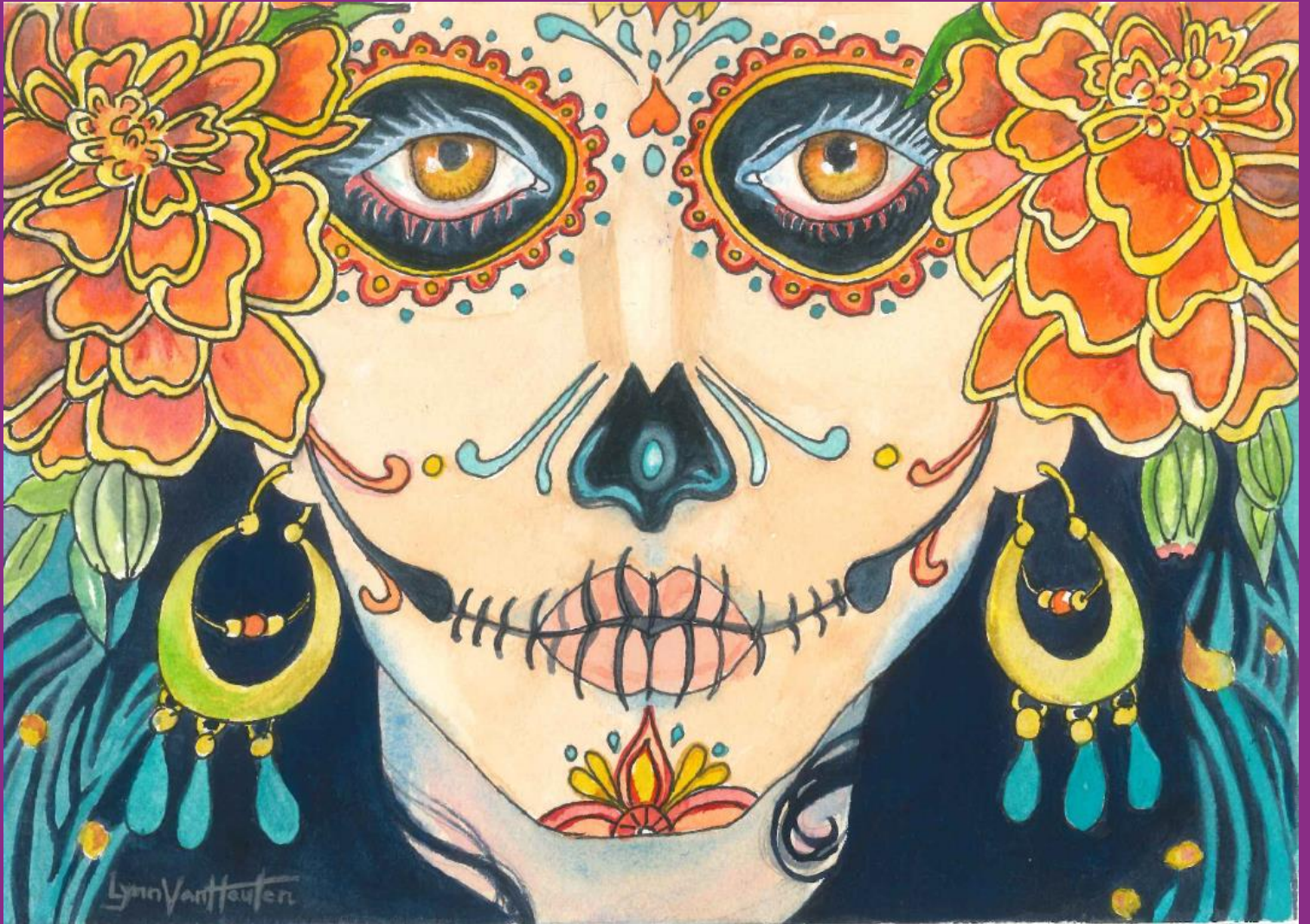


Petaluma Senior Center

NOVEMBER



2023



The Petaluma Senior Center will be CLOSED:

THURSDAY, NOVEMBER 9

WEDNESDAY, NOVEMBER 22 & THURSDAY, NOVEMBER 23

Open Monday – Thursday

8:00am – 4:00pm

211 Novak Drive (707) 778 – 4399

parksnrec@cityofpetaluma.org

PSC November Events

Petaluma People Services Senior Cafe/Meals on Wheels
in partnership with the Petaluma Senior Center

invite you to a

Friendsgiving



Luncheon




Tuesday, November 21st at 1pm

Holiday food and festivities with friends

A \$5 contribution is greatly appreciated.

