

Petaluma Senior Center

April 2023

NEWSLETTER



Open Monday – Thursday

8:00 am – 4:00pm

211 Novak Drive

(707) 778 – 4399

parksnrec@cityofpetaluma.org

PSC April Events



SPRING
is in the
AIR!

PSC Luncheon
Mediterranean Cuisine

Thursday, April 20th - 12:30pm
\$5 donation
Seating is limited, sign up soon.
RSVP by 4/14

International **Carrot Day**



April 4

**10am - 2pm in the
PSC Lobby**

**Come get your
Bet- "carrot"ene
with a side of
Ranch dressing !**

Licorice Day

April 12



The debate
between
which is
better (black
or **red** licorice)
continues....



World Penguin Day

April 25 2pm

**Enjoy some
popcorn &
watch "March
of the
Penguins" in the
PSC Library.**



Fun April National Holidays

at the PSC

Mon April 3 – Find a Rainbow Day! 

Tue April 4 – International Carrot Day 10am – 2pm



Wed April 5 – Walking Day

Thu April 6 – California Poppy Day



Mon April 10 – Hug Your Dog Day

Tue April 11 – Clean Up Your Pantry Day

Wed April 12 – **Licorice Day**

Thu April 13 – Silly Earring Day



Mon April 17 – International Bat Appreciation Day



Tue April 18 – Exercise Day (after Licorice Day 😊)

Wed April 19 – Cat Lady Day

Thu April 20 – High Five Day



“Spring is in the Air” Luncheon 12:30pm – 2pm

Mon April 24 – Therapeutic Scream Day (please try this at home)

Tue April 25 – World Penguin Day

Come by & Watch March of the Penguins – 2pm

Wed April 26 – Stop Food Waste

Thu April 27 – Tell A Story Day



MONDAY

Billiards - 8:30am - 4:00pm

Quilting - 9:00am - 4:00pm

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

Parkinson's Connect Class - 2:00pm - 3:00pm NO CLASS 4/10

Function Balance with Maureen - 3:00pm - 4:00pm NO CLASS

4/10



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

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 (April 25th)

Current Events Discussion Group - 12:00pm - 2:00pm

Origami with Christa - 12:00pm - 1:30pm (April 4th & 11th)

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 – 11:30am

Hearts - 11:30am - 1:30pm

What's Your Story - 12:30pm - 1:30pm (April 19th & 26th)

Happy Crafts with Bonnie – 1:00pm – 3:00pm (April 5th)

Look Club – 1:00pm – 2:00pm (April 26th)

Mexican Train 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

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 (April 6th)

Computer Club – 12:00pm – 1:30pm (April 27th)

Book Club - 12:30pm – 2:00pm (April 13th)

Wise Women Circle – 2:00pm – 3:00pm (April 27th)



PETALUMA SENIOR CENTER ACTIVITIES

Happy Crafts with Bonnie!

Wed. April 5th at 1pm

This month's craft:
DECOPAGE

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



NEW!!



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, *¡Libros, WiFi y más a bordo!*
and more on board!



sonomalibrary.org/bibliobus

My Name Was 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 one woman show 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. The show contains some original music by A. Daughter and is a sensitive portrayal of the difficulties of managing the harrowing 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.

Attend this **Free & Unbiased** seminar from
the only agency authorized by the
CA Dept. of Aging to offer
Medicare seminars

Medicare Fundamentals

This comprehensive educational seminar gives a detailed understanding of Part A, Part B, Part D, Advantage Plans, penalties, timelines & more.

Petaluma Senior Center

211 Novak Dr. Petaluma

1-2pm

Monday, April 17th 2023

HICAP Health Insurance
Counseling &
Advocacy Program
Free Service to Medicare Beneficiaries

www.SASNB.org/HICAP



LOCAL HELP FOR PEOPLE WITH MEDICARE

HICAP provides **free & unbiased**
Medicare information & counseling so
you can make informed decisions.
We do not sell anything.

This project was supported, in part by a grant from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

PETALUMA SENIOR CENTER ACTIVITIES

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

NEW!!

INTRODUCING



PD-Connect®
Exercise Class
in Sonoma County

Mondays at Petaluma Senior Center,
211 Novak Drive, Petaluma, CA 94954
2:00pm-3:00pm PST



WITH
DR. MAUREEN ROHLWING

Founder of Wired Therapy and Wellness
Board Certified Neurological Specialist
Certified Stroke Rehab Specialist
LSVT BIG Certified Parkinson Coach

For More Info Please Call (415) 598-8709
or email Maureen@PD-Connect.org

NO CLASS APRIL 10

Special Elder Law Presentation

April 24th at 2pm



Elder Law Program



Potential clients must first go through our intake process, either in-person at our Santa Rosa office or over the phone, before meeting with an attorney.

