

January 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

First Annual Crab Feed



BARCODE #58926

Saturday, February 25, 2012

6:00pm at the Finley Center

\$40 per person

Co-sponsored by the Bennett Valley Senior Center Fundraising Committee.

Tickets for our First Annual Crab Feed are on sale. Seating is limited so don't hesitate to buy your tickets. If you have friends that you want to join you, we can reserve your seats together.

The menu includes crab, pasta, salad, French bread, wine and dessert (prepared by the Vineyard Commons chef)!

A Silent Auction will be held from 5:30pm to 7:30pm, proceeds to benefit the Bennett Valley Senior Center activities. One of our awesome auction items is a Baby Grand Piano!

Mark Your Calendars

- ▶ Jan 2 Closed for Holiday
- ▶ Jan 12 Thursday Morning Motivations
- ▶ Jan 16 CLOSED - MLK Holiday
- ▶ Feb 2 AARP Tax Svc begins @ FCC
- ▶ Feb 6 AARP Tax Svc begins @ SC
- ▶ Feb 20 CLOSED - President's Day
- ▶ Feb 25 1st Annual Crab Feed Fundraiser

Status of our Fundraising Drive

Thank you for participating in our Holiday Fundraising Envelope Drive. We raised over \$3,000! If you haven't turned in your envelope yet, it's not too late. As they say "every little bit helps!" To keep our Center open, we need to raise \$25,000 by July 1st. Including proceeds derived from the Envelope Drive, the Shares Card, Fashion Show, Whole Foods, Design Benefits, Gran Fondo, Freeman Toyota and numerous anonymous donors, we have raised nearly \$18,000 towards this goal! We anticipate generating \$5,000 from the First Annual Crab Feed & Silent Auction February 25th, sponsored by the Fundraising Committee. Please reserve your seat (and invite a friend) as soon as possible. It will be a Win-Win evening - you get a fabulous meal and the Senior Center reaches its goal!

"The Most Wonderful Time of the Year..."

This is the best time of the year when we can be grateful for the support of the Senior Center. We received donations from Cash & Carry, FoodMaxx, Raley's (Fulton), Whole Foods (Coddington), Grocery Outlet (4th Street), Costco, Trader Joes, Pacific Market, Ruth Silva, Helen Hamilton, Oliver's (Montecito), Luckys, Safeway, California Reverse Mortgage, Right at Home, Vintage Brush Creek, Visiting Angels, Right at Home, Golden Living Center, Gaddis Nursery, and Friedman's Home Improvement (SR Ave). We appreciate all of the community support we received to make the 2011 Annual Holiday Dinner special for those who attended. Additionally, thank you to the North Bay Association of Realtors who sponsored the *William Florian Concert* held prior to the dinner and to their volunteers who also helped with the dinner! Thank you ALL!

Activities this Month

History Class

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

\$2.00 drop-in fee

- ♦ Jan 2 NO CLASS
- ♦ Jan 9 ? ? ?
- ♦ Jan 16 NO CLASS
- ♦ Jan 23 ? ? ?
- ♦ Jan 30 ? ? ?



Editor's Note: On December 12th, our much loved History Instructor, George Clute announced his retirement (see page 10). We are currently looking for a new instructor. Until then, stayed tuned.

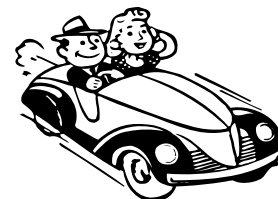
AARP Driver Safety Classes

59346 CHOPS * Tu 1/17 Refresher 9:30a-2p
 59737 BV Sr Ctr Sat 2/11 Refresher 9a-1:30p
 59345 CHOPS * Tu/Th 2/21,2/23 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



Senior Computer Classes

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

Beginning Computers

#59154 1/9, 1/23, 1/30 9-10:30 am
 #59182 2/6, 2/13, 2/27 9-10:30 am

Intermediate Computers

#59155 1/9, 1/23, 1/30 11-12:30pm
 #59188 2/6, 2/13, 2/27 11-12:30pm

Email Internet Basics

#59181 1/9, 1/23, 1/30 1-2:30pm
 #59189 2/6, 2/13, 2/27 1-2:30pm

EXCEL (Data Processing) Computers

#59183 1/9, 1/23, 1/30 3-4:30pm
 #59190 2/6, 2/13, 2/27 3-4:30pm

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

Thank You AARP

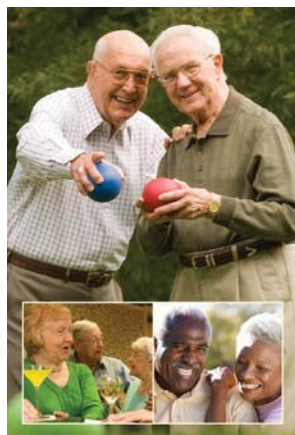
AARP works with us to bring the Driver's Safety Classes closer to home. Sharon Hunter from AARP helps set up all of our classes, and the teachers of these classes are volunteers.