R.S.V.P. by November 16 at the Senior Center (707)778-4399.



 **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!**



Fun November National Holidays

at the PSC

Wed. 11/1 – Cook for your Pets Day



Thu. 11/2 – Be the Impact Day



Mon. 11/6 – Recreation Day & **Nachos Day (11am – 1pm)**



Tue. 11/7 – Hug a Bear Day

Wed. 11/8 – **Cook Something Bold and Pungent Day** (11am – 1pm)

Thu. 11/9 – Go to an Art Museum Day – **PSC CLOSED**

Mon. 11/13 – Hug a Musician Day



Tue. 11/14 – **Pickle Day**



Wed. 11/15 – Clean Out Your Fridge Day/ Recycling Day

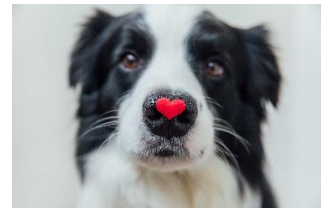
Thu. 11/16 – Use Less Stuff Day



Mon. 11/20 – Absurdity Day

Tue. 11/ 21 – World Hello Day – The goal is for each person to greet 10 people – creating peace and goodwill. This holiday is celebrated in 180 countries!

Wed. 11/22 – Love Your Freckles Day – **PSC CLOSED**



Thu. 11/23 – Thankful for my Dog Day – **PSC CLOSED**

Mon. 11/27 – Turtle Adoption Day



Tue. 11/28 – Giving Tuesday

Wed. 11/29 – Square Dancing Day

Thu. 11/30 – **Mousse Day – 11am – 1pm**



#GIVINGTUESDAY™

How To Get Involved

- Support Charities
- Volunteer Your Time
- Give Gifts That Give Back
- Spread the Word!



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 (NO CLASSES NOV. 21ST)

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

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

Conversations on Aging – 10:00am – 11:30am (November 28th)

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 (November 14th)

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

Beginning Line Dance - *New Session* - 11:00am - 11:45am

Hearts - 11:30am - 1:30pm

Happy Crafts with Bonnie - 1:00pm - 3:00pm (*November 8th*)

What's Your Story - 1:00pm - 2:00pm (*November 8th & 2th*)

Look Club - 1:00pm - 2:00pm (*November 29th*)

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 - 10am - 11:30am

Pinochle - 10:00am - 12:00pm

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

Sit 2B Fit - 10:15am - 11:15am

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

Ping Pong - 2:00pm - 3:00pm

Community Law Consultation/Notary Public - 10:00am - 12:00pm (*November 2nd*)

Rhythm Circle - 1pm - 1:45pm (*November 16th*)

Computer Club - 12:00pm - 1:30pm (*November 16th*)



PETALUMA SENIOR CENTER ACTIVITIES

Join Our **NEW**

Beginning Line Dance Class

at the Petaluma Senior Center!

 **Every Wednesday at 11:00 AM**

 **No Experience in Dance Required!** 

Are you looking for a fun and social way to stay active while enjoying great music? Look no further – it's the perfect way to get moving and make new friends.

No dance experience is necessary, and all seniors are welcome!

What to Expect:

- Fun and Easy-to-Follow Line Dance Routines to an assortment of genres of music
- A Friendly and Supportive Environment
- Great Exercise for Body and Mind
- Boost Your Confidence



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

HOLIDAY APRONS

with **CHELSEA**

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

TECH HELP

with Rich!

Tuesday, November 14th 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. 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



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, November 14
10:30-11:30 AM
Petaluma Senior Center
211 Novak Dr



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



sonomalibrary.org/bibliobus

Positive Thinking

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

Introduction to Positive Thinking Workshop

Tuesdays at 2pm – 2:45pm

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.

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



What's your story?

