



AUGUST 2011

Bennett Valley Senior Center
 704 Bennett Valley Rd, 95404
 (707) 545-8608
 CityBus Routes #5, #18

Finley Community Center
 2060 West College Ave, 95401
 (707) 543-3737
 CityBus Routes #3, #6, #15


Annual Flea Market
Saturday
August 13, 2011
8:00am - 1:00pm



It's Fair Time!

Join us at "Senior Day at the Fair"
 WEDNESDAY, August 3rd, 2011

Stop by the Senior Center's booth and say "Hi!"
 We'll have something special for you!

Take Rosie the Trolley to the Fair and save gas
 & parking fees. Sign-Up Now!
 \$2.00 roundtrip fee

Barcode # 60039
 Depart Senior Center at 11am
 Return 1:00pm, 2:00pm, 3:00pm

HELP WANTED!

Full or part time volunteers are needed. If you can
 volunteer a few hours a month, but find you can't
 attend the weekly meetings of the Bennett Valley
 Senior Center fund Raising Association, please
 leave your name and phone number at the front
 desk. Our organization is actively fund raising to
 keep our Bennett Valley Senior Center opened!

Mark Your Calendars

- ▶ Wed, Aug 3 Senior Day at the Fair
- ▶ Fri, Aug 19 Hawaiian Luau Dance
- ▶ Sat, Aug 13 Flea Market
- ▶ Thurs, Aug 18 9-Ball Pool Tournament
- ▶ Fri, Aug 19 & 26 - Movie Night @ Howarth Park
- ▶ Thurs, Aug 25 Summer BBQ
- ▶ Thurs, Aug 25 Focus Group- Mel Aguilar
- ▶ Fri, Aug 26 Casino Trip
- ▶ Mon, Sep 5 Labor Day Holiday - CENTER CLOSED

Photograph Exhibit with our own Artists

Some of Sonoma County's outstanding photographers
 will enter their work at the August Photography Show in
 the Rohnert Park-Cotati Library August 16 - 27.

Among the artists will be a display of work by members
 of the Tuesday Afternoon Photography Group. Tom
 Basile of Sebastopol is the facilitator of the group which
 meets at the Bennett Valley Senior Center.

One special entry by Bob Myer of Rohnert Park will be
 of a black swan which won the best-of-show at this
 summer's Sonoma-Marin Fair held in Petaluma.

The public is invited to attend a reception to meet the
 artists 6 to 7:30 p.m. Wednesday, August 17, in the
 Armando Flores Meeting Room at the library.
 The library is located at 6250 Lynne Conde Way in
 Rohnert Park. For information call 584-9121.

Activities this Month



History Class

Mondays, 10:30 am - Noon

\$2.00 drop-in fee

- ◆ Aug 1 Byzantium
- ◆ Aug 8 Byzantium
- ◆ Aug 15 Byzantium
- ◆ Aug 22 The Netherlands
- ◆ Aug 29 Indonesia

George Clute, Instructor
BV Senior Center Room 18

Senior Computer Classes

Room 17

\$20 Members; \$30 Non-Members

Beginning Computers

56485 8/1,8/8,8/15 9-10:30am

Intermediate Computers

56486 8/1,8/8,8/15 11-12:30pm

Email Internet Basics

56487 8/1,8/8,8/15 1-2:30pm

Advanced Computers

56488 8/1,8/8,8/15 3-4:30pm

Classes are limited to 6 students each
and fill up fast. Register now!

Discount for members.

We use Windows XP & Windows 7 software.

Announcing - Drum Circles!



Instructor, Clement Boylan,
will be here ... Every Wednesday
9:30 - 11:00 a.m. in Room 17
\$2.00 drop in fee

Drumming is fun!

Any interest in a:

▶ Sign Language Class

or

▶ How to Sell on E-bay Class

call the front desk with your name and number.

