

February 2012

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

1ST ANNUAL CRAB FEED AT FINLEY



Saturday, February 25th, 2012
Silent Auction 5:30pm - 7:30pm
Dinner served 6:00pm - 9:00pm
Finley Community Center
2060 West College Avenue

All you can eat *fresh* Dungeness Crab,
Pasta, Salad, French Bread, Wine and
Dessert (prepared by Vineyard Commons)

Tickets \$40 each. Invite your friends & family,
we can reserve your seats together...
Call 545-8608

or stop by Bennett Valley Senior Center
or Finley Community Center

Proceeds benefit Bennett Valley Senior Center
activities. One of our awesome auction items
is a Baby Grand Piano!

Special Celebrity Guests Appearance !!!

Can't make it to the event?

Donate online at www.srcity.org/donate

Mark Your Calendars

- ▶ Feb 2 AARP Tax Svc begins @ FCC
- ▶ Feb 6 AARP Tax Svc begins @ SC
- ▶ Feb 9 TMM - Downsizing
- ▶ Feb 10 Valentine's Dance @ FCC
- ▶ Feb 14 Valentine's Day
- ▶ Feb 16 9-Ball Pool Tournament
- ▶ Feb 20 CLOSED - President's Day
- ▶ Feb 24 Casino Trip to Sho-Ka-Wah
- ▶ Feb 25 1st Annual Crab Feed Fundraiser
- ▶ March 16 St Patty's Day Luncheon
- ▶ March 24 Big Buck\$ Bingo

The Interns Return ...

The MESA students from the SRJC are back to help in our Computer Lab on Fridays, 9am to 11am. The interns will be here until the end of March, so take advantage of their skills and enthusiasm!

Sign-up at the front desk to ensure you have a computer. You may also bring your laptops!

And thank you to
Darci Rosales,
Director of the
MESA program at
the JC for arranging
to have her students
help our folks!



May 31 - June 10, 2012

Sporting Events for Athletes 50+

Archery • Basketball • Bocce Ball • Cycling
Golf • Pickle Ball • Soccer • Softball
Square Dancing • Swimming • Table Tennis
Tennis • Walk/Run

Register January 1st through May 1st, 2012
at www.winecountrygames.com or call (707)
525-0143 ext 146.

A wellness and lifestyle program brought to you
by Council on Aging and Kaiser Permanente.



Activities this Month

History Class

Mondays, 10:30 am - Noon
BV Senior Center Room 18

\$2.00 drop-in fee

Feb 6	Medieval History & Chaucer
Feb 13	Medieval History & Chaucer
Feb 20	NO CLASS - Pres Day Holiday
Feb 27	Medieval History & Chaucer



Tom Mariani will take up the History reins for the February dates and looks to you for feedback! Come enjoy and let Tom know your wants and desires.

Senior Computer Classes

\$20 Members; \$30 Non-Members Room 17

Beginning Computers

#59182	2/6, 2/13, 2/27	9-10:30 am
#59195	3/5, 3/12, 3/19	9-10:30 am

Intermediate Computers

#59188	2/6, 2/13, 2/27	11-12:30pm
#59196	3/5, 3/12, 3/19	11-12:30pm

Email Internet Basics

#59189	2/6, 2/13, 2/27	1-2:30pm
#59197	3/5, 3/12, 3/19	1-2:30pm

EXCEL (Data Processing) Computers

#59190	2/6, 2/13, 2/27	3-4:30pm
#59198	3/5, 3/12, 3/19	3-4:30pm

Classes are limited to 6 students each.
We use Windows XP & Windows 7 software.

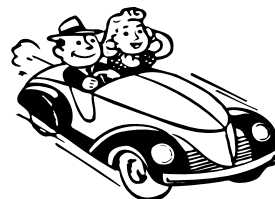
AARP Driver Safety Classes

59737	BV Sr Ctr	Sat	2/11	Refresher	9a-1:30p
59345	CHOPS *	Tu/Th	2/21,2/23		9:30a-2p
61905	CHOPS *	Tu/Th	3/20,3/22		9:30a-2p

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

\$15 AARP members
\$17 Non-AARP members.

Pre-registration Required



Nutrition 4 Health

2nd Thursdays
9:00am to 10:00am
Room 11



Learn the benefits of nutrition from a cellular viewpoint and enjoy FREE samples of the products demonstrated.