Casual Conversation in Good Company
Weds – November 8 & 29 1:00pm -2:00pm

Petaluma Senior Center Library

November Focus:

Autumn/ Thanksgiving Memories/Moments of Gratitude

Share your 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.



October Pool Tournament Winner
BOB!!!

This is his 5th Win this year!

SIT 2B FIT



Join us for this fun class where you can exercise with a chair - seated or standing.

This class will help give you increased flexibility, tone your muscles, elevate your heart rate, strengthen your body, and maintain balance.

Thursdays 10:15am to 11:15am

Program is Free, offered through the SRJC Older Adults Program – sign up at first class

Medicare Plan Options Local Support Matters!



Important: MEDICARE PLANS can CHANGE every year

You're invited to attend a meeting to understand the Medicare options you have in Sonoma County.

Learn about 2024 Medicare Plans - Make sure your doctor & hospital are in your Plan

Get assistance with questions, plan selection & enrollment paperwork.

Where: Petaluma Senior Center

211 Novak Drive, Petaluma, CA 94954

DATE: November 1st, 8th, & 15th

DAY/TIME: Wednesdays at 2:00 PM

RSVP or call today for an appointment at 707.721.4544



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



Experience Matters: Cara brings you over 25 years in healthcare with 10+ years serving people with Medicare. She is your local, licensed insurance agent. Member, Sonoma County Section on Aging (Treasurer 2018, 2019)

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, November 16th

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 Nov. 14th.

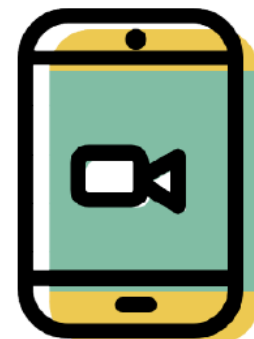
The Computer & Smartphone Club Meeting

Thursday, November 16, 12:00 Noon

At the Petaluma Senior Center

Smartphone Photography

- How to be a great photographer
- Android vs iPhone cameras
- What do you need?
- Accessories
- Tips
- Organizers/Managers
- Things to consider



SENIORS LOOK CLUB

Wednesday November 29 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.



ARTISTS

Open Art Studio

with Vivian Lujan-Cortez

Thursdays in November
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. Nov. 2 & Dec. 7



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

November 2nd



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.

Conversations on Aging

Identifying Goals, Wishes and Well Being

Tuesday, November 28th 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

November Coloring Contest

Pick up a
coloring
sheet in the
PSC Front
Desk

Turn in by
November 30th
& 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



Painter's Circle

A group for Experienced & Advanced Artists

Join other advanced painters in a casual painting session!

Mondays 10:00am – 12:30pm

- Painter's Circle is self-led, no instructor.
- Participants bring their own supplies. (No Oil Paints please)
- Peer Feedback & Critiques
- Drop -ins 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!

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

NO
CLASSES

NOV. 21ST



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!

Pool

MON-THU

8:30am – 4:00pm

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

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!

JOIN THE PSC BOOK CLUB!

Date to be Announced-
see PSC front desk for
details



November Selection:

Demon Copperhead

By Barbara Kingsolver

December Selection:

Any Christmas or Winter Holiday Book

WANTED

Mexican Train

Domino Players

Wednesdays

1:30pm – 4:00pm



PETALUMA SENIOR CENTER ACTIVITIES

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



THANK YOU

PETALUMA GARDEN CLUB VOLUNTEERS



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

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!

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

NO PING PONG



On these dates

Cancelled due to other fun!

TUESDAY, NOV 21 – FRIENDSGIVING LUNCHEON
TUESDAY, DEC 19 – CHRISTMAS LUNCHEON

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



CONTINUING IN NOVEMBER
CONTINUA EN NOVIEMBRE



SLOW STROLLS

FOR OLDER ADULTS

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

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 noviembre 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 noviembre

Punto de encuentro en el estacionamiento del Steamer Landing en 300 Copeland St.



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

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, November 9th
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



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

Petaluma Senior Center

Youth Volunteer of the Year

2023



Eli Ponte-Rosenkrantz

*Thank you for your Technology Help
with Petaluma Seniors*

Coming in December at the PSC

Winter Wednesdays

at the Petaluma Senior Center

Embrace the Joys of Winter with us!