Advertisements

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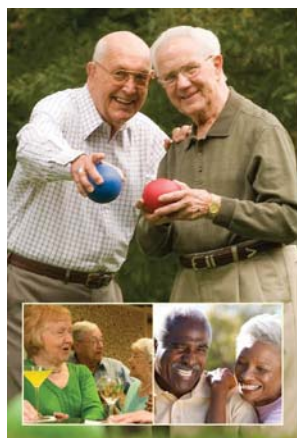


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Robert Brohmer LMFT
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RAHSonomaCounty.net

Leo R. Alberigi Attorney & Counselor at Law

2841 Cleveland Ave. Ste. C
Santa Rosa CA 95403

(707) 573-8030
FAX 573-8570



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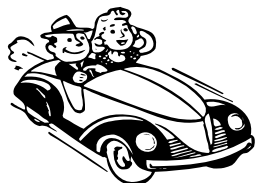
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Activities this Month

AARP Driver Safety Classes

59727 BV Sr Ctr Sat 8/6 Refresher 9am-1:30p
*58496 CHOPS Tu/Th 8/16 & 8/18 9:30a-2pm
59347 BV Sr Ctr Sat 9/10 Refresher 9am-1:30p

* CHOPS, 509 Adams Street, Santa Rosa
BV Senior Center, 704 Bennett Valley Rd, SR



\$15 AARP members;
or \$17 non-members.
Pre-registration Required
Come and get some
instruction
in safe-driving techniques.

Learn to Ride...



... Enjoy Your Independence!

Learn all about Santa Rosa CityBus!
Trip planning! Fares and Routes!

Where: Santa Rosa Senior Center
704 Bennett Valley Road

When: Mon, Aug 8 Barcode #59317
Mon, Sep 12 Barcode #59328
Mon, Oct 10 Barcode #59329

Time: 9:30 am - 11:15 am

Call 545-8608 to sign up for this FREE, fun,
informative class today!

SENIOR CENTER TO RECEIVE \$500 DONATION FOR FOCUS GROUP PARTICIPATION

WHEN: Thursday, August 25, 2011
1:30 to 2:30 - After BBQ

WHERE: Bennett Valley Senior Center
Barcode: # 56051

WHAT: **PENSION PROTECTION ACT** -- NEW LAW
PROVIDES TAX EXEMPT LONG-TERM CARE
BENEFITS WITHOUT BUYING LTC INSURANCE

Many seniors see the need for long term care insurance to
pay for Home Care, Assisted Living or Nursing Home care,
but either they wait too long and can't qualify, or they don't
want to pay premiums into a plan that is seen as *Use It or
Lose It* (if you never need LTC, no one benefits).

Some seniors have chosen to *Self Insure* - NOW-- there is
a better way to get LTC benefits.

REGISTER NOW for the Focus Group and Find Out if you
can qualify for these benefits AND **help your Senior
Center. BARCODE # 56051**

*Minimum of 15 family units (a married couple is one
family unit) needed to qualify Senior Center for \$500
Donation to our Trust Fund.

Presented by:

Design Benefits Financial and Insurance Services

Better Balance

Tuesdays
10:30am - 11:30am
Room 18

Vanessa Kettler

is ready to help you improve your balance! If you
have a fear of falling, a hard time walking,
standing-up or sitting down, or are just plain
unsteady on your feet, this class is for you!
Vanessa is a Master Trainer of the Matter of
Balance, a national program.



Advertisements

SENIOR CENTER SPECIAL !

Living Trust Package \$695.00

LEGAL FEE FOR MOST COUPLES INCLUDES:

- Revocable Living Trust
- Pour over Wills for each
- Durable General Powers of Attorney for each
- Advance Health Care Directives for each

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Activities this Month



Casino Trip

August 26, 2011

\$5.00 Members; \$15.00 Non-Members
Barcode #56059 **Bring your photo ID**

Sign-up NOW --- Seating is limited.

- ◆ **Check in @ 9:30am** in Leisure Room
- ◆ Depart the Senior Center at 10:00am
- ◆ Upon arrival you will receive \$15 playing credit (or Player Card if you do not have one).
- ◆ Return at 4:00pm.

Ballroom Dance Schedule

FRIDAYS

\$7.00 1 pm to 4 pm

FINLEY COMMUNITY CENTER
2060 West College Avenue

- August 5 ◆ Russ Mayes Band
- August 12 ◆ Steve Balich Band
- August 19 ◆ Steve Luther
- August 26 ◆ Carl Green



Thank You, Gracias,
Danke, Merci, Grazie!