RSVP to 545-8608 as seating is limited.

This clinic begins February 9, 2012

39 and Holding

Johnny asked his grandma how old she was. Grandma answered, "39 and holding." Johnny thought for a moment and then said, "How old would you be if you let go?"

Advertisements

Increase Your Business \$\$\$

Advertising in the Bennett Valley Senior Center monthly newsletter is an easy, cost effective way to reach your target market.

Call Jan Post @ 543-4624 for rates and details or
email to jpost-schwarz@srcity.org

Activities this Month

Hatha Yoga Class

Fridays
9:15am - 10:15am
\$7.00 drop-in fee
Room 18



Certified Yoga instructor, **Debbie Van Dyke**, will teach you the basics of yoga including breathing, stretching and body alignment. This class will enhance your wellness of being, create mental clarity, calm stressed nerves and make you feel "lighter again!"

Hatha Chair Yoga Class

Fridays
10:30am - 11:30am
\$4.00 drop-in fee
Room 18

Certified Yoga instructor, **Debbie Van Dyke**, will teach you the basics of yoga including breathing, stretching and body alignment. We use a chair in this class for stability and we do not work on the floor.

Needlecraft Class

Mondays California Room
1:00 - 2:30pm
\$2.00 drop-in fee

Come join the needlecraft class and make something special. Learn to knit or crochet or just brush up if you haven't made anything in a while. Instructor, **LaMoyne Lundahl** welcomes all to come and learn.

Better Balance

Tuesdays
10:30am - 11:30am
Room 18 - \$4.00 class fee



Vanessa Kettler's class is growing in popularity. Participants are excited to learn they can do specific exercises to eliminate pain and improve balance. It takes regular exercise and consistent practice to increase your steadiness and stability. This class is for anyone interested in improving their balance, including people who use walkers or canes, those who have had a fall or near fall, and those with peripheral neuropathy.

Vanessa is certified by the American Senior Fitness Assoc as a Group Fitness Leader and has taught exercise through SRJC's Older Adults Program since 1999.

Belly Dance Presentation

Friday, February 17, 2012
1:30pm in the California Room



Vanessa Kettler, our Better Balance instructor, will be back to present a FREE Belly Dance recital. Vanessa has been a professional dancer for over 15 years, specializing in a fusion of modern dance and Middle Eastern dance. She is a former member of several San Francisco Bay area dance companies and from 1997-2000 was a founder and director of the MoonFire Belly Dance Company. RSVP Barcode #62855

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

CALL TODAY FOR A FREE CONSULTATION

Walter R. Thompson, Esq.
Attorney (707) 637-0014

California State Bar Number 142457

Roseland Smog

**"I'll give seniors a 10% discount
on your smog test." -Jeff**



(707) 569-8112

930 Petaluma Hill Road,
Santa Rosa CA 95404

**We smog all vehicles. Look for red SMOG sign across
the street from the Center on Rutledge. Bring this ad**

Activities this Month



Casino Trip Friday, February 24, 2012

\$5.00 Members; \$15.00 Non-Members
Barcode #56065

Bring your photo ID

- ◆ 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.

Sign-up NOW --- Seating is limited.

Ballroom Dance Schedule

FRIDAYS
1:00pm-4:00pm \$7.00
FINLEY COMMUNITY CENTER
2060 West College Avenue

- | | |
|--------|-----------------------|
| Feb 3 | ◆ Russ Mayes Trio |
| Feb 10 | ◆ Steve Balich Band * |
| Feb 17 | ◆ Steve Luther DJ |
| Feb 24 | ◆ Carl Green |

* **Valentine's Dance**



Watercolor Classes

Wednesdays - Six Week Class
Finley Center (Willow Room)
Feb 15th to March 28 (No class 3/21)
1:30pm - 4:30pm
BARCODE #59044
\$30.00 plus
\$2.00 daily drop-in fee

Thursdays - Six Week Class
Senior Center (Rm 16)
Feb 16th to March 22nd
1:30pm - 4:30pm
BARCODE #59045
\$30.00 plus
\$2.00 daily drop-in fee

Instructor: **Berenice Iriks**
Classes are limited to 24 and fill up fast!
Pre-registration required.



Got OLD Drugs?

We are a
Safe Medicine
Drop-Off Site!

