVP! No last minute sign ups or walk ins. Class limited to 20 people.

We need Players for **Classic Poker**

Mondays

11am



**Sign up at
the PSC
Front desk
or call
(707)778-4399**

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



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. March 2nd & Thu. April 6



10 am -12 pm

Or Schedule a free consultation/mobile visit

(707) 789-5336

Communitylawclinic.ca@gmail.com

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

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.



**FREE
FOR
SENIORS!**

Please sign up for one at the PSC Front Desk.

NEW!

TECH HELP with Rich!

Tuesday, March 14th at 2pm

At the Petaluma Senior Center



Ask for basic technical help for your cellphone, laptop, or tablet from our newest Petaluma Volunteer Instructor Rich

RSVP at the PSC Front Desk or call
(707)778-4399

Space is limited!

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, March 16th
Time: 10:00 AM – 11:00 AM

Refreshments will be served!

RSVP (707) 778-4399 or parksnrec@cityofpetaluma.org

For accommodations of persons with special needs at meeting, call 707.721.4544, TTY 711 Presented by Cara Suminski aka Medicara. 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.

Petaluma Senior Center

211 Novak Drive, Petaluma, CA · 707.778.4399
<https://cityofpetaluma.org/petaluma-senior-center/>

Conversations on Aging

Identifying Goals, Wishes and Well Being

Tuesday, March 28 10:00 am -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?

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

March 2,9,16,23 (closed 30)



JOIN THE PSC BOOK CLUB!

Thursday,
March 9th

12:30pm - 2:00pm



March Selection:

Truth and Beauty

by Ann Patchett

Autobiography of a Face

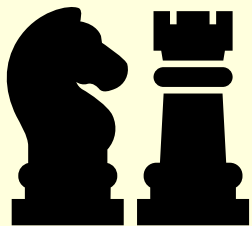
by Lucy Grealy

Read for April

The Devil's Highway

By Luis Alberto Urrea

Chess



**Players
Wanted!!**

**Tuesdays
9:00am to
12:00pm**

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!

1st 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

What's your story?

DISCUSSION GROUP

March 15th & 29th 12:30pm -1:30pm

Petaluma Senior Center

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.



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



Looking for members

A Wise Women's Circle

March 23rd 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

Mondays

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

Mexican Train

Domino Players

Wednesdays

2:00pm – 4:00pm



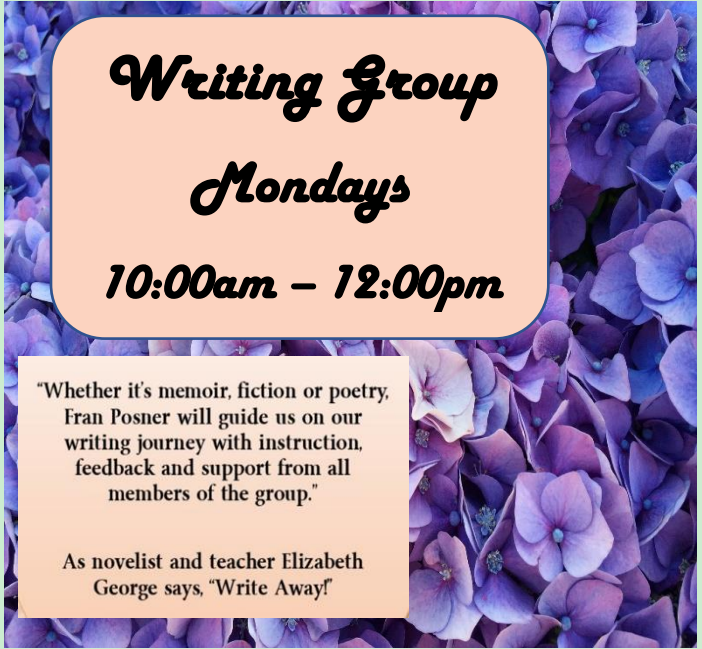
Writing Group

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 with Christa!

