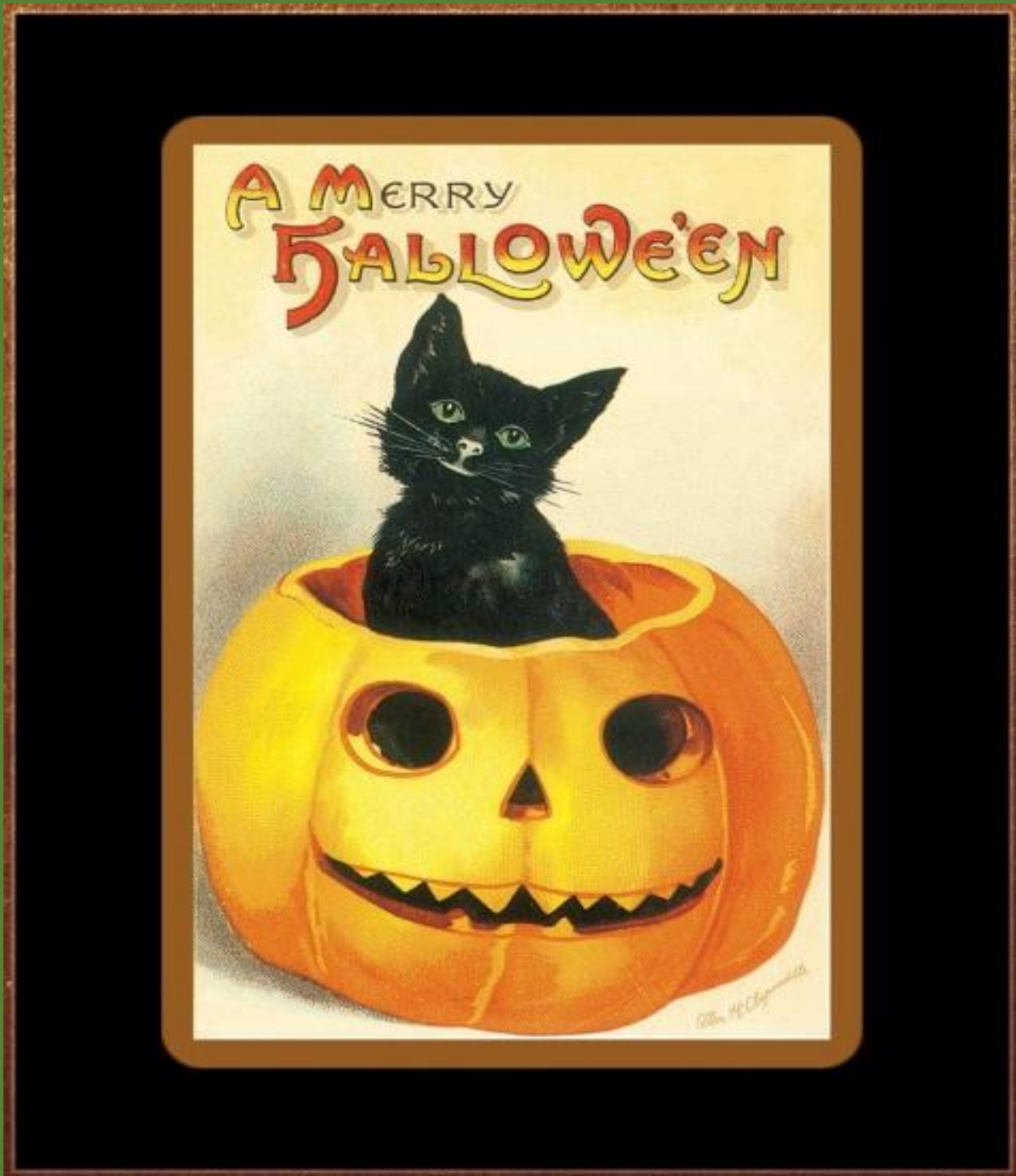


Petaluma Senior Center

OCTOBER



2023



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

211 Novak Drive (707) 778 – 4399

parksnrec@cityofpetaluma.org

PSC October Events



BRING IN YOUR PHOTOS OF LOVED ONES PASSED FOR THE PSC COMMUNAL Day of the Dead **OFRENDA**

Day of the Dead (El Dia de los Muertos) is an annual Mexican Observance honoring deceased loved ones. This is a time of joyful remembrance, not a solemn time. One tradition is an Ofrenda - an altar with photos, decorations, and offerings meant as a gift for the dead.

