

Petaluma Senior Center

JULY 2023



NEWSLETTER



CLOSED
4TH of
JULY

Open Monday – Thursday

8:00 am – 4:00pm

211 Novak Drive (707) 778 – 4399

parksnrec@cityofpetaluma.org

PSC July Events

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!

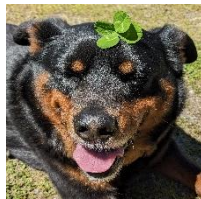


Happy
4th of July



National Dog Photography Day!

Email a photo of your cute pooch & your name and phone number to



ijosephmenard@cityofpetaluma.org to be added to our new Pet Photo Wall. You can also bring one to be scanned at the PSC Office!

Unveiling of the Photo Wall on Wednesday, July 26th at the PSC and a prize given for the best photo.



In honor of
"National Take Your Houseplant for a Walk Day"

GET READY FOR A PSC
**HOUSEPLANT/
SUCCULENT CUTTING
TRADE DAY!**

THURSDAY, JULY 27th AT 1PM

- ROOT YOUR CUTTINGS
- SEPARATE YOUR SUCCULENTS
- GET READY FOR SOME NEW GREENERY IN YOUR LIFE!





Fun July National Holidays

at the PSC



Mon July 3rd – Stay Out of the Sun Day

Tue July 4th – **CLOSED for Independence Day!**

Wed July 5th – **Graham Cracker Day**

Thu July 6th – Workaholics Day



Mon July 10th – Don't Step on a Bee Day



Tue July 11th – Cow Appreciation Day

Wed July 12th – **Eat Your Jello Day!**



Thu July 13th – International Rock Appreciation Day

Mon July 17th – National Tattoo Day

Tue July 18th – **Sour Candy Day**



Wed July 19th – Take your Poet to Work Day

Ice Cream & Disco Party 1pm – 3pm

Thu July 20th – **Lollipop Day**



Mon July 24th – International Self Care Day & Tell an Old Joke Day
(Laughter is the best medicine)



Tue July 25th – International Red Shoe Day (Lyme Disease Awareness)

Wed July 26th – Dog Photography Day!

Thu July 27th – National Take Your Houseplant for a Walk Day –



Houseplant Cutting Trade Day 1pm

Mon July 31st – **Jump for Jellybeans Day & Mutt Day!**



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 - 7/3 & 7/10

Functional Balance with Maureen - 3:00pm – 4:00pm - 7/3 & 7/10

NO PD Connect & Functional Balance – 7/17, 7/24, 7/31

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 - *No Class July 18*

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

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

Conversations on Aging – 10:00am – 11:30am *(July 25th)*

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

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

Tech Help with Rich – 1:00pm – 2:30pm *(July 11th)*

American Style Mahjong - 1:30pm – 4:00pm

WEDNESDAY

Pool - 8:30am - 4:00pm

Gentle Chair 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 (July 12th & 19th)

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

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

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 (July 6th)

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

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

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



PETALUMA SENIOR CENTER ACTIVITIES

NEW

Spice of Life Social Club!

FIRST MEETING

Wed. July 5th at 3pm

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 will serve as a meeting point.

NEW!!

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

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

Monday, July 10 1:00 - 2:30 pm

What if we felt empowered to have "our end of life" be a creative process that brought meaning to our life? What if we need not be afraid? Instead, view dying as a sacred rite in the life cycle.

What if we faced our elder years with this inquiry:

"Who am I? What's really important to me? What do I love? How do I want to spend these precious days, or weeks, months, or years ... and with whom and where?"

How do I support a way of life of celebrating being alive through expressions of love, gratitude, and forgiveness?

Join us in a presentation about quality of life in your elder years and facing death with dignity.

We'll be talking about the following:

- Having conversations with family and loved ones and talking to your doctor.
- What exactly is Palliative Care and how does it differ from Hospice?
- The California End of Life Options Act and Medical Aid in Dying Act (M.A.I.D.)
- The value of completing Advanced Health Care Directives

And, perhaps most importantly, the "power of now," having these conversations and exploring your values 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.

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



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

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

**Tuesday, July 11
10:30-11:30 am
Petaluma Senior Center
211 Novak Dr.**



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



sonomallibrary.org/bibliobus

PETALUMA SENIOR CENTER ACTIVITIES

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.



California Phones
Keeping you connected.

No Landline, No Problem!
Cellphone amplifiers to make
YOUR CELLPHONE LOUDER!



Now it's a lot easier
to hear, dial, and make calls.