Thank you, Sunrise Rotarians

for another terrific Picnic!

You're the BEST !!!

Additionally, Thank You Fernande and Mike Bencze of California Reverse Mortgage for the Ice Cream sandwiches for the Annual Picnic at Howarth Park again this year! They hit the spot !!!

Hawaiian Luau Dance

Friday, August 19, 2011

1:00pm to 4:00pm \$7.00

Finley Community Center

Get out your flowered shirts, grass skirts and join us for our annual Hawaiian Luau Ballroom Dance at the Finley Center.
Special theme refreshments.



Congratulations to Jean Karp. She was the Raffle Winner of the Jack Lalanne Power Juicer. The money raised from the raffle went to the Bennett Valley Senior Center Trust. Thank you everyone who purchased tickets.

Advertisements

Professional Painter

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Call Tony @ (707) 537-0100

"May I send you my references?"

30+years experience in Sonoma County.
\$27.50/hr for Seniors

Advertisements

Larry's Adventures

- Aug 17 Angel Island
- Sep 12-16 Las Vegas (no single supplement)
- Oct 19 Apple Hill
- Nov 2-3 Hairspray (Reno) (no single suppl)
- Nov 19 Harvest Festival, Sacramento
- Dec 11 Teatro Zinzanni Christmas Show

For Details:

*Call Larry @ (707) 291-0664 or
Mary @ (707) 888-9347*

Activities this Month

FREE Services for Active Adults 50 or Better (Call 545-8608 for appointment)

MEMBERS GET PRIORITY APPOINTMENTS

Blood Pressure	Mondays 9am-11:30am No appt necessary
Blood Pressure	Tuesdays 9am-11am No appt necessary
Hearing Clinic	2nd Wed, 9am-10am By appointment only
Council on Aging	4th Wed, 11:00am - Noon NO appt necessary
Legal Aid	1st Thurs, 2-3:00pm By appointment only
Allergy Screening	2nd Fri, 10am - 11:00am By appointment only

9 - Ball Tournament

Thurs, August 18, 2011 10am - 2pm
\$2.00 registration fee
\$1.00 winners pot
Barcode #55916



Everyone is welcome, men and women!

New Ukulele Group

Wed 1:00pm - 2:30pm
Room 17



A Ukulele Strummin' & Singin' group meets Wednesdays to play and sing a wide variety of ukulele music. Bring your instrument & join the fun! \$2.00 drop-in fee. This is not a class but some instruction will be available. Mahalo

Advertisements

Golden Living Center Santa Rosa

24 Hour Skilled Nursing Needs focusing on:

- ◆ Short-Term Rehabilitation
- ◆ Long-Term Nursing Needs
- ◆ Respite Care
- ◆ Stroke Recovery

golden
living centers

Take a Tour Today!

4650 Hoen Avenue, Santa Rosa CA
Phone: (707) 546-0471

Thursday Morning Motivations August 11, 2011 10:30am to 11:30am

Staying Home Safely and Avoiding Re-Hospitalization



According to Dr. Carolyn Clancy of the Agency for Healthcare Research and Quality (AHQR), millions of patients each year are discharged from the hospital, only to end up being readmitted. Clancy says, "Often it's because patients & caregivers don't understand what they need to do to take care of themselves or their loved ones after a hospital stay."

We've invited Carol Brohmer RN from Right at Home to bring us information on this important topic: Learn how non-medical home care can help you stay and live independently, securely and joyfully in your home after coming out of the hospital.

Pre-register Barcode #56584

Join us @ California Café

**Lunch Time Meals
served at 11:30 am**

Monday - Friday

Reservations are required
and must be made at least 24
hours in advance.
\$4.00 suggested donation
Monday-Thursday;
\$5.00 for Friday Brunch.



Co-sponsored by
Council on Aging's
Congregate Meal Program.