From October 10th until Nov. 2nd, you can add your photos to the PSC Ofrenda (we will make photocopies of the originals to place there). This community project is open to anyone regardless of one's religion or beliefs - it is meant to be a positive experience for those who choose to participate.



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



*Happy
Halloween!*

Photo of Comet By

Lydia Asselin



Classic Movie Afternoons



Mondays & Thursdays in October 1pm

Mon Oct. 2 - Peter Lorre - Tales of Terror 1962 & The Raven 1963

Thu Oct. 5 - Christopher Lee - Dracula 1958 & Dracula has Risen from the Grave 1968

Mon. Oct 9 - Peter Cushing - Frankenstein must be destroyed 1969 & Curse of Frankenstein 1969

Thu. Oct 12 - Bela Lugosi - White Zombie 1932 & The Devil Bat 1940

Mon. Oct 16 - Vincent Price - The Fly 1958 & The House on Haunted Hill 1959

Thu. Oct 19 - Alfred Hitchcock - The Birds 1963

Mon. Oct 23 - Boris Karloff - The Mummy 1932 & The Bride of Frankenstein 1935

Thu. Oct 26 (Howl at the Moon Day) - Lon Cheney Jr.- The Wolf Man 1941 & The Cyclops 1957

Mon. Oct 30 - Classic Horror Movies all Day Surprise! Tricks and Treats for the viewers



Fun October National Holidays

at the PSC



Mon. Oct.2 – Name Your Car Day/ Guardian Angel Day

Tue. Oct. 3 – Look at the Leaves Day



Wed. Oct. 4 – Kindness to Animals Day

Thu. Oct. 5 – Get Funky Day



Mon. Oct. 9 – International Day of Respect for Cultural Diversity

Tue. Oct. 10 – **National Cake Decorating Day**

(Cupcake decorating 10am-2pm)



Wed. Oct. 11 – International Top Spinning Day

Thu. Oct. 12 – National Savings Day



Mon Oct. 16 – Global Cat Day



Tue. Oct. 17 – Wear Something Gaudy Day

Wed. Oct. 18 – **Mashed Potato Day** (10am – 1pm)



Thu. Oct. 19 – New Friends Day

Mon. Oct. 23 – **Boston Cream Pie Day** (10am – 12pm)

Tue. Oct. 24 – Kangaroo Awareness Day



Wed. Oct. 25 – International Artist Day

Thu. Oct. 26 – Worldwide Howl at the Moon Day & **Pumpkin Day** (10am – 12pm)

Mon. Oct. 30 – **Candy Corn Day**



Tue. Oct. 31 – Knock Knock Joke Day

All Souls Day Halloween Dance Party – 2pm – 4pm

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 **no class 10/23**



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 (October 24th)

Learn to use Lyft & Uber with Dodie – 10:00am (October 17th)

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

Ping Pong – 2:00pm – 3:00pm

Positive Thinking - 2:00pm – 3:00pm

Tech Help with Rich – 2:00pm – 3:30pm (October 10th)

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

Happy Crafts with Bonnie – 1:00pm – 3:00pm (*October 11th*)

What's Your Story – 1:00pm – 2:00pm (*October 11th & 25th*)

Look Club – 1:00pm – 2:00pm (*October 25th*)

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*

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

Pool - 8:30am - 4:00pm

Artist Open Studio – 10:00am – 11:30am (**starts Oct. 12**)

Pinochle - 10:00am – 12:00pm

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

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

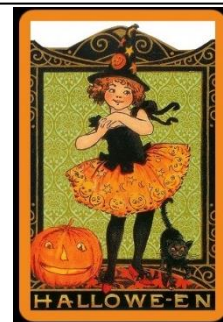
Ping Pong – 2:00pm – 3:00pm

Community Law Consultation/Notary Public – 10:00am – 12:00pm
(*October 5th*)

Book Club - 12:30pm – 2:00pm (*October 12th*)

Computer Club – 12:00pm – 1:30pm (*October 26th*)

Wise Women Circle – 2:00pm – 3:00pm (*October 26th*)



PETALUMA SENIOR CENTER ACTIVITIES



Positive Thinking

Practice Positive thinking to reduce stress and have a healthier life.

Introduction to Positive Thinking Workshop

Tuesday, October 3rd at 2pm – 3pm

Participants will learn calming techniques such as breathing exercises, meditation, living in the moment training, and practice relaxed natural movements that calm the mind and relax the body.

Classes continue every Tuesday at 2:00 pm for 45 minutes (October 10, 17, 24, 31).

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

Senior Line Dance Social

Wed. Oct. 4th

2pm – 4pm

Free Event!

