

Petaluma Senior Center

FEBRUARY



2024

The
Petaluma
Senior
Center
will be
CLOSED:

**Monday,
Feb. 19th**

In
observance
of
Presidents'
Day



Painting
By
Lydia
Asselin

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

211 Novak Drive (707) 778 – 4399
parksnrec@cityofpetaluma.org

PSC February Events

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

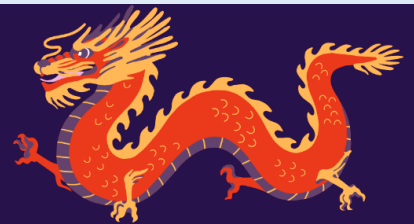
Strategies for Living in Place

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



**HAPPY LUNAR
NEW YEAR**

YEAR OF THE DRAGON

May 2024 be filled with
prosperity and happiness.

♥ happy ♥
Valentine's
♥ day ♥



Petaluma Senior Center **Soup-in-Bowl Party**



Leap into Flavor

Thursday, February 29th 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!!!

Fun February National Holidays

at the PSC

Thu Feb. 1st – Dark Chocolate Day – 10am – 2pm

Mon Feb. 5th – Weatherperson's Day

Tue Feb. 6th – Pay a Compliment Day

Wed Feb. 7th – Fettuccine Alfredo Day – 11am – 2pm

Thu Feb. 8th – Laugh & Get Rich Day



Mon Feb. 12th – Lost Penny Day

Tue Feb. 13th – Cheddar Day – 11am – 2pm

Wed Feb. 14th – International Book Giving Day

Thu Feb. 15th – Gumdrops Day – 11am – 2pm



Mon Feb. 19th – **CLOSED FOR PRESIDENTS DAY!** Arabian Horse Day

Tue Feb. 20th – Muffin Day 9am – 11am

Wed Feb. 21st – Language Day

Thu Feb. 22nd – California Day & St. Lucia Independence Day



Mon Feb. 26th – Tell a Fairy Tale Day

Tue Feb. 27th – Polar Bear Day

Wed Feb. 28th – Floral Design Day

Thu Feb. 29th – Leap Year Day!!



PSC Soup-In-Bowl Party – 1pm

MONDAY

Pool - 8:30am - 4:00pm

Line Dancing - 8:30am - 10:00am

Quilting - 9:00am - 4:00pm

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

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

NEW - POKER Player meeting - 2:00pm - 3:00pm (Feb. 26)

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

Folk Dancing - 1:00pm - 2:00pm



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 (February 27th)

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

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

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

Tech Help with Rich & Chuck - 2:00pm - 3:30pm (February 13th)



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 - 10:00am - 11:00 beginner / 11:00am - 11:45am newbie

Hearts - 11:30am - 1:30pm

Aging Gracefully Lecture Series - 1:00pm - 2:30pm

Happy Crafts with Bonnie - 1:00pm - 3:00pm (February 7th)

What's Your Story - 1:00pm - 2:00pm (February 7th & 21st)

Look Club - 1:00pm - 2:00pm (February 28th)

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

Pool - 8:30am - 4:00pm

Artist Open Studio - 10:00am - 11:30am

California Phone Class - 10:00am - 12:00pm - iPhone Feb. 22 & Android Feb. 29

Pinochle - 10:00am - 12:00pm

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

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

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

Meditation - 12:30pm - 1:30pm

Book Club - 12:30pm - 2:00pm (February 8)

Ping Pong - 2:00pm - 3:00pm - NO PING PONG THU FEB. 29

Community Law Consultation - 10:00am - 12:00pm (February 1st)

Rhythm Circle - 1:00pm - 1:45pm (February 22nd)

Computer Club - 12:00pm - 1:30pm (February 22nd)

Wise Women's Circle - 2:00pm - 3:00pm (February 22nd)



PETALUMA SENIOR CENTER ACTIVITIES

Folk Dancing

with Sue Oaks

Embark on a joyful journey of movement!

**Learn new dances from
around the world!**

Mondays - 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.

