

Petaluma Senior Center

SEPTEMBER



2023



WE
ARE
CLOSED
FOR
LABOR
DAY

MONDAY
SEPTEMBER
4TH

Painting by Barbara Evans

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

211 Novak Drive (707) 778 – 4399

parksnrec@cityofpetaluma.org

PSC September Events

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

Wednesday, September 20th at 1pm

Learn other options to move around and adapt with your changing needs.

Presented by Eli's Talk & Trike

Movies in the PSC Library

Wednesday, Sept. 13 - "Roald Dahl Day" movies

11am - Willy Wonka & the Chocolate Factory (1971)

1pm - Alfred Hitchcock Presents (Roald Dahl stories) (1958-59)

Tuesday Sept. 19 - "Talk like a Pirate Day" movie

1pm - Treasure Island (1950)



Painting by Tim May

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

Fun September National Holidays

at the PSC

Mon. Sept. 4 – **HAPPY LABOR DAY! (PSC CLOSED)**



Tue. Sept. 5 – International Day of Charity

Wed. Sept. 6 – Read a Book Day

Thu. Sept. 7 – International Clean Air Day

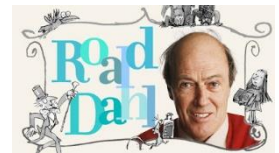


Mon. Sept. 11 – Make Your Bed Day

Tue. Sept 12 – **Ants on a Log Day**



Wed. Sept. 13 – Roald Dahl Day



Thu. Sept. 14 – Coloring Day

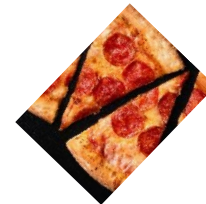


Mon Sept. 18 – **Rice Crispy Treats Day**

Tue. Sept. 19 – Talk like a Pirate Day

Wed. Sept. 20 – **Pepperoni Pizza Day**

Thu. Sept. 21 – **Chai Day & Mini Golf Day**



Mon. Sept. 25 – One Hit Wonder Day

Tue. Sept. 26 – Lumberjack Day

Wed. Sept. 27 – National Scarf Day

Chili Chili Bang Bang!! 12:30pm

Thu. Sept. 28 – Good Neighbors Day



MONDAY

Pool - 8:30am - 4:00pm

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

Quilting - 9:00am - 4:00pm

Writing Group - 10:30am - 12:00pm

Meditation - 12:30pm - 1:30pm

Parkinson's (PD)Connect Class - 2:00pm – 3:00pm



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 (*September 26th*)

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

Ping Pong – 1:00pm – 2:00pm

Tech Help with Rich –2:00pm – 3:30pm (*September 12th*)

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

WEDNESDAY

Pool - 8:30am - 4:00pm

TOPS - 9:30am - 11:30am

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

Hearts - 11:30am - 1:30pm

Happy Crafts with Bonnie – 1:00pm – 3:00pm (September 13th)

What's Your Story – 1:00pm – 2:00pm (September 20th & 27th)

Look Club – 1:00pm – 2:00pm (September 27th)

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

Shopping the Internet Using Amazon – 10:00am (September 14th)

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

Ping Pong – 2:00pm – 3:00pm

Community Law Consultation/Notary Public - 10:00am – 12:00pm
(September 7th)

Book Club - 12:30pm – 2:00pm (September 14th)

Computer Club – 12:00pm – 1:30pm (September 28th)

Wise Women Circle – 2:00pm – 3:00pm (September 28th)



PETALUMA SENIOR CENTER ACTIVITIES

TECH HELP

with Rich!

Tuesday, September 12th 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!

Happy Crafts

with Bonnie!

Wed. September 13th

1pm

This month's craft:

Autumn Yarn Wreath

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

Space is limited

(707)778-4399 no charge



SHOPPING ON THE INTERNET USING AMAZON

Presented by **Dodie Edelstein**

Thursday, September 14th at 10am

WHAT IS AMAZON (BESIDES SHOPPING)?

- ▶ A Video Provider (so you can watch movies, shows, and more)
- ▶ A Music Provider (if you want to listen to music)
- ▶ A Library providing books on-line or in hard copy



WHAT IS THE DIFFERENCE BETWEEN AMAZON AND AMAZON PRIME?

We will discuss the differences, costs, and benefits of each.