Advertisements

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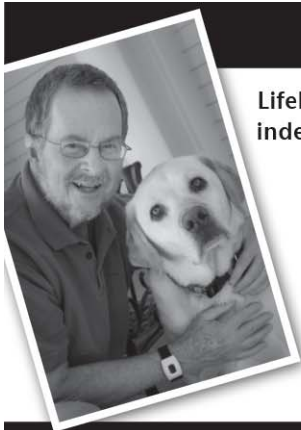
Patricia Sheehan, Computer Instructor
(707) 584-0490, Cell (707) 318-2569
Soulange@pacbell.net

SANTA ROSA DINING ROOM SANTA ROSA SENIOR CENTER 704 Bennett Valley Road 545-8608 Make reservations at least one day in advance Office: 525-0383 En espanol: 525-0143 x 127				SENIOR MEALS AUGUST 2011 For seniors 60 years and older & spouses under 60 years. It costs \$ 7.00 to produce each meal. A \$ 4.00 donation per meal is suggested, but any amount is appreciated.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 CHICKEN CURRY BROWN RICE BROCCOLI NORMANDY MANDARIN ORANGES APPLE JUICE	2 BEEF BURGUNDY WHOLE WHEAT PASTA CHEF'S CHOICE VEG APRICOT HALVES OATMEAL COOKIE#	3 POACHED FISH w/BASIL SAUCE CREAMY POLENTA CARROTS & DILL CAESAR SALAD MELON	4 TURKEY MEATLOAF DIRTY MASHED POTATOES w/GARLIC SWISS CHARD APPLESAUCE GRAHAM CRACKERS	5 Scrambled eggs & chives Multi-grain waffles Spanish coleslaw Cranberry scones Fresh fruit & Beverages	
8 TUNA CASSEROLE MIXED VEGETABLES WHOLE WHEAT ROLL GREEN SALAD FRESH FRUIT	9 COLD SALAD DAY TUNA SALAD on GREENS COUCOUS SALAD MIXED BEAN SALAD FRESH PEACH LEMON PUDDING#	10 ORIENTAL BEEF BROWN RICE ASIAN BLEND VEG FRESH FRUIT CUP FIG NEWTON#	11 ♦ BAKED SPAGHETTI ITALIAN BLEND VEGGIES FRENCH BREAD CAESAR SALAD FRESH FRUIT	12 Vegetable frittata Pancakes w/ warm peaches Spring greens w/ vinaigrette French Bread Cottage Cheese & Fruit Beverages	
15 BRAISED GARLIC CHICKEN BREAST POLENTA BRUSSEL SPROUTS FRESH FRUIT CRANBERRY JUICE	16 ♦ CLAM CHOWDER SEASONED BROCCOLI STEAMED CARROTS FRENCH BREAD PINEAPPLE TIDBITS	17 MAC & CHEESE SEASONED SPINACH WARM APPLESAUCE CAESAR SALAD CHOC CHIP COOKIE#	18 CREAMY HERBED MEATBALLS BROWN RICE SEASONED GREEN BEANS COLESLAW GRAPE JUICE	19 Omelet Bar Caesar salad Bagels & Cream cheese Sunshine Salad Beverages	
22 TURKEY PATTY IN CREAMY MUSHROOM SAUCE COUSCOUS CARROTS GREEN SALAD STRAWBERRIES	23 SWEET & SOUR PORK BROWN RICE ASIAN BLEND VEGETABLES CHINESE SLAW PINEAPPLE JUICE	24 BEEF BURGUNDY WHOLE WHEAT PASTA CHEF'S CHOICE VEGETABLE APRICOT HALVES COOKIE#	25 ♦ COLD SALAD DAY ORIENTAL CHICKEN SALAD CARROT & RAISIN SALAD APPLESAUCE RICE PUDDING# PINEAPPLE JUICE	26 Southwest Chicken Frittata Orange-Glazed French Toast Spring greens w/ vinaigrette Bran Muffin Mandarin oranges Beverages	
29 BEEF STROGANOFF CREAMY POLENTA BROCCOLI NORMANDY WHOLE WHEAT ROLL DICED PEARS	30 CHICKEN A LA KING WHOLE WHEAT PASTA OREGON BEAN MEDLEY FRESH FRUIT COCKTAIL SUGAR COOKIE#	31 POACHED FISH w/LEMON DILL SAUCE POTATOES w/CHIVES CHEF'S CHOICE VEG COLESLAW ORANGE JUICE	Menu subject to change without notice. All meals contain 8 oz Low Fat Milk		♦ = this complete meal contains between 1000-1200 mg of sodium. Average sodium content of all other meals is ~800mg. # = Concentrated sweets substituted for diabetic meals