Tuesdays, March 14, 21, 28 12pm

Beginners Welcome!



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 March. 7th & 21st

10:30am – 12:00pm

1st and 3rd Tuesdays each month

MAHJONG

Players Wanted

WEDNESDAYS

10am – 12pm

Beginners welcome/ Pros welcome



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

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

TOPS- Taking Off Pounds Sensibly



Wednesdays 9:30am – 11:30am

We monitor our exercise, discuss lifestyle changes, and support each other maintaining good health in a welcoming atmosphere. Join us!

BILLIARDS

MON-THU

8:30am – 4:00pm

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

WANTED:



More players for Ping-Pong

Tuesdays 12:15pm – 1:15pm

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

Enjoy good company & good times!

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

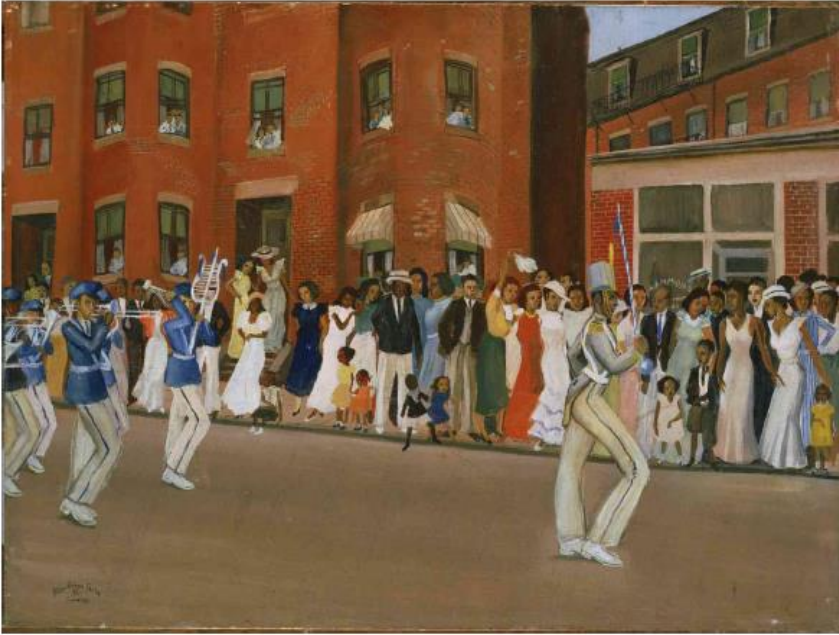
MORE
PLAYERS
WANTED!!

PETALUMA SENIOR CENTER ACTIVITIES

SENIORS LOOK CLUB

Wednesday March 29 at 1:00 PM - 2:00 PM

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.



March Coloring Contest

Pick up a coloring sheet in the PSC Front Desk

Turn in by March 29th & enter to win a prize!

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**

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



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, March 9th / April 6th

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

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



Coming in April



Sign up for a library card!
Check out books, movies, and more!

Regístrese para obtener una tarjeta de la biblioteca. Tomar prestados libros de la biblioteca.

April 11, 2023

1:00 - 3:00 PM

**Petaluma Senior Center
211 Novak Dr, Petaluma**



Books, Wi-Fi, *iLibros,*
and more *WiFi y más*
on board! *a bordo!*

sonomalibrary.org/bibliobus

My Name Is Mom

Live Show – A Memoir about Memory with Music

Monday, April 17th at 10:30am

Petaluma Senior Center Library

"My Name Was Mom" is a performance piece by local writer/actor/musician A. Daughter, who stewarded her mom through the last years of her life as her caregiver, during her dignified struggle with dementia. It contains some original music by A. Daughter and is a sensitive portrayal of the difficulties of managing the journey of dementia with the one we love.

R.S.V.P. at the PSC Front Desk or call (707)778-4399

\$5.00 donation kindly requested.

Small Space & Container Gardening

Demonstration with Patricia

Monday, April 17th

1pm – 2pm

We all can experience the joys of gardening!