We can only assist individuals directly; not through friends or relatives.*
*unless there is a valid Conservatorship or Power of Attorney in place

Most legal services cannot be completed same-day (follow-up appointments may be required).

Free legal help with:

- Restraining orders related to abuse
- Landlord/Tenant issues (subject to referral)
- Simple Wills (for estates less than \$184,500)
- Powers of Attorneys/Advance Health Care Directives
- Appealing reduction/termination of SSI or SSDI
- Probate Conservatorship issues (under limited circumstances)
- Probate Guardianship issues (under limited circumstances)

COME TO OUR OFFICE!

144 South E Street, Ste. 100, Santa Rosa, CA 95404

MON	TUE	WED	THU
9:15-11:30am	9:15-11:30am	9:15-11:30am	9:15-11:30am
1:15-4:00pm	1:15-4:00pm		1:15-4:00pm

Closed Wednesday Afternoons and Fridays



We offer flexible appointments!

If you cannot come to our office, we offer phone appointments or can even come to you, just call our Elder Law Line:

(707) 340-5610

CURRENT EVENTS

DISCUSSION GROUP

Tuesdays 12pm – 2pm

Hosted by Tony Sacramento



Come discuss an issue you can't stop thinking about
- local, global, & celestial!

All views are treated with civility and respect.



We need Players for

Classic Poker

Mondays 11am



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

PETALUMA SENIOR CENTER ACTIVITIES

The Computer & Smartphone Club Meeting

Thursday, April 27, 12:00 Noon
At the Petaluma Senior Center

Streaming TV

- Video-on-demand
- Cable replacement
- Dedicated Streaming Devices
- Free Services
- Recommendations



You  TV



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. April 6 & May 4



10 am -12 pm

Or Schedule a free consultation/mobile visit

(707) 789-5336

Communitylawclinic.ca@gmail.com

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

Conversations on Aging

Identifying Goals, Wishes and Well Being

Tuesday, April 25 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?

TECH HELP with Rich!

Tuesday, April 11th 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!

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

6, 13, 20, 27



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



Chess



**Players
Wanted!!**

Tuesdays

9 am - 12 pm

**WANT TO
LEARN TO
PLAY?**

**SIGN UP AT THE
FRONT DESK**

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

April 19th & 26th 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.



MAHJONG



Players Wanted

WEDNESDAYS

10am - 11:30am



Beginners welcome/ Pros welcome



Functional Balance



with Maureen



Physical Therapist, DPT, NCS, CSRS

Mondays

NO CLASS APRIL 10

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.

JOIN THE PSC BOOK CLUB!

Thursday,

April 13th

12:30pm - 2:00pm



April Selection:

The Devil's Highway

By Luis Alberto Urrea

Read for May

A Tree Grows in Brooklyn

By Betty Smith

Scrabble

Tuesdays

10am - 12pm



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!

Tuesday April 4th & 11th 12pm

Beginners Welcome!



DISCUSSION GROUP

THURSDAYS AT 11:30 am

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

New members welcome!

A Wise Women's Circle

April 27th & May 25th 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

A HUGE Thank you to
Cheryl Jern & Rachel Beer
for creating the Aging Gracefully Series - it was a huge success; enjoyed by the participants and speakers.



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

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

Enjoy good company & good times!

PETALUMA SENIOR CENTER ACTIVITIES

SENIORS LOOK CLUB

Wednesday April 26 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.



April Coloring Contest

Pick up a coloring sheet in the PSC Front Desk

Turn in by April 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

9:30am - 10:30am

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

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



Need Tech Help?