For answers to your nutrition questions: call Council On Aging's Dietitian, Jane Doroff, RD at 525-0383 (Mon. - Fri.)

Advertisements

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Classes & Activities

MONDAY	ACTIVITY	LOCATION
8:45-9:50	Tai Chi - \$4.00	Calif Rm
9:00-11:00	Blood Pressure	SC11
9:30-10:30	Line Dance - \$2.00	SC19
10:00-11:00	Morning Exercise - \$2.00	Calif Rm
10:30-12:00	History \$2.00	SC18
12:00-4:00	Pinochle - \$2.00	FCC
11:30-12:30	Social Hour before Bingo	SC19
12:30-3:30	Bingo - \$2.00	SC19
1:00-2:30	Needlecraft - \$2.00	Calif Rm
12:30-4:15	Duplicate Bridge - \$4.00	FCC
1:00-4:00	Party Bridge - \$2.00	SC18

TUESDAY	ACTIVITY	LOCATION
9:00-11:00	Blood Pressure	SC11
9:30-11:00	Beginning Spanish \$2.00	Calif Rm
9:30-11:00	Inter Conver Spanish \$2.00	SC17
10:00-1:00	Bridge Lessons - \$2.00	SC16
10:00-11:00	Stretch & Bend - \$3.00	SC19
10:30-11:30	Better Balance - \$4.00	SC18
11:00-12:30	Adv Conver Spanish \$2.00	SC11
12:30-4:00	Bridge/Exp - \$3.00	SC18B
1:00-3:00	Pedro - \$2.00	SC17
2:00-3:00	Zumba Gold \$7.00	Rm 19
2:00-4:00	Photography \$2.00 (1 st & 2 nd)	SC18A

WEDNESDAY	ACTIVITY	LOCATION
8:30-9:30	Rosen Method Exercise - \$3	SC18
9:00-12:00	Ladies Billiards - \$2.00	SC13
9:00-10:00	Hearing Clinic 2 nd Wed	SC11
9:30-11:30	Kaiser-Sr Adv (1st&3rd Wed)	SC11
9:30-11:00	Drum Circle \$2.00	SC17
11:15-12:30	Line Dance - \$2.00	SC19
10:00-11:00	Morning Exercise - \$2.00	Calif Rm
10:00-11:30	Discussion Group \$2.00	SC18
11:00-12:00	CoA Clinic- (4 th Wed)	SC11
12:45-3:30	Chinese Mahjong - \$2.00	Calif Rm
12:30-4:00	Pinochle - \$2.00	SC18
1:00-4:00	Scrabble - \$2.00	SC11
1:00-2:30	Ukulele - \$2.00	SC17
1:30-3:30	Ping Pong - \$2.00	SC17

NOTICE: Ads included in newsletter do not constitute endorsement by the Senior Center or the City of Santa Rosa.

This newsletter is published by Santa Rosa Recreation & Parks Department, Bennett Valley Senior Center.

Website: www.santarosarec.com

Senior Center (707) 545-8608 • FAX (707) 545-8622

Legend:

SC - Senior Center, 704 Bennett Valley Rd
FC - Finley Center, 2060 W. College Ave

THURSDAY	ACTIVITY	LOCATION
8:30-11:00	Wii Games \$2.00	Calif Rm
10:00-11:30	Silver Singers Choral \$2.00	SC19
10:00-11:00	Stretch & Bend - \$3.00	SC18
10:30-12:00	Neuropathy (1 st Thu) \$2.00	SC16
10:30-11:30	Thurs Morn Motivations (2 nd)	SC16
11:00-1:00	Jewelry Making Class \$5.00	SC11
12:30-4:00	Senior Bridge - \$2.00	SC18B
1:00-4:00	Whist - \$2.00	SC18A
1:30-4:30	Painting/Watercolor* \$2.00	SC16
2:00-3:00	Legal Aid Clinic - 1 st Thurs	SC11
2:00-3:00	Zumba Gold \$7.00	Rm 19

