

# Petaluma Senior Center

DECEMBER



2023



**CLOSED MONDAY DECEMBER 25 & TUESDAY DECEMBER 26**

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

**211 Novak Drive (707) 778 – 4399**

**[parksnrec@cityofpetaluma.org](mailto:parksnrec@cityofpetaluma.org)**



# 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 34<sup>th</sup> Street (1947)

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

# PSC December Events

## Little Voices, Big Smiles

A Winter Caroling event  
performed by the Tiny Tots  
Preschool

Wednesday, December 13<sup>th</sup>

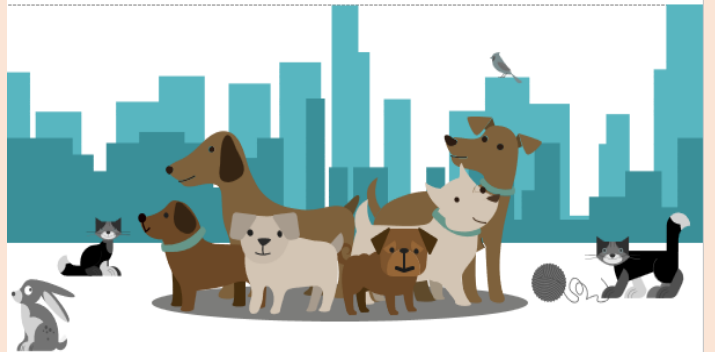
10:00am - 10:30am

PSC Library - Cocoa & Cookies served!



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

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 28<sup>th</sup>

#### CALL IYA

707-778-4399

#### EMAIL

[parksnrec@cityofpetaluma.org](mailto:parksnrec@cityofpetaluma.org)

*Café 211 - Petaluma People Services*

*in partnership with the Petaluma Senior Center*

*invite you to a*

## Holiday Cheer

*Luncheon*

*Tuesday, December 19<sup>th</sup> at 1pm*

*Festive food and fun*

*A \$5 contribution is greatly appreciated.*

*R.S.V.P. by December 14<sup>th</sup> at the Senior Center (707)778-4399.*



# Fun December National Holidays

## at the PSC

Mon. 12/4 - **Cookie Day - 11am - 1pm**

Tue. 12/5 - Communicate with Your Kids Day

Wed. 12/6 - Microwave Oven Day

1pm - 4pm - Holiday movies in PSC Library with popcorn & treats

2pm - 4pm - Line Dance Social at the Community Center

Thu. 12/7 - Letter Writing Day

Mon. 12/11 - Food Drive for Needy Animals Day! (collect pet supplies)

Tue. 12/12 - Poinsettia Day/ **Ambrosia Day 12pm - 2pm**

Wed. 12/13 - Cocoa Day

10am - Tiny Tots sing Winter Carols & Cocoa in PSC Library 10am- 10:30am

1pm - Happy Crafts with Bonnie - Felt ornaments & Cocoa & Cookies

Thu - 12/14 - Energy Conservation Day

Mon. 12/18 - Answer the Phone like Buddy the Elf Day

Tue. 12/19 - **Hard Candy Day 11am - 2pm**

**Holiday Cheer Luncheon - 1pm - 3pm**

Wed. 12/20 - Go Caroling Day - Caroling Sing-Along - 1pm

Thu. 12/21 - Crossword Puzzle Day

**Mon. 12/25 - CLOSED for Christmas**

**Tue. 12/26 - CLOSED for Boxing Day (Thank You Note Day)**

Wed. 12/27 - Make a Cut-Out Snowflake Day - 1pm - 2pm

Thu. 12/28 - Call a Friend Day & **Chocolate Candy Day 11am - 2pm**

## 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**

**Tai Chi Flow with Diana – 9:00am – 10:00am**

**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 *(December 19<sup>th</sup>)***

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

**Ping Pong – 2:00pm – 3:00pm **NO PING PONG 12/19****

**Positive Thinking - 2:00pm – 3:00pm**

**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 - 11am – 11:45am

Hearts - 11:30am - 1:30pm

Happy Crafts with Bonnie – 1:00pm – 3:00pm (December 13<sup>th</sup>)

