

Petaluma Senior Center

JUNE 2023



NEWSLETTER



Open Monday – Thursday **8:00 am – 4:00pm**

211 Novak Drive (707) 778 – 4399

parksnrec@cityofpetaluma.org

PSC June Events

Jazz in June

Wednesday, June 7th

12pm – 2pm



Gino's Jazz Band

Live Music

Americana Refreshments

Petaluma Senior Center – 211 Novak drive

Honoring

Joe "the Butcher" Graveman's

100 Birthday!

\$5 Contribution

R.S.V.P. by June 5th Space is limited.

June 1st

Dinosaur Day!!

MOVIE MARATHON

- * 9:30 Jurassic Park
- * 12pm The Lost World (JP2)
- * 2:30pm Jurassic Park 3



Tuesday, June 27th

B I N G O
DAY!

Come play in the
PSC Library
2pm-3pm



Free to play * Win silly prizes!

ELDER ABUSE
DON'T TURN AWAY

EACH FLAG= 1 report of
ELDER ABUSE
Look for the purple flags and banners
around Sonoma County.

How many flags are
in your community? **ELDER JUSTICE INITIATIVE**

JUNE 15
WORLD ELDER ABUSE
AWARENESS DAY



JUNE
IS
PRIDE
MONTH!!



Fun June National Holidays

at the PSC

Thu June 1st – Dinosaur Day – Jurassic Park Movie Marathon & **Popcorn** @ PSC Library*

Mon June 5th – Thank you Day – have an attitude of gratitude!

Tue June 6th – Gardening as Exercise Day

Wed June 7th – World Caring Day – Share your love!

Thu June 8th – World Ocean's Day – Do your part to help the environment: **conserve water* reduce waste* choose non-toxic household cleaners * bring your reusable bags when you shop* purchase sustainable seafood items * use ocean friendly sunscreen**

Mon June 12th – Red Rose Day – Wear red and spread ❤️



Tue June 13th – Kitchen Klutzes of America Day

Wed June 14th – FLAG DAY & **Strawberry Shortcake Day** (10am – 2pm)

Thu June 15th – Elder Abuse Awareness Day – **See something, Say something – Adult Protective Services 1-833-401-0832**

Mon June 19th – (JUNETEENTH- see June Traditions around the World) – Also – Take your cat to work Day

Tue June 20th – Ugly Dog Day (started here in Petaluma at the Sonoma-Marin Fair!!) & **Ice Cream Soda Day** (12pm – 2pm)



Wed June 21st – YOGA Day – Seashell Day

Thu June 22nd – World Rainforest Day



Mon June 26th – **Chocolate Pudding Day!!** (10am – 2pm)

Tue June 27th – **B-I-N-G-O Day!**

Wed June 28th – Day of Joy!

Thu June 29th – **Bomb Pop Day!** (12pm – 2pm)



MONDAY



Pool - 8:30am - 4:00pm

Line Dancing - 8:30am - 10:00am - *Open to new dancers!*

Quilting - 9:00am - 4:00pm

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

Parkinson's (PD)Connect Class - 2:00pm - 3:00pm (12th & 19th)

Functional Balance with Maureen - 3:00pm - 4:00pm (12th & 19th)

No PD Connect or Functional Balance on June 5th & 26th

TUESDAY

Walking Group - 7:45am *Sharp*

Pool - 8:30am - 4:00pm

Knitting - 9:00am - 11:30am

Chess - 9:00am - 12:00pm

Duplicate Bridge - 12:00pm - 4:00pm

Fall Proof Balance Classes

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

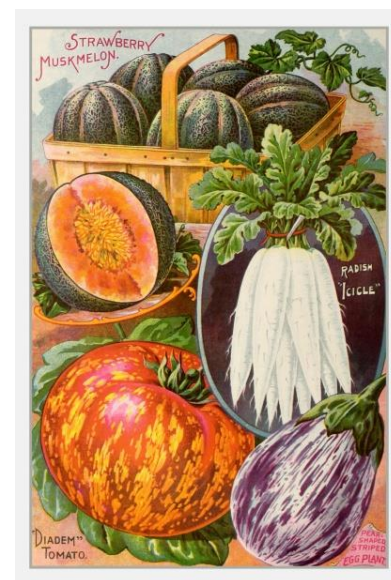
11:00am - 12:00pm - *for more steady participants*

Conversations on Aging - 10:00am - 11:30am (June 27th)

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

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

Tech Help with Rich - 2:00pm - 3:00pm (June 13th)



WEDNESDAY

Pool - 8:30am - 4:00pm

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

TOPS - 9:30am - 11:30am

Chinese Style Mahjong (*Beginner's Welcome!*) 10:00am – 11:30am

Hearts - 11:30am - 1:30pm

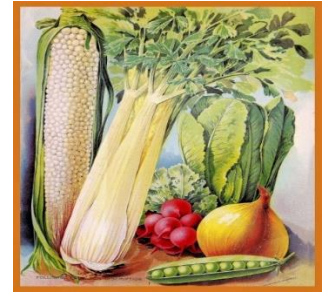
What's Your Story – 1:00pm – 2:00pm (June 7th & 21st)