SHOPPING SAFELY AND GUARDING YOUR PERSONAL INFORMATION

Watching for scammers and shopping safely on Amazon and other websites

Login (to Amazon or any shopping website) using two-factor authentication

QUESTIONS & ANSWERS

Bring your on-line questions for this fun and informative session!

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.

PETALUMA SENIOR CENTER ACTIVITIES

The Computer & Smartphone Club Meeting
Thursday, September 28, 12:00 Noon
At the Petaluma Senior Center

Online Banking

- Benefits
- Downside
- Safety Issues
- Digital Wallets
- Best Checking apps
- Best Credit Card Apps



Banking online offers many benefits to users. There are almost no reasons to ever have to visit a bank anymore. We will cover the things that you can do online and address security and privacy issues.



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, September 12
10:30-11:30 AM
Petaluma Senior Center
211 Novak Dr



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



sonomallibrary.org/bibliobus

AT THE PETALUMA COMMUNITY CENTER



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

AARP SMART DRIVER SAFETY COURSE

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.

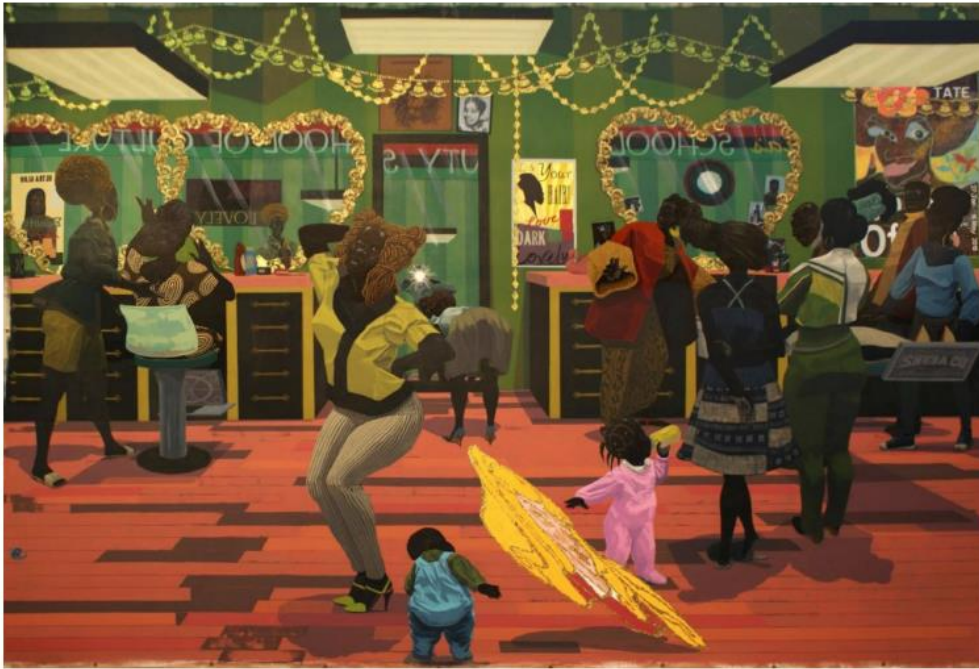
Participants will receive certification of completion for discount on insurance.

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

SENIORS LOOK CLUB

Wednesday September 27 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 CENTER
ARTS

PETALUMA
SONOMA COUNTY



© nce 2023

CLASS FULL

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



Late Summer 2023

Pool Tournament Champion



8

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. Sept. 7 & Oct. 5



10 am -12 pm

Or Schedule a free consultation/mobile visit

(707) 789-5336

Communitylawclinic.ca@gmail.com

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

Nan Tang, Certified Notary

Will be here the first
Thursday of each month

10am - 12pm

September 7th



What's your story?

DISCUSSION GROUP

Weds - September 20 & 27 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, September 26th 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



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

September Coloring Contest

Pick up a coloring sheet in the PSC Front Desk

Turn in by September 28th & enter to win a prize!

Changed to Mondays!



Learn Meditation with Zoe!

12pm Mondays

If you would like to join our Meditation Group, Zoe will teach you the basics first.

Meditation Group begins at
12:30pm Mondays



Come Play American style Mahjong



Tuesdays at



1:30pm – 4pm

PETALUMA SENIOR CENTER ACTIVITIES

Chinese Style



MAHJONG



Players Wanted

WEDNESDAYS

10am - 11:30am

Beginners welcome/ Pros welcome



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!



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.

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

Writing Group

Mondays 10:30am - 12pm

Whether it's memoir, fiction, or poetry – come share your writing with an open and supportive group. Beginners welcome!

