

Petaluma Senior Center

AUGUST 2023



NEWSLETTER



Watercolor by Lydia Asselin (PSC patron)

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

211 Novak Drive (707) 778 – 4399

parksnrec@cityofpetaluma.org

PSC August Events



Hot August Days

Sci-Fi Movie

Wednesdays - 1pm

8/2 *Invasion of the Body Snatchers* (1956)

8/9 *Fantastic Planet* (1973)

8/16 *Spaceballs* (1987)

8/23 *Twilight Zone Marathon*
1pm - 4pm

8/30 - *Frankenstein* (1931) 1pm
Young Frankenstein (1974)
2:30pm

Enjoy some popcorn and candy &
beat the heat with strange and
wonderful films!

"Happy as a Clam" Chowder Luncheon

Wednesday, August 16th at 12pm

New England/ Manhattan Clam Chowder!

SOLD OUT!!

Enjoy some flavors of the sea!

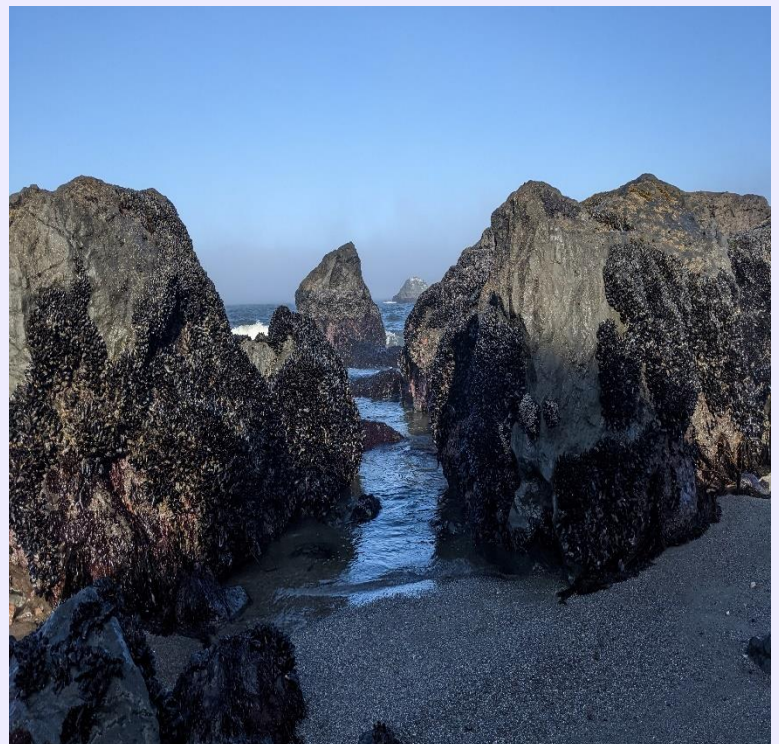
\$5 Contribution

R.S.V.P by August 10

Summer of Love

Dance Party

☮ **Monday** 
August 21st - 2pm
\$5 donation
R. S. V. P. at the PSC front desk



Fun August National Holidays

at the PSC



Tue August 1 – National Spiderman Day

Wed August 2 – Ice Cream Sandwich Day (11am – 2pm)

Thu August 3 – Watermelon Day (11am – 2pm)



Mon August 7 – Aged Care Employees Day (Like Iya & Christine)

Tue August 8 – Sneak Some Zucchini on your neighbor's porch day (bring some of your garden extras)

Wed August 9 – Rice Pudding Day (11am – 2pm)

Thu August 10 – Lazy Day/ Spoil Your Dog Day



Mon August 14 – Creamsicle Day 12pm – 2pm/ World Lizard Day

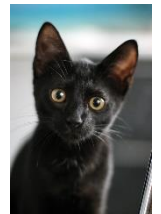
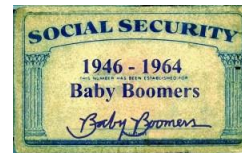
Tue August 15 – Chant at the Moon Day