Happy Crafts with Bonnie – 1:00pm – 3:00pm (June 7th)

Look Club – 1:00pm – 2:00pm (June 28th)

Mexican Train Dominos – 1:30pm – 4:00pm

Widows Connect! - 2:00pm – 3:00pm



THURSDAY

Walking Group – 7:45am *Sharp*

Pool - 8:30am - 4:00pm

Pinochle - 10:00am – 12:00pm

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

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

Meditation - 12:30pm - 1:30pm

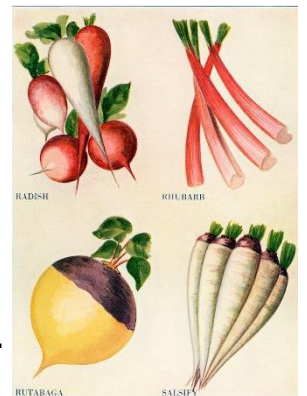
Ping Pong – 2:00pm – 3:00pm

Community Law Consultation - 10:00am – 12:00pm (June 1st)

Computer Club – 12:00pm – 1:30pm (June 22nd)

Book Club - 12:30pm – 2:00pm (June 8th)

Wise Women Circle – 2:00pm – 3:00pm (June 22nd)



PETALUMA SENIOR CENTER ACTIVITIES

Happy Crafts

with Bonnie!

Wed. June 7th at 1pm

This month's craft:

Dreamcatchers!!!

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



What's your story?

DISCUSSION GROUP

Weds – June 7th & 21st 1:00pm -2:00pm

Petaluma Senior Center

Share your impromptu stories of your life, amongst a supportive group of listeners, in a relaxed and fun setting.



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.

NEW!!

Bring some **color** to your life!

Learn to

Tie-Dye

with Linda

Tuesday, June 13 at 2pm

Linda from Dye Works is an accomplished and talented Tie-dye artist who will teach you some basics – **all you need to bring** is a **damp**

WHITE 100% COTTON PRE-WASHED T-SHIRT

R.S.V.P. by June 6th at the PSC Front desk. (Space is limited)

Wear old clothes that can get stained.

Beginners to Bags

3-Week Basic Sewing Course

Week 1 – Introduction to Sewing – June 15 – 1pm

- Learn about Sewing Machine Basics
- Tips for Cutting Fabric
- Make a Basic Drawstring Bag



Week 2 – Practice your Cuts & Stitches – June 22 – 1pm

- Cut out a Basic Pattern
- Pin together pieces
- Sew a simple Tote Bag

Week 3 – Graduation to More advanced Bag! June 29 – 1pm

- Use the skills you have learned to cut out a more Intricate Pattern
- Practice your new sewing machine skills
- Create a new shopping bag with a flat bottom!!

Volunteer Instructor Chelsa has many years of experience in teaching and is a former costume designer. She is ready to have a great time teaching you Sewing Machine Basics!

Class is no charge.

R.S.V.P at PSC Front Desk – space is limited to 6 students.

PETALUMA SENIOR CENTER ACTIVITIES

TECH HELP with Rich!

Tuesday, June 13th 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!

INTRODUCING



PD-Connect[®]
Exercise Class
in Sonoma County

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



June 12th & 19th

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

Have you been diagnosed with Parkinson's Disease?
This class is for you!

The Computer & Smartphone Club Meeting

Thursday, June 22, 12:00 Noon
At the Petaluma Senior Center

Smartphones: Here's What's Coming



- App trends
- Rollable Screens
- Flip phones
- "Ecosystem" features
- Security and privacy
- AI and machine learning



As usual technology marches on. The next months and years will usher in many new developments in smartphone technology, which, in turn, will enable new uses of these ubiquitous devices. If you want to be prepared for the future, don't miss this meeting.

Conversations on Aging

Identifying Goals, Wishes and Well Being

Tuesday, June 27th 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

SHARON ZIFF, RN

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

PETALUMA SENIOR CENTER ACTIVITIES

CURRENT EVENTS

DISCUSSION GROUP



Tuesdays 12pm – 2pm



For more info call or text

Tony Sacramento (707)235 - 6105

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

All views are treated with civility
and respect.



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. June 1 & July 6



10 am -12 pm

Or Schedule a free consultation/mobile visit

(707) 789-5336

Communitylawclinic.ca@gmail.com

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

June Coloring Contest

Pick up a
coloring
sheet in the
PSC Front
Desk

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

SENIORS LOOK CLUB

Wednesday June 28 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.

PETALUMA
ARTS CENTER

PETALUMA
UPPER POINT

PETALUMA SENIOR CENTER ACTIVITIES



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!



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



Spice of Life Social Club!

Looking for members who want to enjoy **new adventures** in  Eating Out, Excursions, & Exercise (not all together at once 😊)

Activities will be planned & led by participants; the Senior Center would serve as a meeting point.

Sign up at the Front Desk and we will come up with initial "Meet & Greet" this summer for anyone interested in joining.