New members welcome!

A Wise Women's Circle

September 28th 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,
September 14th

12:30pm - 2:00pm



September Selection:

Lucy by the Sea

by Elizabeth Strout

October Selection:

She was a World War II Photographer

By Jeane Stone

WANTED

Mexican Train

Domino Players

Wednesdays

1:30pm - 4:00pm



PETALUMA SENIOR CENTER ACTIVITIES

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!

Pool

MON-THU

8:30am – 4:00pm

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

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



Looking for Listening Bench Senior Volunteer Listeners

The Listening Bench Program provides a safe place for seniors to speak about whatever is on their mind to a trained peer listener. 1hr. Sessions are Confidential and No Cost

After 2 successful years, the Listening Bench is expanding from its Thursday Drop-In appointments at the Petaluma Senior Center & adding more locations in Petaluma that can reach Seniors in need of someone to talk to.

Volunteer commitment is 3 - 6 hours per month.

Next Volunteer Listener Training Session

Tuesday, Oct. 10 - 9am – 12pm

Light refreshments will be provided by the PSC.

For more information: Railey (707)766-7056

Jennifer – (707)315-1170

jtlaporte@gmail.com

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

WANTED:



More players for Ping-Pong

Tuesdays 1pm – 2pm

Thursdays 2pm – 3pm

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

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

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.

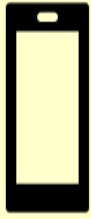
Patricia Jefferson- Vision Rehabilitation Educator/Instructor

jefferson@earlebaum.org

(707) 479-8321



Need Tech Help?



Thursday, September 14th

5:00pm - 6:00pm

[Petaluma Community Center](#)



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

Over the past 10 years, I've been building, rebuilding, repairing, and programming computers in my spare time and am also the controls lead (head programmer) on my high school robotics team. Through all these experiences I've developed an ability to troubleshoot technology problems of all kinds, which I'd now like to use to help members of the senior center solve their technology issues.

Please join me at my **free** tech support clinic on the second Thursday of each month. I can work on Macs, PCs, Android phones, iPhones and all tablets —pretty much any device you have and can bring with you.

I look forward to meeting you! - Eli

EMERGENCY PREP HELP PRESENTS:



PREPARING SENIORS FOR NATURAL DISASTERS A Preparedness Social

at the historic
Petaluma Woman's Club



TUESDAY SEPTEMBER 12
4PM - 7PM

Learn about EPH, a local program that strengthens senior resiliency

Hear from First Responders and other pros on staying safe in natural disasters

Meet and greet with emergency experts and community partners

FREE!

- Emergency go-bags
- Resources for seniors
- Local wines and appetizers
- Party favors and door prizes

FREE!

Join us for this fun event while ramping up your preparedness for yourself and loved ones

RSVP by September 1, 2023
info@emergencyprephelp.org
or 707-241-3280



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.

CONTINUING IN SEPTEMBER
CONTINUA EN SEPTIEMBRE

SLOW STROLLS

FOR OLDER ADULTS

Older adults! Starting September 5th, join a weekly walk every Tuesday morning in September 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 September

Meet in the Steamer Landing Parking Lot at 300 Copeland Street

CAMINATAS LENTAS

PARA ADULTOS MAYORES

¡Adultos mayores! Empezando septiembre 5, únase a la caminata semanal todos los martes por la mañana en el mes de septiembre 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 9:00AM en septiembre

Punto de encuentro en el estacionamiento del Steamer Landing en 300 Copeland Street



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

SRJC Older Adults Program

(707) 527-4533

Due to the recent bad air quality we are encountering; we will be cancelling slow strolls if the Air Quality Index is over 100. Here is a website that monitors air quality

www.purpleair.com

Coming in October at the PSC

Join this **Free & Unbiased** HICAP seminar from the only agency authorized by the CA Dept. of Aging

Oct. 15-Dec. 7
Your annual chance to change

- Get educated so you can make informed choices
- Learn which Part D premiums & formularies are changing
- Understand Advantage Plan changes
- Learn how to pay less for your medications
- Understand Advantage plans and your Medicare

MEDICARE Annual Choices & Changes

Petaluma Senior Center
211 Novak Drive, Petaluma

Monday Oct. 16th
1:00-3:00pm

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



HICAP does **not** endorse nor recommend any insurance companies or agents. HICAP does **not** sell anything.