December 6

Holiday Movies - 1pm - 4pm

1:00pm - A Christmas Story (1983)

2:30pm - Miracle on 34th Street (1947)

3:15pm - Christmas in Connecticut (1945)

Complimentary Popcorn & sweets for moviegoers!

December 13 - 1pm - 3pm

*Happy Crafts with Bonnie
Felt Ornaments and Hot Cocoa*

December 20 - 1pm

*Holiday Caroling Sing-Along & Karaoke
with Hot Tea and Mulled Cider*

December 27 - 1pm - 2pm

*Make A Paper Snowflake Day
Make a Paper Snowflake Suncatcher*

Bring your holiday cheer! Free admission

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

Introduction to Tai Chi Flow

With Diana

Tuesday, December 12 from 9-10am

Tai Chi is a practice that involve a series of slow, gentle movements and physical postures, a meditative state of mind, and controlled breathing.

Improves strength, flexibility, and balance.

Proven to improve cardiovascular fitness, lower blood pressure and help with arthritis pain.

Using the TaijiFit method, there is no need to memorize or perfect any forms; simply mirror the instructor, feel the music and follow your breath.

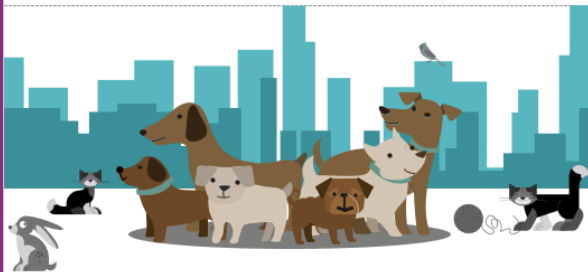
Everyone is welcome - no experience necessary

- seated or standing
- gentle and stress free
- no charge for introductory session

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



In honor of National Food Drive for Needy Animals Day COME SUPPORT YOUR LOCAL FURRY FRIENDS



NEW PET FOOD & SUPPLIES NEEDED

Pet Supplies Needed:

- | | | |
|-------------------|----------|---------------------|
| • Blankets | • Toys | • Pet training pads |
| • Collars/Leashes | • Treats | • Bowls |
| • Food | • Towels | |

Bring all unused supplies to Petaluma Senior Center at 211 Novak Drive or Petaluma Community Center at 320 North McDowell Blvd between December 11th - December 28th

CALL IYA

707-778-4399

EMAIL

parksnrec@cityofpetaluma.org

Senior Line Dance Social

Wed. Dec. 6th

2pm - 4pm

Free Event!

Petaluma Community Center

320 N. McDowell Blvd. (707)778-4390



*Café 211 - Petaluma People Services
in partnership with the Petaluma Senior Center
invite you to a*

Holiday Cheer

Luncheon

Tuesday, December 19th at 1pm

Festive food and fun

*A \$5 contribution is greatly appreciated.
R.S.V.P. by December 14th at the Senior Center (707)778-4399.*



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 throughout 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 hidey-beds, cat toys, wand toys, any brand cat kibble, canned cat food.

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

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

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

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

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 Petaling 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

Volunteer



Volunteer in Sonoma County to change lives and make a difference!