Petaluma Community Center

320 N. McDowell Blvd. (707)778-4380



TECH HELP with Rich!

Tuesday, October 10th 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. 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

Healthy Petaluma
Nutrition & Foodservice

Free Blood Pressure Checks

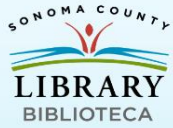
Where:
Petaluma Senior Center

When:
October 12th and 23rd

Time:
10am-12pm

VISIT OUR NEW SITE AT WWW.HEALTHYPETALUMA.ORG

PETALUMA SENIOR CENTER ACTIVITIES



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

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

Tuesday, October 10
10:30-11:30 AM
Petaluma Senior Center
211 Novak Dr



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

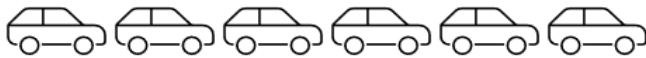
Petaluma Senior Center
211 Novak Drive, Petaluma

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



HICAP 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.



NEED A RIDE? USING UBER AND LYFT

Presented by Dodie Edelstein

Tuesday, October 17th at 10 a.m.

WHAT IS UBER/LYFT?

- ▶ A ride service company that works like a taxi
- ▶ An easy way to get somewhere when you don't have a car
- ▶ Book and pay with your mobile phone

WHAT IS THE DIFFERENCE BETWEEN UBER AND LYFT?

We will discuss the differences in each ride-share company, how fares work and how to book a ride.

What are the differences between the kinds of cars you can book?

Lyft allows riders to choose drivers of the same gender

RATE THE SERVICE

Once the ride is finished, how you can rate your driver (and they rate you!)

QUESTIONS & ANSWERS

Bring your questions for this fun and informative session!

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

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



Guided Animal & Figure Drawing

with Nancy C-E

3-part series

Thursdays in October

12th, 19th, & 26th – 2:30 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

Medicare Plan Options Local Support Matters!



Important: MEDICARE PLANS can CHANGE every year.

Attend a meeting with your local, licensed insurance agent who knows the Medicare Plans, networks, hospitals and doctors right here in our area (Sonoma County). Get access to a variety of competitive plans, assistance with questions, plan selection & enrollment paperwork.

You're Invited! Learn about 2024 Medicare Plans

Wednesdays, October 11th, 18th & 25th

Time: 2:00 PM

Petaluma Senior Center

211 Novak Drive, Petaluma, CA 94954

RSVP or call for an appointment at 707.721.4544



Cara Suminski aka Medicare
(707) 721-4544
Cara@askMedicara.com
CA Lic. #: 0798878



For accommodations of persons with special needs at sales meetings, call 707.721.4544, TTY 711 - Not affiliated with or endorsed by the government or the federal Medicare program. Insurance related solicitation—no obligation to enroll.

Rhythm Circle

with Tarah

Thursday, October 19th

1:00 – 1:45pm

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 Oct. 16th.

The Computer & Smartphone Club Meeting

Thursday, October 26, 12:00 Noon

At the Petaluma Senior Center

How to Sell Stuff Online

- Why sell online?
- Fee vs free listings
- Craigslist
- eBay
- Nextdoor
- Etsy
- Other selling sites



If you are like most seniors, you have a garage or attic full of stuff you will never look at. Why not turn that stuff (junk) into cash. The Internet offers many places to do that easily

SENIORS LOOK CLUB

Wednesday October 25 at 1:00 PM - 2:00 PM

What's Going On In This Picture? What do you see that makes you say that? What more can we find?



Are you interested in stretching your powers of observation and imagination?

Do you enjoy open-ended, lively discussion where there are no wrong answers?

Join us at the Petaluma Senior Center for "Seniors Look Club", a new way of looking at and talking about art.

PETALUMA
ARTS CENTER

PETALUMA
SONOMA COUNTY

ARTISTS

Open Art Studio

with Vivian Lujan-Cortez

October 12 - November 30

Thursdays 10:00 am - 11:30 am

Engaging in art for as little as 45 minutes reduces stress levels.

Join us for a series of spontaneous art activities in a relaxed environment.

Enjoy the process of making art using the medium of your choice:

drawing pencils * charcoal
* watercolor * pastels * acrylic

Beginning students welcomed.

Materials will be discussed at first class meeting.

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.**

Denise Elfenbein is the instructor



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. Oct. 5 & Nov. 2



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

October 5th



What's your story?

DISCUSSION GROUP

Weds - October 11 & 25 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, October 24th 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 10/23

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

October Coloring Contest

Pick up a
coloring
sheet in the
PSC Front
Desk

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



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



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.