Come see them at

Free Specialized Phones Presentation/Booth

Come to this free demonstration. An expert will show the phones and explain this state-funded program. There is no cost, obligation, age, or income requirement.

July 20

For more information
please contact:

Jerry Cardoso

DATE

1 p.m - 2 p.m.

NAME

510-735-8586

TIME

Petaluma Senior Center - Meeting room

PHONE

jcardoso@ocaf.us

Ireri Ballet Folklorico

Come enjoy this beautiful volunteer performance with exquisite costumes & young talented dancers

Wednesday, July 26th at 3:00PM

Petaluma Senior Center – 211 Novak Drive



Performance is free, but donations for the class are gladly accepted.

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



What's your story?

DISCUSSION GROUP

Weds – July 12th & 19th 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.

PETALUMA SENIOR CENTER ACTIVITIES

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

TECH HELP

with Rich!

Tuesday, July 11th at 1pm -2:30pm

At the Petaluma Senior Center



Ask for basic technical help for your
cellphone, laptop, or tablet from

Rich

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

Space is limited!

Come Play

American

style

Mahjong



Tuesdays at



1:30pm - 4pm

INTRODUCING



PD-Connect® Exercise Class in Sonoma County

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



**CLASSES
JULY 3RD &
10TH ONLY**

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

NOW IN JULY!!

The Computer & Smartphone Club Meeting

Thursday, July 27, 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, July 25th 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://letspeakaboutdeath.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. July 6 & August 3



10 am -12 pm

Or Schedule a free consultation/mobile visit

(707) 789-5336

Communitylawclinic.ca@gmail.com

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

July Coloring Contest

Pick up a
coloring
sheet in the
PSC Front
Desk

Turn in by
July 31st &
enter to win
a prize!

SENIORS LOOK CLUB

Wednesday July 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.

PETALUMA
ARTS CENTER

PETALUMA
SONOMA COUNTY

PETALUMA SENIOR CENTER ACTIVITIES



ARTISTS OPEN STUDIO

Starting July 20
Thursdays 10:00 - 11:30am

Students should bring whichever medium they would like to use: Drawing, pastels, colored pencils, watercolors, or acrylics.

Art Instructor Vivian Lujan-Cortez will be available for input and guidance as you explore your talents in the company of other creators!



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



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!



Are you afraid of falling?

Do you feel unsteady on your feet?

FALL PROOF!

Balance & Mobility Class

Tuesdays

**NO CLASS
JULY 18**

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



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



GENTLE CHAIR YOGA

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 July 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, July 3th & 10th
 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

1:30pm – 4:00pm



Writing Group

Mondays 10am – 12pm

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

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

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

July 27th 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,

July 13th

12:30pm – 2:00pm



July Selection:

Time is a River

By Mary Alice Monroe

Read for August

A Town Like Alice by Nevil Shute

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

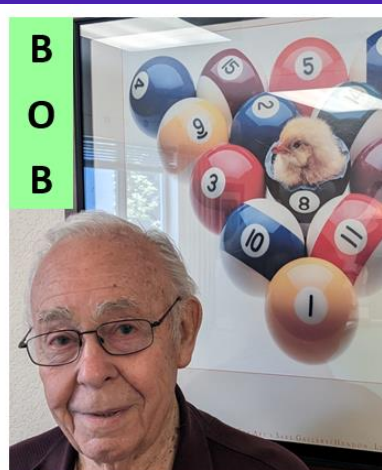
Everyone is welcome
& we are looking for
more players of all
levels

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!



June 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

WANTED:



More players for Ping-Pong

Tuesdays 12:15pm – 1:15pm

Thursdays 2pm – 3pm

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.

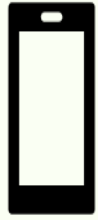
Earle Baum Center's mission is to provide hope and opportunities for people with sight loss to improve and enrich their personal, social, and economic lives.

Patricia Jefferson- Vision Rehabilitation Educator/Instructor

jefferson@earlebaum.org

(707) 479-8321





Need Tech Help?



Thursday, July 13th

5:00pm - 6:00pm

Free tech support for your cell phone, tablet, or laptop on the 2nd Thursday of each month.

Petaluma Community Center

July's Special guest Tech Help – Felix!

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 community solve their technology issues.

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



Friday

9:30-10:30

Join the fun.