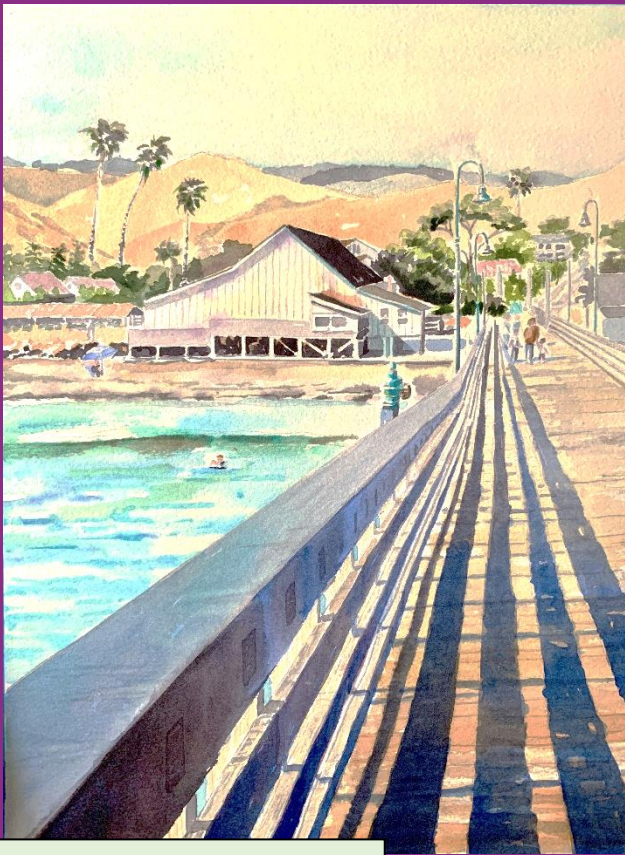
AmeriCorps
Seniors

VOLUNTEER
JOIN RSVP
kyoung@ncoinc.org
(707)620-5063

Local Food Bank
Tutor Students
Mentor Youth
Call Today!



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.



Watercolor by Barbara Evans

Those Wonderful Years You Had

Losing the one you love is hard to face.
You wake up in the morning to an empty space.
Wondering how you'll get through another day
And if the pain you're feeling will ever go away.

Things you did together that you try on your own.
Just bring back memories to do them alone.
You break down crying thinking you'd be strong.
After all, they've been in your life for so long.

The most difficult part is realizing they are gone.
You don't want to think about having to move on.
Knowing this is what they would want you to do,
You try, just to find...it's impossible to.

Yes, this is a reality that is so hard to face.
Left are only memories to fill that empty space.
But in time the memories that once made you sad,
Make you smile when you think of all...

Those wonderful years you had.

Poetry by Phyllis Johnson

PSC Creative Corner



Masks from
the PSC
Watercolor
Class

November Traditions around the World

November is Native American Heritage Month!

One can participate in this observance by attending events like powwows, visiting Native American museums or cultural exhibits, listening to guest speakers, or reading books and articles about Native American history and traditions. Another way to engage is by joining workshops on traditional crafts or art forms, as well as trying Native American cuisine. It's a great opportunity to learn, celebrate, and appreciate the rich heritage of indigenous peoples in the United States.



Nov. 1 - All Saints Day

Worldwide

All Saints' Day is celebrated by many Christians around the world, including Catholics, Anglicans, and some Protestant denominations. It's a day when people come together to remember and honor the lives of all the saints and martyrs who have set an example of virtuous living.



To participate, you can attend a church service, light a candle in memory of a saint, or learn about the lives of different saints. It's a day to reflect on the virtues of these role models and strive to lead better lives ourselves.

Nov. 2 - All Souls Day

Worldwide

All Souls' Day is a Christian holiday dedicated to praying for and remembering the souls of the deceased, especially those believed to be in Purgatory. On this day, people gather in churches to offer prayers, light candles, and often visit the graves of their loved ones to honor and remember them. All Souls' Day is a time to reflect on the importance of praying for the souls of the departed.



Nov. 13 - Laxmi Puja

Worldwide

Laxmi Puja is a Hindu festival celebrated to seek blessings from Goddess Laxmi, who represents wealth and prosperity. To participate, first, clean and decorate your home, as a clean environment is believed to attract the goddess. Next, light oil lamps and candles to brighten your space. Offer prayers by chanting mantras and seek Laxmi's blessings. You can also make and share sweets and flower offerings. Gather with your friends and family to celebrate and express gratitude for good fortune and abundance in your lives.



Nov. 27 - 28 - The Yi Peng Lantern Festival

Thailand

Also known as the Yee Peng Lantern Festival, this is mesmerizing and traditional celebration typically takes place in Chiang Mai, Thailand, where people release thousands of illuminated paper lanterns into the night sky. The festival coincides with the full moon of the second month in the Thai lunar calendar. Participants light the lanterns and send them aloft to make a wish or offer a prayer, symbolizing the release of worries and a fresh start. It's a breathtaking and spiritually significant event that attracts visitors from around the world.