**CLASS FULL - GET ON THE
WAITING LIST AT 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



Rose Pruning

& Winter Garden Care

Petaluma Garden Club

Wednesday, February 7 at 11am

Bring your own gloves & clippers

Senior Center Friendship Garden *Rain or Shine

Weed Control * Planning for Spring * Clean-up

Senior

Line Dance



Social

Friday, Feb 9th

2pm - 4pm

Free Event!

Petaluma Community Center

320 N. McDowell Blvd.

(707)778-4380



PETALUMA SENIOR CENTER ACTIVITIES

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 16th**

Pick up Intake packets with complete information

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



Preventing Falls



Thursday
February 22
2:00-3:00
Novak Senior Center
Library

Presented By: Michelle Machado
Certified Fallproof Balance & Mobility Specialist
Certified Matter of Balance Coach

In this one hour class we will discuss:

Factors that can affect your balance

How to make your home safer

What you can physically do to decrease your risk of falling

Talking to your healthcare provider about your fall risk

Class is Free!

Please RSVP at the front desk
or by calling 707-778-4399

FALL PREVENTION



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

Happy Crafts



with Bonnie!

Wed. February 7th - 1pm

This month's craft:

Yarn Hearts

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



PETALUMA SENIOR CENTER ACTIVITIES

TECH HELP

Tuesday, February 13th at 2pm - 3pm

At the Petaluma Senior Center



Ask for basic technical help for your
cellphone, laptop, or tablet from

Rich & Chuck

RSVP at the PSC Front Desk or call (707)778-4399

Space is limited!

Tech Help at the PSC is on the 2nd
Tuesday of the month

A Wise Women's Circle

February 22nd 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 – February 7 & 21 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.



PETALUMA SENIOR CENTER ACTIVITIES

JOIN THE PSC BOOK CLUB!

Thursday, Feb. 8
12:30PM – 2:00PM



February Selection:

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

March Selection:

She was an American Combat Nurse
During World War II
by Jeane Slone

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



Rhythm Circle with Tarah

Thursday, February 22nd
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
Thursday, February 22, 12:00 Noon
At the Petaluma Senior Center

Great Free Smartphone Apps



- Banking and Finance
- Look & Feel
- Email Clients
- File Managers
- Health Info and Tracking
- Information Sources
- Language Learning
- Language Translation
- Password Managers
- Shopping
- And Many More



There are nearly 6 million smartphone apps available on the Apple and Android app stores. An amazing number of them are completely free. In this session we will cover more than 100 free apps in categories such as health, finance, weather, anti-malware, eMail, shopping, navigation, video calling and many others.

PETALUMA SENIOR CENTER ACTIVITIES

SENIORS LOOK CLUB

Wednesday February 28 at 1:00 PM - 2:00 PM

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



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

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

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

PETALUMA
ARTS CENTER

PETALUMA
SONOMA COUNTY

POKER PLAYERS WANTED

Monday, February 26th - 2pm

Looking to connect group of poker enthusiasts to enjoy some friendly competition!

Whether you're a seasoned pro or just looking to learn the ropes, everyone is welcome! Bring your poker face and a good sense of humor. Invite your friends!

Let us know if you're in and R.S.V.P. at the PSC Front Desk or call (707)78-4399.

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 Feb.1 & Mar. 7
10 am -12 pm

Or Schedule a free consultation/mobile visit



(707) 789-5336

Communitylawclinic.ca@gmail.com

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

Conversations on Aging

Identifying Goals, Wishes and Well Being

Tuesday, February 27th 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

• <https://letsspeakaboutdeath.com/>

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.

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!



PETALUMA SENIOR CENTER ACTIVITIES

Petaluma Current Events Discussion Group

Tuesdays from Noon – 1:30pm



Topics alternate between a Round Table format to discuss events of the week that we can't stop thinking about & topics from the Great Decisions Program created by the Foreign Policy Association in New York www.fpa.org.

Tuesday, Feb 6th: Noon: Round Table Discussions

Tuesday, Feb 13th: Noon: Science Across the Borders

Scientific advances benefit from collaboration between researchers, but what happens when material, such as Artificial Intelligence (AI) is controversial and important to a nation's national security?