Learn how to plan, plant, and care for a small space or container garden from a knowledgeable member of the [Petaluma Garden Club](#).

Veggies, herbs, flowers, and more!



RSVP at PSC Front Desk or call (707)778-4399

SPRING

IS IN THE

AIR



PSC Luncheon

Thursday, April 20 - 12:30pm

\$5 donation, RSVP by 4/14

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@pefinfo.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 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

March Traditions around the World

March is National Women's History Month



Since 1987, March is Women's History Month. We salute amazing accomplishments of many strong determined women. So this March 2023, explore the history of women's rights in America, support women's non-profit organizations and for-profit businesses, host an event in celebration of women, and tell a remarkable woman how she has inspired you!



Holi - March 8

Holi, the festival of colors, is celebrated on March 8 and acquires a renowned spot in ancient Hindu festivals. The two-day celebration is a spectacular way of welcoming spring. Grab some 'gulal' - colored powder thrown at each other as a symbol of joy. Vibrant powdered colors scattered in the air brings delight to participants. **Holi commemorates love, passion, and unity.** People of all castes, colors, and ages gather for the celebration of good over evil. Their bonding with each other strengthens them, thus bringing about love and oneness.



Vernal (Spring) Equinox - March 20

The Vernal Equinox has been celebrated for centuries and is associated with spring and celebrate fertility and agriculture. The Romans used this day to celebrate their goddess Cybele who has driven around in a chariot drawn by lions. Ancient Persia in roughly 550 B.C., celebrated the vernal equinox as Nowruz, their New Year, and modern Iranians still celebrate this time as their New Year. Vernal Equinox traditions include spring cleaning, enjoying the outdoors, planting a garden or seeds, and giving to a worthy cause.

March Traditions around the World



Ramadan - March 22

Ramadan is the first celebration on the Islamic calendar. This time includes prayers, charity, and reflecting on the Quran. One of the five pillars or duties of Islam is fasting during four-week period from dawn to sunset during Ramadan. Other four pillars include **faith, prayer, charity, and pilgrimage to Mecca**. Muslims around the world have different traditions - Egyptians light colorful lanterns, drummers announce Suhoor in Turkey, children sing for sweets in the UAE, Morocco's town criers perform prayers at dawn, a cleansing ritual marks Ramadan in Indonesia, cannons fire for Iftar in Syria - just to name a few.

Cesar Chavez Day - March 31

Cesar Chavez Day, March 31, was commemorated by former President Barack Obama in 2014. This day honors the enduring legacy of the American labor rights hero. Born to migrant laborers, Chavez's early life experiences shaped his humanitarian ideology and made him the face of the 1960s labor movement. Through his persistent efforts and non-violent protests, he became America's spearhead for civil rights for workers. Use this day to write a letter to Congress on how to improve labor rights in the USA.



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>& Meals on Wheels, You are not Alone</i>)..	(707)765-8488
Petaluma Fire (Dispatch).....	(707)778-4390
Petaluma Police (Dispatch)	(707)778-4332
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



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.

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

March 3rd

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.

At Senior Center Parking Lot!

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+.

Information & Assistance

(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) Certain informal parent
- 6) Wooded valleys
- 11) Female pronoun
- 14) ___ of expertise
- 15) Bye-bye, in Burgundy
- 16) Pin number?
- 17) Object on Israel's flag
- 19) Interject
- 20) Burning
- 21) Suitable material?
- 23) Annoying inconvenience
- 26) Professed
- 28) FBI employee, briefly
- 29) Eve's mate
- 31) Jacob's twin
- 32) Unedited version
- 34) Petticoat junction?
- 36) Blueprint detail, in short
- 39) Most spooky
- 41) Brandy cocktail
- 43) Words with "precedent"
- 44) Senate helper
- 46) Having an irregular edge
- 47) Spot in the distance
- 49) Point to the right
- 51) Harden
- 52) Barnum and Bailey's business
- 55) Home for an old king
- 57) Guiding beliefs of a group
- 58) In a lively manner
- 60) Doctor in a 1964 movie
- 61) Campus VIP
- 66) Nightmare street of film
- 67) Down provider
- 68) Barbecue leftover
- 69) "Sayonara!"
- 70) Run-down in appearance, as a motel
- 71) Furry weasel cousin

