

# Petaluma Senior Center

JANUARY



2024

The  
Petaluma  
Senior  
Center  
will be  
CLOSED:

Monday,  
Jan. 1<sup>st</sup>

&

Monday,  
Jan. 15<sup>th</sup>



Yosemite

By

Tim May

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

211 Novak Drive      (707) 778 – 4399

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

# PSC January Events

## Jukebox Jamboree

A 1950's Bash!

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

- **Rock & Roll Music**

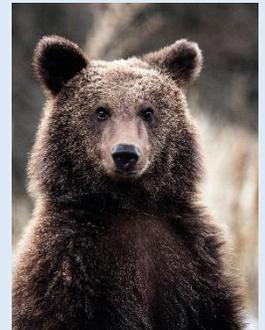
(Fats Domino, Little Richard, Elvis, The Shirelles, Buddy Holly, Martha & the Vandellas, and more)

- **Dancing**

- **hot dogs, burger sliders, ice cream floats**



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



## 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)

# Fun January National Holidays

at the PSC



Mon Jan. 1<sup>st</sup> – Happy New Year!! **PSC IS CLOSED**

Tue Jan. 2<sup>nd</sup> – Science Fiction Day

Wed Jan. 3<sup>rd</sup> – Write to Congress Day

Thu Jan. 4<sup>th</sup> – Trivia Day

Mon Jan. 8<sup>th</sup> – **English Toffee Day**

Tue Jan. 9<sup>th</sup> – Word Nerd Day

Wed Jan. 10<sup>th</sup> – Houseplant Appreciation Day

Thu Jan. 11<sup>th</sup> – **Milk Day**



Mon Jan. 15<sup>th</sup> – Martin Luther King Jr. Day – **PSC IS CLOSED**

Tue Jan. 16<sup>th</sup> – Appreciate A Dragon Day

Wed Jan. 17<sup>th</sup> – Customer Service Day

Thu Jan. 18<sup>th</sup> – Winnie the Pooh Day



Mon Jan. 22<sup>nd</sup> – Polka Dot Day

Tue Jan. 23<sup>rd</sup> – Handwriting Day

Wed Jan. 24<sup>th</sup> – **Peanut Butter Day**

Thu Jan. 25<sup>th</sup> – Clashing Clothes Day

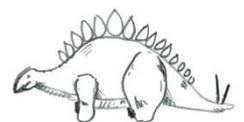


**Jukebox Jamboree Dance Party - 2pm - 4pm**

Mon Jan. 29<sup>th</sup> – Puzzle Day

Tue Jan. 30<sup>th</sup> – Draw a Dinosaur Day

Wed Jan. 31<sup>st</sup> – **Hot Chocolate Day**



## MONDAY

**Pool - 8:30am - 4:00pm**

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

**Quilting - 9:00am - 4:00pm**

**Painter's Circle - 10:00am - 12:00pm**

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

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

**Folk Dancing - 1:00pm - 2:00pm *Starts Jan 8!***

**Paper Crafts with Ellyn - 1:00pm - 3:00pm *(January 29<sup>th</sup>)***



## TUESDAY

**Walking Group - 7:45am *Sharp***

**Pool - 8:30am - 4:00pm**

**Knitting/Crocheting Club - 9:00am - 11:30am**

**Chess - 9:00am - 12:00pm**

**Duplicate Bridge - 12:00pm - 4:00pm**

**Fall Proof Balance Classes**

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

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

**Conversations on Aging - 10:00am - 11:30am *(January 23<sup>rd</sup>)***

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

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

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

**The Art of Downsizing - 2:00pm *(January 23<sup>rd</sup>)***

**Tech Help with Rich - 2:00pm - 3:30pm *(January 9<sup>th</sup>)***

**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 (January 10<sup>th</sup>)**

**What's Your Story – 1:00pm – 2:00pm (January 3<sup>rd</sup> & 17<sup>th</sup>)**

**Look Club – 1:00pm – 2:00pm (January 31<sup>st</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 – 8:30am – 10:00am - *Open to new dancers!***