Wed August 16 – Tell A Joke Day



Happy as a Clam Chowder Luncheon 12pm – 2pm

Thu August 17 – Baby Boomers Recognition Day/ Black Cat Appreciation Day



Mon August 21 – Senior Citizen's Day

Summer of Love Dance Party 2 pm

Tue August 22 – Folklore Day

Wed August 23 – Find Your Inner Nerd Day

Thu August 24 – International Strange Music Day

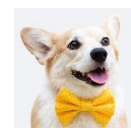


Mon August 28 – Bow Tie Day – Bow Tie Pasta (12pm – 2pm)

Tue August 29 – More Herbs, Less Salt Day (11am – 2pm)

Wed August 30 – Frankenstein Day

Thu August 31 – We love Memoirs 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

Cell Phone Help with Eli & Felix – 12:00pm – 2pm (August 14)

Understanding Your Medicare – 1:00pm – 2:00pm (August 7th)

Parkinson's (PD)Connect Class - 2:00pm – 3:00pm (NO Class 8/7 & 8/21)

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 (August 22nd)

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

Ping Pong – 1:00pm – 2:00pm

Tech Help with Rich – 1:00pm – 2:30pm (August 8th)

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 (August 2nd & 23rd)

Happy Crafts with Bonnie – 1:00pm – 3:00pm (August 9th)

Look Club – 1:00pm – 2:00pm (August 30th)

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

Widows Connect! - 2:00pm – 3:00pm

Spice of Life Social Club – 3:00pm – 4:00pm



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 (August 3rd)

Computer Club – 12:00pm – 1:30pm (August 24th)

Book Club - 12:30pm – 2:00pm (August 10th)

Wise Women Circle – 2:00pm – 3:00pm (August 24th)



PETALUMA SENIOR CENTER ACTIVITIES

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



Understanding *Your* Medicare

Learn more about your healthcare coverage

- Rights to Purchase a Medigap Supplemental Plan
- Cost Saving Considerations
- Question & Answer period

Monday, August 7th

1:00-2:00PM

Petaluma Senior Center
211 Novak Drive, Petaluma



Registration is Not Necessary



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.

TECH HELP

with Rich!

Tuesday, August 8th at 2pm - 3pm

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!

AUGUST 8TH



Second Tuesday of the month

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

10:30-11:30 am

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

Petaluma Senior Center
211 Novak Dr.



Books, Wi-Fi, *iLibros, WiFi y más a bordo!*



sonomallbrary.org/bibliobus

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

CLASS FULL

PETALUMA SENIOR CENTER ACTIVITIES

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

NEW!!

Drop Ins are
Welcome!

J&M
HOMECARE SERVICES, LLC
Caring for those in need since 2001



Hiring Event

J&M Homecare Services

Petaluma Senior Center
211 Novak Center
Petaluma, CA

Wednesday, August 23
9:30 am-1:30 pm

Hiring Caregivers & Home Care Aides for Marin &
Sonoma County

ASK ABOUT OUR "BE A HERO" BONUS!
Applications & Interviewing on Site

Call for an
Appointment!
415-499-1200

The Computer & Smartphone Club Meeting
Thursday, August 24, 12:00 Noon
At the Petaluma Senior Center

How to Tune Up a Windows or Mac Computer

- Delete Unused files
- Improve performance
- Defrag Drives
- Optimize start menu
- Repair registry
- Uninstall obsolete apps



Over time, computers slow down and retain many unused files. There are two ways to deal with these problems:

1. Learn how to tune up the computer yourself.
2. Buy a new computer.

This session is for those who do not want to choose number 2.



PETALUMA PEOPLE
SERVICES CENTER

S.A.F.E.
TEAM

Learn about what the S.A.F.E Team does, how to contact them, some tools you can use to de-escalate tense interactions with those in a mental health crisis.

August 29th at 2pm – 2:45pm at the Petaluma Senior Center

What is the SAFE Team and what do they do?

The Specialized Assistance for Everyone (SAFE) Team is a mobile mental health and behavioral health response team operated by Petaluma People Services Center (PPSC).

- Emergency response for issues relating to mental, addiction, and homelessness
- Non-emergency response for people in need
- Proactive community outreach
- Mental health assessments and referrals
- Counseling request
- Medical assessments and first aid care
- Dispute mediation
- Transport to staffed services

THE SAFE TEAM IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK

Calls for service involving mental health, addiction, and homelessness account for a significant number of calls that police and fire department respond to annually. Through the SAFE Team program, these calls are responded to by a Crisis Worker and EMT who have the tools, resources, and knowledge to address the unique needs of community members more effectively.