Bring in your prescriptions, over-the-counter meds, and vitamins; and we shall provide the plastic baggies for disposal. Additionally, we accept liquid meds, ointments, lotions, and creams in sealed containers. There are some restricted items, such as sharps, aerosols and controlled substances. Questions? Just call us!

Advertisements

Larry's Adventures

March 14 Filoli Gardens/Daffodil Daydreams
A day trip to see the Filoli Gardens with the daffodils in bloom and visit the European Historic Mansion.
\$80 Lunch on your own

April 10 Cache Creek Casino
This is our first trip to CCC
Receive \$10 cash; \$5 for food
New players receive extra \$25 on players card. \$40

*For More Details and Reservations:
Call Larry @ (707) 291-0664 or Mary @ (707) 888-9347*

Activities this Month

Senior Dining Focus Questionnaire



Please check the wall racks in the Bennett Valley Senior Center for the Senior Dining Focus Questionnaire. The Council on Aging is interested in your feedback, particularly from those who have never taken advantage of our Dining Site meals. Your feedback is most appreciated. Once completed, simply return to our front desk staff. Thank you for your help on behalf of the Congregate Meals program of the Council on Aging.

Creative Counseling for Elders & Families offers both: Family/Caregiver Support:

Taking care of yourself while trying to care for your loved one can prove to be a huge challenge. Creative Counseling for Elders & Families offers free support groups, providing a venue for open expression, exchanges of ideas, and support through this very difficult transition.



... and "Use it or Lose It", Memory Stimulation Groups:

These groups are designed to provide support, education, information, and stimulation to individuals and families struggling with issues related to memory loss, Alzheimer's disease, and other dementias. This group focuses on ways to maintain current skills and abilities with music and art therapy.

11am-Noon 3rd Thursdays - By Appt 545-8608.

I've learned that sometimes all a person needs is a hand to hold and a heart to understand.
Andy Rooney

Stay home if you are ILL

Cold and flu season are upon us. Please be considerate and stay home when you are SICK so you don't risk infecting others. Remember to wash your hands often to keep you from getting sick and spreading viruses and germs.



Patience and Understanding

will be required and appreciated as we go through some rehab work around the Center. Our back bathrooms, so desperately in need of upgrading, are scheduled for rehab to begin soon. Initially, it may get noisy as our workers will need to be jack-hammering. We know you'll be happy with the final, brand-new, totally ADA accessible refurbished bathrooms, however, we have to go through some work to get there.

Advertisements

In-home care for a better quality of life



We offer caregiving services for families. Our in-home care lets you enjoy life in the comfort of a familiar environment. We tailor all of our services to you through a Custom Care Plan. Call and let us make your life less complicated.



Carol Brohmer RN
 Robert Brohmer LMFT
 1111 Sonoma Ave.
 Santa Rosa, CA 95405
 707.843.5192
RAHSonomaCounty.net

A Great Value for Seniors 62+

Silvercrest Residence
 1050 3rd Street, Santa Rosa
 (707) 544-6766

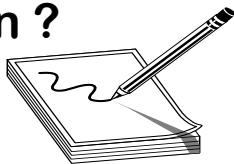
One-bedroom, meal program site, activities, elevators, full kitchen, Service Coordinator, near buses, shopping and downtown.
 \$703 - \$931, utilities included!



Class Notes

Are you interested in ?

- Playing Rumikubes?
- Getting your personal colors updated?
- Becoming decorating color-wise?
- Joining a Jam Session with fellow musicians? Do you play fiddle, banjo, guitar?



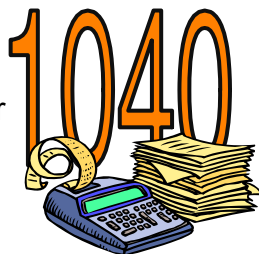
If you have an interest in any of the above, please contact Jan Post at 543-4624.

Make a Note:

- Monday's Line Dance Class is now a Beginning Line Dance Class
- Buy your Crab Feed Tickets at Finley or the Senior Center.
- Center CLOSED Feb 20th (Holiday)
- A New Beginners Spanish Class begins Tuesdays 9:30am-11:00am

Tax Time is Here!

It's time to start gathering your paperwork for tax form filing. The AARP Tax Aides arrive this month!



You will need last year's tax return, all of your income statements: W-2s and 1099s and any other income statements. Additionally, you will need information for all deductions and tax credits.