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

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

October 26th 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,
October 12th

12:30pm - 2:00pm



October Selection:

**She was a World War II
Photographer**

By Jeane Slone

November Selection:

Demon Copperhead

By Barbara Kingsolver

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 & 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, October 12th
5:00pm - 6:00pm

[Petaluma Community Center](#)

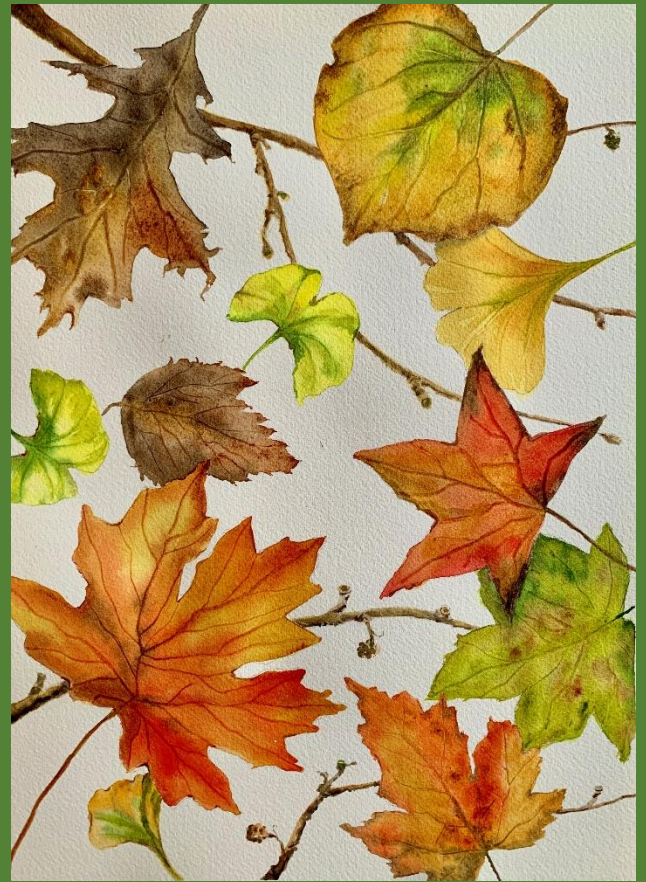


Hello Senior Center Members,
I am a Petaluma resident and Senior in High School with a deep interest in science and technology.

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



Painting by Barbara Evans



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.

SRJC Older Adults Program

(707) 527-4533

CONTINUING IN OCTOBER
CONTINUA EN OCTUBRE



SLOW STROLLS

FOR OLDER ADULTS

Older adults! Join a weekly walk every Tuesday morning in October 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 October

Meet in the Steamer Landing Parking Lot at 300 Copeland Street

CAMINATAS LENTAS

PARA ADULTOS MAYORES

¡Adultos mayores! Acompáñenos a la caminata semanal todos los martes por la mañana en el mes de octubre 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 octubre

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



www.petalumariverpark.org/events
info@petalumariverpark.org

Coming in November at the PSC

Happy Crafts with Bonnie!

Wed. November 8th - 1pm

**This month's craft:
Yarn Tassel Garland**

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



HOLIDAY APRONS

with CHELSA

Tuesday, November 7th at 1:00 pm



Join in this festive sewing project
and create your own holiday apron
to keep!

R.S.V.P. by November 2nd

Space is limited to 6 participants.

\$5 contribution for materials

November



Peter Sellers



Movie Mondays

In the PSC Library

1pm



- 11/6 - Dr. Strangelove - 1964
- 11/13 - The Pink Panther - 1963
- 11/20 - Being There - 1979
- 11/27 - The Mouse that Roared - 1959

**This classic satire should brighten
up your November!**



VOLUNTEER OPPORTUNITIES



Rebuilding Together.
Petaluma

*Repairing Homes
Revitalizing Communities
Rebuilding Lives*

Safe Homes and Communities for Everyone



About RTP

For more than 25 years, we have been dedicated to repairing the homes of our neighbors in need. Our work falls across the entire spectrum of home repair and accessibility modifications.

Whatever the need, we rely on an extensive network of partners, local businesses, and our volunteers to respond quickly and effectively.





Contact Us

CALL US TODAY
707-765-3944
www.rtpetaluma.org
301 Payran Street
Petaluma, CA 94954





BECOME A PART OF REBUILDING TOGETHER PETALUMA

Volunteer

RTP utilizes volunteers for many of our projects through out the year. Sign up to work with us on our website.

Donate

Donations to RTP can be made one-time, monthly, and yearly. Every donation helps a Petaluma neighbor live safely. Donations can be made on our website.