What's Your Story – 1:00pm – 2:00pm (December 6<sup>th</sup> & 20<sup>th</sup>)

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 - **NO CLASS DECEMBER 21**

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

Ping Pong – 2:00pm – 3:00pm

Community Law Consultation/Notary Public - 10:00am – 12:00pm (December 7<sup>th</sup>)

Wise Women Circle – 2:00pm – 3:00pm (December 28<sup>th</sup>)

Rhythm Circle – 1pm – 1:45pm (December 21<sup>st</sup>)



# PETALUMA SENIOR CENTER ACTIVITIES

## 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



The Petaluma Parks & Recreation Department & The Redwood Empire Food Bank have joined together for a holiday food drive to help those in need - help us fill our barrels!

Redwood Empire Food Bank guidelines:

- No glass • No perishable items • No open items
- No homemade items • No items past their "Use before" date

Most needed items:

- Canned Tuna • Canned Chicken • Peanut Butter
- Rice • Pasta • Oats • Dry Beans • Low Sugar Cereal

## 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

## Happy Crafts

♥ **with Bonnie!**

Wed. December 13<sup>th</sup> - 1pm

**This month's craft:  
Felt Ornaments**

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

Space is limited

(707)778- 4399

no charge



# PETALUMA SENIOR CENTER ACTIVITIES

## Rhythm Circle with Tarah

**Thursday, December 21<sup>st</sup>**  
**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. 16<sup>th</sup>.



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



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



[sonomalibrary.org/bibliobus](https://www.sonomalibrary.org/bibliobus)



## Pool Tournament Winners

**Dawn – August 2023**

**Jim – November 2023**



# PETALUMA SENIOR CENTER ACTIVITIES

## Meditation

12:30pm Mondays in  
December

Come join us and enjoy a relaxing  
meditation session.

Learn to quiet your mind and body.



No prior experience needed.

Everyone is welcome - Drop-in!

Meditation will return to Thursdays at  
12:30pm starting January 2024



**NO CLASS DECEMBER 21**

## 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

## 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

## ARTISTS

### Open Art Studio

with Vivian Lujan-Cortez

**Thursdays in December**

**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.

# 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. Dec. 7 & Jan. 4**



**10 am -12 pm**

Or Schedule a free consultation/mobile visit

**(707) 789-5336**

[Communitylawclinic.ca@gmail.com](mailto:Communitylawclinic.ca@gmail.com)

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

## Nan Tang, Certified Notary

Will be here the first  
Thursday of each month

**10am – 12pm**

**December 7<sup>th</sup>**



Special December Date! (12/19)

## Conversations on Aging

### Identifying Goals, Wishes and Well Being

**Tuesday, December 19<sup>th</sup> 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/>

## What's your story?

*Casual Conversation in Good Company*  
Weds – December 6 & 20 1:00pm -2:00pm

Petaluma Senior Center

### December Focus:

## Winter Holiday Memories

## Moments of Joy

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.

# 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](mailto:Maureen@PD-Connect.org)



# 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.

**New members welcome!**

## A Wise Women's Circle

**December 28<sup>th</sup> 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**

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!

**1<sup>st</sup> 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!

## 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!



## 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](mailto:parksnrec@cityofpetaluma.org)



## 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!

# 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

## 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

# Medicare Plan Options Local Support Matters!



**Important:** **MEDICARE PLANS** can **CHANGE** every year

Talk with your local, insurance broker who knows the Medicare Plans. Get access to competitive plans, keep your doctors, get answers to your questions, & help with enrollment paperwork.