For more information email: SAFE@petalumapeople.org

PETALUMA SENIOR CENTER ACTIVITIES

SENIORS LOOK CLUB

Wednesday August 30 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.



What's your story?

DISCUSSION GROUP

Weds – August 2nd & 23rd 1:00pm -2:00pm

Petaluma Senior Center Library

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 18 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.

Conversations on Aging

Identifying Goals, Wishes and Well Being

Tuesday, August 22nd 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.



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



PD-Connect®
Exercise Class
in Sonoma County

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

**NO CLASS 8/7
and 8/21**



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

August Coloring Contest

Pick up a
coloring
sheet in the
PSC Front
Desk

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

4 TIME

Pool Tournament Winner



BOB!!!



Come Play

American

style

Mahjong



Tuesdays at



1:30pm – 4pm

PETALUMA SENIOR CENTER ACTIVITIES

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. August 3 & September 7



10 am -12 pm

Or Schedule a free consultation/mobile visit

(707) 789-5336

Communitylawclinic.ca@gmail.com

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



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

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



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 August promote better sleeping
- Nobody will be turned away if they cannot pay the \$5 fee.**

About the instructor: [Denise Elfenbein](#)

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



Spice of Life Social Club!

Wednesdays 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.

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

August 24th 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,
August 10th

12:30pm – 2:00pm



August Selection:

A Town Like Alice

by Nevil Shute

September Selection:

Lucy by the Sea by Elizabeth Strout

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!

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/>

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 1pm – 2pm

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.

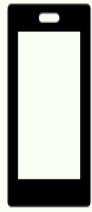
Earle Baum Center's mission is to provide hope and opportunities for people with sight loss to improve and enrich their personal, social, and economic lives.

Patricia Jefferson- Vision Rehabilitation Educator/Instructor

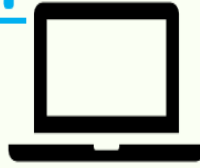
jefferson@earlebaum.org

(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



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.

JULY 11 TO AUG/AGO 29

SLOW STROLLS

FOR OLDER ADULTS

Older adults! Starting July 11, join a weekly walk every Tuesday morning in July and August to enjoy the 1.5 mile round-trip loop at the Petaluma River Park. You'll be accompanied by others looking to soak in the beauty of the River Park in a group setting.

When: Every Tuesday at 9:00AM in July and August

Meet in the Petaluma Arts Center Parking Lot at 259 Lakeville Street

CAMINATAS LENTAS

PARA ADULTOS MAYORES

¡Adultos mayores! Empezando julio 11, unase a una caminata semanal todos los martes por la mañana para disfrutar del circuito de ida y vuelta de 1.5 millas en el Parque del Río Petaluma. Lo acompañarán otras personas que buscan sumergirse en la belleza del parque en un entorno grupal.

Cuándo: Todos los martes a las 9:00 a.m. durante los meses de julio y agosto

Punto de encuentro en el estacionamiento del Petaluma Art Center en 259 Lakeville St.

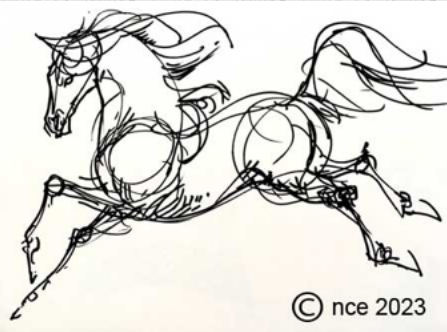


www.petalumariverpark.org/events
vasanti.jayaswal@gmail.com

SRJC Older Adults Program

(707) 527-4533

Coming in September at the PSC



Guided Animal & Figure Drawing

with Nancy C-E
3-part series

Tuesdays in September
12th, 19th, & 26th - 1-2 pm

Nancy Chien-Eriksen worked 39 years as a full time, self-employed artist, showing her works in juried shows in multiple states. Her media includes watercolor, ink, pastel, scratch art, digital art, jewelry, and bronze sculpture. She designed the murals and logo for the Fountain Grove Inn, which sadly burned down in 2017.