**Pool - 8:30am - 4:00pm**

**Artist Open Studio – 10:00am – 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 JAN 11!!***

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

**Meditation - 12:30pm - 1:30pm – *STARTS Jan 18!***

**Ping Pong – 2:00pm – 3:00pm**

**Community Law Consultation – 10:00am – 12:00pm (January 4<sup>th</sup>)**

**Rhythm Circle – 1:00pm – 1:45pm (January 25<sup>th</sup>)**

**Computer Club – 12:00pm – 1:30pm (January 25<sup>th</sup>)**

**Wise Women's Circle – 2:00pm – 3:00pm (January 25<sup>th</sup>)**



# PETALUMA SENIOR CENTER ACTIVITIES



## Iris Folding Art Card

Workshop with Ellyn

Monday, January 29<sup>th</sup> 1:00pm

Learn the art of Iris paper folding, a craft where you fold and layer strips of colored paper to make beautiful, symmetrical designs. *No charge!*

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

## 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



## Folk Dancing

with Sue Oaks

Embark on a joyful journey of movement!

*Learn new dances from around the world Mondays in this 6-part series!*

**Jan 8, 22, 29 & Feb. 5, 12, 26**

**1:00pm - 2:00pm**

**\$8 contribution per class**

**No dance experience necessary!**

Designed for active seniors, this class offers a delightful blend of cultural dances, fostering a sense of community and well-being through rhythmic expression and great music.

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

## Tea & Get



## Cozy



*Sewing & Tea Social*

With Chelsea

**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

# PETALUMA SENIOR CENTER ACTIVITIES

## Happy Crafts

with Bonnie!

Wed. January 10<sup>th</sup> - 1pm

**This month's craft:  
Beaded Suncatcher**

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

Space is limited

(707)778-4399

no charge



## A Wise Women's Circle

January 25<sup>th</sup> at 2pm

Looking for wonderful women  
to create a vibrant community  
of seasoned individuals to share  
experiences, wisdom, and  
support.

Celebrate achievements, explore new  
interests, and navigate the unique  
challenges that come with the later stages  
of life.

• Laugh and make new friends!

Meets the 4th Thursday each Month - 2pm

## What's your story?

*Casual Conversation in Good  
Company*

Weds - January 3 & 17 1:00pm -2:00pm

Petaluma Senior Center Library

**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. She has 5 years of volunteer experience with folks at Sunrise Senior Living, and she's excited to meet with you and hear your stories.

## 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



# TECH HELP

## with Rich!

Tuesday, January 9<sup>th</sup> 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!**

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

# Rhythm Circle

## with Tarah

Thursday, January 25<sup>th</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.

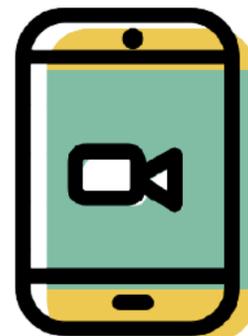
**Maracas, shakers, drums, and more** will be available – feel free to bring your own percussion instrument if you have one.

## The Computer & Smartphone Club Meeting

Tuesday, January 25<sup>th</sup>  
12:00pm – 1:00pm

## 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 January 31 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**  
**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  
First Thursdays of the month Jan. 4 & Feb.1  
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/>

Healthy  
Petaluma  
DISTRICT & FOUNDATION



## Free Blood Pressure Checks

Where:  
Petaluma Senior  
Center

When:  
January 16th &  
30th

Time:  
10am-12pm

VISIT OUR NEW SITE AT [WWW.HEALTHYPETALUMA.ORG](http://WWW.HEALTHYPETALUMA.ORG)

## Spice of Life Social Club!

Wednesdays at 3pm

Looking for members who want  
to enjoy new adventures in  
Eating Out, Excursions,  
& Exercise (not all together at once 😊)

Activities will be planned & led by  
participants; the Senior Center will serve  
as a meeting point.

## Conversations on Aging

### Identifying Goals, Wishes and Well Being

Tuesday, January 23<sup>rd</sup> 10:00am -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](mailto:Maureen@PD-Connect.org)

## January Coloring Contest

Pick up a  
coloring  
sheet in the  
PSC Front  
Desk

Turn in by  
January 31<sup>st</sup>  
& enter to  
win a prize!