This publication was supported by the Area Agency on Aging in partnership with Senior Advocacy Services and financial assistance, in whole or in part, through a grant from the Administration for Community Living and the California Department of Aging.

Happy Crafts

with Bonnie!

Wed. October 11th 1pm

This month's craft:

Day of the Dead Crafts

Tin Sugar Skulls &

Paper Flowers

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

Space is limited

(707)778-4399 no charge



WIRE CROCHET

WITH ELLYN

MONDAY, OCTOBER 16th 10am - 1pm



\$5 contribution for materials

Space is limited - R.S.V.P. at PSC desk.

All Souls Day

Soul Music & Soul Food Snacks

Halloween (Tuesday, October 31st)

2pm - 4pm



Halloween Costumes are optional, but preferred!

Prizes for the best costumes!

\$5 Contribution - R.S.V.P. at the PSC desk by Oct. 26th



Succulent Pumpkins
with Patricia



Wed. October 18th at 2pm

Create a beautiful living centerpiece that can be planted directly into the ground as it fades!

Bring your own Pumpkin and decorate the top with succulents, moss, and more provided.

\$5 Contribution for supplies

R.S.V.P. at PSC Front Desk by Oct. 12

VOLUNTEER OPPORTUNITIES

**Thank You Mow-Mentum
for your clean-up at the PSC!**



**PETALUMA PEOPLE SERVICES CENTER
SENIOR DAY PROGRAM**

Spring has Spring
**MOW-MENTUM
IS BACK AT IT**

- Garden care
- General garden clean up
- Lawn mowing
- Junk removal

**Rebuilding Together Petaluma is
Rebuilding our MOW-MENTUM project.
If you would like to help some seniors
in need, LET US KNOW.**

**Sign up for next
Mow-mentum**

Thanks to the Volunteers
**HELPING OUR
NEIGHBORS**

Next Volunteer Date:
Saturday, October 14

<https://www.rtpetaluma.org>
707-7653944



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 hide-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@peinfo.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

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.

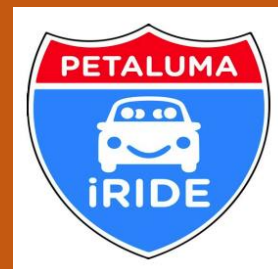
We envision a community where everyone has a place to call home.

Volunteer with us!

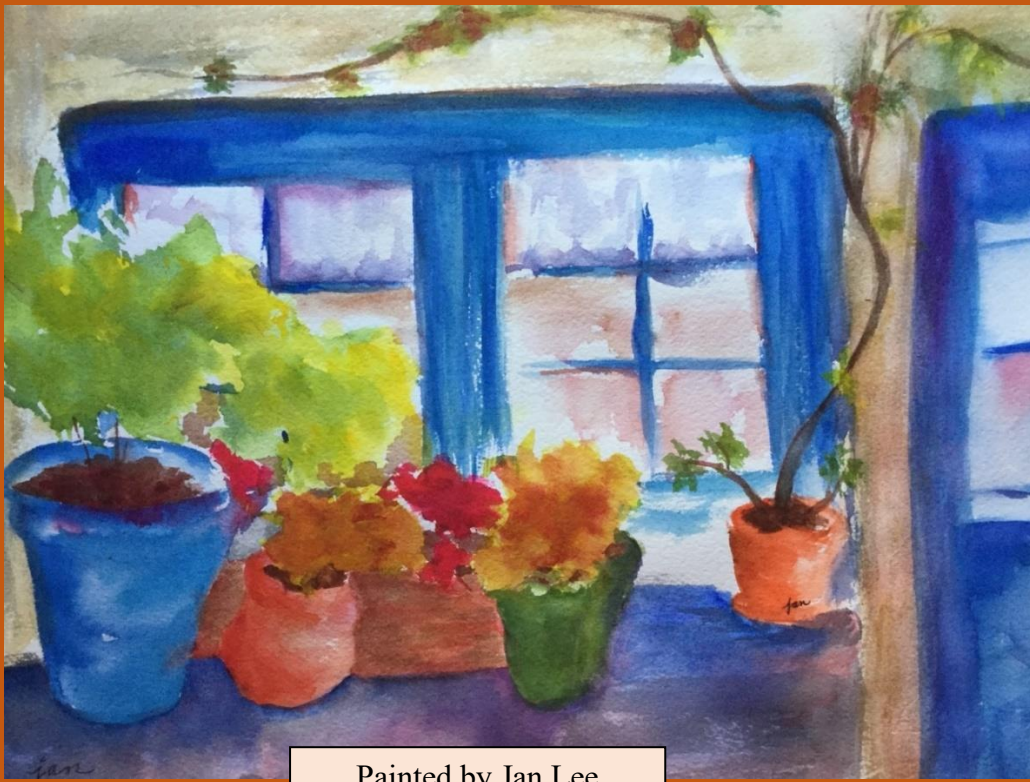
At COTS, our volunteers are a fun, supportive team providing help and hope to those experiencing homelessness in Sonoma County. We have lots of opportunities, and are looking to grow our volunteer family!