Tuesday, Feb 20th: Noon: Round Table Discussions



Tuesday, Feb 27th: Noon: Understanding Indonesia

Despite its large size, Indonesia remains virtually invisible to most Americans. But as one of the world's largest democracies, the world's largest Muslim-majority nation, and as an economic driver of ASEAN, why does it fly below the radar?

Attendance is open to all. No dues or fees for attending. Copies of the textbook for Great Decisions topics are available for purchase. Pre-reading the text topics or actively participating in discussions is not required. For more info call or text Tony Sacramento (707) 235-6105

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

February Coloring Contest

Pick up a
coloring
sheet in the
PSC Front
Desk

Turn in by
February 29th
& enter to
win a prize!

WALKING GROUP

Join in some exercise &
friendly conversation
Level ground 2-mile
walk, 1-hour duration

7:45am SHARP

Tuesdays & Thursdays

Senior Center Back Parking Lot

Rain cancels ☔

Ping-Pong

**Tuesdays &
Thursdays**

2pm – 3pm

**Beginners
welcome!**



NO PING PONG FEB. 29

PETALUMA SENIOR CENTER ACTIVITIES



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.

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!

1st Class is free, \$10 per class after that Scholarships/Partial payments are available upon request

Classes are modifiable to fit most fitness levels.

Please stop in and observe a class and see if it's right for you!

Questions? Contact Michelle Machado, Fallproof! Instructor
(707) 529-1511



PETALUMA SENIOR CENTER ACTIVITIES

Pool

MON - THU

8:30am -

4:00pm

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



January 2024 Pool Tournament Winner
Joel W.!!!

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!

Chinese Style

MAHJONG

Players Wanted

WEDNESDAYS

10am - 11:30am

Beginners welcome/ Pros welcome

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



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!

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!

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!

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



ACTIVITIES AT THE PETALUMA COMMUNITY CENTER

Fitness & Strength Training

Mondays and Fridays 12:30-1:30pm
\$5.00 drop in.

Petaluma Community Center
320 N McDowell Blvd

Diana's class focuses on cardiovascular and muscular strength and endurance, balance, coordination, and posture in a supportive environment while seated or standing.

ZUMBA GOLD

Ages 55+

Mondays and Fridays
11:00am - 12:00pm
Petaluma Community Center
320 N. McDowell Blvd
\$5/class
First class FREE!



TAI CHI

Mondays & Wednesdays
10:00am Petaluma Community Center

Sign up through the
SRJC Older Adults Program



<https://older-adults.santarosa.edu/join-class>

Earle Baum Center

Vision Support Group

PETALUMA COMMUNITY CENTER

Every 3RD Tuesday of the Month

10:00-12:00 ACTIVITY ROOM

Our informal group is open to all who are interested in learning about our training and services at no cost. Everyone is encouraged to share their experiences in a friendly atmosphere. We discuss topics related to sight loss: low vision aids, independent living skills, assistive technology tools including smart phones, tablets, GPS and more.

Earle Baum Center's mission is to provide hope and opportunities for people with sight loss to improve and enrich their personal, social, and economic lives.

Patricia Jefferson- Vision Rehabilitation Educator/Instructor

jefferson@earlebaum.org

(707) 479-8321



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/>

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
info@petalumariverpark.org



Active Older Adults Program

SRJC Offers FREE classes throughout Sonoma County!



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.

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.

SRJC Older Adults Program (707) 527-4533

Bocce Ball

Friday

9:30-10:30

Join the fun.

We'll teach you how to play

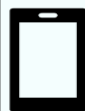


Leghorn Park

699 Sonoma Parkwy

Next to tennis courts

Need Tech Help?



Thursday, February 8th

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

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, February 13

10:30 - 11:30 AM

Petaluma Senior Center

211 Novak Dr, Petaluma



Books, Wi-Fi, **¡Libros, WiFi y más a bordo!**



sonomalibrary.org/bibliobus

Celebrate Black History Month

Tentative Schedule for Black History Month Activities presented by Petaluma Blacks for Community Development

THEME – *African Americans and the Arts.* African American artists have used art to preserve history and community memories as well as for empowerment.