## Meditation with Zoe!

**MOVED BACK TO**

12:30pm Thursdays

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!



## 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



NO SIT 2B FIT JAN. 11

## 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

## 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!

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!



December 2023  
Pool Tournament Winner  
DAWN!!!!

## Pool

MON-THU

8:30am –  
4:00pm

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

## JOIN THE PSC BOOK CLUB!

Thursday, Jan. 11  
12:30PM – 2:00PM



### January Selection:

### **The Boys**

By Ron and Clint Howard (Biography)

### February Selection:

Being Mortal by Atul Gawande  
(Non-Fiction Self Help)

## 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!

## 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](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!

**A SPECIAL THANK YOU TO EVERYONE WHO DONATED IN OUR FOOD & PET SUPPLY DRIVES!!**

**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](mailto: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

## Ping-Pong

Tuesdays & Thursdays

2pm – 3pm

Beginners welcome!



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



CONTINUES JAN. 2, 2024!  
¡CONTINUA EL 2 DE ENERO 2024!



## SLOW STROLLS

FOR EVERYONE

Join a weekly walk every Tuesday morning 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**

Meet in the Steamer Landing Parking Lot at 300 Copeland Street.

## CAMINATAS LENTAS

PARA TODOS

Acompáñenos a la caminata semanal todos los martes por la mañana para disfrutar del circuito de ida y vuelta de 1.5 millas en el Parque del Río Petaluma. Lo acompañarán otras personas que buscan sumergirse en la belleza del parque en un entorno grupal.

**Cuándo: Todos los Martes a las 9:00AM**

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



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

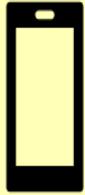
Patricia Jefferson- Vision Rehabilitation Educator/Instructor

[jefferson@earlebaum.org](mailto:jefferson@earlebaum.org)

(707) 479-8321



# Need Tech Help?



Thursday, January 11<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

## PETALUMA

### FREE TAX ASSISTANCE

AARP Tax-Aide provides tax preparation to anyone, **free** of charge, with a focus on taxpayers who are over 50 & have low to moderate income.

#### STEPS:

1. Taxpayers pick up a packet
2. Read the instructions & complete the forms
3. **Look for AARP TAX PHONE number on the form**  
**After you complete your form call/text** & leave a message with your name and phone number to make an appointment for tax preparation.

Appointments will be available on Mondays beginning **February 5** at the Petaluma Community Center at 320 North McDowell Blvd.

Beginning **January 16<sup>th</sup>**

[Pick up Intake packets with complete information](#)

- \* Petaluma Senior Center
- \* Petaluma Community Center
- \* Petaluma Library



## 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

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, January 9**  
**10:30 - 11:30 AM**

**Petaluma Senior Center**  
**211 Novak Dr, Petaluma**



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



sonomallibrary.org/bibliobus

# Coming in February at the PSC

The Petaluma Senior Center Presents

## Aging Gracefully

a Wednesday lecture series - 1:00pm

### Feb. 7 - Allan Bernstein

Music and the Aging Mind  
The Benefits of Music for your health & well being

### Feb. 14 - Wynnelena C. Canio

It's Only Aging - the Normal Signs  
Facts and insight about healthy aging

### Feb. 21 - Heather Campopiano

Having One's Affairs in Order  
When to See an Elder Lawyer

### Feb. 28 - Donna Williams

Strategies for Living in Place  
How to Age in Your Home

Petaluma Senior Center - 211 Novak Drive, Petaluma

Lectures are No charge.

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



Having difficulty **hearing** or **seeing** on your smartphone? Attend a **FREE** training and make your smartphone work better for you!

#### Learn how to:

- Make your smartphone louder and easier to hear
- Send & receive text messages
- Connect Bluetooth devices
- Operate the basic functions of your smartphone... and much more!



iPhone and Android smartphone trainings are offered on the following dates/times:

#### iPhone

Thursday, February 22  
10:00am - 12:00pm

#### Android

Thursday, February 29  
10:00am - 12:00pm

**Where:** Petaluma Senior Center - 211 Novak Dr.

**Space is limited, registration required**

**Contact:** (707)778 - 4399 or PSC Front Desk

## PLAYING WITH PASTELS

PASTEL ART FOR BEGINNERS

with  
**Nancy Chien-Eriksen**

Four Thursday class series

February 8, 15, 22, & 29

2:30pm - 4:00pm

Beginners encouraged - have fun learning techniques and playing with pastels! No charge for class

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

## Senior

## Line Dance

## Social

Friday, Feb 9<sup>th</sup>

2pm - 4pm

Free Event!