AARP Tax Preparation Specialists schedule is:
Sr Ctr, Mon & Wed, 2/6 - 4/16 9am-3pm
Finley Ctr, Tue & Thu, 2/2 - 4/12 9am-2pm

Service is offered first come - first served.
Donations gratefully accepted & appreciated!
Your donations ensure this program continues!

FREE Movies for Seniors

First Thursday of the Month
Continuing through June 2012
10:00am - Doors open at 9:30am



Third Street Cinemas, 620 Third Street
Downtown Santa Rosa near
the Transit Mall.

2 parking garages - 75¢ per hour
For Movie Titles call 522-0330 then press 3#
after the previous Friday. For more info call
Gwen Adkins at 523-1586 x21. [For seniors 60
and older]

These FREE movies are made possible by local
business sponsors:
Kobrin Financial Services, Santa Rosa Memorial
Park & Mortuary/Eggen & Lance Chapel, and
Synergy Medical Group.

Advertisements

Professional Painter

"Recession + Reality = Low, Low Prices"

Call Tony @ (707) 537-0100

"May I send you my references?"

30+years experience in Sonoma County.

\$27.50/hr for Seniors

Payment Plan Possible

Leo R. Alberigi **Attorney & Counselor at Law**

2841 Cleveland Ave. Suite C
Santa Rosa CA 95403

(707) 573-8030

FAX 573-8570

Traveling Without a Roadmap?

Picking up a map to plan your route after you're already lost isn't a very good idea. Similarly, putting off making vital health decisions until there's a life-altering illness could lead to others making those decisions for you. We have an opportunity to have a registered nurse give a presentation here at our Senior Center about **Advance Medical Directives**. She'll explain everything we need to know, give us the forms and explain how to complete them. You'll probably want to attend even if you've previously completed yours because we'll learn what's new, what has changed and how often we need to review or update them.

There is no cost involved, but we would like to know that enough people will attend to make it worth her while. If you are interested in this presentation, please call Jan Post at 543-4624. Once we have an idea of how many will attend, we will schedule the presentation and let you know.

From the staff of your Senior Center, we wish you a



Rosen Method of Movement

Wednesdays 8:30-9:30am
\$7.00 drop-in fee
Room 18



Elizabeth Brennan
Certified Rosen Movement Teacher

If you wish to move easily, age gracefully and enjoy life, this class is for you.

Certified Rosen Teacher, **Elizabeth Brennan**, says the Rosen Method of Movement is based on physical therapy movements that are both preventative and rehabilitative.

Set to a variety of music, the movements are simple and unhurried, inviting the body to relax and release underlying tension.

The goal is to feel happy and move with ease, not only in class but also in daily living. Rosen Movement is the perfect class for all abilities and ages, particularly people 40 and over.

Beginning Line Dancing Class

Come and learn basic line dance steps, then put them together in short simple dances. New students welcome as well as more experienced. The Wednesday and Friday classes continue for those more experienced!



Billie Darling, Instructor
Mondays 9:30-10:30am Rm 19

Advertisements

Trips 4-U

Welcome to **Trips 4-U!** I have been doing trips for 27 years, in Santa Rosa. I offer a large range of exciting trips, from day trips to extended trips to different parts of the country and even the world! My trips are for all ages; however, *seniors* dominate travel. I escort the trips so you can relax and enjoy. Call today for a flyer on upcoming trips.
Call for trip brochure!
(707) 544-7748



Denise Thompson

Specializing in the first-time user

- *Hardware setup and software installation*
- *Beginning Windows and Microsoft Works*
 - *Beginning Internet and E-Mail*
 - *Reasonable rates*

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

Activities this Month

9 - Ball Tournament

Thurs, Feb 16th
10:00am - 2:00pm

\$2.00 registration fee
\$1.00 winners pot
Barcode #55922



Everyone is welcome, men and women!

Thursday Morning Motivations Seminar

February 9th
10:30-11:30am

Barcode # 56050



Room 16

"Downsizing & Moving"

Kimberlee Foster has been helping people organize, downsize and move since the '80s. In June 2011, she opened *Chucklet! Organizing & Relocation Services* to help seniors and their families navigate the challenging waters of organizing, downsizing and relocating. Kimberlee uses her corporate project management skills, professional coaching and design background to ease the stress often associated with this kind of transition.