February 2, 2024 – Opening Jazz Concert with Dorian Mode. Jazz, Blues & R & B,

Where – Petaluma Historical Library and Museum, 20 4th Street, Downtown Petaluma, - **Cost -** \$40 Upstairs and \$35 Downstairs. Refreshments downstairs and upstairs, wonderful view and Champagne upstairs, **Time -** doors open at 6:30 pm with a start time of 7 pm. **Purchase Ticket at www.petalumamuseum.com**

February 4, 2024 – Art in Conversation: Denise Ward with Orin Carpenter. Orin wrote on his webpage, “I have the power to bring others into the world I experience through the lens of my creations. I have the power to educate, elevate, and challenge anyone who encounters my works of art. My art invites everyone to see the world through my eyes and hopefully change their perception with a new vision and offer them the opportunity to share in the journey... my journey.” **Where –** Petaluma Arts Center, 230 Lakeville St., **Time -** 1 to 2 pm. **Cost –** \$10. **Purchase Tickets at petalumaartscenter.org**

February 9, 2024 – Opening of Exhibit with Makeda Kumasi The exhibit *African Americans and the Arts.* The exhibit will include many familiar names and their work, and some historical and less known Black artist. Makeda will be our entertainment for the Opening. She is from San Bernardino and is a dancer, storyteller and much more. She will mystify us with one of her original stories. **Where –** Petaluma Historical Library and Museum, 20 4th Street, Downtown Petaluma, **Cost -** \$10 for the Opening Event (no one will be turned away) **Time -** 6:30. The exhibit will run from February 9 through March 31, 2024. The museum is open Thursday through Sunday, 10 a.m. to 4 p.m. The exhibit, except the opening is Free. **Purchase tickets at the door.**

February 17, 2024 – Keenan Webster - Join musician Keenan Webster as he shares the vibrant music of the banjo related instruments of West Africa, music and demonstration for children of all ages, **Where -** Petaluma Library, 100 Fair Grounds. **Time -** 10:30 am. **Cost -** Free

February 18, 2024 – Art in Conversation: Denise Ward with Rose Hill - Rose’s work captures Black Americana, holds onto it, and turns it around as something positive that reminds the viewer of their love of family, respect for their history, and the universal touchpoints that invite discourse and community, **Where –** Museum of Sonoma County, 425 7th Street, Santa Rosa, **Time –** 1 to 2 pm, **Cost –** Check the webpage of the museum - museumsc.org

February 15, 2024 – Tina Rogers will perform two 30 minutes shows all about Hip Hop as part of the February Arts Alive art experience and the celebration of Black History Month. **Where -** Polly Klaas Community Center, 417 Western Ave, **Time –** 6 and 7 p.m. **Cost -** Free

February 24, 2024 – Annual Black History Program, A program of music, dance, education and fun, **Where –** New Life Christian Church, 1310 Clegg St. **Time -** 5:30 pm, **Cost –** Free and open to the public

Check our website, pbcd4us.com, for additional details and any changes

Coming in March at the PSC

Coloring for a Cause

Card Making Club

Have fun with new friends as you color cards for people in the hospital, nursing homes, and those who need a little TLC.

Coloring can help improve dexterity and focus, plus relieve stress, while creating beautiful artwork to uplift a person's spirits!

Wednesdays in March
1pm – 2pm

No crafting/ art experience necessary & supplies are provided.

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



March 11, 2024 |
2:00 P.M.

Petaluma Senior Center

211 Novak Dr.,
Petaluma, CA 94954

CONSERVATORSHIP v. ESTATE PLANNING

A Joint Presentation by The Sonoma
County Office of the Public Guardian,
Administrator, Conservator and Legal
Aid of Sonoma County



Join us for a presentation on what a Conservatorship is, when it might be required, and ways to potentially avoid it. Jennifer Hainstock (Chief Deputy Public Administrator, Guardian, Conservator) and Michael Dowdell (Elder Law Attorney) will provide information about these topics and will be available to answer general questions afterwards.

Café 211 - Petaluma People Services



in partnership with the
Petaluma Senior Center
invite you to a

Corned Beef & Cabbage

Lucky Luncheon

Tuesday, March 12th at 1pm



A \$10 contribution is greatly appreciated.