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

Chinese Style



MAHJONG

Players Wanted

WEDNESDAYS

10am - 11:30am

Beginners welcome/ Pros welcome



Elder Law Program

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

Monday, June 22nd at 10am
PLEASE CALL (707) 340 - 5610
To make an appointment

GENTLE YOGA with Chair

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 June promote better sleeping

Nobody will be turned away if they cannot pay the \$5 fee.

About the instructor: [Denise Efenbein](#)



Functional Balance with Maureen



Physical Therapist, DPT, NCS, CSRS

Monday, June 12th & 19th
3:00pm - 4:00pm

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

<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

1:30pm – 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!"

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

June 22nd 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

JOIN THE

PSC BOOK CLUB!

Thursday,

June 8th

12:30pm – 2:00pm



June Selection:

The Summer I Dared

By Barbara Delinsky

Read for July

Time is a River

By Mary Alice Monroe

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

Pool

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

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



B
O
B

May 2023
Pool Tournament
Champion 

We need
Players for

**Classic
Poker**

**Sign up at
the PSC
Front Desk**

or call
(707)778-4399



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!!**

WANTED:



More players for Ping-Pong

Tuesdays 12:15pm – 1:15pm

Thursdays 2pm – 3pm

ACTIVITIES AT THE PETALUMA COMMUNITY CENTER

ALZHEIMER'S ASSOCIATION

ALZHEIMER'S DISEASE: THE ERA OF TREATMENT

PRESENTED BY THE ALZHEIMER'S ASSOCIATION IN PARTNERSHIP WITH THE CITY OF PETALUMA

Friday, June 23, 2023

9:30 am to 12:30 p.m.

Petaluma Community Center

320 N McDowell Blvd

Petaluma, CA 94954

REGISTER AT

[tinyurl.com/](https://tinyurl.com/AlzTreatmentEra)

[AlzTreatmentEra](https://tinyurl.com/AlzTreatmentEra)



Join us for an informative half-day forum of learning, sharing and support as we explore the latest advances in prevention, early detection, diagnostics and therapeutic interventions. You will also hear first-hand experiences from a Sonoma County resident living with dementia and a panel of caregivers about their most meaningful lessons, rewards and challenges faced in their caregiving journey.

PROGRAM

9:30-9:35

WELCOME

Shelley Dombroski, Senior Regional Director, Alzheimer's Association, Northern California & Northern Nevada



9:35-10:20

ADVANCING THE SCIENCE: THE LATEST IN ALZHEIMER'S AND DEMENTIA RESEARCH

Claire Day, Chief Program Officer, Alzheimer's Association, Northern California & Northern Nevada

Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's and other dementias. This session explores the advances leading to great strides in strategies for prevention, detection, diagnostics, and therapeutic interventions.



11:05-11:15

BREAK

11:15-11:45

QUESTION AND ANSWER DISCUSSION

Facilitated by Lauren Hibdon, Family Services Manager, Alzheimer's Association, Northern California & Northern Nevada

Q&A discussion with Claire Day and Dr. Canio.

11:45-11:50

"DESPERATE FOR COLOR"- ONE MAN'S POETIC JOURNEY INTO DEMENTIA

Mike O'Brien, person living with Alzheimer's

Using poetry as a coping strategy, Mike chronicles his journey with Alzheimer's disease using the healing power of words.

10:20-11:05

THE IMPORTANCE OF EARLY DETECTION

Wynnelena C. Canio, MD, CMD, AGSF, KP Regional Dementia Clinical Lead, and KP San Rafael Geriatric Medicine Chief, Kaiser Permanente

There are medical, emotional and cost-saving benefits to early detection and diagnosis of Alzheimer's. This session examines the importance of having conversations about memory, thinking or behavior changes at the earliest point of concern. Learn how to prepare for your doctor's visit and what to expect in the diagnostic process.



11:50-12:30

IF I ONLY KNEW THEN WHAT I KNOW NOW: A CAREGIVER PANEL DISCUSSION

Facilitated by Sarah Holmsen, Family Care Specialist, Alzheimer's Association, Northern California & Northern Nevada

In this interactive panel, hear from a diverse group of caregivers about their most meaningful lessons, rewards and challenges faced in their caregiving journeys.

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
Educator/Instructor
jefferson@earlebaum.org

(707) 479-8321



Need Tech Help?



Thursday, June 8th
5:00pm - 6:00pm



Petaluma Community Center

Hello Senior Center Members,
I am a Petaluma resident and Junior in High School with a deep interest in science and technology.

Over the past 10 years, I've been building, rebuilding, repairing, and programming computers in my spare time and I 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

BOCCE BALL

9:30am -
10:30am

New Players
Welcome to
join in the fun
on Fridays

AT Leghorn Park

690 Sonoma Mountain
Parkway



SANTA ROSA
JUNIOR COLLEGE

Active Older Adults Program

SRJC Offers FREE classes throughout Sonoma County!