Pre-registration Required Barcode #56050
FREE admission

California Café

Lunch Time Meals
served at 11:30 am
Monday - Friday



Reservations are required at least 24 hours in advance.

Monday-Thursday \$4.00 suggested donation;
\$5.00 for Friday Brunch. Please bring correct change. Call 545-8608 for reservations.

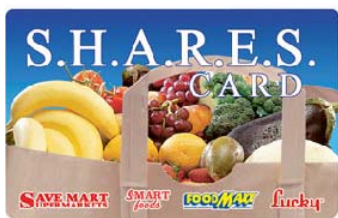


Co-sponsored by
Council on Aging's
Congregate Meal Program.

Wii Video Games?

Learning to play video games is more advanced and fun now these days. You can learn and play Golf and Bowling without having to buy golf clubs or pick up that heavy bowling ball.

Come in to learn how to play on the BIG Screen.
Thursdays from 8:30-11:00am
California Room
\$2 drop-in fee, or free to watch



Using your **SHARES** card at Food Maxx & Lucky means \$\$\$ for the BV Senior Center!

Pick up a card at the front desk.

Advertisements

You're Never Alone with Lifeline®



Lifeline with AutoAlert[®] allows you to live independently by automatically placing a call for help if a fall is detected.

Remarkably affordable with no long term contracts, no hidden costs and no equipment to buy

For more information on the original and leading personal medical response service for more than 35-years call:

(707) 778-7883 • (800) 949-2434
www.lifelinenorthbay.com

Lifeline is a service of the Petaluma Health Care District

Activities this Month

FREE Services
for Active Adults 50 or Better
 (Call 545-8608 for appointment)
MEMBERS GET PRIORITY APPOINTMENTS

- | | |
|---------------------------|--|
| Blood Pressure | Mon 9am-11:30am
Tues 9am-11:30am
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 |
| Caregiver Support | 3rd Thurs, 11am-12pm
By appointment only |
| Use It or Lose It | 3rd Thurs, 11am-12pm
By appointment only |
| Allergy Screening | 2nd Fri, 10am-11:00am
By appointment only |
| Nutrition 4 Health | 2nd Thurs, 9am-10am
By appointment only |

Learn to Play PINOCHLE

Fridays
 9:00am to 11:00am
 6-week class begins
 February 10 - March 16
 Barcode# 63054



Room 11

You asked for it and we are now offering a six-week: Learn to Play Pinochle Class. If you've always wanted to learn or just need to refresh your skills after years away from the game, sign-up now. The maximum seats available are 8 for this first class. Pre-Registration Required.

Call your friends and reserve a table for 8 at our 1st Annual Crab Feed at Finley. This fundraiser will benefit our senior programs and ensure the doors stay open. We appreciate your support as you know the benefits your Center gives you each week! Spread the word! ♥

Cribbage Anyone ?

Fridays
 2:00pm to 4:30pm
 \$2.00 drop-in fee
 Room 11



We have the boards and cards! Just drop by and pickup a partner and play!

Members are our lifeline.
Thank you for your support!

Advertisements

Golden Living Center Santa Rosa

24 Hour Skilled Nursing Needs focusing on:

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



Take a Tour Today!

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



NARFE

National Association of
 Retired Federal Employees
 Luncheon Meeting

Oakmont Quail Inn

February 10, 2012

For reservations, call Nancy Rood (707) 537-9044
RSVP by Tuesday, February 7, 2012

February is American Heart Month



Coronary heart disease is the No. 1 cause of death in the U.S. Stroke is the No. 3 cause of death in the U.S. and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur. What you need to know:

HEART ATTACK WARNING SIGNS: Some heart attacks are sudden and intense - the "movie heart attack" - where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are the signs that can mean a heart attack is happening:

- **CHEST DISCOMFORT.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **DISCOMFORT IN OTHER AREAS OF THE UPPER BODY.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **SHORTNESS OF BREATH** with or without chest discomfort.

Advertisement

Complete Personal Computer Service

Hardware Setup and Troubleshooting
Software Help and Personal Instruction

Ron White, Computer Instructor
Matt White, Computer Hardware Specialist

Call today (707) 571-8167
or email ronboglcs@comcast.net

- **OTHER SIGNS** may include breaking out in a cold sweat, nausea or lightheadedness.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). **MINUTES MATTER!** Fast action can save lives - maybe your own! Don't wait more than 5 minutes to call 9-1-1.