R.S.V.P. at the PSC Front Desk – Space is Limited

Rhythm Circle **with Tarah**

Tuesday, September 19th
2:00 – 2:45pm

Enjoy the physical, emotional, & spiritual benefits of making music with others in a safe space and express yourself with sound and rhythm.

Maracas, shakers, drums, and more will be available – feel free to bring your own percussion instrument if you have one.

Space is limited, so R.S.V.P. at the PSC front desk by Sept. 14th.

Chili Chili Bang Bang!

Chili & Cornbread Luncheon

Wednesday, September 27th

12:30pm

\$5 - Donation



R.S.V.P. at PSC Front Desk by September 21st

GETTING AROUND

Maintaining Your Independence in Transportation



Public Transportation in Petaluma and Beyond

Wednesday, September 6th at 1pm

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

Age Well, Drive Smart

Wednesday, September 13th at 1pm

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

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 - **DATE TBD**

Coming in September at the Petaluma Community Center



REGISTER TODAY!

September - Monday 11th & Wednesday 13th

Participants must attend both sessions.



9:00am – 1:00pm



At the Petaluma Community Center – 320 N. McDowell Blvd.

The cost is \$20 for AARP members and \$25 for non-members – payment by check is preferred. Checks should be made out to AARP.

Participants will receive certification of completion for discount on insurance.

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



Join PBCD and health organizations from around Sonoma County and learn what services are available to the community and how to live a healthier lifestyle! Free and open to all!



- Health screenings
- Health and Fitness Centers
- Yoga
- Eye Exams
- Zumba
- Local Health Resources
- And much more!



September 16, 2023

10-2 PM

Petaluma Community Center
320 N. McDowell BLVD, Petaluma, CA



If you wish to table, email pbcd.org@gmail.com



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.