Your community college offers **free, Noncredit courses tailored to older adults** as part of its lifelong learning program. Since 1968 our partner locations have supported the college's effort to bring lifelong learning to the older adult community.

SIGN UP FOR A CLASS IN:

CREATIVE ARTS enhance your creative expression through various media such as painting, drawing, crafts and collage. Each course section has its own media focus. Group interactions engage active seniors in a supportive exchange of artistic points of view. All levels welcome.

AUTOBIOGRAPHICAL WRITING is designed to maintain and improve the skills necessary to write a personal account of an individual's life story. The process of recollection and writing is supported with help on structure, content, style and feedback. Older adults work at their own pace in a friendly, encouraging environment.

DISCUSSION GROUP enhances the social and intellectual quality of life for active seniors through lively discussion centered on topics such as consumer issues, history, current events, healthy aging, literature, conversational Spanish and much more. Each course section has its own focus.

HEALTH & FITNESS enhances the physical well-being of older adults through various exercises for balance, stretching, range of motion, strength training, flexibility, low impact aerobics, Tai Chi, and much more. Each course section has its own focus. Education includes encouraging a healthy and active lifestyle. Beginners are welcome.

MUSICAL EXPERIENCE is designed to enrich the quality of life of active seniors through music. A variety of stimulating and uplifting activities are incorporated, including learning about musicians' lives and exploration of classical and popular music.

To Sign up or get
more information:

SRJC Older Adults
Program

bit.ly/olderadultsrjc

(707) 527-4533

Would you like to talk to someone? 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.

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.

Drop In - Thursdays from 10am - 12pm at the Petaluma Senior Center, 211 Novak Drive

Make an Appointment: **Call (707) 778 - 4399**

Email parksnrec@cityofpetaluma.org



Coming in July

Attend this **Free & Unbiased** seminar from the only agency authorized by Senior Medicare Patrol to offer Fraud Prevention seminars



Scan me



PREVENTING Medicare FRAUD

Crooks, scams, phishing, emails - what you need to know to recognize and prevent your Medicare benefits from being stolen. Join this unbiased and educational session.

Petaluma Senior Center

211 Novak Dr, Petaluma

Monday, July 17th @ 1-2pm

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

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.

Quality of Life at the End of Life: What Does it Take to Get There?

Gain knowledge to best prepare yourself and your loved ones for a good "final chapter," how to face death with dignity, and the importance of having conversations about the end of life with those important to you *before* a crisis occurs.

Presented by Sharon Ziff, RN, retired hospice nurse and volunteer with End of Life Choices California, and Dr. Andrew Wagner, Palliative Care/Hospice Specialist.

This presentation will discuss the value of palliative care, hospice, and other options available to those at the end of life, including the End of Life Options Act and Medical Aid in Dying (MAiD).

1-2:30 pm
July 10, 2023

RSVP at the Petaluma Senior Center Office
Or 707-778-4399



Happy Crafts with Bonnie!

Wed. July 5th at 1pm

This month's craft:
Plant Jewelry

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

At the Petaluma Senior Center!

ICE CREAM & DISCO DANCE PARTY

Wednesday, JULY 19th at 1pm - 3pm

Wear your groovy outfit and dancing shoes!



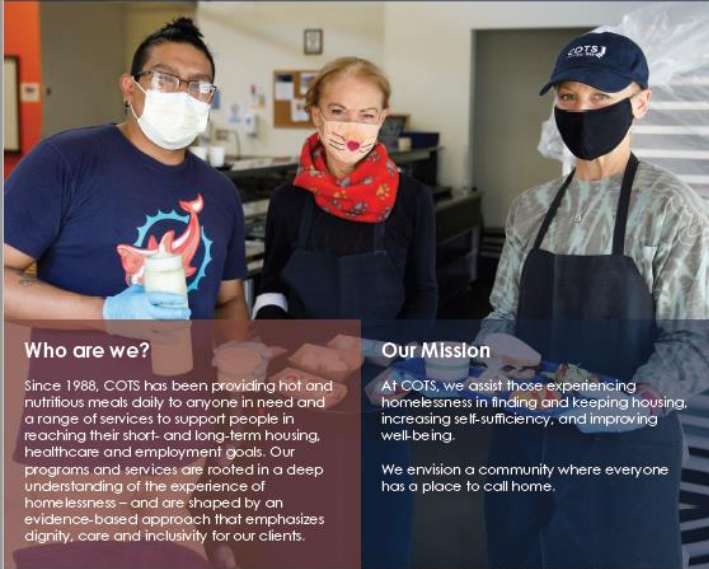
Get ready to get down and boogie!!

\$5 Donation – includes ice cream, crafts, and dancing.
R.S.V.P. at PSC front desk by July 13th!

NEW!!!

VOLUNTEER OPPORTUNITIES

COTS Needs Volunteers!



Who are we?

Since 1988, COTS has been providing hot and nutritious meals daily to anyone in need and a range of services to support people in reaching their short- and long-term housing, healthcare and employment goals. Our programs and services are rooted in a deep understanding of the experience of homelessness – and are shaped by an evidence-based approach that emphasizes dignity, care and inclusivity for our clients.