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



NORTH BAY ANIMAL SERVICES

COMPASSION • COMMUNITY • CONNECTION

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.

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



840 Hopper Ave. Petaluma (707) 762 - 6227

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.



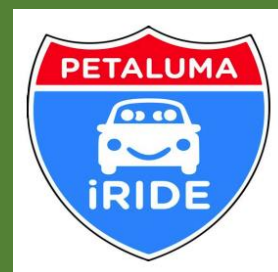
Apply today at <https://tinyurl.com/BGCSMVolApp>
Questions? Volunteer@bgcsonoma-marin.com
www.bgcsonoma-marin.org
@bgcsonomamarin



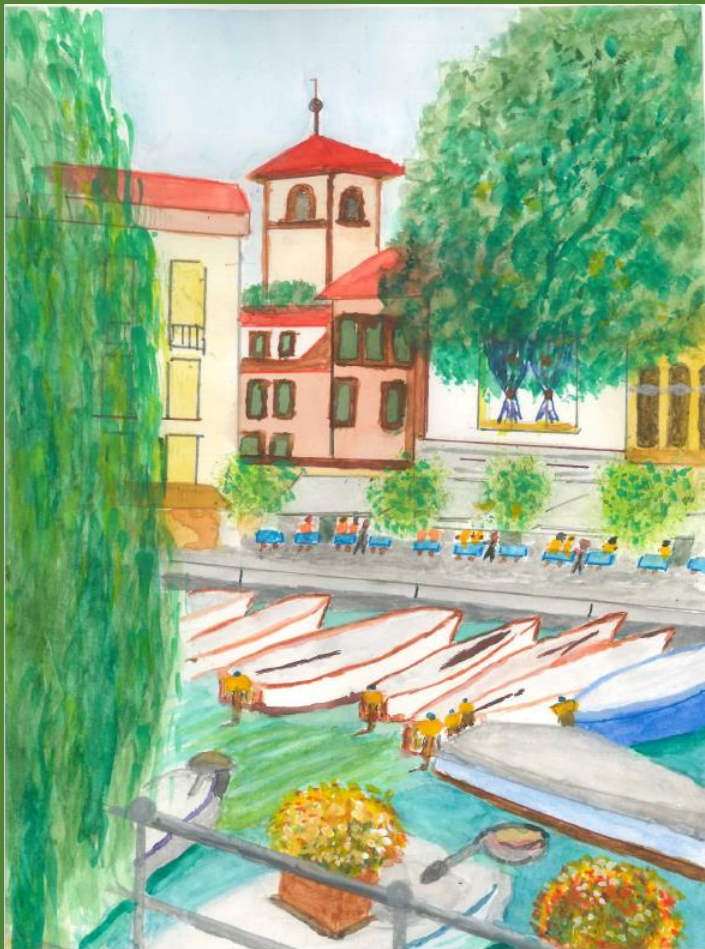
BOYS & GIRLS CLUBS
OF SONOMA-MARIN



HALLOWEEN



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.



Painting by Rainer Biela



Mt. Tamalpais

Crotchet Pumpkins by Shizue Zeal & Knit/Crotchet Club

Donated to Meals on Wheels Recipients



Quilt by Karen Derrick



October Traditions around the World

October is LGBTQ+ History month in the United States, United Kingdom, Canada, Australia, Hungary, Italy, Finland, Cuba, and Brazil. LGBTQ+ stands for lesbian, gay, bisexual, transgender, queer and more. Civil rights achievements of members of the LGBTQ+ are recognized and role models of the LGBTQ+ are honored this month.

One way you can show support is to hang a Rainbow Flag which represents LGBTQ Pride & Social movements. Each flag color represents a value of the LGBTQ+ community; **hot pink = sexuality**, **red=life**, **orange=healing**, **yellow=sunlight**, **green=nature**, **turquoise = art**, **indigo=harmony**, **violet=spirit**. Since the original LGBT flag there have been additions: black and brown= People of Color and Indigenous People, light pink & light blue = Transgender people, a purple circle in a yellow triangle = Intersex pride. This colorful flag represents the beauty and harmony to be appreciated of our diverse world.

Masskara Festival – October 22 – Philippines

In 1980, when financial hardship loomed from the country's main export of sugar hitting an all-time low, two artists began to promote mask making to the people to create income by selling them to tourists as well as uplifting the spirits morale the of locals. Now the Masskara (many faces) Festival includes reveling in the streets, drum competitions, concerts, and beauty queen pageant.