We'll teach you
how to play

Leghorn Park

699 Sonoma Parkwy

Next to tennis courts



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

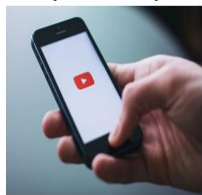


Coming in August at the PSC

CELL PHONE HELP

WITH ELI & FELIX

Monday, August 14th
12pm - 2pm



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

GETTING AROUND

Maintaining Your Independence in Transportation



Age Well, Drive Smart

Keys to Driving Safer and Driving Longer
Presented by The California Highway Patrol

Public Transportation in Petaluma and Beyond

How to use Petaluma Transit & ParaTransit, your Clipper Card, the Smart Train, ride share options, and utilize public transportation services
Presented by Petaluma Transit

Bikes, Trikes, Trails, & Feet - Other Ways to Move

Learn other options to move around and adapt with your changing needs.
Presented by Eli's Talk & Trike

August & September Dates TBD

Happy Crafts

with Bonnie!

Wed. August 9th at 1pm

This month's craft:

Beachy Lanterns

R.S.V.P. at the PSC Front Desk

Space is limited

(707)778-4399 no charge



"Happy as a Clam" Chowder Luncheon

Wednesday, August 16th at 12pm

New England/ Manhattan Clam Chowder!

Enjoy some flavors of the sea!

\$5 Contribution

R.S.V.P by August 10

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!

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

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 field 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.

July Traditions around the World

Plastic Free July – A Global Challenge

Reduce your use of plastic! Started in Australia in 2011, this small campaign now has worldwide participation!

Ways to reduce include:

- * Not using plastic straws and utensils from restaurants
- * Avoid buying bottled water and bring your own water bottle
- * Use plastic-free party decorations
- * Buy fewer disposable products
- * Bring Your Own Bag to the Market



July 3 – Virgin Islands Emancipation Day – United States

In 1848, led by Moses Gottlieb, 900 African slaves revolted against Danish colonizers. The United States commemorates this day as the release of enslaved people in the U.S. Virgin Islands (St. Thomas, St. John, and St. Croix). Residents of the U.S.V.I honor this date with festivals, parties, and marathons and take pride in the history of the region.



July 4 – Independence Day – United States

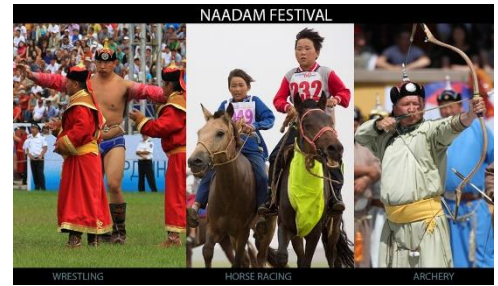
This National holiday celebrates the passage of the Declaration of Independence (from Great Britain) by the Continental Congress in 1776. Parades, Barbeques, Bonfires, and Fireworks are all popular ways to celebrate the occasion.



July Traditions around the World

July 11 – Naadam Holiday – Mongolia

Commemorating Mongolia becoming an Independent Nation and free from Chinese governance in 1921. At the Naadam Festival (Naadam = games) the Three Games of Man are the highlights – Archery, Horse Racing, and Mongolian Wrestling. The first two events are open to women, but Mongolian Wrestling is not. Wrestlers traditionally enter the arena bare-chested (legend has it that a woman once beat a man in this sport, so now they show their chests to prove masculinity). One can enjoy the flavor of this special day with Buuz – Mongolia’s national dish – steamed dumpling filled with mutton or goat, onion, garlic, and caraway.



July 14 – Matariki – New Zealand

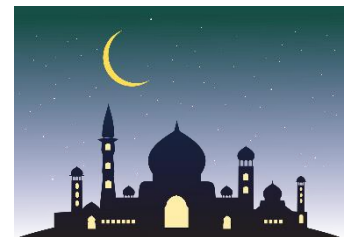
The Māori new year takes place when the Pleiades star cluster (Messier 45 or the 7 Sisters) is visible in the sky. It is traditional during the New Year to predict the harvest, mourn loved ones who have passed away, and make food offerings. You can explore some films that feature Māori culture including: Ngāti (1987), Utu (1984), Whale Rider (2002), Once Were Warriors (1994) and Boy (2010).



July 18/19 – Islamic New Year (Arabic or Hijri)

The Islamic New Year recognizes the Prophet Muhammad and his companion’s emigration from Mecca to Medina to escape religious prosecution. This is the first day of the Lunar Calendar (which has 354 Days).

Muharram is the first month of the lunar year and is a month of remembrance and a quiet time for spiritual reflection as well as honor the history of the Islam religion. Religious gatherings, spiritual singing, and spending time with family are traditions during this time.