Petaluma Community Center

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



## Petaluma Senior Center Soup-in-Bowl Party



Leap into Flavor

Thursday, February 29<sup>th</sup> 1:00pm

Soup Options

- Minestrone
  - Split Pea
  - Vegetable (Vegan) Soup-rise
  - Salad, bread, dessert
- \$5 Contribution

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

Happy Leap Year!!!

# VOLUNTEER OPPORTUNITIES



*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  
501 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)

*Enjoy kids? Want to give back to your community?  
Have a passion you want to share?*



Join the pilot of an exciting new program

Petaluma City Schools Seeking Older Adult Volunteers

**WHAT:** Make a weekly hour-long commitment through a minimum of one semester. Your commitment to meet every week is essential. Opportunities include:

- Classroom center support – work with small groups of students under supervision of the teacher
- Renaissance Recess – Activities that go beyond traditional playground games. Bring your expertise to the campus, whether it's a sports activity, weaving, robotics, you name it
- Library – Spend quality time in the library reading with students
- Support teachers - Make packets, prepare homework folders
- Other: Bring your passion to the school and see it happen with students

**WHEN/WHERE:** Pilot launches in January and February (see below). More schools may follow.

**HOW TO JOIN:**

- RSVP to an orientation meeting to: Kris Rebillot [[krebillot@rebillot.com](mailto:krebillot@rebillot.com) / 415-717-3268]
- Attend MANDATORY orientations at pilot schools (below)
- Suggest an activity you'd like to offer to: Kris Rebillot

**Tuesday, January 23 from 10:30 am – 11:30 am**

**Valley Vista Elementary School**  
730 N. Webster Street  
Principal Jaime Bushman

**Tuesday, February 6 from 10:30 am – 11:30 am**

**McDowell Elementary School**  
421 South McDowell Boulevard  
Principal Ruth Miller

## 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)

# 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

# Volunteer



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



**NCO**  
NORTH COAST  
OPPORTUNITIES



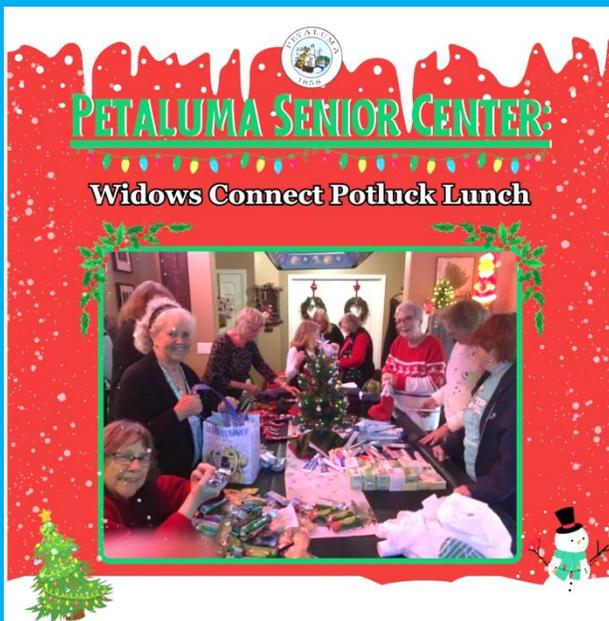
AmeriCorps  
Seniors

**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.



Thank you for your charity and kindness PSC Widows Group – another successful Stocking Stuffing for the Shelter-less Gathering!

Thanks to the attendees, the volunteers, the staff, Santa, and Chef Tracy for an amazing and fun Holiday Cheer Luncheon!



# January Traditions around the World

## January is “Get Organized Month”

Time to declutter, streamline, and establish effective systems to make daily life more efficient and less stressful.