**Need to Make a Medicare Plan  
Change?**

**The Annual Medicare Enrollment  
Period ends on December 7th!**

**CALL CARA NOW at 707.721.4544**



Cara Suminski aka Medicara

(707) 721-4544

Cara@askMedicara.com

CA Lic. #: 0798878



Not affiliated with or endorsed by the government or the federal Medicare program. Insurance related solicitation—no obligation to enroll.



# 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 3<sup>RD</sup> 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](mailto:jefferson@earlebaum.org)

(707) 479-8321



# December Coloring Contest

Pick up a coloring sheet in the PSC Front Desk

Turn in by December 28<sup>th</sup> & enter to win a prize!



# Need Tech Help?

Thursday, December 14<sup>th</sup>

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

CONTINUING IN DECEMBER  
CONTINUA EN DICIEMBRE



## SLOW STROLLS

FOR OLDER ADULTS

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

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 diciembre 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 diciembre

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



Slow stroll  
Cancelled on Dec 26

Caminata Lenta  
cancelada el 26  
diciembre

[www.petalumariverpark.org/events](http://www.petalumariverpark.org/events)  
[info@petalumariverpark.org](mailto:info@petalumariverpark.org)

# Coming in January at the PSC

## Jukebox Jamboree

A 1950's Bash!

Thursday, January 25<sup>th</sup> - 2pm

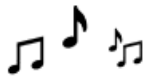
- **Rock & Roll Music**

(Fats Domino, Little Richard, Elvis, The Shirelles, Buddy Holly, Martha & the Vandellas, and more)



- **Dancing**

- **Retro Snacks**



R.S.V.P. at the PSC Front Desk    \$5 Contribution

## THE ART OF DOWNSIZING

The intentional reduction of belongings  
in preparation of life changes

Tuesday, January 23<sup>rd</sup> at 2pm

Petaluma Senior Center

Reasons for Downsizing



Health Changes \* Simplifying \* Lifestyle Changes  
Reducing the burden of maintaining large space  
Financial Changes \* Aiding Family \*

This presentation will address:

- The challenges of *DECISION MAKING*
- Planning & Decluttering Tips
- Solutions to changing times in your life

**EMBRACE THE CHALLENGE, CELEBRATE  
PROGRESS, & WELCOME A NEW CHAPTER!!**

R.S.V.P. AT THE PSC FRONT DESK  
OR CALL (707)778-4399



## FILM NOIR MOVIE TUESDAYS IN JANUARY 2PM - PSC LIBRARY

- JAN. 2 — STRANGERS ON TRAIN (1954)
- JAN. 9 — THE STRANGE LOVE OF MARTHA IVERS (1946)
- JAN. 16 — DOUBLE INDEMNITY (1944)
- JAN. 23 — GASLIGHT (1944) & DETOUR (1945)
- JAN. 30 — DIAL M FOR MURDER (1954)

## Tea & Get



## Cozy

*Sewing & Tea Social*

With Chelsa

Thursday, January 18<sup>th</sup> at 1:00 pm

Learn to sew a basic Teapot cozy/koozie & enjoy some tea & a scone and learn Teatime etiquette.



Sewing Machines & Materials will be provided, but feel free to bring your own.

**R.S.V.P. by January 11<sup>th</sup>**

Space is limited to 6 participants.

\$5 contribution for materials

# 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](http://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](http://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](http://refb.org) | [volunteers@refb.org](mailto: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](mailto:dmorales@cots.org) | (707) 765-6530 x136  
or visit us online at [cots.org/volunteer](http://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.