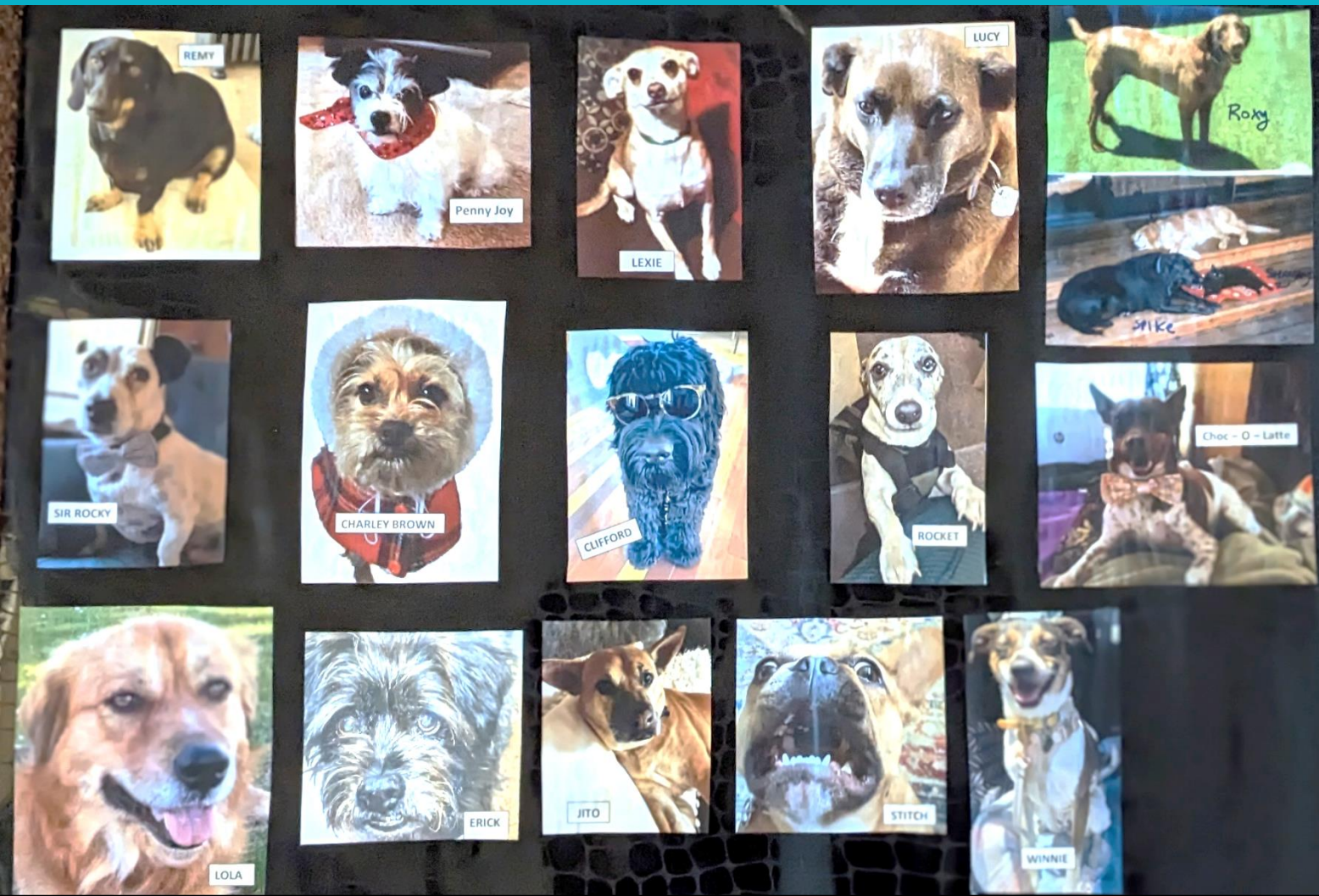
YOU ARE NOT ALONE

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.



National Dog Photography Day Participants – Cute Canines Galore!!

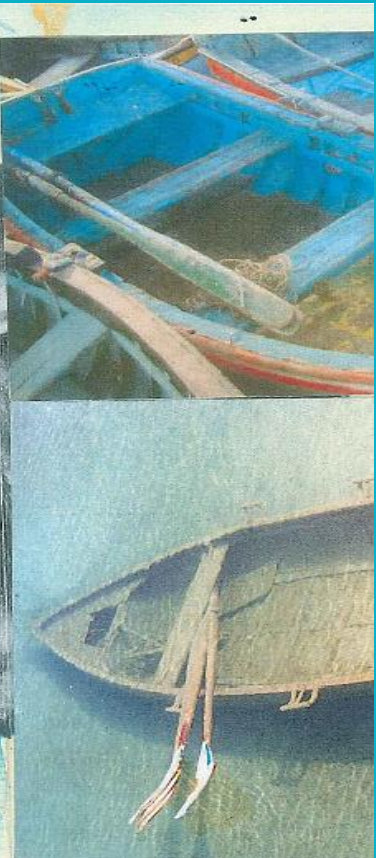
Richard Allen

THE ROWBOAT

Once upon a time on a small, calm lake, really just a large pond, a family of rowboats was tied to a dock. gentle breezes caused them to bump into one another creating pleasing hollow wooden notes. Music. Birds sang love songs while perched on the weather beaten wooden seats.

Humans came to row across the pond. Their children Imagining Columbus and Magellan. On summer nights couples would row out then drift on the moon lit water, speaking softly or not at all.

One day a tie came loose. The old boat drifted away. No one noticed. Later it silently sank then came to rest in the mud where curious fish performed arabesques while swimming safely in the shadows of their shipshape new home.



Email us photos of your artwork and poetry and we may add your creation to the PSC monthly Newsletter!

ijosephmenard@cityofpetaluma.org

August Traditions around the World

August 15 - St. Mary's Day/ Feast of the Assumption - Worldwide

This marks the occasion of the Virgin Mary's bodily ascent after her death - her body and soul reunited in heaven. This holy day is observed by some Christians worldwide with special pageants, processions, singing hymns, and quiet prayer.



August 22 - Folklore Day - Worldwide

Each culture shares its history and traditions in the form of folklore - stories passed down through generations by word of mouth, crafts, or performances. These stories teach values and morality while also being entertaining and memorable. Celebrate this day by reading some folklore from your culture or from somewhere you'd like to visit.



August 20 - Onam - India

This 10-day annual Hindu festival commemorates the New Year and the harvest. Boat races, processions, and traditional folk dances are popular during this time. The Onam Sadya, a vegetarian banquet served on banana leaves is a vital part of this festival. This meal can include cucumber pachadi (cucumber, yogurt, and coconut salad), papadam (puffed chickpea crackers), and injuipuli (a curry with ginger and tamarind) Yum!