Our Mission

At COTS, we assist those experiencing homelessness in finding and keeping housing, increasing self-sufficiency, and improving well-being.

We envision a community where everyone has a place to call home.

Volunteer with us!

At COTS, our volunteers are a fun, supportive team providing help and hope to those experiencing homelessness in Sonoma County. We have lots of opportunities, and are looking to grow our volunteer family!

For more information, contact Diana Morales, Community Engagement Specialist:

dmorales@cots.org | (707) 765-6530 x136
or visit us online at cots.org/volunteer



COTS WISH LIST ITEMS

We ask that you please contact Engagement Specialist Diana Morales at (707) 765-6530 x136 or dmorales@cots.org to discuss any item donations you may have prior to bringing them in.

We are always in need of the following:

- Gift Cards: Gas, groceries, Target, Payless Shoes, haircuts, etc.
- New Men's and Women's underwear, all sizes
- Tampons, all sizes
- Hairbrushes & Combs
- New Bed Pillows
- Bike Locks
- Bike helmets (adults & Kids)
- Tire repair kits
- Bike Pumps
- Ponchos
- Umbrellas
- New Twin Sheet sets
- New Nail clippers small and large



North Bay Animal Services - Wish List

Your donations are invaluable for our animals! They help us provide top notch care for all the animals in our care. Monetary donations are greatly appreciated as well!

Dogs - blankets, washable beds, Nylabones, rope toys, stuffed toys, bully sticks, pigs ears, biscuits/treats, grain free kibble, grain free canned food.

Cats - clumping litter, non-clumping clay litter like Jonny Cat, washable beds, cat "tents" or hidey-beds, cat toys, wand toys, any brand cat kibble, canned cat food.

Rabbits - timothy hay, empty Quaker Oats boxes, plastic toys like plastic key rings for human babies, large cat litter boxes.

Foster Animals - non-clumping litter, Gerber stage 2 baby food (chicken or turkey), food scales (preferably digital, up to 5 pounds), Friskies Classic Pate canned cat food, Fancy Feast classic canned food, Royal Canin Baby Cat kibble, quart size stacking plastic storage containers for foster supplies. KMR powder, Pet Ag baby bottles, baby wipes.

Cleaning Items - not-so-fun-but-necessary-stuff - bleach, laundry soap (HE for front-loading machines), paper towels, brooms, dust pans, plastic spray bottles.

Costco - bleach, paper towels, HE laundry soap, pigs ears, bully sticks, Friskies Classic Pate canned cat food, Fancy Feast canned cat food, Natures Domain kibble and canned dog food, Natures Domain cat kibble, clumping litter, baby wipes, Costco gift cards.

840 Hopper Ave. Petaluma (707) 762 - 6227



PETALUMA, WE NEED VOLUNTEERS!

PLEASE SIGN UP AT REFB.ORG



The Redwood Empire Food Bank relies on volunteers to help feed over 117,000 families, individuals, seniors, and children from Sonoma County to the Oregon border. We can't do this important work without you!

Help us End Hunger in Our Community!

707-523-7900 | 3990 Brickway Blvd., Santa Rosa | refb.org | volunteers@refb.org

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!

ALPHABETSOUPTSTORES.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

VOLUNTEER TODAY!

Join us in doing **WHATEVER IT TAKES** to build great futures!



Athletic Programs

Coach Members in athletic programs including, Basketball, t-ball, soccer and volleyball. Or as a referee or filed maintenance support.



Volunteer Services

Help build the capacity of the Boys & Girls Clubs through employee and volunteer partnership. Gain experience working alongside the volunteer services team in recruiting and recognizing volunteers.



Reading Support

Create a warm welcoming environment where our Members can feel socially and emotionally safe, while they learn with a purpose. Support Members in enhancing their reading skills.



Special Events Volunteer

Help to set up, support during, or help break down for special events.



Social Media Support

Use your creative skills to help manage social media accounts.



Artistic Assistance

Share your passion for with others. Whether it is water colors, sewing, drawing or crafts. We run at least one art program everyday.



Apply today at <https://tinyurl.com/BGCSMVolApp>
Questions? Volunteer@bgcsonoma-marin.com
www.bgcsonoma-marin.org
@bgcsonomamarin



BOYS & GIRLS CLUBS
OF SONOMA-MARIN



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



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.

June Traditions around the World

June is Caribbean American Heritage Month!

In this month the U.S. recognizes and celebrates the contributions in art, entertainment, sports, and government of Caribbean immigrants and their Caribbean American descendants. Join in the celebration by exploring the delicious cuisine of the Caribbean, enjoying the lively musical tropical talents, or planning your next vacation to paradise!



The Petaluma Senior Center's Recreation Coordinator's family is from St. Lucia, West Indies. You will likely hear her Caribbean music when you visit the PSC!