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 - November 3rd & 17th

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

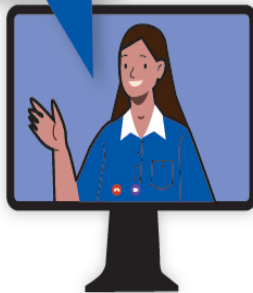
COMMUNITY PARTNER OFFICE HOURS

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



NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH!

Take Charge of Tomorrow

NIH National Institute of Diabetes and Digestive and Kidney Diseases

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you manage your diabetes to stay healthy longer.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you manage your diabetes and refer you to other health care professionals for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov  @niddkgov

ACROSS

- 1) Gold coin of old
- 6) Quite excited
- 10) Give a free pass to
- 14) Historical period
- 15) "Long live"
- 16) 23-Across solo
- 17) CFO's job
- 20) Corporation name-ending abbr.
- 21) Tumblers' surfaces
- 22) Make known
- 23) Buffo's place
- 25) Large tooth
- 26) Cowboy boot attachment
- 28) Baby rockers
- 32) Activist Silkwood
- 34) Wedding cake level
- 35) Ballerina's hairdo, often
- 38) "Conduct" penalized in football
- 42) Noshed
- 43) It may be stolen in a park
- 44) Able to walk the line?
- 45) Go by rapidly, as time
- 48) "Not to mention ..."
- 49) Reduce, as expenses
- 51) Writer Tom or Thomas
- 53) Least straightforward (var.)
- 55) "Buona ____" (Italian phrase)
- 56) Car grille accessory
- 59) Assume responsibility for
- 62) Court attention-getter
- 63) Borodin's "Prince ____"
- 64) Sesame seed and honey confection
- 65) Be on the way out
- 66) Thick, eggy drinks
- 67) Computer keyboard key

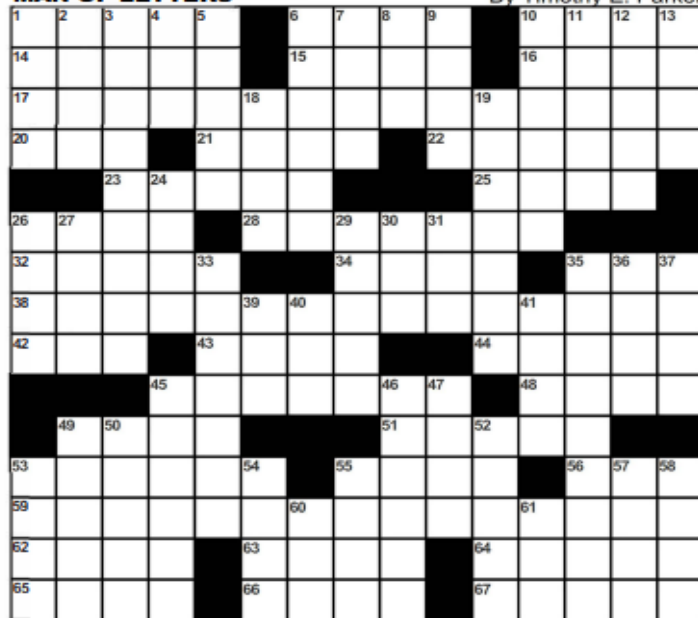
DOWN

- 1) Prefix meaning "half"
- 2) "Once ____ a time ..."
- 3) Way to prison?
- 4) High or low card
- 5) Certain herb
- 6) Online game personification
- 7) Beefeater products
- 8) Egg cells
- 9) Plum variety
- 10) College setting
- 11) Popular cookies
- 12) Belarus' capital
- 13) Fancy spread
- 18) Artist Chagall
- 19) Non-resident doctors
- 24) Kind of school
- 26) Gull-like bird
- 27) Breathe hard
- 29) Baffled while yachting?
- 30) Barely lit
- 31) Pasture
- 33) Most aristocratic
- 35) Area of many believers
- 36) Hawaiian instruments, briefly
- 37) Claudius' successor
- 39) Sunlight unit
- 40) Cooking meas.
- 41) Hang around lazily
- 45) Restraining order?
- 46) Uses indelicate language
- 47) Conflicted
- 49) Costa del Sol feature
- 50) Clay of "American Idol" fame
- 52) Carpenter's spinning machine
- 53) Put away in a hold
- 54) Slender
- 55) Dirty air
- 57) Amble
- 58) Nowhere near?
- 60) Anima counterpart
- 61) PC linkup