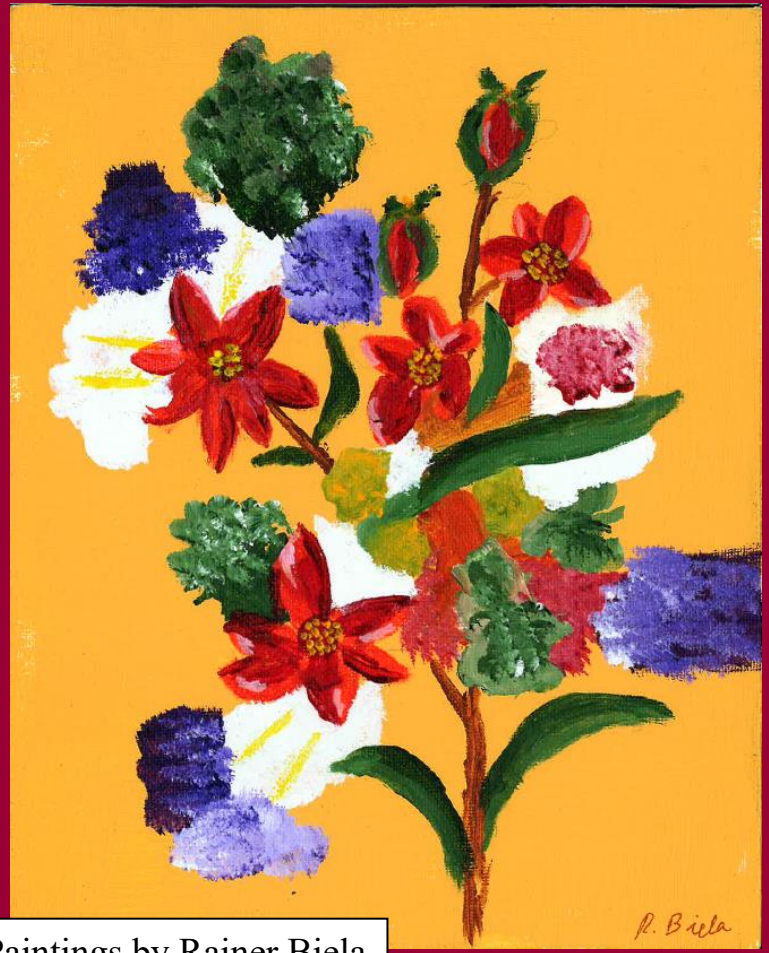
Apply today at <https://tinyurl.com/BGCSMVolApp>  
Questions? Volunteer@bgcsonoma-marin.com  
[www.bgcsonoma-marin.org](http://www.bgcsonoma-marin.org)  
@bgcsonomamarin



BOYS & GIRLS CLUBS  
OF SONOMA-MARIN



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.



Paintings by Rainer Biela

### It's About Time

The time goes by so fast,  
Before we know, it's the past  
And our days are spent  
Thinking where the years went.

What was once far away  
Seems just like it was yesterday.  
We feel our regrets and then,  
Wish we could do it over again.

So take time along the way  
To realize what matters today.  
Make the difference now, don't wait  
Before you know... it's too late.

Poetry by Phyllis Zuccarello

## PSC Creative Corner



Digital Art by Tim May

# December Traditions around the World

## December is Learn a Foreign Language Month!

"Learn a Foreign Language Month" is an excellent opportunity for individuals to embark on a journey of linguistic exploration and cultural enrichment. To participate, one can start by selecting a language that piques their interest, whether it's Spanish, French, Mandarin, or any other. Begin by learning basic greetings like "hello" in different languages, such as "Hola" in Spanish, "Bonjour" in French, or "Nǐ hǎo" in Mandarin. Utilize language-learning apps, online courses, or enroll in classes at a language institute to further your linguistic skills.

Dec. 4 - Santa's List Day is a delightful holiday tradition where individuals can engage in acts of kindness and goodwill to earn a spot on Santa's "Nice" list. To participate, one can perform acts of charity, help those in need, spread joy and cheer to friends and family, and be an all-around good-hearted person. These actions are not only a way to make the world a better place but also a chance to ensure a special place on Santa's list, potentially leading to wonderful surprises on Christmas day. So, embrace the spirit of giving and kindness to participate in Santa's List Day and earn that coveted spot on the Nice list.