### January 8 - National War on Poverty Day

USA



A special day when we think about helping people who don't have enough money for things they need. It's like a big team effort to make sure everyone has a chance for a good life. To participate, you can do simple things like sharing with others by donating to local charities or volunteering to make a positive difference in your community.



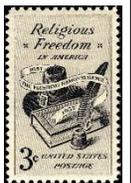
### January 13 - Lohri

India

A festival celebrated to welcome the winter harvest. People celebrate Lohri by lighting a big bonfire, singing happy songs, and dancing with friends and family. Join the celebration by enjoying delicious snacks, like popcorn and peanuts or Indian treat **gajak** - jaggery (sugarcane) with puffed rice or sesame seeds. Lohri is a time for people to come together, celebrate the harvest, and express gratitude for the blessings of life.

### January 16 - Religious Freedom Day

USA



When we celebrate the freedom to practice any religion or belief it reminds us that in our country, everyone has the right to worship in their own way or choose not to follow any religion at all. On this day, we appreciate the diversity of beliefs that make our communities strong and promote understanding and respect for one another.



### January 21 - Mariachi Day

Mexico

On this day, people come together to honor the rich cultural heritage of mariachi music, which is a vibrant part of Mexican culture. You can celebrate Mariachi Day by attending a live mariachi performance, dancing to the energetic tunes, or even learning a few mariachi songs to play with friends and family.

### January 27 - International Holocaust Remembrance Day

Worldwide

On this solemn day we remember and honor the millions of people who suffered and lost their lives during the Holocaust. Observe a moment of silence to reflect on the atrocities of the past and hope that such horrors are never repeated. Please engage in discussions to promote understanding, tolerance, and the importance of standing against discrimination and hatred.



# IMPORTANT NUMBERS

## Resources

**565- INFO (4636)** - Older adults, family members and caregivers, call to talk with a social worker trained to help you navigate the unique needs, life changes and challenges of aging. Get personalized referrals to programs that offer meals, transportation, public benefits and more, including follow-up support by phone.

- Senior Advocacy Services (707)526 – 4018
- Petaluma People Services Center/Café  
(*& Meals on Wheels, You are not Alone*)..(707)765-8488
- Sonoma County Agency on Aging.....(707)565-5950
- Sonoma County Council on Aging.....(707)525-0143
- AARP Driver Safety Program.....1-888-687-2277
- Adult Protective Services ..... (707) 565-5940
- Redwood Empire Food Bank Distribution..(707)-523-7900
- HICAP (*Health Insurance Aide*).....800-434-0222
- RSVP (*Volunteer Resource*) .....(707)573-3399 Ext 117
- Senior Adult Day Program.....(707)765-8490  
(*Social, Fiduciary, and Nutritional Service Resources*)
- Veteran’s Service Office .....(707)565-5960



# Findhelp.org

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

NEED HELP GETTING CONNECTED WITH SERVICES?



WE CAN HELP



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

## Transportation



- Petaluma Transit (*Bus*).....(707)778-4460
- Para Transit Petaluma (*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 - January 5 & 19**

**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**



# January is “Get Organized Month”

## 31 Things to Declutter

*in 15 Minutes or Less*



*Here's 31 things to declutter in 15 minutes or less! Follow this list and declutter major clutter hotspots in just a month.*

1. Kitchen Utensils
2. Coupons
3. Expired Pantry Items
4. Pots and Pans
5. Shoes/Boots
6. Sock Drawer
7. Magazines & Catalogs
8. Beauty Products
9. Books
10. End Tables and/or Nightstands
11. Toys
12. DVDs
13. Under the Sinks
14. Scarves/ Purses/ Bags
15. Towels/ Sheets
16. Car
17. Cleaning Supplies
18. Pantry
19. Fridge, Freezer
20. Food Storage Items
21. Craft Supplies
22. Sports & Outdoor Equipment
23. Laundry Area
24. Jewelry
25. Receipts
26. Holiday Decor
27. Kitchen Gadgets
28. Glassware
29. Junk Drawer
30. Hall Closet
31. Recipes & Cookbooks