DOWN

- 1) ___ de deux
- 2) Dinner scrap
- 3) Ammo in a harmless shooter
- 4) Legal aides, informally
- 5) Recently
- 6) Baby's word for 1-Across
- 7) Japanese protein source
- 8) Cats have nine of them
- 9) Welcoming garland
- 10) Makes soapy bubbles
- 11) Business seed money
- 12) Steeplechase obstacle
- 13) Called off
- 18) Left the scene
- 22) Desk drawer item
- 23) Hellish place
- 24) See things the same way
- 25) First base?
- 27) Prefix for "circle"
- 30) ___ spumante (Italian wine)
- 33) Total disaster
- 35) Sailing the Atlantic
- 37) Renoir's prop
- 38) Minotaur's home
- 40) Verb for Simon
- 42) Unfastens
- 45) Longed for
- 48) Boot-wearing felines?
- 50) Sing "shooby-doo" and such
- 52) Paparazzi target, briefly
- 53) Venice setting
- 54) Dodge
- 56) Historical Alabama march site
- 59) Results may do this, in commercials
- 62) Make a sheepshank
- 63) Flow back
- 64) Business card no.
- 65) Prior, to poets

TWINKLE OF ONE'S EYE

By Carl Cranby

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17					18							19		
			20							21	22			
23	24	25					26		27					
28				29		30			31					
32			33			34		35			36		37	38
39					40			41		42				
43					44		45			46				
		47		48			49		50			51		
52	53					54			55		56			
57						58		59						
60				61	62							63	64	65
66				67						68				
69				70						71				

Mini Irish Soda Bread

<https://onedishkitchen.com/mini-irish-soda-bread-recipe/>

Traditional Irish Soda Bread is easy to make and requires a few simple ingredients. No yeast required. Quick recipe yields one small loaf.

Prep Time 15 mins Cook Time 40 mins Cooling Time 10 mins Total Time 1 hr 5 mins
Servings: 4 servings Calories: 203kcal Author: [Joanie Zisk](#)

Equipment

- [Mixing bowl](#)
- [Rimmed baking sheet](#)

Ingredients

- 1 cup all-purpose flour
- 1 ½ teaspoons sugar
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- 1 tablespoon salted butter, cold
- ¼ cup raisins
- 1 large egg yolk
- ½ cup buttermilk



Instructions

1. Heat oven to 425 degrees F (220 degrees C).
2. Whisk flour, sugar, salt, and baking soda together in a medium-sized mixing bowl.
3. Cut the butter into small pieces and work the butter into the flour using your fingers or a fork until it resembles coarse crumbs.

Stir in the raisins.

4. In a small bowl, whisk together the egg yolk and buttermilk. Pour into the dry ingredients and mix with a spoon until just combined.
5. Turn the dough out onto a lightly floured work surface. Knead very lightly and form a 4-inch circle. (Add a little more flour to the dough if the dough becomes too sticky to handle). Do not over-knead!
6. Using a serrated knife, score top of dough about an inch and half deep in an "X" shape.
7. Place dough on a baking sheet and bake until bread is golden, about 35-40 minutes.

HINT: If the top of the bread is getting too dark while baking, place a sheet of aluminum foil over the top.