[INFORMATION COURTESY OF AMERICAN HEART ASSOC]

Why Do Tai Chi?

"Tai Chi is a series of movements guided by sound physiologic principles. Although Tai Chi can be practiced for many decades, the benefits begin to accrue immediately. The more you practice, the more you get. Tai Chi is a health savings account. Western science has shown that Tai Chi can improve balance, decrease falling, strengthen the immune system and increase bone density. A recent study shows that it is good support for cancer patients and their symptoms. It has also been shown to be a beneficial meditation which lowers stress.



This 21st century is a challenge. For 300 years we have continued to separate our bodies from our minds. In my opinion, this "tear" in the fabric of humanity is responsible for many diseases we face now including high blood pressure, ulcers, colitis, headache, chronic pain, depression and many more. Tai Chi (the differentiation of yin and yang) heals this "tear" with movements that circulate energy through mind & body."

Dr Carl Hendel, Tai Chi instructor
Mondays @ 8:45am in the California Room

Schedule of Classes and 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	Beginning Line Dance - \$2.00	SC19
10:00-11:00	Morning Exercise - \$2.00	Calif Rm
10:30-12:00	History \$2.00	SC18
11:30-12:30	Social Hour before Bingo	SC19
12:30-3:30	Bingo - \$2.00	SC19
12:00-4:00	Pinochle - \$2.00	FCC
12:30-4:15	Duplicate Bridge - \$4.00	FCC
1:00-2:30	Needlecraft - \$2.00	Calif Rm
1:00-4:00	Party Bridge - \$2.00	SC18

TUESDAY	ACTIVITY	LOCATION
9:30-11:00	Beginning Spanish \$2.00	Calif Rm
9:30-11:00	Inter Conver Spanish \$2.00	SC11
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	SC17
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	SC19
2:00-4:00	Photography \$2.00 (1 st & 2 nd)	SC18A

WEDNESDAY	ACTIVITY	LOCATION
8:30-9:30	Rosen Method Exercise - \$7	SC18
9:00-12:00	Ladies Billiards - \$2.00	SC13
9:00-10:00	Hearing Clinic (2 nd Wed)	SC11
10:00-11:00	Morning Exercise - \$2.00	SC19
10:00-11:30	Discussion Group \$2.00	SC18
11:00-12:00	CoA Clinic- (4 th Wed)	SC11
11:15-12:30	Line Dance - \$2.00	SC19
12:30-4:00	Pinochle - \$2.00	SC18
12:45-3:30	Chinese Mahjong - \$2.00	Calif Rm
1:00-4:00	Scrabble - \$2.00	SC11
1:00-2:30	Ukulele - \$2.00	SC17
1:30-4:30	Ping Pong - \$2.00	SC19
1:30-4:30	Watercolor - \$2.00 ♦	SC16

Office Hours: 8:30am-5:00 pm Monday-Friday

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
11:00-12:00	Caregiver Support Group (3rd)	SC11
11:00-12:00	Use It or Lose It (3 rd Thu)	SC16
12:30-4:00	Senior Bridge - \$2.00	SC18B
1:00-4:00	Whist - \$2.00	SC18A
1:30-4:30	Watercolor - \$2.00 ♦	SC16
2:00-3:00	Legal Aid Clinic - 1 st Thurs	SC11
2:00-3:00	Zumba Gold \$7.00	SC19

FRIDAY	ACTIVITY	LOCATION
9:00-12:00	Autobiography/Writing \$2.00	SC16
9:00-11:00	Computer Lab - \$1.00/hr	SC17
9:30-10:30	Line Dance - \$2.00	SC19
10:00-11:00	Morning Exercise - \$2.00	Calif Rm
10:00-11:00	Allergy Screening (2 nd Fri)	SC11
9:15-10:15	Hatha Yoga - \$7.00	SC18
10:30-11:30	Hatha Chair Yoga \$4.00	SC18
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
2:00-4:30	Cribbage - \$2.00	SC 11
3:15-5:00	Beginning Watercolor moved to SRJC	

♦ Additional Fee paid to Instructor

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

Drop-In Weight Room
Mon-Fri 9:00am-7:00pm
Ask for price sheet at the counter.