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

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



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.



Painted by Jan Lee

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

ijosephmenard@cityofpetaluma.org

PSC Creative Corner

Sewn and quilted by Lillian Ruggles



On Aging Disgracefully

*You put in your time
 You made it this far*

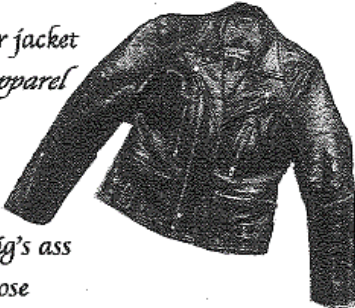
*Sure there's wear and tear
 Wrinkles are badges of life
 Droopy eyes still sparkle*



*There's loads of injustice
 Rail against being talked-down-to
 Or being invisible*

*Dare to shine
 Wear that inappropriate
 Hairstyle or makeup or outfit*

*Experiment a bit
 Check out that leather jacket
 at Straight to Hell Apparel*



The choice is yours

*Don't give a flying pig's ass
 About advice from those
 Who've yet to earn their stripes*

*Or about anything else
 That no longer suits you.*

Robyn Rivera

September Traditions around the World

Hispanic
Heritage Month
September 15-October 15



September 15 kicks off Hispanic Heritage Month (it goes through October 15).

Prosperity, Power, and Progress is the theme of the 2023 observance. Enacted by President Ronald Reagan in 1988, Hispanic Heritage Month celebrates the culture, history, and accomplishments of people of Hispanic ancestry (Spain, Mexico, Central & South America, and the Caribbean). Spanning two months, this timeframe includes several Independence days from Hispanic Countries as well as Dia de la Raza (Race Day -people of mixed European and Indigenous descent) in Mexico. Take time to explore and enjoy Hispanic culture through literature, delicious cuisine, exciting music, and rich history.



September 10 – Harvest Moon Celebration (Chuseok) – South Korea

Meaning Autumn Eve, many South Koreans spend this holiday giving thanks for a plentiful harvest and honoring ancestors; spending time with family while enjoying traditional foods like Jeon (yummy Korean pancakes made with fish, meats, and veggies in an egg batter), moon cakes filled with red beans and sesame seeds, and fresh fruits. Chuseok mirrors the American Thanksgiving as one of the most significant and celebrated family holidays of the year in South Korea.



September 15 – Rosh Hashanah – Worldwide

Marking the beginning of the Jewish High Holy Days, this two-day holiday is a time of reflection and striving for personal improvement in the coming year. It is considered the most sacred time of year in the Jewish religion. It is tradition to symbolically cast off the sins of the year by tossing bits of bread into running water. Eating sweet foods (like Challah bread, apples in honey, and pomegranate) signify the hopes of a positive year ahead.



September 16 – Oktoberfest - Munich, Bavaria – Germany

Over two weeks of parades, music, dancing, and beer drinking – Oktoberfest is the largest beer festival in the world. With over 6 million visitors in attendance and almost 2 million gallons of beer consumed, this lederhosen and oompah music filled event is a good time had by all!

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



Findhelp.org

Search and connect to support – find financial assistance, food pantries, medical care, and other free or reduced-cost.

NEED HELP GETTING CONNECTED WITH SERVICES?



WE CAN HELP



707-565-(INFO)4636
www.socoadrh.org



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



REPAIRING HOMES, REVITALIZING COMMUNITIES, REBUILDING LIVES
FOR OVER TWENTY-FIVE YEARS, WITHOUT COSTS OR FEES

Overwhelmed with home repairs? Need home accessibility modifications?

Rebuilding Together Petaluma works to ensure safe homes and communities for everyone. Low-Income homeowners in Petaluma, particularly seniors, disabled persons, veterans, and families are eligible to apply for services.