August 27 - Burning Man Festival - Nevada, USA

This exciting annual festival is based on art, self-expression, self-sufficiency, generosity, and inclusion. Visitors experience art, music, elaborate costumes, and creations all while embracing the virtues of civic responsibility and communal efforts. Leave no trace (meaning don't leave the desert a mess with your trash) is a tenet of this festival.



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

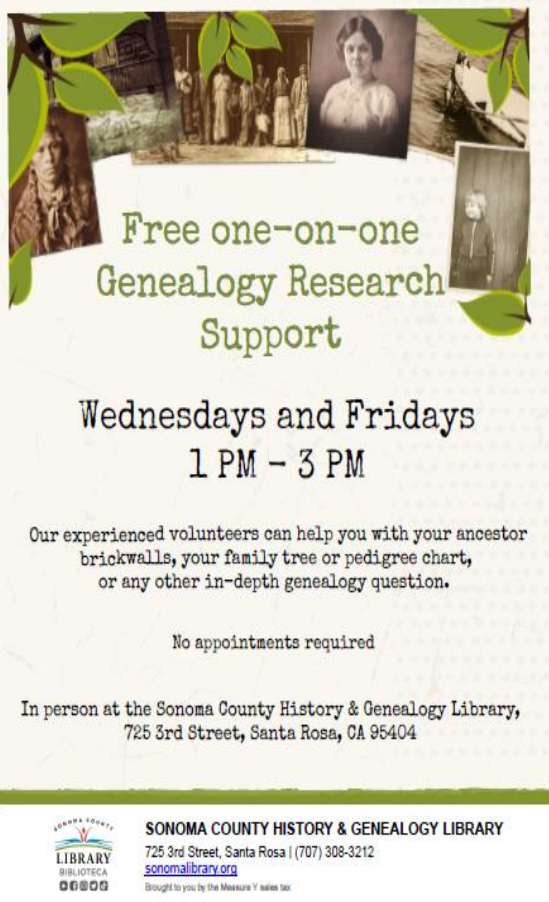
Services available by phone:

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 – August 4 & 18
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.



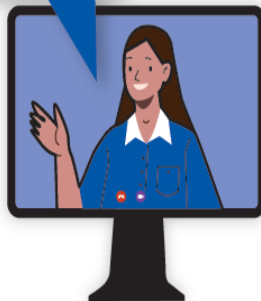
2-1-1 COMMUNITY PARTNER OFFICE HOURS

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

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



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)



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).