International Blessings of the Fishing Fleet Day – October 8 – Worldwide

Since ancient times it has been customary to bless fishing boats, wishing them a fruitful harvest and a safe return at the beginning of the season. Legend tells of a ship sailing the Mediterranean Sea carrying a beautiful statue and barely making to land. When they arrived safely, they believed that the statue brought protection and built a sanctuary around it for tribute.

Halloween – All Hallow's Eve – October 31 – Worldwide

This holiday dates to the 16th Century when Pagans wore costumes to keep the wicked spirits away on this night where the veil between living and those who've passed on is thought to be the thinnest. Halloween is now the 2nd most commercial holiday in the United States – with over 3 billion dollars spent on candy!

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 Est 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 (*Rides 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
- Sonoma County Fire / Medical Emergency direct number to dispatch is 707-568-5992.**
- Petaluma Police Non-Emergency Line - (707) 778-4373

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 - October 6th & 20th

8:00am - 9:00am

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

NEW !! - Every Thursday - WALK UP Distribution 11:30am - 12:30pm

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)



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



HELP FIRE/ POLICE FIRST RESPONDERS HELP YOU!

THE VIAL OF LIFE PROGRAM

The Vial of Life program helps you to compile personal information and have it available for 911 responders in the event of an emergency.



The Petaluma Fire Department has a plastic bag with a large red Vial of Life sticker on it. Inside of the bag there are directions on the process as well as the Vial of Life Emergency Medical Information Form.

HOW DOES THE VIAL OF LIFE WORK?

After the Vial of Life form has been completed and placed back in the Vial of Life bag, notify Petaluma Fire Department of the location it has been placed along with your address. **Phone: 707-778-4390** **Email: firedept@cityofpetaluma.org**

In the event of a medical emergency, dispatch will relay Vial of Life information location to paramedics. The paramedics will then have the vital medical information they will need to begin treatment. We will then relay this information to our dispatch center.

HOW DO I GET A VIAL OF LIFE?

The Vial of Life packet can be picked up at Petaluma Fire Department Headquarters -198 D Street. Or Petaluma Senior Center. The Petaluma Fire Department will mail packets on request.

CAD Special Address Program - A "KEY" to help First Responders help YOU!

First Responders can gain access with your extra key, instead of using forced entry. You set up a Key Lock Box outside and share the location, code, and your contact info with Sonoma County First Responders and they can open your door with your permission and respond much more quickly and safely.

REASONS WHY YOU WOULD BENEFIT FROM THIS PROGRAM:

- You or a loved one has fallen/ medical emergency and need assistance.
- family/friend will want to do a check the welfare because they can't get ahold of someone, and the police department will go first. If they find the subject needs medical attention, they will dispatch us to come out.

To join the program or for more info: (707) 778-4390

Here is just a sample of what a Key Lock Box looks like (they can be bought at a hardware store or online).