June 4th - Trinity Sunday - Worldwide

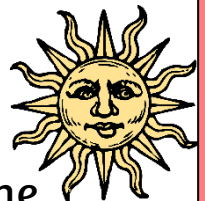


This holiday celebrates faith, love, and unity symbolized by the Father, the Son, and the Holy Spirit in the Christian religion. It is usually observed by attending church service and celebrations. Doves are the symbols for this holiday.



June 12 - White Nights Festival - St. Petersburg, Russia

During the Summer Solstice the days are long, and nights are short, in St. Petersburg the sun doesn't set until after 10pm! The festival's highlights include fireworks and cultural events like opera and ballet performances and a 10K run with thousands of international participants.



June 19th - Juneteenth (Emancipation Day)- United States

This 2021 federal holiday is the newest (the last being Martin Luther King Jr. Day in 1983). It commemorates the anniversary of the day in 1865 that Maj. Gen. Gordon Granger of Galveston Texas delivered the executive order to the people of Texas that the last remaining slaves would be free and would have to be hired as workers and have equality of rights as described in the Emancipation Proclamation



JUNETEENTH
FREEDOM DAY

June Traditions around the World

June 20th – Rath Yatra Festival – India

This most important festival honors Lord Jagannath, who is thought to be an incarnation of Lord Vishnu, one of the principal deities in Hinduism. Thousands of devotees pull wagons with statues of Hindu deities through the streets echoing their journeys to the temple and symbolizing that each person's path to worship is equal, and the importance of fraternity, harmony, and peace.



June 21 – Canada's Indigenous People Day – Canada

Recognizing the unique heritage, history and culture, this day celebrates the First Nations people, the Inuit, and the Metis and their contribution to Canada. Some ways to celebrate this observance is to try some cuisine of these communities like fry bread or moose stew, learn about the traditional and modern cultures and folklore of these tribes, or even take a trip to the Northwestern Territories of Canada!



June 21 – Summer Solstice – Worldwide

The day of the year with the longest daylight hours, Summer Solstice is a time to party! Festivals, weddings, bonfires are all popular activities around the world – take the opportunity to spend this special day with family and friends! The farther north you are located the longer the daylight hours – Fairbanks, Alaska is known as the land of the Midnight Sun because the sun barely sets during this surrounding time!



June 24 – Midsummer Day – Scandinavia

Communities whose economy is based on agriculture (Agrarian) Midsummer is considered the beginning of all good things to come for the next half of the year. Midsummer is filled with festivities and celebration; Midsummer Night being a special time filled with magic and mystery – traditions like wearing flowers in your hair to bring fertility or walking barefoot in Midsummer night's dew to keep one healthy are examples of nature's medicinal magic.



IMPORTANT NUMBERS

Resources

565- INFO (4636) - Older adults, family members and caregivers, call to talk with a social worker trained to help you navigate the unique needs, life changes and challenges of aging. Get personalized referrals to programs that offer meals, transportation, public benefits and more, including follow-up support by phone.

- Senior Advocacy Services (707)526 – 4018
- Petaluma People Services Center/Café
(*& Meals on Wheels, You are not Alone*)..(707)765-8488
- Sonoma County Agency on Aging.....(707)565-5950
- Sonoma County Council on Aging.....(707)525-0143
- 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
- RSVP (*Volunteer Resource*)(707)573-3399 EXT 117
- Senior Adult Day Program.....(707)765-8490
(*Social, Fiduciary, and Nutritional Service Resources*)
- Veteran’s Service Office(707)565-5960



Information & Assistance
(707) 565-INFO
(707) 565-4636

SONOMA COUNTY
AREA
AGENCY ON
AGING

Transportation



- Petaluma Transit (*Bus*).....(707)778-4460
- Para Transit Petaluma (*Riides by Appointment - pickup only within city limits*) (707)778-4460
- iRIDE (*Volunteer Drivers by Appointment*)(707) 765-8488

Housing Placement



- Sonoma County Community Development – (707)565-7500
- PEP (*Sr. low cost housing*)(707)762-2336
- Share Sonoma County (*Housing*).....(707)765-8488 Ex. 115
- Mary Issac Center (*Homeless Shelter*)(707)776-4777

Local Community Services

- Lucchesi Community Center.....(707)778-4380
- Petaluma Library.....(707)763-9801
- Petaluma Fire (Dispatch).....(707)778-4390**
- Petaluma Police (Dispatch)(707)778-4332**