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



ACROSS

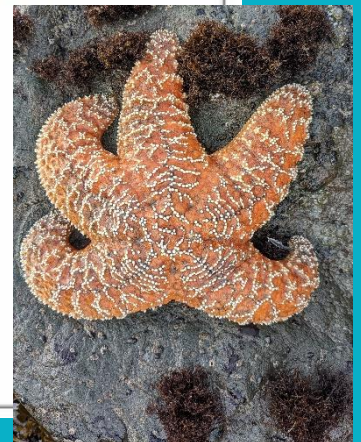
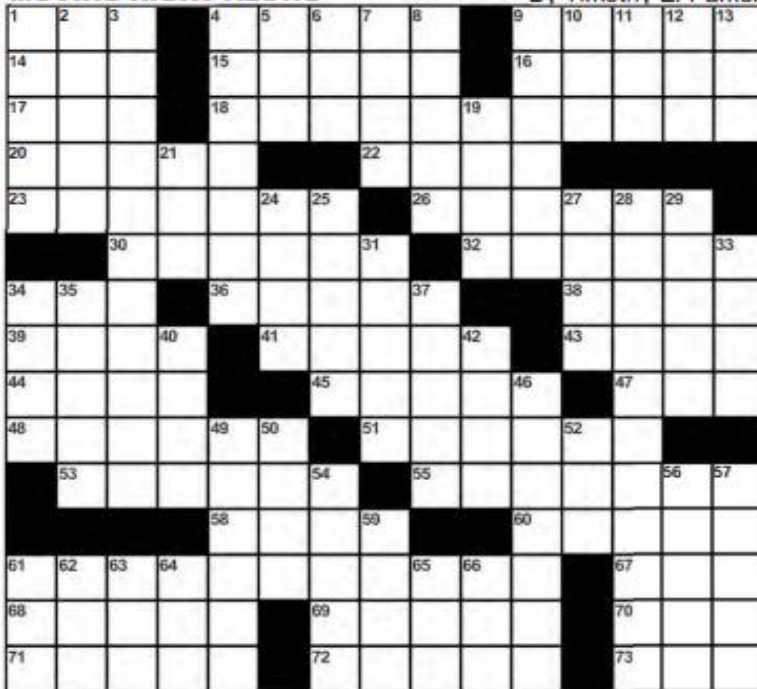
- 1) Bird known for thievery, briefly
- 4) Soft-palate attachment
- 9) Not appropriate or suitable
- 14) Roth plan
- 15) Banking expert?
- 16) Workplace for some clowns
- 17) Nothing at all
- 18) Preparing for Thanksgiving dinner?
- 20) Like an improperly hung picture
- 22) Gin-flavoring fruit
- 23) Female inheritor
- 26) Professor's job security
- 30) Nervous ___ (worrisome person)
- 32) Plays a guitar
- 34) Clothing attachment
- 36) Yoga position
- 38) Agitation
- 39) Bonneville Flats locale
- 41) Wearing a hidden microphone
- 43) Poker payment
- 44) Investment firm T. ___ Price
- 45) Spectacular stars
- 47) "Vandal" suffix
- 48) Damaged
- 51) River through Wales and England
- 53) Bobcats' relatives
- 55) Backs out
- 58) Bit of this and a bit of that
- 60) Campaign manager?
- 61) Declining to draw
- 67) Become mature
- 68) Middle Eastern rice dish (Var.)
- 69) Wear away
- 70) Ball prop
- 71) Barks sharply
- 72) Uses an acetylene torch
- 73) Botch something up

DOWN

- 1) Washington the blues legend
- 2) Questions do it
- 3) Rudely implying "forget it"
- 4) Abrupt increase
- 5) Seven on a grandfather clock
- 6) Consultants' center?
- 7) A great deal
- 8) See 20-Across
- 9) Like some requests
- 10) Silent assent
- 11) Hue and cry
- 12) Sermon seating
- 13) Tare factor
- 19) "Nay" and "uh-uh"
- 21) Before, poetically
- 24) Like a snail's pace
- 25) Play a set with the band
- 27) ___ Major ("Big Bear" constellation)
- 28) Biden, to Obama
- 29) Gives off
- 31) Common Market money
- 33) Part of a plant
- 34) Artificial grass
- 35) Coral island
- 37) Dissolve, as ties
- 40) Felled, as a small tree
- 42) Mr. Letterman
- 46) Government upper houses
- 49) Book of Moses
- 50) Place for cold cuts
- 52) U.S. flag color
- 54) Muscular "swine" anagram
- 56) Like beavers, it's said
- 57) Look with a curled lip
- 59) Grimm villain
- 61) Undercover infiltrator
- 62) Bit of men's formalwear
- 63) What a monopolist wants
- 64) Brief lie-down
- 65) D.C. dealmaker
- 66) Do simple math

MOVING RIGHT ALONG

By Timothy E. Parker



Sudoku #1301 (Easy)

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

Sudoku #1265 (Medium)

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

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>

Small Batch Peanut Butter Bars

Indulge in the ultimate peanut buttery goodness with our small batch peanut butter bars recipe. Quick, easy and oh-so-delicious!

Prep Time 10 minutes

Chill Time: 2 hours

Servings: 4 bars * Calories: 375kcal * Author: [Joanie Zisk](#)

Equipment

- [Mixing bowl](#)
- [5-inch baking dish](#)
- Parchment Paper

Ingredients

- ¼ cup butter, melted and slightly cooled
- ¼ cup creamy peanut butter
- 6 tablespoons powdered sugar, sifted
- ½ cup graham cracker crumbs, (3 full graham cracker sheets - 48 g)