Lana and Ron, we would like to thank you for all of your time and dedication. Our seniors are able to get an insurance discount by taking the class that AARP provides.

Just like the Senior Center, being a member of AARP has its rewards.

Please check out the ads in our newsletter. Did you see the coupon for the discount on a smog for your car on page 3?

Advertisements



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Activities this Month

Hatha 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 which includes breathing, stretching and alignment. This class will enhance your wellness of being, mental clarity, calm stressed nerves and make you feel "lighter" again!

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 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 Bellydance Company.
RSVP Barcode #62855



Better Balance

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



Vanessa Kettler is ready to help 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 certified by the American Senior Fitness Assoc as a Group Fitness Leader and has taught exercise through SRJC's Older Adults Program since 1999. Don't become a statistic, learn how to avoid falls and stay safe!

Stretch & Bend

Tuesdays & Thursdays
10:00am - 11:00am
Room 19 - \$3.00 class fee

This class focuses on strength, flexibility, coordination and balance through exercise. Increasing blood flow to muscles can reduce sudden stress on different parts of the body. Much of the class is done on the floor with a chair nearby. A sedentary life style brings muscle atrophy, and a decline in independence, stability and mobility. Strength, agility and flexibility are traits which follow a good healthy sound body and mind. The objective of this class is to become more active, feel physically stronger and more confident. **Carole Strode**, instructor will have you stretch, bend and relax!

Advertisements

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Attorney (707) 637-0014

California State Bar Number 142457

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the street from the Center on Rutledge. Bring this ad**

Activities this Month

Ballroom Dance Schedule

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



- | | |
|--------|---------------------|
| Jan 6 | ◆ Russ Mayes Trio |
| Jan 13 | ◆ Steve Balich Band |
| Jan 20 | ◆ Steve Luther DJ |
| Jan 27 | ◆ Carl Green |

Drawing & Painting Classes

Wednesdays - Six Week Class
1st 4 wks: Jan 4th-25th - Senior Center (Rm 16)
Wks 5 & 6: Feb 1 & 8 - Finley Ctr (Willow Rm)
BARCODE #62842
\$30.00 plus
\$2.00 daily drop-in fee

Thursdays - Six Week Class
Jan 5-26, Feb 2 & 9
Senior Center (Rm 16)
BARCODE #62843
\$30.00 plus
\$2.00 daily drop-in fee



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

**We make a living by what we get,
but we make a life by what we give.**
WINSTON CHURCHILL



Got OLD Drugs?

We are a
Safe Medicine
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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

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\$27.50/hr for Seniors

Payment Plan Possible

Larry's Adventures

January 11 Red Hawk Casino, Folsom
Receive a \$15 voucher or \$20 table play. Bring Photo ID. This is a 5-hour turn around. (\$32 per person)

Watch for more trips coming in 2012!

For Details:

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

Activities this Month

WEIGHT ROOM BENEFITS

NOW is the time to stay in shape and keep those pounds off! We have a variety of equipment to use, including a bicycle and treadmill!

It is good to get into the habit of exercising to improve your health and stay in shape! We also have free weights and exercise balls ... come see for yourself and give them a try. Best prices in town!

Don Shelton, who is now 86 years old, comes to the Senior Center almost everyday. He starts out by stretching and using six different weight machines. Don has been using the weight room for about 3 years. He says exercising daily helps him stay healthy. Over those three years Don has lost 25-30 lbs and about five inches around his waist. Don also likes walking his dog daily. "If you don't have time to come and exercise, walk, walk, walk!"



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

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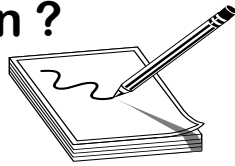
**A Great Value for Seniors 62+ **

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(707) 544-6766

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



Are you interested in ?



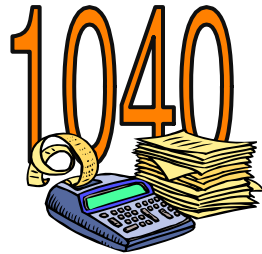
- Playing Rumikubes?
- Getting your personal colors updated?
- Becoming decorating color-wise?
- Joining a Jam Session with fellow musicians? Do you play fiddle, banjo, guitar?

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

Make a Note:

- NO Neuropathy Class in January
- Monday's Line Dance Class is now a Beginning Line Dance Class
- Center CLOSED Jan 2nd (Holiday)
- Center CLOSED Jan 16th (Holiday)
- A New Beginners Spanish Class begins Tues, January 10, 2012 9:30am-11:00am

Tax Time Ahead



Just a heads up ... it's time to start gathering your paperwork for tax form preparation which begins in February 2012.