Council on Aging

(707) 525-0143

councilonaging.com

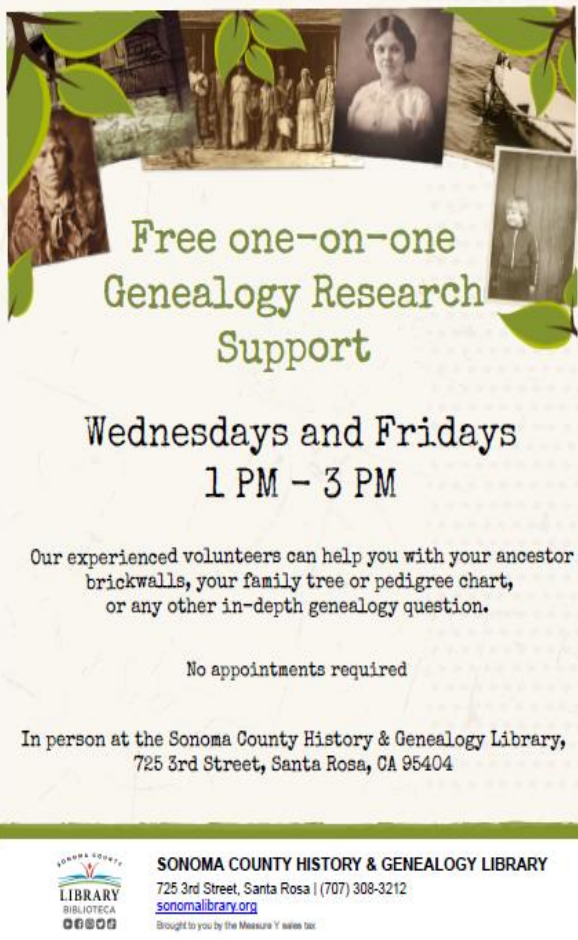
Services available by phone:

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




**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/ Senior Basket

Redwood Empire Food Bank's fresh produce, bread, and donated shelf-stable groceries in addition to an offering of government commodities for low-income seniors (60+) or their caregivers at no cost.

Groceries To Go: USDA food is open to all.

Senior Basket: Box of staple food items for low-income seniors 60 or older. Please bring an ID to apply on-site.

First & Third Friday of the month

8:00am - 9:00am

Petaluma Senior Center Parking Lot 211 Novak Drive

DRIVE-THRU ONLY SERVICE

Please Bring ID to site

For more information contact the Redwood Empire Food Bank (707) 523 – 7903.



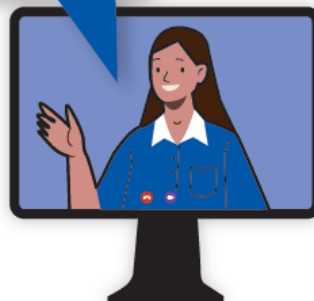
COMMUNITY PARTNER OFFICE HOURS

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:

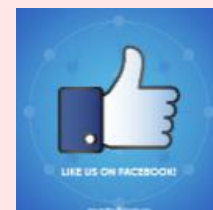
Yesenia Gaytan, 2-1-1 Director

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/>



ACROSS

- 1) Citrus fruit
- 5) Backward parts?
- 10) Hit a baseball long and far
- 14) "Move" or "cash" followers
- 15) Noted Swiss miss
- 16) Privileged person
- 17) Heavenly hit from the '50s
- 19) Precisely (with "to")
- 20) Polar wear
- 21) Cash dispensers?
- 23) Lengths of service
- 25) Royal house
- 26) Kind of silence
- 28) Yellow American fruit
- 31) Brit's elevator
- 34) In the military it's messy?
- 36) Japanese city
- 37) Jackie O's second spouse
- 38) Anteroom
- 40) K-O links
- 41) Most unfavorable
- 44) Dorothy Gale's dog
- 45) Chimney sweep's concern
- 46) Villainous visages
- 48) "The March King"
- 50) Plath's Muse
- 52) Grapefruit serving, often
- 56) Startling things
- 59) Sweetie pie
- 60) Hayworth the Hollywood legend
- 61) Draft
- 63) Track-and-field contest
- 64) Subside to a drizzle
- 65) Chip in a pot
- 66) "You bet!"
- 67) Jealousy parts
- 68) Roll call refusals

DOWN

- 1) ___ anchor (stay put, nautically)
- 2) Beyond silly
- 3) An Einstein he's not
- 4) Leave confidently in one's care
- 5) Refuse to be annoyed by
- 6) Sawbuck
- 7) Semis
- 8) Skilled
- 9) Interstate calamity
- 10) Nebulous
- 11) Pool game
- 12) Profess
- 13) Summer shirts
- 18) Male red deer
- 22) Mont. neighbor
- 24) Elitist
- 27) Fluctuates
- 29) "Sphere" start
- 30) "___ you be my neighbor?"
- 31) Things to abide by
- 32) Decrease?
- 33) Sideshow sight
- 35) "Star Wars" surname?
- 39) Cattle drive actions
- 42) Saw-edged
- 43) London streetcar
- 45) Rainless
- 47) Bargains
- 49) Crystal-baller
- 51) Window for plants
- 53) Madison Square Garden, for one
- 54) Like the dryer filter
- 55) Celebrations
- 56) Octopod's octet
- 57) In ___ of (replacing)
- 58) Madrid miss (Abbr.)
- 62) Lower, as prices

ELEMENTAL

By Lewis Forte

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			

Sudoku #1325 (Medium)

8		1		2			9	3
6						2		
	5					1		8
				2	8	6	7	
1		9						
	2			5			3	
2	7							
				9	5			
				8	3			5

Sudoku #1326 (Medium)

	2			4				
8				1		7		
	6						9	4
		6	8			1		
			4	9	6		3	
3						2		
7				2				6
					1		3	9
	1	8	3	9		2	7	

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <https://www.puzzles.ca/sudoku>

Garden Tips & Tricks for Summer

Keep soil from escaping out the drainage hole of your planter by using a coffee filter inside on the bottom of it before adding soil and plant.