Dec. 26 - Junkanoo, a Bahamian cultural extravaganza, is celebrated with immense zeal on Boxing Day and New Year's Day. Elaborate costumes made from recycled materials adorn the participants, known as Junkanooers, who dance and parade through the streets to the infectious rhythms of cowbells, drums, whistles, and brass instruments. This vibrant festival not only showcases artistic expression but also commemorates the resilience and history of the Bahamian people. Junkanoo is an unforgettable cultural spectacle that captivates both locals and tourists alike.

Dec. 31 - Hogmanay is the Scottish term for the New Year's Eve celebration, and it is a cherished tradition in Scotland. The festivities are marked by a series of lively events and customs that vary across the country. In Edinburgh, the famous Hogmanay street party draws revelers from around the world, featuring fireworks, live music, and a grand torchlight procession. First-footing, where the first person to enter a home after midnight brings gifts and good luck, is a common tradition during Hogmanay, symbolizing the hope for a prosperous year ahead.

# 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](http://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 - December 1<sup>st</sup> & 8<sup>th</sup>**

**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](mailto:Yesenia.Gaytan@unitedwaywinecountry.org)



## Elder Law Program

### Free legal help with:

- Restraining orders related to abuse
- Landlord/Tenant issues (subject to referral)
- Simple Wills (for estates less than \$184,500)
- Powers of Attorneys/Advance Health Care Directives
- Appealing reduction/termination of SSI or SSDI
- Probate Conservatorship issues (under limited circumstances)
- Probate Guardianship issues (under limited circumstances)



*Potential clients must first go through our Intake process, either in-person at our Santa Rosa office or over the phone, before meeting with an attorney.*

*We can only assist individuals directly; not through friends or relatives.\**  
\*unless there is a valid Conservatorship or Power of Attorney in place

*Most legal services cannot be completed same-day (follow-up appointments may be required).*

### COME TO OUR OFFICE!

144 South E Street, Ste. 100, Santa Rosa, CA 95404

MON	TUE	WED	THU
9:15-11:30am	9:15-11:30am	9:15-11:30am	9:15-11:30am
1:15-4:00pm	1:15-4:00pm		1:15-4:00pm

Closed Wednesday Afternoons and Fridays

We offer flexible appointments!

If you cannot come to our office, we offer phone appointments or can even come to you, just call our Elder Law Line:

**(707) 340-5610**



ACROSS

- 1) On one's toes
- 6) Developer's map
- 10) Hard knocks upside the head
- 14) Unusual collectible?
- 15) Grain holder on a farm
- 16) Assortment of stuff
- 17) Reward for an outstanding investor
- 20) Con
- 21) Color subtlety
- 22) Societal no-nos
- 23) Disobeyed a zoo sign?
- 24) Most like King Solomon
- 25) Flowering ornamental shrub
- 29) Exclusive
- 30) Break one of the Ten Commandments
- 31) Lass
- 32) Chickens and ducks, e.g.
- 36) Transportation choice in Chicago
- 39) Dress in India
- 40) Have confidence in (with "on")
- 41) Tractor handle?
- 42) Bulk beer purchase
- 43) Mixes smoothly
- 44) Certain iron, in golf
- 47) Sauce variety
- 48) Caterpillar case
- 49) "Eureka!" relative
- 50) On the briny
- 54) Privilege for some producers
- 57) Italian money of old
- 58) \_\_\_ out a living (barely scraped by)
- 59) Certain meat cut
- 60) "All in the Family" producer Norman
- 61) Addition column
- 62) Moms' relatives?