ACROSS

- 1) Con artist's crime
- 6) Principle or belief
- 11) St. Louis clock setting
- 14) Kind of lily
- 15) Deck just above the keel
- 16) Kangaroo's joey
- 17) Hen house
- 19) Man-mouse connection
- 20) Fathomless time
- 21) "Hold \_\_\_ second ..."
- 22) Letters at the end of a proof
- 23) Idolizing
- 27) Nearest planet to the sun
- 29) Small island
- 30) Ducky shade of blue
- 32) Proofreader's sign
- 33) Tax-collecting org.
- 34) Mouth-watering
- 36) Coffeehouse serving
- 39) Earns after expenses
- 41) Leave Her Majesty's service, briefly
- 43) Catjang pea
- 44) "My Big Fat \_\_\_ Wedding"
- 46) Beneficent one
- 48) Geisha's waistband
- 49) Nevada border city
- 51) Word repeated after "Que," in song
- 52) Advanced in years
- 53) Lovers, at times
- 56) One not finishing a sentence
- 58) Word with "bred" or "advised"
- 59) Berated (with "into")
- 60) El \_\_\_ (Spanish hero)
- 61) Classic introduction?
- 62) Airshow crowd pleaser
- 68) Singing pair
- 69) Print type
- 70) Sweat box?
- 71) Warbucks' henchman (with "The")
- 72) Windshield attachment
- 73) Sick partner?

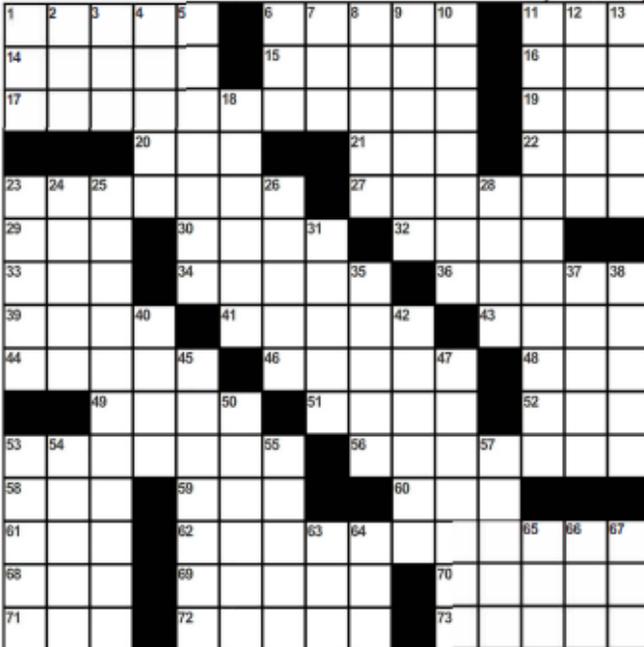
DOWN

- 1) Govt. broadcasting watchdog
- 2) Old college cheer
- 3) Rope-a-dope boxer
- 4) Tummy bummer
- 5) Armed robbers (Var.)
- 6) Corleone's title
- 7) Mythical monster
- 8) Doom's partner
- 9) Butted out?
- 10) Clothing
- 11) Target for a wooden ball
- 12) Achiever
- 13) All-too-agreeable fellow
- 18) Nonet
- 23) Breezing through, as a test
- 24) Risk taker
- 25) Pearl of a sea-going vessel?
- 26) Looked slackjawed
- 28) Hardly nude
- 31) Long vehicles, for short
- 35) The recipient of funds
- 37) Put off, as a motion
- 38) Skip, as a syllable
- 40) Calls, Vegas-style
- 42) Beet soup (Var.)
- 45) Tolled
- 47) Most risqué
- 50) Baltimore pro
- 53) Rather, informally
- 54) Intestinal obstruction
- 55) Unaffected by passion
- 57) Presidential candidate Stevenson
- 63) After-hours school grp.
- 64) \_\_\_ Aviv, Israel
- 65) "Days of \_\_\_ Lives"
- 66) Small bill
- 67) Place for notes



OOPS!