ACROSS

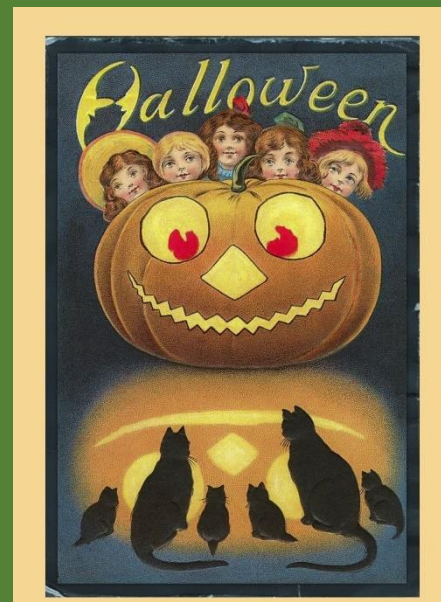
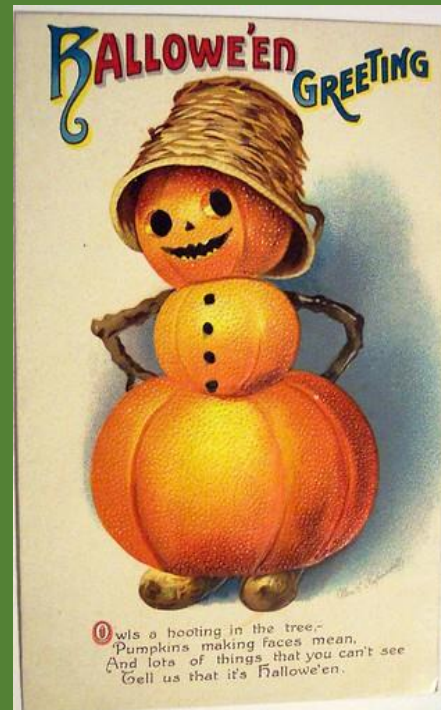
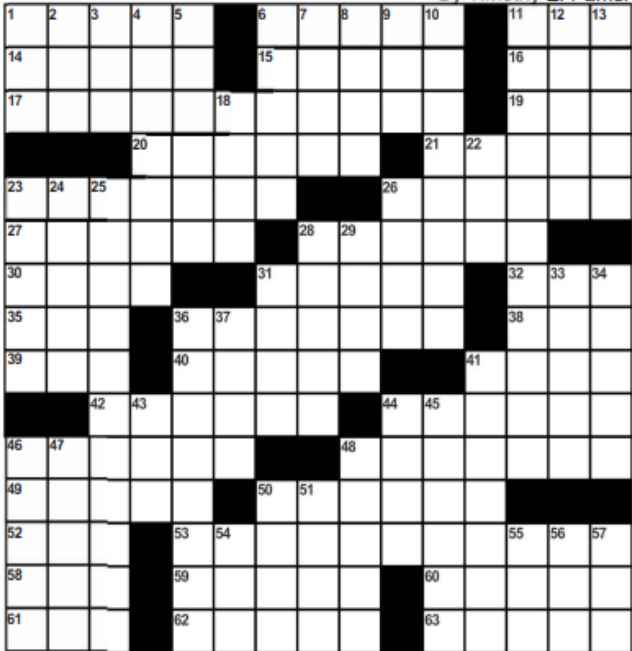
- 1) Viewed anew
- 6) Poppa's significant other
- 11) Go up and down, as an apple
- 14) Furious
- 15) Par ___ (French airmail)
- 16) You-here separator
- 17) Corrosive in cells
- 19) Even the score
- 20) Make possible
- 21) Prefix with "state"
- 23) Net work?
- 26) Fairy-tale bridge minders
- 27) Is a keynote speaker
- 28) Moe, famously
- 30) Bits of food
- 31) Lord of literature
- 32) Automobile
- 35) "Stupid me!"
- 36) Charlotte team
- 38) H.S. biology topic
- 39) ___ Lanka (Ceylon)
- 40) Virtually guaranteed, as a victory
- 41) Catcher's offering
- 42) Present occasions
- 44) "Dallas" role
- 46) John Hancock, famously
- 48) Confuses and entertains
- 49) English exam finale, often
- 50) Gazed steadily and impolitely
- 52) 19th letter of the Greek alphabet
- 53) Some cheap hooch
- 58) Mai ___ (rum cocktail)
- 59) WWII sub
- 60) Treetop dwelling
- 61) 10 of calendars, briefly
- 62) Semiaquatic salamanders
- 63) Botanical swelling

DOWN

- 1) Barbecue offering
- 2) Historic time
- 3) Warmed the bench
- 4) Certifies
- 5) It gets roasted
- 6) Noncommittal answer
- 7) Race track shape
- 8) Cheese fanciers
- 9) "You don't mean me?"
- 10) Fireplace stands
- 11) Wartime motivators
- 12) Large bay window
- 13) Chasers, at times
- 18) Detested rodents
- 22) Christmas drink
- 23) Cabin location, often
- 24) Overthrow, e.g.
- 25) Skimpy beach attire
- 26) Barfly's binge
- 28) Lip-___ (mouths the words)
- 29) Arboretum item
- 31) Camembert's kin
- 33) Protractor's measure
- 34) ___ fast (caught in a race)
- 36) Baker's sweet
- 37) A single time
- 41) Blurred, as a signature
- 43) Put ___ show
- 44) Andean land
- 45) One-celled creatures (var.)
- 46) Brief quarrel
- 47) Bartender on TV's Pacific Princess
- 48) Sheets of cotton
- 50) Stash away
- 51) " ___ does it!"
- 54) Presidential nickname
- 55) Anger
- 56) Game with matchsticks
- 57) Caribbean, e.g.