DOWN

- 1) Tablet brand
- 2) Hilo feast
- 3) Blows it
- 4) Irritate
- 5) Part of a Happy Meal
- 6) Prefix meaning "false"
- 7) Dietary, in ads
- 8) Late rhyming boxing champ
- 9) Mexican snack
- 10) Frigid, molded dessert
- 11) Unnatural bread spreads
- 12) Burgundy grape
- 13) Drunkards
- 18) Perlman of "Cheers"
- 19) "\_\_\_ on Down the Road"
- 23) Greek cheese
- 24) Fret
- 25) Air force heroes
- 26) "J'accuse" author
- 27) Affirm
- 28) Jeans name
- 29) Emulate a crab
- 31) "Silly" birds
- 32) Hightail it
- 33) "A Prayer for \_\_\_ Meany"
- 34) Mr. Cleaver of classic TV
- 35) Caustic cleaning supplies
- 37) Thing on an HO scale
- 38) One way to stand by
- 42) Chinese dynasty during Confucius' time (var.)
- 43) Crude dude
- 44) Daring
- 45) Ghana capital
- 46) Kind of battery
- 47) Place for rakes and shovels
- 48) Kind of phone
- 49) Baker's necessity
- 50) Eastern pooh-bah
- 51) Con artist's operation
- 52) Volcano in Sicily
- 53) Tries to get an answer
- 55) Eisenhower's nickname
- 56) "Catholic" ending

VISITING THE ER

By Timothy E. Parker

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
17					18				19			
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23						24						
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44	45	46						47				
48						49			50	51	52	53
54						55			56			
57						58			59			
60						61			62			



**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 – December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 4. Creamy Lemon-Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad Pears ♦ W. W. Roll	Daily 1 cup 1% Milk Bread Butter	*Vitamin C Vitamin A ♦Fiber  Salt	 7. Beef Stew Brown Rice Pilaf Cauliflower Green Salad Banana ♦ W. W. Roll	1. Beef Stroganoff Egg Noodles California Vegetables Three Bean Salad Blueberries ♦ W. W. Roll
11. Beef Barley Casserole California Vegetables Caesar Salad Cherries ♦ W. W. Bread	12. BBQ Chicken Sandwich Roasted Yams Peas Italian Carrot Salad *Oranges ♦ W. W. Bun	13. Pork with Apricots Egg Noodles *Broccoli Normandy Green Salad Cinnamon Apples ♦ W. W. Roll	14. Pot Roast Brown Rice Pilaf Green Beans Beet Salad Blueberries ♦ W. W. Roll	15. Sweet n Sour Chicken w/Pineapple Jasmine Rice *Brussels Sprouts Coleslaw ♦ W. W. Bread
18. Swiss Steak Rice Capri Vegetables Green Salad Apricots ♦ W. W. Roll	19. Holiday Celebrated Roast Beef - Mushroom Demi Glace - Mashed Potatoes, Green Beans Green Salad, Mandarin *Oranges, Gingerbread ♦ W. W. Roll	20. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple ♦ W. W. Roll	21. Chicken with Vegetables, Brown Rice, Green Beans, Carrot Salad with *Oranges & Pineapple Banana ♦ W. W. Roll	22. Pork with Creamy Herb Sauce Red Potatoes *Brussel Sprouts Green Salad Mix Fruit ♦ W. W. Roll
25. CAFÉ/To Go Meals CLOSED FOR CHRISTMAS DAY! 	26. CAFÉ/To Go Meals CLOSED FOR CHRISTMAS DAY! 	27. Ratatouille Polenta Mixed Vegetables *Spinach Salad w/ Hard Boiled Egg *Orange ♦ W. W. Roll	28. Shepherd's Pie Green Beans Green Salad Bananas ♦ W. W. Roll	29. Happy New Year! Ham with Black Eyed Peas, Carrots, Green Salad Cherries Spike Cake 

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

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

# Weekly Classes

## Play

**Pool - Everyday 8:30am**

**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**

## 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**

10:00am-11:00am

For unsteady/device assisted

11:00am - 12:00pm For more steady patrons

**Ping Pong**

**Tuesdays & Thursdays**

2:00pm - 3:00pm

**NO PING PONG DEC. 19**

**Gentle Chair Yoga - Wednesdays**

9:00am - 9:45am

**Sit 2B Fit - Thursdays**

10:15am - 11:15am

**NO Sit 2B Fit Dec. 21**

## 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



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

Intermediate Line Dance - Wed. 10:00am