By Gia Kilroy



# Café 211 Fun

(PPSC Senior Café)

Mondays - BINGO

12:45pm

Fridays - Popcorn & A Movie

12:45pm

## 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 – January 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1. CAFÉ/To Go Meals CLOSED FOR NEW YEAR'S DAY</b> 	<b>2. Macaroni and Cheese</b> *Broccoli Normandy Green Salad Apricots ♦ W. W. Roll	<b>3. Tuscan Chicken</b> Polenta Capri Vegetables Mixed Vegetables Green Salad Banana ♦ W. W. Roll	<b>4. Beef Fajitas</b> Spanish Rice California Vegetables Coleslaw *Orange ♦ W. W. Roll	<b>5. Baked Fish</b> Brown Rice Confiti Peas Cottage Cheese Salad Apple ♦ W. W. Bread
<b>8. Creamy Lemon-Caper</b> Chicken Penne Pasta *Broccoli Normandy Beet Salad Peas ♦ W. W. Roll	<b>9. Beef Stew</b> Brown Rice Pilaf Cauliflower Green Salad Banana ♦ W. W. Roll	<b>10. Baked Fish</b> Potatoes Romanoff Mixed Vegetables Green Salad Apricots ♦ W. W. Roll	<b>11. Chili Verde</b> Spanish Rice Zucchini and Yellow Squash Green Salad *Mandarin Oranges ♦ W. W. Roll	<b>12. Beef Barley</b> Casserole California Vegetables Beet Salad Cherries ♦ W. W. Bread
<b>15. CAFÉ/To Go Meals CLOSED FOR MARTIN LUTHER KING DAY!</b>	<b>16. Sweet n Sour Chicken w/ Pineapple</b> Jasmine Rice *Brussels Sprouts Green Salad Mixed Fruit Roll	<b>17. Pork with Apricots Egg Noodles</b> *Broccoli Normandy Green Salad Cinnamon Apples ♦ W. W. Roll	<b>18. Pot Roast</b> Brown Rice Pilaf Green Beans Green Salad Blueberries ♦ W. W. Roll	<b>19. BBQ Chicken Sandwich</b> Roasted Yams Peas Italian Carrot Salad *Oranges ♦ W. W. Bun
<b>22. Swiss Steak</b> Rice California Blend Green Salad Apricots ♦ W. W. Roll	<b>23. Thai Chicken</b> Jasmine Rice Peas and Carrots Cucumber, Red Onion and Tomato Salad Cherries ♦ W. W. Roll	<b>24. Spaghetti with Meat Sauce</b> Italian Vegetables Green Salad Apple ♦ W. W. Roll	<b>25. Turkey</b> Mashed Potato Green Beans Coleslaw Diced Peas ♦ W. W. Roll	<b>26. Hamburger</b> Yam, Carrots Hamburger Condiments *Mandarin Oranges ♦ W. W. Hamburger Bun
<b>29. Stuffed Bell Peppers</b> Brown Rice Capri Vegetables Carrot Raisin Salad Pineapple ♦ W. W. Roll	<b>30. Shepherd's Pie</b> *Broccoli Normandy Green Salad Banana ♦ W. W. Roll	<b>31. Ratatouille</b> Polenta Mixed Vegetables *Spinach Salad w/ hard Boiled Egg *Orange ♦ W. W. Roll	<b>Daily</b> 1 cup 1% Milk Bread Butter	*Vitamin C Vitamin A ♦Fiber  Salt

**Menu Subject to Change**

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.

**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

**Spice of Life Social Club - Wednesdays**

3:00pm - 4:00pm

**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 - 12:00pm

**Writing Group - Mondays**

10:30am - 12:00pm

**Knitting/ Crocheting Club - Tuesdays**

9:00am - 11:30am

**Artists Open Studio - Thursdays**

10:00am - 11:30am

## Body

**Line Dancing - Mondays & Thursdays**

8:30am - 10:00am

**Folk Dancing - Monday**

1:00pm - 2:00pm

**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

**Gentle Chair Yoga - Wednesdays**

9:00am - 9:45am

**Beginning Line Dancing - Wednesdays**

11:00am - 12:00pm

**Sit 2B Fit - Thursdays**

10:15am - 11:15am - **NO CLASS JAN. 11**

**Meditation - Thursdays**

**NO CLASS Jan 4 & 11**

12:30pm - 1:30pm



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

Intermediate Line Dance - Wed. 10:00am