R.S.V.P. by March 5 at the Senior Center (707)778-4399.



Ileri Ballet Folklorico

Come enjoy this beautiful volunteer performance with exquisite costumes & young talented dancers

Wednesday, March 27th at 2:30PM

Petaluma Senior Center – 211 Novak Drive



Performance is free, but donations for the class are gladly accepted.

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



Happy Crafts

♥ **with Bonnie!**

Wed. March 13th - 1pm

This month's craft:

Mini Windchime

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

Space is limited

(707)778-4399


no charge



Example to follow in March 😊

Journey Through the Lens: Travel Photography Series

Learn how to take better travel/landscape photos & how to process your photos and create something cool with your photos. Bring photos to first class that you are proud of.

Wednesdays in March – 6, 13, 20, 27  12:00pm – 1:00pm

An introduction from instructor Michael Fahey: My photographic journey began in college and morphed into a career over 35 years. I specialized in the photography of people; portraiture, family and wedding photography. Since I also had a knack for the more technical avenues, excelling at commercial, studio, advertising as well as fine art landscapes. Since retiring from the profession 5 years ago, I have concentrated my personal photography on fine art/decor work for display. My personal work centers around the art of post processing via Photoshop and other applications to create artistic images which enhance reality.

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

Coming in March at the Community Center

Are You Prepared for an **Emergency?**



Attend a **FREE**
2-part workshop

Geared for Seniors

With expert speakers,
FREE go-bags & incentives!

PLAN TO ATTEND BOTH SESSIONS:

Part 1 - Friday, Mar 15, 10:00-12:00

Emergency plans, evacuation safety for seniors, FREE emergency go-bags, earthquake readiness

Part 2 - Friday, Mar 29, 10:00-12:00

Extended power outages, securing important documents, car prep, pet safety in emergencies, 2-1-1 resources

Location: Petaluma Community Center
320 N McDowell Blvd, Petaluma

To reserve your spot, call the Petaluma Senior Center at 707-778-4399



*** Please avoid wearing perfumes or scented products due to severe allergies ***

www.emergencyprephelp.org

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
301 Payran Street
Petaluma, CA 94954





**BECOME A PART OF
REBUILDING TOGETHER PETALUMA**

Volunteer

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

Donate

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





PETALUMA, WE NEED VOLUNTEERS!

**PLEASE SIGN UP
AT REFB.ORG**



The Redwood Empire Food Bank relies on volunteers to help feed over 117,000 families, individuals, seniors, and children from Sonoma County to the Oregon border. We can't do this important work without you!

Help us End Hunger in Our Community!

707-523-7900 | 3990 Brickway Blvd., Santa Rosa | refb.org | volunteers@refb.org

*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/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 | (707) 765-6530 x136
or visit us online at 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
@bgcsonomamarin



BOYS & GIRLS CLUBS
OF SONOMA-MARIN

Volunteer



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



AmeriCorps
Seniors

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

Local Food Bank
Tutor Students
Mentor Youth
Call Today!



REDWOOD EMPIRE
FOOD BANK



Mentor Me
A program of Petaluma Youth Services Center



SONOMA
FAMILY MEAL



Earn It!
Keep It!
Save It!



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.

February Traditions around the World

February is Senior Independence Month



It's special time to honor the history and significance of promoting independence among seniors like you. It emphasizes the importance of tailored programs and services that support your autonomy and well-being. By acknowledging and celebrating this month, we recognize your valuable contributions and strive to create a culture that respects and values the independence of our senior community.



Lunar New Year - February 10

Worldwide

Lunar New Year is a joyful celebration where families come together to participate in traditions and enjoy lucky foods. People share delicious dumplings, shaped like ancient Chinese ingots, to symbolize wealth, while also savoring noodles for longevity and sweet rice cakes for a harmonious life. This special occasion brings not only tasty treats but also the hope for good luck and prosperity in the new year.



Mardi Gras (Fat Tuesday)- February 13

New Orleans, Louisiana

Mardi Gras is a lively celebration where people in places like New Orleans come together to mark the last day of feasting before the thoughtful time of Lent. During this festive occasion, folks enjoy delicious King Cake, a lucky treat with colorful icing, and the person who finds the hidden baby inside is considered the "king" or "queen" of the celebration. It's a time for parades, music, and joyful gatherings, making Mardi Gras a special and vibrant tradition in many communities.