Thursday, April 13th / May 11th

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

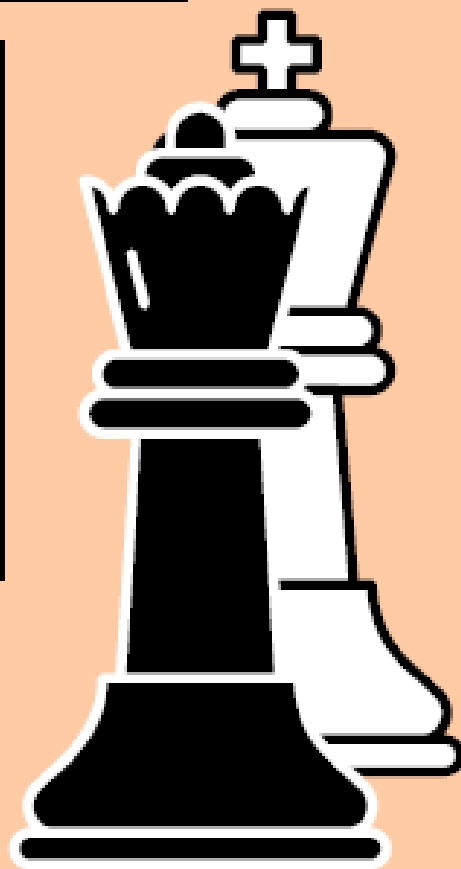
- A Place for Seniors to be Heard in a safe and confidential environment.
- Volunteers 55 and older who are trained in active listening skills.
- “Drop-In” to the Listening Bench Thursdays from 10am – 12pm at the Petaluma Senior Center – 211 Novak Drive.
- To make an appointment for an alternate time call (707)778-4399.



Chess Table Celebration

**Saturday
April 29
11am - 2pm**

**Come check out the NEW
permanent chess tables
in Petaluma!**



at Balshaw Bridge, Water Street



**Please bring boards and chess pieces. We will have
extra tables set up to accommodate more play!**

THANK YOU to AARP and the Senior Advisory Committee for making this project happen!

Coming in May

Petaluma Garden Club Pop-up Plant Sale

at the Petaluma Senior Center

Tuesday, May 2nd 12pm – 3pm

Organic vegetables

Perennials & Annuals

Succulents

Houseplants

& More!!



All plants are grown and nurtured with the expert skills of our members. The Petaluma Garden Club supports the PEF and SRJC Scholarships and donate Plant sale proceeds to many non-profit organizations. Petaluma Garden Club members also donate their time and skills to beautify Petaluma!!



Happy Crafts

with Bonnie!

Wed. May 3rd at 1pm

This month's craft:
Felt Succulents

R.S.V.P. at the PSC Front Desk
(707) 778-4399 no charge



Fall Prevention and Bone Health

Presenters: Erica Wong, PharmD and Kenny Huynh, PharmD

PGY1 Pharmacy Residents, Kaiser Permanente Santa Rosa


Program description: This class will review key points on osteoporosis, maintaining bone health, and preventing falls.

Learning objectives:

1. Define osteoporosis
2. Discuss dietary and supplement recommendations for healthy bones
3. Recognize what can increase the risk of falls, including medications
4. Learn tips on how to prevent falls
5. Review treatment options for osteoporosis

Date/Time: Wednesday 5/10/23 12-1pm in the Recreation Room



What will YOU do if
 you fall?

Learn how to keep calm and get upright again!

FALL PREVENTION WORKSHOP

Petaluma Senior Center

Monday, May 22 at 1pm - 2pm

Have a chance to practice the "correct" way to get up with two licensed Physical Therapy Specialists who will discuss balance and fall prevention for seniors.

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

Limited to 10 spaces, don't wait! No charge

At the Petaluma Senior Center!



**Wednesday
May 24th
12pm – 2pm**

TACOS & NACHOS LUNCHEON

\$5 Donation

R.S.V.P. at PSC Front Desk by May 18
Space is Limited

VOLUNTEER OPPORTUNITIES



NEW!!!

Petaluma Educational Foundation's
alphabet soup
THRIFT STORES
VOLUNTEERS NEEDED!

OPEN

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

April Traditions around the World

Passover – April 5 – Worldwide



One of the most widely celebrated holidays for the Hebrew people, Passover commemorates the Israelites' departure from Ancient Egypt. Symbols of this time include self-control and sacrifice and are celebrated by enjoying simple foods and wine, while paying tribute to the resilience of ancestors by telling stories. Some traditional foods include matzo ball soup, brisket, and potato kugel.

Theravada New Year – April 6 – Southeast Asia

Three days after the first full moon of April, the birth, death, and enlightenment of Buddha are celebrated by Theravada Buddhists. This holiday is celebrated with festivals, traditional songs, and parades. It is considered the biggest holiday of the year in countries such as Cambodia, Laos, Northern and Central Thailand, Burma and Sri Lanka. Water is an important symbol of this holiday – it represents washing away the old to make way for a new and fresh year.