8. Serve bread warm or at room temperature.



Petaluma Senior Café Menu – March 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
<p><i>Daily</i> 1 cup 1% Milk Bread Butter</p>	<p>*Vitamin C Vitamin A Fiber Salt</p>	<p>1. Tuscan Chicken Polenta Italian Vegetables Green Salad Banana ♦ W. W. Roll</p>	<p>2. Beef Fajitas Spanish Rice California Vegetables Green Salad *Orange ♦ W. W. Roll</p>	<p>3. Baked Fish Brown Rice Confetti Peas - Cottage Cheese Salad - Apple ♦ W. W. Bread</p>
<p>6. Creamy Lemon-Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad Cherries ♦ W. W. Roll</p>	<p>7. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ♦ W. W. Roll</p>	<p>8. Baked Fish Potatoes Romanoff Mixed Vegetables Green Salad Apricots ♦ W. W. Roll</p>	<p>9. Pork Chili Verde Spanish Rice Zucchini and Yellow Squash Green Salad *Mandarin Oranges ♦ W. W. Roll</p>	<p>10. Beef Stroganoff Roasted Carrots Green Salad Apricots Milk Roll</p>
<p>13. Turkey Chili with Cheese Corn Brown Rice Beet Salad Apricots ♦ W. W. Bread</p>	<p>14. BBQ Chicken Sandwich Roasted Yams Peas Italian Carrot Salad *Oranges ♦ W. W. Bun</p>	<p>15. Pork with Apricots Egg Noodles *Broccoli Normandy Green Salad Cinnamon Apples ♦ W. W. Roll</p>	<p>16. Sweet n Sour Chicken with Pineapple Jasmine Rice *Brussels Sprouts Green Salad Strawberries ♦ W. W. Bread</p>	<p>17. St. Patrick's Day Corned Beef - Cabbage Potatoes Pea Salad - Mix Fruit Pistachio Cake ♦ W. W. Roll</p>
<p>20. Swiss Steak Rice Zucchini/Yellow Squash Green Salad Apricots ♦ W. W. Roll</p>	<p>21. Turkey Mashed Potatoes Peas and Carrots Coleslaw Cherries ♦ W. W. Roll</p>	<p>22. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple ♦ W. W. Roll</p>	<p>23. Chicken with Vegetables Jasmine Rice - Green Beans - Carrot Salad with *Oranges and Pineapple Banana ♦ W. W. Roll</p>	<p>24. Pork with Mushroom Sauce - Stuffing Swiss Chard Green Salad Peas ♦ W. W. Roll</p>
<p>27. Shepherd's Pie Swiss Chard Green Salad Banana ♦ W. W. Roll</p>	<p>28. Pork Chow Mein Brown Rice *Brussels Sprouts, Cucumber, Tomato, Red Onion Salad - Pineapple ♦ W. W. Roll</p>	<p>29. Ratatouille Polenta - Mixed Vegetables Spinach Salad with Hard Boiled Egg *Orange ♦ W. W. Roll</p>	<p>30. Chicken Marsala Mashed Potatoes Peas and Carrots Coleslaw Apricots ♦ W. W. Roll</p>	<p>31. Cheeseburger Roasted Red Potatoes Green Beans Shredded Lettuce, Tomato and Red Onions Strawberries ♦ W. W. Roll</p>

Senior suggested donation \$ 3.50 – 8.00
 Under 60 please pay \$6.00
 Reservations recommended by 3:00 p.m.
 the day before. Phone # 765-8488
 Please have the exact change. Thank you
 No one is refused services due to an
 inability to contribute

Donación Sugerida \$ 3.50 – 8:00
 Menores de 60 años por favor pagar \$6.00
 Se recomienda hacer reservaciones el día
 anterior antes de las 3:00pm. Teléfono: 765-8488
 Por favor tenga el cambio exacto, Gracias
 No serán rechazadas las personas que no
 puedan contribuir con una donación

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

Menu Subject to Change

Weekly Classes

Play

Billiards - Everyday 8:30am

Chess - Tuesdays

9:00am - 12:00pm



Scrabble - Tuesdays NEW!!

10:00am - 12:00pm

Duplicates Bridge - Tuesdays

12:00pm - 4:00pm

Mahjong - Wednesdays

10:00am - 12:00pm *Beginner's Welcome*

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

Hearts - Wednesdays

11:30am - 1:30pm

Mexican Train 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

Origami with Christa - Tuesdays

12:00pm - 1:30pm (no class 3/7)

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



12:15pm - 1:15pm

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