Dragobete - February 24

Romania

The Romanian celebration of love, has a special tradition where young people gather flowers, particularly snowdrops, and offer them to the ones they care about. Another charming tradition involves couples heading into the woods to pick flowers together, believing it brings good luck and strengthens their bond. This heartfelt celebration not only honors love but also highlights the beauty of nature and shared moments between couples.

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



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

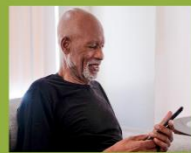


Lucchesi Community Center.....(707)778-4380
 Petaluma Library.....(707)763-9801
Sonoma County Fire / Medical Emergency direct number to dispatch is 707-568-5992.
 Petaluma Police Non-Emergency Line - (707) 778-4373

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



Council on Aging

(707) 525-0143

councilonaging.com

Services available by phone:

Case Management: phone for new clients; check-ins for existing clients Mental Health Services

Elder Advocacy at the Family Justice Center

Senior Care Coordination – Home visits limited to emergencies only

Adult Day Programs are closed



Rebuilding Together
Petaluma

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 – February 2 & 16
8:00am - 9:00am

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

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

Petaluma Community Center - 320 N. McDowell Blvd.

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

Please Bring ID to sites

For more information contact the Redwood Empire Food Bank
(707) 523 – 7903.



2.1.1

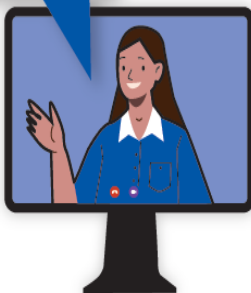
COMMUNITY PARTNER OFFICE HOURS

Get Connected. Get Help.™

DID YOU KNOW 2-1-1 CONNECTED WITH NEARLY **65,000** PEOPLE IN SONOMA AND MENDOCINO COUNTIES LAST YEAR?



Monthly, every 3rd Tuesday
11:00AM - 12:30PM
via Zoom



- CONNECT WITH 2-1-1 & LOCAL COMMUNITY PARTNERS
- LEARN MORE ABOUT 2-1-1
- ENSURE 2-1-1 HAS YOUR ORGANIZATION'S MOST ACCURATE INFO

Let's make sure everyone who interacts with 2-1-1 is given the most accurate resources and information. We're excited to connected with you!



Register Here

or contact:

Yesenia Gaytan, 2-1-1 Director

Yesenia.Gaytan@unitedwaywinecountry.org



Elder Law Program

Free legal help with:

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



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

*We can only assist individuals directly; not through friends or relatives.**

**unless there is a valid Conservatorship or Power of Attorney in place*

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

COME TO OUR OFFICE!

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

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

Closed Wednesday Afternoons and Fridays

We offer flexible appointments!