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
SONOMA COUNTY AREA AGENCY ON AGING (707) 565-4636

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

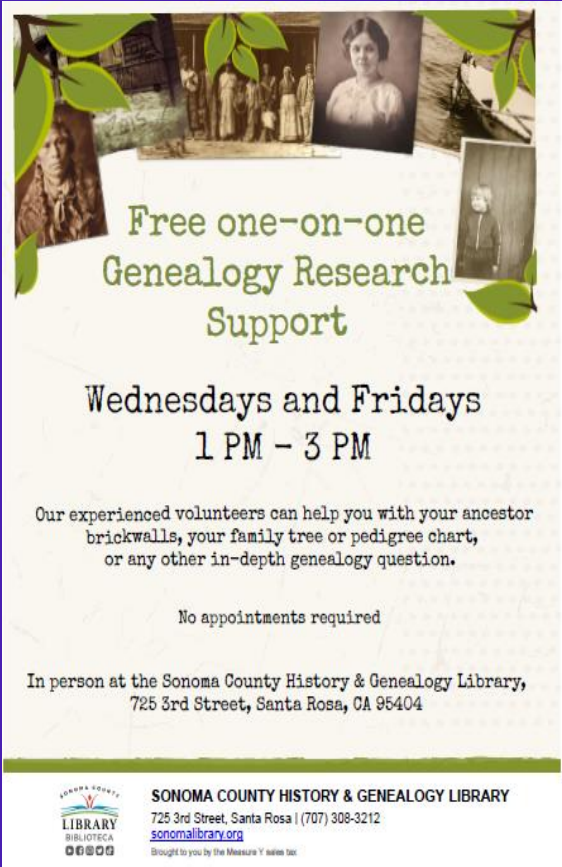
Services available by phone:

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 – July 7th & 21st
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.



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

Register Here

or contact:
Yesenia Gaytan, 2-1-1 Director
Yesenia.Gaytan@unitedwaywinecountry.org

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!



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

Like us on our Facebook Page!

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



ACROSS

- 1) Cinematic turkeys
- 6) William the Conqueror's burial place
- 10) Nasty guy
- 14) Farewell
- 15) Fashion magnate Gucci
- 16) Manitoba tribe
- 17) "Blue" singer Rimes
- 18) Ticket for a makeup game
- 20) Start of a woman-approved quip
- 22) Singer DiFranco
- 23) Shipping co.
- 24) Made uniform
- 27) Dude kin
- 28) Elroy Jetson's mom
- 30) Caesar's 1,011
- 31) Negatively charged particle
- 34) Shoots the breeze
- 35) Adam's boy
- 36) Middle of a woman-approved quip
- 39) Cosmetics giant
- 40) Air freshener scent
- 41) Ship of fuels?
- 42) Prohibit, as a pesticide
- 43) Monthly expense, for some
- 44) Larry King worked there
- 45) Fainting
- 47) "In" thing
- 48) Weight-loss locale
- 51) End of a woman-approved quip
- 55) Put in order
- 57) "Nancy" rich kid
- 58) Create
- 59) Masked men in parks
- 60) John of music
- 61) Former world power
- 62) Cancun coin
- 63) Accomplishing

DOWN

- 1) Model-maker's wood
- 2) Music hall
- 3) City on Biscayne Bay
- 4) "Well done!" in Italy
- 5) Overexposed, in a way (Var.)
- 6) Marathoners' prerace intake
- 7) Jai ___ (court game)
- 8) Falco of "The Sopranos"
- 9) "You must be kidding!"
- 10) Earthy hue
- 11) Anti-takeover maneuver
- 12) Kind of center
- 13) Cartoon squeal
- 19) Hibernation site
- 21) Mil. address
- 25) Drive out
- 26) Thanksgiving guest
- 27) Beethoven's birthplace
- 28) Pleasure trip
- 29) Having the necessary power
- 31) Addis ___ (Ethiopia's capital)
- 32) Some old Chevy models
- 33) Smelting locale
- 34) Winner's look
- 35) It can be doubled on a face
- 37) Unfolded
- 38) Pondered
- 43) Architect Mies van der ___
- 44) Subway unit
- 46) Seal's kin
- 47) Corpulent 1980 Dom DeLuise comedy?
- 48) Longtime Chicago Symphony conductor
- 49) Air-race marker
- 50) For ___ (cheaply)
- 52) "Julius Caesar" setting
- 53) Eats late
- 54) Type of tie or knife
- 55) Mustangs school, briefly
- 56) Western defense grp.