FRIDAY	ACTIVITY	LOCATION
8:30-9:30	Rosen Method Exercise - \$3	SC18
9:00-12:00	Autobiography/Writing* \$2.00	SC16
9:00-11:00	Computer Lab - \$1.00/hr	SC17
10:00-11:00	Morning Exercise - \$2.00	SC18
10:00-11:00	Allergy Screening (2 nd Fri)	SC11
9:30-10:30	Line Dance - \$2.00	SC19
12:15-3:00	Watercolor * \$2.00	SC16
11:30-12:30	Social Hour before Bingo	SC19
12:30-3:30	Bingo - \$2.00	SC19
12:30-4:00	Bridge/Exp Players - \$3.00	SC18
12:30-4:00	Pinochle - \$2.00	SC17
1:00-4:00	Ballroom Dance - \$7.00	FCAud
3:15-5:00	Beginning Watercolor * \$2.00	SC16

DROP-IN WEIGHT TRAINING ROOM

Mon thru Fri 9:00am-5:00pm
 Mon, Wed, Fri 5:00pm-7:00pm
 Ask for price sheet at the counter.

50+ Club Membership
\$24/yr Individuals; \$40/yr Couples
July 1st through June 30th

Office Hours & Leisure Room hours:
8:30 am to 5 pm, Monday-Friday



For accessibility information please call 707-543-3292
 TDD 707-543-3289 (M-F 8am-5 pm)

Welcome to new members of the 50+ CLUB!
 We look forward to seeing you around the center and
 make sure to join a group or two of activities.



The City of Santa Rosa does not discriminate on the basis of disability in the admissions or access to or treatment of or employment in its programs or activities. Requests for alternate formats may be made by contacting Jan Post at **543-4624**.

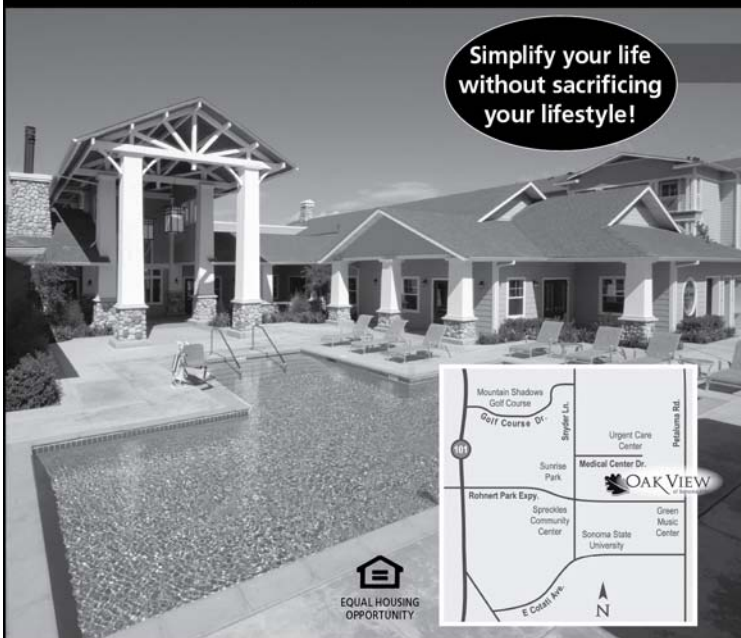


Bennett Valley Senior Center
 704 Bennett Valley Road
 Santa Rosa CA 95404

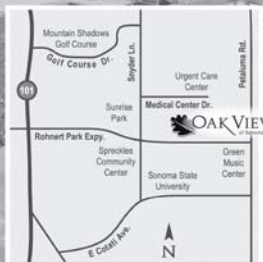
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Some features and amenities may be optional or unavailable in all plans.