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

(707) 340-5610



ACROSS

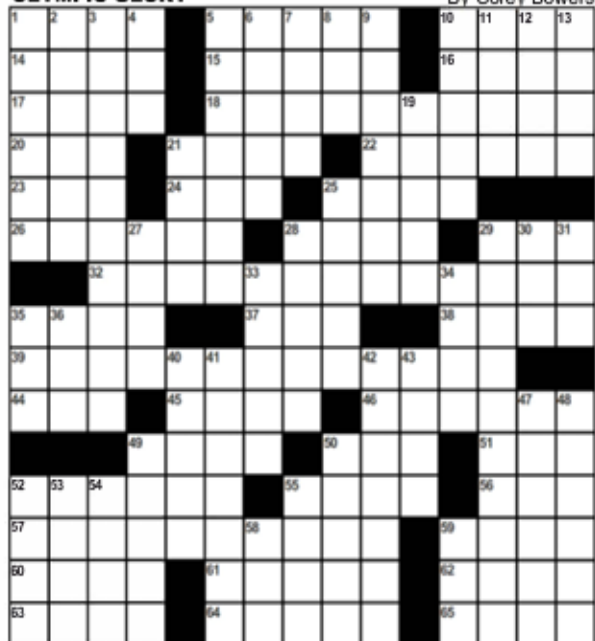
- 1) Dinner's often on him
- 5) Defibrillator output
- 10) Winter transport
- 14) Poet Angelou
- 15) Flu variety
- 16) Be concerned
- 17) Beat in a tournament
- 18) Olympic figure skater
- 20) Fido's dinnertime extra
- 21) Betwixt and between
- 22) More humane
- 23) Unsatisfying game result
- 24) Disburden
- 25) King Solomon had one
- 26) One of the Munsters
- 28) Give food to
- 29) Take credit?
- 32) Legendary multi-sport star
- 35) Brother of Cain
- 37) Deposit in a lode-bearing wall?
- 38) Like summer tea
- 39) Legendary Olympic gymnast
- 44) Some are classified
- 45) ___ Linda, Calif.
- 46) Short sock
- 49) "The way to a ___ heart ..."
- 50) "___ Bravo"
- 51) It has a long arm
- 52) Stands by for
- 55) Buddies
- 56) Is expanded?
- 57) Legendary track star
- 59) Sicily's mountain
- 60) "Laugh-In" comedian Johnson
- 61) Loyal subject or city in Belgium
- 62) Chicken man, in the circus
- 63) Back of the pack
- 64) White-plumed heron
- 65) Betting figures

DOWN

- 1) Word often used in razor ads
- 2) Metcalf of "Roseanne"
- 3) Pearl production locales
- 4) Club at Camden Yards
- 5) Pale-yellow color
- 6) Egg-shaped
- 7) Jenny the "Swedish Nightingale"
- 8) ___ Mahal
- 9) With more curves
- 10) Public commotion
- 11) Come back to earth
- 12) "Fifteen Miles on the ___ Canal"
- 13) Antlered mammal
- 19) Indian language
- 21) Dubai denizen
- 25) Tragedy by Euripides
- 27) Ivory Coast neighbor
- 28) Terra ___ (dry land)
- 29) Moved like a fan?
- 30) Misfortune
- 31) Wind up or wind down
- 33) Ensures the failure of
- 34) Try for three points
- 35) Mexican general Santa ___
- 36) Poorly behaved
- 40) Get ___ start (be tardy)
- 41) Videogame system, say
- 42) Carpenter's punch
- 43) Son of Seth
- 47) Wasn't just given
- 48) Fine-tunes
- 49) Tight-fisted person
- 50) Where to hit a bucket of balls
- 52) Slightly open
- 53) Contraction with number one
- 54) "The Thin Man" pooch
- 55) Word before "group" or "pressure"
- 58) Store-bought hair
- 59) ___ trip (self-indulgent activity)

OLYMPIC GLORY

By Corey Bowers



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 for the weekends. May reduce the number of meal deliveries and provide frozen and shelf-stable pack-ups if drivers become unavailable.

Please R.S.V.P. 24 hours in advance for PICK UP

Daily pickup of meals, Monday-Friday, at Petaluma Senior Café (211 Novak Street in Petaluma). Pickup 12:30pm - 1:00pm. Call if you are unable to pick up.

Call Petaluma People Services Center to R.S.V.P or for more info
(707)-765-8488



PETALUMA PEOPLE SERVICES CENTER

Celebrating National Senior Independence Month

February is National Senior Independence Month. This is a great time to reevaluate your current lifestyle so you can stay healthy and well in your home for years to come! Check out this reference guide for home safety and health tips for continued independence.

HOME SAFETY IMPROVEMENT TIPS



The following tips can help you live safely and independently in your own home.

EASY ACCESS



All of your belongings should be within an arm's reach so you can easily grab whatever you need. This may include moving items to lower shelves in the kitchen, organizing desk drawers and keeping cabinets clutter free.

GRAB BARS



Install handrails and grab bars throughout your home to make moving around easier if mobility is an issue. Grab bars can be particularly helpful in your bathroom near the bathtub, shower and toilet.

CLEAR THE FLOOR



Remove unnecessary items off the floor so you can reduce your risk of tripping and falling in your home.