BATTER UP

By Timothy E. Parker



MEALS ON WHEELS

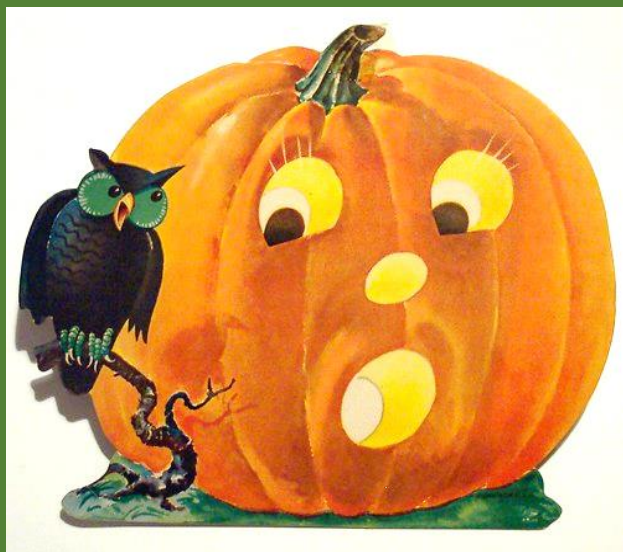
PETALUMA PEOPLE SERVICES CENTER

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 Senior Café Menu – October 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 2. Lemon Chicken Rice Pilaf Mixed Vegetables Green Salad Cinnamon Apples ♦ W. W. Roll | 3. Turkey Sandwich w/ Swiss Cheese Pea Salad Fresh Fruit Salad Vegetables w/dip Sandwich Condiments ♦ W. W. Roll | 4. Burgundy Beef Brown Rice Confetti *Brussel Sprouts Beet Salad Strawberries ♦ W. W. Roll | 5. Frittata Steamed White Potatoes Capri Vegetables Three Bean Salad Apricots ♦ W. W. Roll | 6. French Onion Burger Red Potatoes Carrots Hamburger Condiments Watermelon ♦ W. W. Bun |
| 9. Chicken Marsala Red Potatoes Mixed Vegetables Green Salad Banana ♦ W. W. Roll | 10. Tuna Casserole Capri Vegetables Italian Carrot Salad Blueberries ♦ W. W. Roll | 11. Stuffed Bell Peppers *Broccoli Normandy Green Salad w/HB Egg *Mandarin Oranges ♦ W. W. Roll | 12. Creole Pork Rice California Blend Coleslaw Strawberries ♦ W. W. Roll | 13. Teriyaki Beef Rice with Vegetables Yams Green Salad Apricots ♦ W. W. Roll |
| 16. Chili Colorado Brown Rice Mixed Vegetables Coleslaw *Orange ♦ W. W. Roll | 17. Baked Fish Rice Pilaf Carrots Green Salad Cherries ♦ W. W. Roll | 18. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese with Tomato Cinnamon Apples ♦ W. W. Roll | 19. Macaroni and Cheese *Broccoli Normandy Hard Boiled Egg Marinated Vegetable Salad Watermelon ♦ W. W. Roll | 20. Coconut Thai Chicken Brown Rice Capri Vegetables Green Salad Mixed Fruit ♦ W. W. Roll |
| 23. Spaghetti with Italian Meat Sauce Italian Vegetables Green Salad *Orange ♦ W. W. Roll | 24. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Bread | 25. Pulled Pork Sandwich Red Potatoes Green Beans Coleslaw Pears | 26. Roasted Turkey with Gravy Stuffing Peas Beet Salad Apricots ♦ W. W. Roll | 27. Creamy Tarragon Chicken with Mushrooms Rice Pilaf Mixed Vegetables Green Salad Banana ♦ W. W. Roll |
| 30. Chicken a la King Brown Rice Pilaf Italian Vegetables Green Salad Pineapple ♦ W. W. Roll | 31. Hungarian Goulash Buttered Noodles Green Beans Green Salad Strawberries ♦ W. W. Roll | <p><i>Daily</i> 1 cup 1% Milk Bread Butter</p> | | <p>*Vitamin C Vitamin A ♦ Fiber Salt</p> |

Menu Subject to Change

Food may have been processed/exposed too or contain tree nuts, dairy, eggs, soy or wheat. Los alimentos tambien pueden haber sido procesados / expuestos o contener nueces de árbol, lácteos, huevos, 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 10:00am - 12:00pm

Mind

Current Events Discussion Group - Tuesdays

12:00pm - 2:00pm

Positive Thinking - Tuesdays

2:00pm - 3:00pm

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

Artists Open Studio - Thursdays

10:00am - 11:30am **NO CLASS 10/5**

Body

Line Dancing - Mondays & Thursdays

8:30am - 10:00am

Meditation - Mondays

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

PD Connect - Mondays

2:00pm - 3:00pm **NO CLASS 10/23**

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 & Thursdays

2:00pm - 3:00pm

Gentle Chair Yoga - Wednesdays

9:00am - 9:45am

Full Ongoing Classes - see front desk to get on waiting list

Beginning Line Dance - Wed. 10:00am

Sit 2B Fit - Thu. 10:15am