Senior Center Membership
\$24/yr Individuals; \$40/yr Couples
July 1st through June 30th

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 (707) 543-4624.

www.santarosarec.com

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

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.



FREE Wi-Fi @ The Senior Center
Bring in your laptops and give it a try!



For accessibility information please call
707-543-3292 TDD 707-543-3289




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

RETURN SERVICE REQUESTED

February 2012



Happy Valentine's Day!

Call Bennett Valley Senior Center 545-8608 Make reservations at least one day in advance		 FEBRUARY 2012		\$4.00 donation suggested, but any amount is appreciated.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<i>Menu subject to change without notice.</i> <i>All meals contain 8 oz Low Fat Milk</i>					
		1	2	3	
		MINISTRONE SOUP GREEN BEANS CORN PUDDING ½ CHICKEN SANDWICH ON WHEAT BREAD CANTALOUPE*	VEGETABLE QUICHE ACRON SQUASH WHOLE WHEAT ROLL MANDARIN ORANGES* GRAHAM CRACKER	Scrambled Eggs w/ chives Buttermilk Waffles Caesar Salad Cranberry Scone Fresh Fruit & Beverages	
6	7	8	9	10	
BEEF A RONI <u>SPINACH</u> CORN APPLESAUCE ORANGE JUICE*	CHICKEN POT PIE <u>CARROTS</u> WHOLE WHEAT ROLL COLESLAW* DICED PEARS	BAKED ZITI <u>MIXED VEGETABLES</u> WHOLE WHEAT ROLL CRANBERRY JUICE* JELLO W/FRUIT#	BLACKENED TILAPIA BROWN RICE PILAF CARIBBEAN BLEND* TANGERINE FIG NEWTON#	Vegetable Quiche Pancakes w/ warm peaches Spring Greens w/ vinaigrette French Bread - Beverages Cottage cheese w/ fruit	
13	14	15	16	17	
CHICKEN CACCIATORE WHOLE WHEAT PASTA GREEN BEANS MANDARIN ORANGES* GRAHAM CRACKER	VALENTINE'S PARTY FRESH BAKED SALMON BROCCOLI NORMANDY* BROWN RICE PILAF GREEN SALAD CHOCALATE DELIGHT	MINISTRONE SOUP <u>SPINACH</u> WARM APPLESAUCE EGG SALAD SAND ON WHOLE WHEAT BRD CRANBERRY JUICE* VANILLA PUDDING#	SWEET & SOUR PORK BROWN RICE <u>ASIAN BLEND VEGGIES</u> PINEAPPLE TIDBITS ORANGE JUICE*	Omelet Bar Caesar Salad Bagels w/ cream cheese Sunshine Salad Beverages	
20	21	22	23	24	
PRESIDENT'S DAY KITCHEN CLOSED	SPAGHETTI & MEATBALLS <u>ITALIAN VEGETABLES</u> FRENCH BREAD FRESH FRUIT PINEAPPLE JUICE*	CHICKEN PESTO BAKE CALIFORNIA BLEND* WHOLE WHEAT ROLL PUDDING# APPLE JUICE	CHILI CON CARNE <u>MIXED VEGETABLES</u> FRENCH BREAD DICED PEAR ORANGE JUICE*	Scrambled Eggs w/ chives Crepes w/ blueberry filling Spinach Artichoke pasta salad Pumpkin Muffin Fresh Fruit & Beverages	
27	28	29			
SALISBURY STEAK MASHED POTATOES <u>CAPRI VEGETABLES</u> WHOLE WHEAT ROLL MANDARIN ORANGES*	SPLIT PEA SOUP <u>CARROTS</u> WARM CHUNKY APPLESAUCE ½ TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD LEMON PUDDING# PINEAPPLE JUICE*	FRIED CHICKEN & GRAVY MASHED POTATOES <u>OREGON BEAN MEDLEY</u> WHOLE WHEAT ROLL GREEN SALAD ORANGE*	# = Concentrated sweets substituted for diabetic meals * = Vit. C Source _ = Vit. A Source	◆ = this complete meal contains between 1000-1200 mg of sodium. Average sodium content of all other meals is ~800mg.	
For answers to your nutrition questions: call Council On Aging's Dietitian, Jane Doroff, RD at 525-0143, ext. 119 (Mon. - Fri.)					