Easter – April 9 – Worldwide

Christians recognize Easter for the resurrection of Jesus Christ. Many attend religious services on this very special day of worship. Other Easter traditions include dying eggs, making Easter baskets filled with candy and treasures, and waiting for the Easter Bunny – he symbolizes Spring and rebirth. Over 90 million chocolate bunnies are made in his likeness each year!



April Traditions around the World

Yom HaShoah – April 17 – 18 – Worldwide

Marked by the anniversary of the Warsaw Ghetto Uprising, this is a day of Holocaust Remembrance. It is a time to reflect on the 6 million Jews murdered during the Holocaust and the courage and bravery of the survivors and liberators. This day reminds us of our responsibility to respond with humanity to victims of atrocious crimes and advocate against discrimination of all kinds.



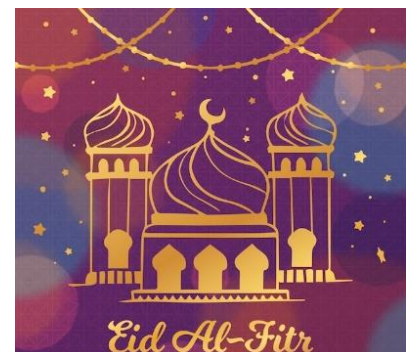
Fuji Shibazakura Festival – April 16 – Japan

Thousands flock to behold the beauty of fields of blooming creeping phlox (also called cherry blossoms on the lawn); the festival takes place near Lake Motusuko, beneath Mount Fuji.



Eid-Al-Fitr – April 21 – 22 – Worldwide

This Muslim holiday translates to “Breaking of the Fast” and marks the end 30-day dawn-to-dusk fasting of Ramadan. People celebrate by visiting family and friends, exchanging gifts, and enjoying sweets made of vermicelli, milk, sugar, and dried fruits.



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



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



Free one-on-one Genealogy Research Support

Wednesdays and Fridays
1 PM – 3 PM

Our experienced volunteers can help you with your ancestor
brickwalls, your family tree or pedigree chart,
or any other in-depth genealogy question.

No appointments required

In person at the Sonoma County History & Genealogy Library,
725 3rd Street, Santa Rosa, CA 95404



SONOMA COUNTY HISTORY & GENEALOGY LIBRARY
725 3rd Street, Santa Rosa | (707) 308-3212
sonomalibrary.org
Brought to you by the Measure Y sales tax

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.

April 3rd

SENIOR BASKET First Friday of the month 8:00am - 9:00am

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!

2-1-1

COMMUNITY PARTNER OFFICE HOURS

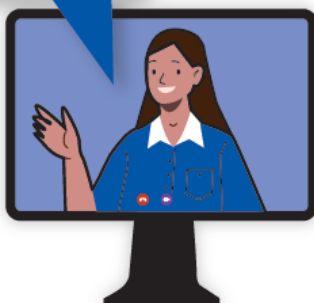
Get Connected. Get Help.™

DID YOU KNOW 2-1-1 CONNECTED
WITH NEARLY **65,000** PEOPLE IN
SONOMA AND MENDOCINO
COUNTIES LAST YEAR?



Monthly, every 3rd Tuesday
11:00AM - 12:30PM
via Zoom

- CONNECT WITH 2-1-1 & LOCAL COMMUNITY PARTNERS
- LEARN MORE ABOUT 2-1-1
- ENSURE 2-1-1 HAS YOUR ORGANIZATION'S MOST ACCURATE INFO



*Let's make sure everyone
who interacts with 2-1-1 is
given the most accurate
resources and information.
We're excited to connected
with you!*



Register Here

or contact:

Yesenia Gaytan, 2-1-1 Director

Yesenia.Gaytan@unitedwaywinecountry.org

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/>



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

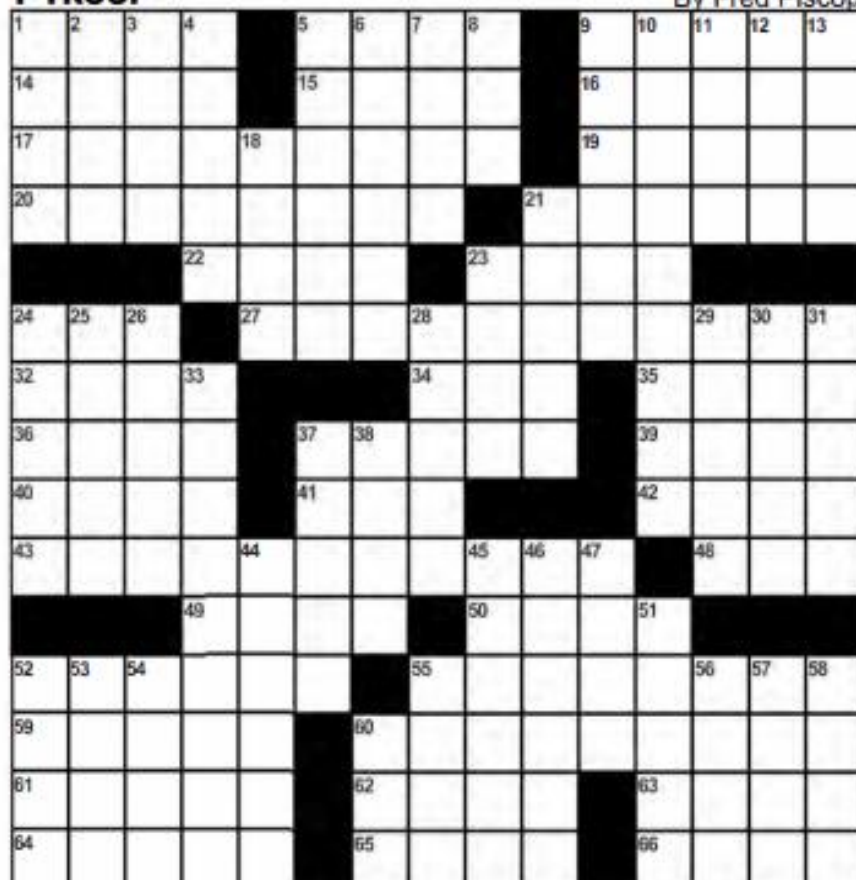
- | | |
|----------------------------------|----------------------------------|
| 1) Nut center | 39) Minor complaints |
| 5) Bring up | 40) Knot or watt |
| 9) Ekberg of "La Dolce Vita" | 41) First lady McKinley |
| 14) "___ Angel" (Mae West movie) | 42) Pub missile |
| 15) Director Kazan | 43) Stolen indoor ball? |
| 16) French red wine | 48) Carrier to Bergen |
| 17) In shape for Waikiki? | 49) Red-___ (wieners) |
| 19) For all to see | 50) Lo or chow follower |
| 20) Full scholarship, informally | 52) Some Millrose Games runners |
| 21) Hall of Famers | 55) Shimmer iridescently |
| 22) Ancient Iranian | 59) Warnings of gas leaks |
| 23) Take wing | 60) Lawbreaking abandoned child? |
| 24) Spray graffiti on, say | 61) Charity recipient |
| 27) Curative vegetation? | 62) Cruel dude |
| 32) Part of UAR | 63) Coup d'___ |
| 34) Feedbag morsel | 64) Toys with runners |
| 35) "A," in NATO code | 65) Applied henna to |
| 36) Lower-class, to Brits | 66) Speed Wagons of autodom |
| 37) Gridiron series | |

DOWN

- 1) Offend a bit
- 2) Kuwaiti bigwig
- 3) One chip, perhaps
- 4) Tribal carving
- 5) Dwell
- 6) Slipped past
- 7) River of Leeds
- 8) UK fliers
- 9) Indifferent to ethics
- 10) Peter Pan's home
- 11) Creative spark
- 12) Grounds for a suit
- 13) Takes measures
- 18) City near Provo
- 21) Petting zoo animals
- 23) Read the UPC of
- 24) Show some backbone, slangily
- 25) Quaker's Rice-___
- 26) Took to the clink
- 28) Dubuque native
- 29) Disney's middle name
- 30) TV workers' union
- 31) Goes hungry
- 33) Totally ruined
- 37) Loses on purpose?
- 38) Bookie's concern
- 44) Carousel units
- 45) Roman or Ottoman
- 46) Chewed out
- 47) Nail salon need
- 51) Not as stale
- 52) Stylish Brits of the '60s
- 53) One on a pedestal
- 54) Like a hermit
- 55) Wild party
- 56) Fill to the gills
- 57) "See ya"
- 58) Direct deposits, e.g. (Abbr.)
- 60) Oft-fried fish

F TROOP

By Fred Piscop



Kitchen Tips & Tricks

Keep your cut **Avocado** fresh!

Run the exposed fruit under cold tap water and place avocado in the fridge. This will extend the “greenness” and texture of your avocado.



Don't waste any **Ginger**

peel it with a spoon!