LIGHTEN UP



Replace burned out light bulbs and plug in night-lights around your home so you can see better at night or if you wake up and get out of bed in the dark.

HEALTH CHECK 101



DOCTOR'S APPOINTMENT



Schedule a checkup with your family doctor to monitor your current health status.

STAY ACTIVE



Daily exercise can reduce your risk of injury, improve balance and strength, and can also keep you mobile.

STOCK UP







Be sure to have incontinence supplies, medication and food in stock at your home for emergencies, such as bad weather or power outages, when you can't get to the store.

GET SOCIAL



Talk with friends and family regularly for fun social engagement and to stay connected with loved ones.

Petaluma Senior Café Menu – February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily 1 cup 1% Milk Bread Butter	*Vitamin C Vitamin A ♦Fiber 	 PRESIDENT'S DAY FEBRUARY 21ST	1. Baked Fish Confetti Brown Rice Peas Spinach Salad Apple ♦ W. W. Roll	2. Arroz con Pollo Chicken w/ Spanish Rice California Vegetables Coleslaw Cherries ♦ W. W. Roll
5. Creamy Lemon- Caper Chicken Penne Pasta *Broccoli Normandy Beet Salad Pears ♦ W. W. Roll	6. Beef Stew Red Potatoes Cauliflower Green Salad Banana ♦ W. W. Roll	7. Baked Fish Orzo Pasta Mixed Vegetables Green Salad Apricots ♦ W. W. Roll	8. Chili Verde Spanish Rice Zucchini and Yellow Squash -Green Salad *Mandarin Oranges ♦ W. W. Roll	9. Beef Barley Casserole California Vegetables Spinach Salad Cherries ♦ W. W. Bread
12. Chili Beans with Beef Brown Rice Carrots Mixed Fruit Coleslaw Milk Roll	13. Sweet n Sour Chicken w/Pineapple Jasmine Rice *Brussels Sprouts Green Salad Mixed Fruit ♦ W. W. Roll	14. Valentine's Day Pasta Alfredo with Roasted Turkey Egg Noodles *Broccoli Normandy Green Salad Mixed Fruit Roll	15. Pot Roast Brown Rice Pilaf Green Beans Green Salad Banana ♦ W. W. Roll	16. BBQ Chicken Sandwich Roasted Yams Peas Italian Carrot Salad *Oranges ♦ W. W. Bun
19. OFFICE CLOSED FOR PRESIDENT'S DAY!	20. Thai Chicken Jasmine Rice Peas and Carrots Cucumber, Red Onion and Tomato Salad Cherries ♦ W. W. Roll	21. Spaghetti with Meat Sauce Italian Vegetables Green Salad Apple ♦ W. W. Roll	22. Turkey with Gravy Mashed Potato Green Beans Green Salad Diced Pears ♦ W. W. Roll	23. Pulled Pork Sandwich Yam Red Potatoes California Vegetables Coleslaw *Mandarin Oranges ♦ W. W. Hamburger Bun
26. Stuff Bell Peppers Brown Rice Capri Vegetables Carrot Raisin Salad Pineapple ♦ W. W. Roll 	27. Pork Chow Mein Brown Rice Brussels Sprouts Cucumber, Tomato, Red Onion Salad Blueberries ♦ W. W. Roll	28. Chicken Marsala Roasted Potatoes Peas and Carrots Coleslaw Apricots ♦ W. W. Roll	29. Shepherd's Pie *Broccoli Normandy Green Salad Banana ♦ W. W. Roll	

Menu Subject to Change

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

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

Weekly Classes

Play

Pool – Everyday 8:30am

Chess – Tuesdays

9:00am – 12:00pm

Duplicate Bridge – Tuesdays

12:00pm – 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 – Mondays

1:00pm – 2:00pm

NO FOLK DANCE FEB. 19

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 FEB. 29

Gentle Chair Yoga – Wednesdays

9:00am – 9:45am

Beginning Line Dancing – Wednesdays

10:00am – 11:00am – beginner

11:00am – 12:00pm – new beginner

Sit 2B Fit – Thursdays

10:15am – 11:15am

Meditation – Thursdays

12:30pm – 1:30pm