To learn about eligibility requirements, application instructions, and to download or fill in an application go to:

<https://www.rtpetaluma.org>
707-765-3944



SERVICES WE PROVIDE:

- 25 Point Safety Check
- Stairs & Ramps
- Roof & Floor Repair
- Bath & Kitchen Restoration
- Window Replacement
- Mobilehome Leveling
- Appliance Replacement
- Garden & Yard Work
- Weatherizing
- Exterior Siding
- Grab Bars
- Stair Rails
- Plus More...

<https://www.rtpetaluma.org> 707-7653944 301 Payran St., Petaluma, CA 94954

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 – September 1 & 15

8:00am - 9:00am

DRIVE-THRU ONLY SERVICE Petaluma Senior Center Parking Lot - 211 Novak Drive

NEW !! - Every Thursday – WALK UP Distribution

9/21 - 12:30pm – 1:30pm

11:30am – 12:30pm starting 9/28

Petaluma Community Center - 320 N. McDowell Blvd.

Please park your car in the main parking lot & walk up. Bring your own shopping bags or cart and take only what you need.

Please Bring ID to sites

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)

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



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).

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) Big party
- 5) Frequently
- 10) Spellbound
- 14) Voice above bass
- 15) Norse love goddess
- 16) Large pitcher
- 17) Bookbinding leather
- 18) Inspirers of passing thoughts?
- 19) Cautious
- 20) Some preservers of order
- 23) Two-masted vessel
- 24) Take from
- 25) Frank Robinson was one
- 28) Emulated Pinocchio
- 30) Western showdown time
- 31) Cathedral topper
- 33) 40 winks, collectively
- 36) Greeting card section
- 40) Dash lengths
- 41) Mournful poem
- 42) Bananas' relatives?
- 43) Obey a dentist, at times
- 44) High-flying elite
- 46) Electric dart shooter
- 49) Fan's sound
- 51) Gradually trespassing
- 57) Catch in a stocking
- 58) "How am I ___?"
- 59) Novel type, once
- 60) Suffix with "folk"
- 61) Broadway show backer
- 62) Give off, as light
- 63) Thumbs-up verbal votes
- 64) Disorderly
- 65) Alley dwellers

DOWN

- 1) Some candy purchases
- 2) Hand lotion ingredient
- 3) Telephone button
- 4) Pearl River city
- 5) Recently
- 6) Swiss capital?
- 7) Extra inning
- 8) Spud bumps
- 9) U.S. astronaut's insignia
- 10) Intriguing poster heading
- 11) Well-apprised
- 12) Long-lasting curls
- 13) Date not on a calendar?
- 21) Sushi selection
- 22) Canary's call
- 25) Second word of many limericks
- 26) Apartment division
- 27) Charged particles
- 28) Easter flower
- 29) Tax shelter type
- 31) "Let it stand" editorially
- 32) Slangy boxer
- 33) Entre ___
- 34) Card-game stake
- 35) "Check this out!"
- 37) Printer's proof, briefly
- 38) Legendary 32-Across
- 39) Unwelcome visitor
- 43) Twilled woolen fabrics
- 44) Like a janitor's keyring
- 45) Bit of work in physics class
- 46) Electric car brand
- 47) Bother
- 48) Cause to panic
- 49) Tories' opponents
- 50) Cheryl of TV or Gregory of dance
- 52) TV Batman West
- 53) Construction zone indicator
- 54) Fine cotton fabric
- 55) Don't keep in
- 56) Aerialist's precautions



PEST-INSIDE

By Timothy E. Parker

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

Sudoku #1303 (Easy)

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

Sudoku #1411 (Medium)

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



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>

2023 Petaluma Senior Discounts on Food!

Grocery Outlet Petaluma: 10% off every 2nd and last Wednesday from 7am – 12pm

Petaluma Market: 10% off most items every Thursday (excludes alcohol, bread, milk, sushi)



Amazon: Medicaid/SNAP/EBT cardholders can get an Amazon Prime membership at a rate of **\$6.99** a month, as opposed to the full price of \$14.99 per month. With prime membership many items have free delivery!

Burger King: Small Coffee or Small Soda - \$1.00

McDonalds: Small Coffee or Small Soda - 96 cents

Wendy's: A free small soda or coffee with purchase

Applebee's: 10% senior discount

IHOP: Special senior menu or a 10% discount on regular menu

Denny's: Special senior menu or a 10% discount on regular menu

Jack-In-The-Box: 50 cents off the price of your drink

Each of these locations were called and verified 8.22.23

If you know of a Petaluma Senior Discount let us know!