Gently press edge of spoon against the skin and pull down. The skin is so thin, it will come easily off.

Get rid of **Ants** with 3 ingredients!

Add 1/2 cup sugar & 2 tsp. borax to a glass jar.

Add 12 oz. of very hot water to jar.

Put on lid and shake until sugar and borax are dissolved.

Soak cotton balls with mixture and place on a small plate or lid in the path of your pesky ants.

The ants will swarm on their new treat, and bring back to their nests and your ants should be gone in days.



No More **Hard-boiling**!!

Steam them instead for easy to peel & perfectly cooked eggs.

Get 6 eggs to room temperature.

Make a bowl of ice water to put eggs in after steaming.

Bring 1 inch of water to a boil in a saucepan. Turn off heat, add steamer tray and then gently place eggs in a single layer on top of the steam. Turn on heat to medium high.

6 minutes for Soft

10 minutes for Medium (white cooked, yellow semi done)

12 for Hard (cooked through)

Remove eggs and place in Ice Bath.

Eggs should be easy to peel and evenly cooked!



Petaluma Senior Café Menu – April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily 1 cup 1% Milk Bread Butter	*Vitamin C Vitamin A Fiber  Salt			
3. Creamy Lemon-Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad Cherries ♦ W. W. Roll	4. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ♦ W. W. Roll	5. Baked Fish Potatoes Romanoff Mixed Vegetables 3 Bean Salad Apricots ♦ W. W. Roll	6. Pork Chili Verde Spanish Rice Zucchini and Yellow Squash Green Salad *Mandarin Oranges ♦ W. W. Roll	7. Happy Spring Lunch! Chicken with Asparagus and Peas Penne Pasta Carrots - Coleslaw Pears Carrot Cake ♦ W. W. Roll
10. Turkey Chili with Cheese Corn Brown Rice Beet Salad Apricots ♦ W. W. Bread	11. BBQ Chicken Sandwich Roasted Yams Peas Broccoli Salad *Oranges ♦ W. W. Bun	12. Pork with Apricots Egg Noodles *Broccoli Normandy Italian Carrot Salad Cinnamon Apples ♦ W. W. Roll	13. Sweet n Sour Chicken with Pineapple Jasmine Rice *Brussels Sprouts Green Salad Strawberries ♦ W. W. Bread	14. Beef Barley Casserole California Vegetables Pea Salad Cherries ♦ W. W. Roll
17. Swiss Steak Rice Zucchini/Yellow Squash Green Salad Apricots ♦ W. W. Roll	18. Turkey Mashed Potatoes Peas and Carrots Coleslaw Cherries ♦ W. W. Roll	19. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple ♦ W. W. Roll	20. Chicken with Vegetables Jasmine Rice - Green Beans - Carrot Salad with *Oranges and Pineapple Banana ♦ W. W. Roll	21. Pork with Mushroom Sauce - Stuffing Broccoli Normandy Green Salad Pears ♦ W. W. Roll
24. Shepherd's Pie Capri Vegetables Green Salad Banana ♦ W. W. Roll	25. Pork Chow Mein Brown Rice *Brussels Sprouts, Cucumber, Tomato, Red Onion Salad - Pineapple ♦ W. W. Roll	26. Ratatouille Polenta - Mixed Vegetables Spinach Salad with Hard Boiled Eggs *Orange ♦ W. W. Roll	27. Chicken Marsala Mashed Potatoes Peas and Carrots Coleslaw Apricots ♦ W. W. Roll	28. Cheeseburger Roasted Red Potatoes Green Beans Shredded Lettuce, Tomato and Red Onions Strawberries ♦ W. W. Roll

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

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

Menu Subject to Change

Menu subject to change. Food may have been processed/exposed too 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

Chess – Tuesdays

9:00am – 12:00pm

Scrabble – Tuesdays NEW!!

10:00am – 12:00pm

Duplicates Bridge – Tuesdays

12:00pm – 4:00pm

Mahjong – Wednesdays

10:00am – 11:30am *Beginner's*

Welcome

Hearts – Wednesdays

11:30am – 1:30pm

Mexican Train Dominos – Wednesdays

2:00pm – 4:00pm

Pinochle – Thursdays

10:00am – 12:00pm

Mind

Current Events Discussion Group –
Tuesdays

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

Body

PD Connect – Mondays

2:00pm – 3:00pm **NOT 4/10**

Functional Balance – Mondays

3:00pm – 4:00pm **NOT 4/10**

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