For the topping

- ⅓ cup semi-sweet chocolate chips
- 1 tablespoon creamy peanut butter

Instructions

1. Line a 5x5-inch baking dish with parchment paper.
2. Add the melted butter to a medium-sized bowl.
3. Add peanut butter to the bowl and mix on low speed with an electric hand mixer until smooth.
4. Sift the powdered sugar and add it to the bowl.
5. Mix on low speed until well blended. Make sure to scrape the sides of the bowl to incorporate all of the powdered sugar.
6. Fold in the graham cracker crumbs with a rubber spatula until fully combined.
7. Pour into the lined baking dish and spread the batter evenly in the pan.
8. **Prepare the topping.** Place the chocolate chips and the peanut butter in a microwave-safe bowl and microwave on high in 20 to 25-second intervals, stirring between each interval until the chocolate has melted and the mixture is smooth.
9. Pour the chocolate and peanut butter topping over the peanut butter base and spread evenly to the edges.
10. Chill in the refrigerator until firm, for at least 2 hours. Lift the parchment paper out of the dish.
11. Slice into squares and enjoy! <https://onedishkitchen.com/small-batch-peanut-butter-bars/>

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 – August 2023

PETALUMA PEOPLE SERVICES CENTER
PETALUMA SENIOR CAFÉ
Located at 211 Novak Drive
12:30 to 1:00 pm. Café open and To Go Meals pick up
1:00 to 2:00 pm Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7. Stuffed Bell Peppers *Broccoli Normandy Green Salad with HB Egg *Mandarin Oranges ♦ W. W. Roll </p>	<p>1. Burgundy Beef Brown Rice Confetti *Brussel Sprouts Beet Salad Fruit Salad ♦ W. W. Roll</p>	<p>2. Lemon Chicken Rice Pilaf Mixed Vegetables Green Salad Cinnamon Apples ♦ W. W. Roll</p>	<p>3. Italian Pork Ragu With Polenta Summer Squash Tomatoes with Basil Apricots ♦ W. W. Roll</p>	<p>4. Baked Fish Red Potatoes Green Beans Carrot Raisin Salad Boysenberries ♦ W. W. Roll</p>
<p>14. Hungarian Goulash Buttered Noodles Green Beans Green Salad Strawberries ♦ W. W. Roll</p>	<p>15. Chicken Ranchero Brown Rice with Black Beans Capri Vegetables Coleslaw *Oranges ♦ W. W. Roll</p>	<p>16. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese with Tomato Cinnamon Apples ♦ W. W. Roll</p>	<p>17. Macaroni and Cheese *Broccoli Normandy Hard Boiled Egg Marinated Vegetable Salad Watermelon ♦ W. W. Roll</p>	<p>18. Baked Fish Rice Pilaf Carrots Green Salad Mixed Fruit ♦ W. W. Roll</p>
<p>21. Chicken Marsala Red Potatoes Capri Vegetables Green Salad Banana ♦ W. W. Roll</p>	<p>22. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Bread</p>	<p>23. Pulled Pork Sandwich Red Potatoes Green Beans Coleslaw Pears</p>	<p>24. Roasted Turkey with Gravy Stuffing Pears – Beet Salad Apricots ♦ W. W. Roll</p>	<p>25. Spaghetti with Italian Meat Sauce Italian Vegetables Green Salad *Orange ♦ W. W. Roll</p>
<p>28. Chicken a la King Brown Rice Pilaf Italian Vegetables Green Salad Strawberries ♦ W. W. Roll</p>	<p>29. Chili Colorado Brown Rice Mixed Vegetables Coleslaw *Orange ♦ W. W. Roll</p>	<p>30. Chinese Chicken Salad Three Bean Salad Fruit Salad Vegetables with Dip ♦ W. W. Bread</p>	<p>31. Fish Filets Yams Green Beans Green Salad with HB Egg Pineapple ♦ W. W. Roll</p>	<p style="text-align: center;">Daily 1 cup 1% Milk Bread Butter</p>

Menu Subject to Change

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

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

Weekly Classes

Play

Pool - Everyday 8:30am

Line Dancing - Mondays

8:30am - 10:00am

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

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

(No PD Connect Class 8/7 & 8/21)

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 1:00pm - 2:00pm

Thursdays 2:00pm - 3:00pm

Gentle Chair Yoga - Wednesdays

9:00am - 9:45am

Meditation - Thursdays

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