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 – September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>4. CLOSED FOR LABOR DAY!</p>	<p>5. Tuna Casserole Capri Vegetables Italian Carrot Salad Blueberries ♦ W. W. Roll</p>	<p>6. Stuffed Bell Peppers Broccoli Normandy Green Salad w/HB Egg *Mandarin Oranges ♦ W. W. Roll</p>	<p>7. Creole Pork Rice California Blend Coleslaw Strawberries ♦ W. W. Roll</p>	<p>1. Cheeseburger Red Potatoes Carrots Hamburger-Condiments Watermelon ♦ W. W. Roll</p>
<p>11. Hungarian Goulash Buttered Noodles Green Beans Green Salad Strawberries ♦ W. W. Roll</p>	<p>12. Chicken Ranchero Brown Rice with Black Beans Capri Vegetables Coleslaw *Oranges ♦ W. W. Roll</p>	<p>13. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese with Tomato Cinnamon Apples ♦ W. W. Roll</p>	<p>14. Macaroni and Cheese *Broccoli Normandy Hard Boiled Egg Marinated Vegetable Salad Watermelon ♦ W. W. Roll</p>	<p>15. Baked Fish Rice Pilaf Carrots Green Salad Mixed Fruit ♦ W. W. Roll</p>
<p>18. Creamy Tarragon Chicken with Mushrooms Rice Pilaf Mixed Vegetables Green Salad Banana ♦ W. W. Roll</p>	<p>19. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Bread</p>	<p>20. Pulled Pork Sandwich Red Potatoes Green Beans Coleslaw Pears ♦ W. W. Roll</p>	<p>21. Roasted Turkey with Gravy Stuffing Peas Beet Salad Apricots ♦ W. W. Roll</p>	<p>22. Spaghetti with Italian Meat Sauce Italian Vegetables Green Salad *Orange ♦ W. W. Roll</p>
<p>25. Chicken a la King Brown Rice Pilaf Italian Vegetables Green Salad Strawberries ♦ W. W. Roll</p>	<p>26. Chili Colorado Brown Rice Mixed Vegetables Coleslaw *Orange ♦ W. W. Roll</p>	<p>27. Chinese Chicken Salad Three Bean Salad Fruit Salad Vegetables with Dip ♦ W. W. Bread</p>	<p>28. Fish Filets Yams Green Salad with HB Egg Pineapple ♦ W. W. Roll</p>	<p>29. Frittata with Peppers and Onions Red Potatoes Capri Mix Pea Salad Banana ♦ W. W. Roll</p>

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

Contribución Sugerida \$ 3.50 – 8.00
 Menores de 60 años por favor pagar \$6.00
 Se recomienda hacer reservaciones el día
 anterior antes de las 3:00pm. Teléfono: 765-8488
 Por favor tenga el cambio exacto, Gracias
 No serán rechazadas las personas que no
 puedan contribuir con una donación

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

Menu Subject to Change

Weekly Classes

Play

Pool - Everyday 8:30am

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

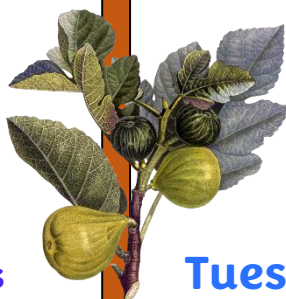
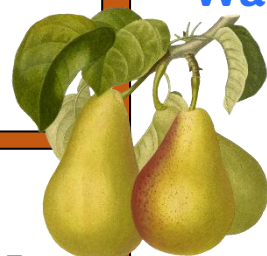
Social Club 2:00pm - 3:00pm

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
10:30am - 12:00pm

Knitting - Tuesdays
9:00am - 11:30am

Body

Line Dancing - Mondays

8:30am - 10:00am

Meditation - Mondays

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

PD Connect - Mondays

2:00pm - 3:00pm

Walking Group - Tue. & Thu.

7:45am SHARP

Fall Proof - Tuesdays

10:00am-11:00am

For unsteady/device assisted

11:00am - 12:00pm

For more steady patrons

Ping Pong

Tuesdays 1:00pm - 2:00pm

Thursdays 2:00pm - 3:00pm

Gentle Chair Yoga -
Wednesdays

9:00am - 9:45am