MAN OF LETTERS

By Timothy E. Parker



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 Senior Café Menu – November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><i>Dairy</i> 1 cup 1% Milk <i>Bread</i> Butter</p>	<p style="text-align: center;"><i>*Vitamin C</i> Vitamin A <i>♦Fiber</i> Salt</p>	<p>1. Tuscan Chicken Polenta Capri Vegetables Mixed Vegetables Green Salad Banana ♦W. W. Roll</p>	<p>2. Beef Fajitas Spanish Rice California Vegetables Green Salad *Orange ♦W. W. Roll</p>	<p>3. Baked Fish Brown Rice Confetti Peas Cottage Cheese Salad Apple ♦W. W. Bread</p>
<p>6. Creamy Lemon-Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad Pears ♦W. W. Roll</p>	<p>7. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ♦W. W. Roll</p>	<p>8. Baked Fish Potatoes Romanoff Mixed Vegetables Green Salad Apricots ♦W. W. Roll</p>	<p>9. Chili Verde Spanish Rice Zucchini and Yellow Squash Green Salad *Mandarin Oranges ♦W. W. Roll</p>	<p>10. CLOSED FOR VETERANS DAY!</p>
<p>13. Beef Barley Casserole California Vegetables Beet Salad Cherries ♦W. W. Bread</p>	<p>14. BBQ Chicken Sandwich Roasted <u>Yams</u> Peas Italian <u>Carrot</u> Salad *Oranges ♦W. W. Bun</p>	<p>15. Pork with Apricots Egg Noodles *Broccoli Normandy Green Salad Cinnamon Apples ♦W. W. Roll</p>	<p>16. Pot Roast Brown Rice Pilaf Green Beans Green Salad Blueberries ♦W. W. Roll</p>	<p>17. Sweet n Sour Chicken w/Pineapple Jasmine Rice Brussels Sprouts Green Salad Mixed Fruit ♦W. W. Bread</p>
<p>20. Swiss Steak Rice California Blend Green Salad Apricots ♦W. W. Roll</p>	<p>21. Thanksgiving Celebration! Turkey- Mashed Potatoes Stuffing, Peas and Carrots Green Salad - Pumpkin Cheesecake - Cherries ♦W. W. Roll</p>	<p>22. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple ♦W. W. Roll</p>	<p>23. CLOSED FOR THANKSGIVING DAY!!</p>	<p>24. CLOSED FOR THANKSGIVING DAY!!</p>
<p>27. Baked Fish Brown Rice Pilaf *Brussels Sprouts Carrot Raisin Salad Pineapple ♦W. W. Roll</p>	<p>28. Shepherd's Pie *Broccoli Normandy Green Salad Banana ♦W. W. Roll</p>	<p>29. Ratatouille Polenta Mixed Vegetables *Spinach Salad w/ hard Boiled Egg *Orange ♦W. W. Roll</p>	<p>30. Pork Chow Mein Brown Rice Peas and Carrots Cucumber, Tomato and Onion Salad Cinnamon Rice</p>	

Menu Subject to Change

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

Contribución Sugerida \$ 3.50 – 8:00
 Menores de 60 años por favor pagar \$6.00
 Se recomienda hacer reservaciones el día
 anterior antes de las 3:00pm. Teléfono:765-8488
 Por favor tenga el cambio exacto, Gracias
 No serán rechazadas las personas que no
 puedan contribuir con una donación

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

Painter's Circle - Mondays

10:00am - 12:30pm

Writing Group - Mondays

10:30am - 12:00pm

Knitting - Tuesdays

9:00am - 11:30am

Artists Open Studio - Thursdays

10:00am - 11:30am

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

Walking Group - Tue. & Thu.

7:45am SHARP

Fall Proof - Tuesdays

(NO FALL PROOF CLASSES NOV 21)

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

Sit 2B Fit - Thursdays

10:15am - 11:15am

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

Intermediate Line Dance - Wed. 10:00am