Use your cooled leftover water from steamed vegetables or hard-boiled eggs to water your plants – extra nutrients for them, water conservation for the planet!



Aerate your new houseplants by poking a few skewers into the soil – that way it can absorb water better. Place planter in shallow bowl of water to hydrate the roots for the first time. This method helps prevent shock to your new addition.

Keep these fragrant plants around your home to deter mosquitos: rosemary, basil, lemongrass, lemon balm, marigolds, catnip, lavender, peppermint, sage, and citronella and other scented geraniums.



Save those onion skins and make fertilizer enriched with potassium, calcium, iron, and magnesium. Mix the skins of one onion with 1-2 cups filtered water. Wait 3 days, filter out skins, and add 1 more cup of water and use to fertilize your plants!



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.

Petaluma Senior Café Menu – June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HAPPY FATHERS DAY</p>	<p><i>Daily</i> 1 cup 1% Milk <i>Bread Butter</i></p>	<p>*Vitamin C <u>Vitamin A</u> ♦Fiber  Salt</p>	<p>1. Italian Pork Ragu w/Polenta Summer Squash Sliced Tomatoes with Basil Apricots ♦W. W. Roll</p>	<p>2. Baked Fish Roasted Red Potatoes Green Beans Carrot Raisin Salad Boysenberries ♦W. W. Roll</p>
<p>5. Stuffed Bell Peppers Normandy Broccoli Green Salad with HB Egg *Mandarin Oranges ♦W. W. Roll</p>	<p>6. Creole Pork Rice California Blend Coleslaw Strawberries ♦W. W. Roll</p>	<p>7. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad Vegetables with Dip ♦W. W. Roll</p>	<p>8. Tuna Casserole Capri Vegetables Italian Carrot Salad Blueberries ♦W. W. Roll</p>	<p>9. Teriyaki Beef with Rice with Vegetables Yams Green Salad Apricots ♦W. W. Roll</p>
<p>12. Hungarian Goulash Buttered Noodles Green Beans Green Salad Strawberries ♦W. W. Roll</p>	<p>13. Chicken Ranchero Brown Rice with Black Beans Capri Vegetables Green Salad Peaches ♦W. W. Roll</p>	<p>14. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese with Tomato Cinnamon Apples ♦W. W. Roll</p>	<p>15. Macaroni and Cheese *Broccoli Normandy Hard Boiled Egg Vegetable Salad Watermelon ♦W. W. Roll</p>	<p>16. Father's Day Bill's Famous Meatloaf Mashed Potatoes Peas - Corn Salad *Mandarin Oranges with Pineapple, Chocolate Chip Chocolate Cake ♦W. W. Roll</p>
<p>19. OFFICE CLOSED FOR Juneteenth Day</p>	<p>20. Spaghetti with Italian Meat Sauce Italian Vegetables Green Salad *Orange ♦W. W. Roll</p>	<p>21. Pulled Pork Sandwich Red Potatoes Green Beans Coleslaw Pears ♦W. W. Roll</p>	<p>22. Roasted Turkey w/ Gravy Stuffing Peas Beet Salad Apricots ♦W. W. Roll</p>	<p>23. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Vegetables with Dip ♦W. W. Bread</p>
<p>26. Chicken a la King Brown Rice Pilaf Italian Vegetables Green Salad Strawberries ♦W. W. Roll</p>	<p>27. Chili Colorado Brown Rice Mixed Vegetables Coleslaw *Orange ♦W. W. Roll</p>	<p>28. Chinese Chicken Salad Three Bean Salad Fruit Salad Vegetables with Dip ♦W. W. Bread</p>	<p>29. Cheese Burger Red Potatoes Carrots Hamburger Condiments Watermelon ♦W. W. Bun</p>	<p>30. Fish Filets Yams Green Beans Green Salad w/HB Egg Pineapple ♦W. W. Roll</p>



Senior 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 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.

Menu Subject to Change

Weekly Classes

Play

Pool - Everyday 8:30am

Chess - Tuesdays

9:00am - 12:00pm

Duplicate Bridge - Tuesdays

12:00pm - 4:00pm

Chinese Style Mahjong - Wednesdays

10:00am - 11:30am

Beginner's Welcome

Hearts - Wednesdays

11:30am - 1:30pm

Mexican Train Dominos - Wednesdays

1:30pm - 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

Line Dancing - Mondays

8:30am - 10:00am

PD Connect - Mondays

2:00pm - 3:00pm

Functional Balance - Mondays

3:00pm - 4:00pm

NO PD CONNECT/FUNCTIONAL BALANCE

6/5 & 6/26

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

Thursdays 2:00pm - 3:00pm

Gentle Yoga - Wednesdays

9:00am - 9:45am

Meditation - Thursdays

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