GIRLS IN CHARGE

By Agnes Brown

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					

Sudoku #1257 (Medium)

		1			6			
				7				
7				9	5			
		6	5	8				9
2	4			6				7
				4	2	1	6	
5								
	7	9			3		4	
4					8		7	5

Sudoku #1258 (Medium)

3			6					
	8			9				5
7	4	9						8
5				4				
		7		5	2			
			7	1		5		3
							8	9
4		3						
2				6	9		4	

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>

Summer Tuna Salad with Mediterranean Vegetables



- **1 can Canned tuna:** Use either water-packed or oil-packed, drained
- **¼ cup Onion or shallot** – diced
- **1 medium tomato** - chopped
- **½ cup Peeled English or Persian cucumber** – chopped (Trader Joe's has good ones)
- **½ cup sliced baked potatoes**

Dressing

- **2 TBSP White or Red wine vinegar**
- **1 TBSP Olive oil**
- **1 TBSP Dijon mustard**

Toppings (Optional)

- **2 TBSP Feta cheese crumbles**
- **1 Hard Boiled Egg Sliced**
- **2 TBSP Capers or Kalamata Olives**
- **Salt & pepper to taste**
- **½ cup chopped red bell peppers** (fresh or jarred)

Enjoy by itself, on top of Salad Greens, or as a sandwich filling!

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 Cafe Menu – July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. July Celebration! Hot Dog Chili Beans Carrots - Coleslaw Watermelon ♦ W. W. Bun 	4. CLOSED FOR INDEPENDENCE DAY!!	5. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Roll	6. Creole Pork Rice California Blend Coleslaw Strawberries ♦ W. W. Roll	7. Teriyaki Beef Rice with Vegetables Yams Green Salad Apricots ♦ W. W. Roll
10. Hungarian Goulash Buttered Noodles Green Beans Green Salad Strawberries ♦ W. W. Roll	11. Chicken Ranchero Brown Rice with Black Beans Capri Vegetables Coleslaw Peaches ♦ W. W. Roll	12. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese with Tomato Cinnamon Apples ♦ W. W. Roll	13. Macaroni and Cheese *Broccoli Normandy Hard Boiled Egg Marinated Vegetable Salad Watermelon ♦ W. W. Roll	14. Stuffed Bell Peppers Peas and Carrots Green Salad w/ HB Egg *Mandarin Oranges ♦ W. W. Roll 
17. Chicken Ranchero Brown Rice with Black Beans Capri Vegetables Green Salad Peaches ♦ W. W. Roll	18. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Bread	19. Pulled Pork Sandwich Red Potatoes Green Beans Coleslaw Pears	20. Roasted Turkey with Gravy Stuffing Peas Beet Salad Apricots ♦ W. W. Roll	21. Spaghetti with Italian Meat Sauce Italian Vegetables Green Salad *Orange ♦ W. W. Roll
24. Chicken a la King Brown Rice Pilaf Italian Vegetables Green Salad Strawberries ♦ W. W. Roll	25. Chili Colorado Brown Rice Mixed Vegetables Coleslaw *Orange ♦ W. W. Roll	26. Chinese Chicken Salad Three Bean Salad Fruit Salad Vegetables with Dip ♦ W. W. Bread	27. Cheese Burger Red Potatoes Carrots Hamburger Condiments Watermelon ♦ W. W. Bun	28. Fish Filets Yams Green Beans Green Salad w/ HB Egg Pineapple ♦ W. W. Roll
31. Turkey Casserole Egg Noodles Peas Green Salad *Orange ♦ W. W. Roll			Daily 1 cup 1% Milk Bread Butter	*Vitamin C Vitamin A ♦Fiber  Salt

Menu Subject to Change

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.

Weekly Classes

Play

Pool - Everyday 8:30am

Chess - Tuesdays

9:00am - 12:00pm

Duplicate Bridge - Tuesdays

12:00pm - 4:00pm

American Style Mahjong - Tuesdays

1:30pm - 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 - 7/3 & 7/10

Functional Balance - Mondays

3:00pm - 4:00pm - 7/3 & 7/10

NO PD CONNECT OR FUNCTIONAL BALANCE
7/17, 7/24, 7/31

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

NO FALL PROOF 7/18

Ping Pong

Tuesdays 12:15pm - 1:15pm

Thursdays 2:00pm - 3:00pm

Gentle Chair Yoga - Wednesdays

9:00am - 9:45am

Meditation - Thursdays

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