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: Senior Center, Mon & Wed, 2/6 - 4/16, 2012
Finley Center, Tue & Thu, 2/2 - 4/12, 2012

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
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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 HAPPY
NEW YEAR

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.

Monday Line Dancing Class

Due to the popularity of **Billie Darling's**

Beginning Line Dance lessons, her class will now be a Beginning Line Dance Class. All are welcome to attend, beginners & experienced dancers. The Wednesday and Friday classes continue for those more experienced!

Mondays 9:30-10:30am Rm 19



Advertisements



Trips 4-U

Welcome to Trips 4-U! I have been doing trips for 26 years, in Santa Rosa. I offer a large range of exciting trips, from day trips (close to home) 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 the trip. Call today for a flyer on upcoming trips. **Here is a sample of some upcoming trips: Broadway Plays in San Francisco, Yosemite, Reno, Indian Casinos, New Years trips, Alaska, Hawaii & beyond.**

Call for full trip brochure! (707) 544-7748

Denise Thompson



Activities this Month

9 - Ball Tournament

Thurs, Jan 19th
10:00am - 2:00pm

\$2.00 registration fee
\$1.00 winners pot
Barcode #55921



Everyone is welcome, men and women!

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.

Thursday Morning Motivations Seminar

January 12th
10:30-11:30am



Room 16

Barcode # 56048

"How Money Works"

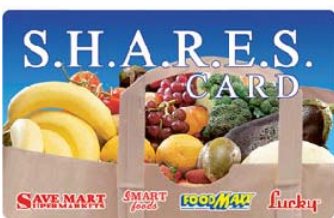
The three root causes of the financial problems most families face are failure to plan, being uninformed and misinformation.

This informative seminar will discuss the following issues:

The rule of 72
Paying off your debt in the best possible manner
Credit card traps

How your life insurance policy works
Michelle Martin, from Primerica Financial, will be talking about these topics which once understood and applied can have a positive impact on your personal finances. How can you reach your financial goals and dreams? Michelle will teach you the fundamental concepts that have helped millions.

Come and enjoy playing cards and meeting new friends. Check the schedule!



Using your **SHARES** card at Food Maxx & Lucky means \$\$\$ for the BV Senior Center! **\$1,610.45 has already been earned this year!** Pick up a card at the front desk.

Advertisements

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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
Kaiser's Senior Advantage	1st & 3rd Wed 10a-Noon

Free Zumba Chair Demo



Thursday, Jan 19th
1:00-1:45pm in Room 19
Zumba Gold Seated
FREE Demonstration with
Anna Tu, Certified Instructor

All the great music of a traditional Zumba class with a twist - it's in a chair! Drop-in and see for yourself.

Join us, SIT DOWN and we'll dance our cares away! Come join us as we break the mold and a sweat, as we focus on upper body, flexibility, fitness and fun. You'll feel good and work up a smile while having a blast!

ZUMBA GOLD CLASS



Tuesdays and Thursdays
2:00pm - 3:00pm
Room 19 \$7.00 drop-in fee
Anna's back teaching Zumba on Tuesdays AND Thursdays! If you are a first-timer, your first visit is FREE in January. Come join the party! Zumba Gold includes moderate Latin based rhythms that have little to no impact and fewer twisting movements than a regular Zumba class, that gets your heart pumping and gives you a "feel good" workout that has little stress on one's body. Wear comfortable clothes & bring water & towel.

**Members are our lifeline.
Thank you for your support!**

Advertisements

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NARFE

National Association of
Retired Federal Employees
Luncheon Meeting

Oakmont Quail Inn

January 13, 2012

For reservations, call Nancy Rood (707) 537-9044
RSVP by Tuesday, January 10, 2012

George Clute Historian Extraordinaire



How do you say "Thank You" to a gentle man who taught our Monday History Classes for the past 13 years? In George's quiet, humble demeanor he alerted us he would be stepping down from the podium in mid-December and asked that we not disclose ... he didn't want any fanfare. So, we abided by his request, until the last moment. George stepped in as the History Class instructor shortly after moving to Santa Rosa from Portland. He'd been active in the senior center up there and was naturally drawn to our Center. He and his wife, Margaret, joined the small History Class that we had back then and was recruited to teach after the instructor left. The rest (as they say) is history! George's classes have been at capacity (and beyond) for years, a real struggle for staff to keep attendance according to room capacity, not demand. That demand for more space prompted a core group (of attendees) to form Seniors Inc, the fundraising group behind the new Senior Wing under construction at the Finley Center. So, with "thank you" beyond words, we wish George and Margaret a happy and joyous New Year, Happy Birthdays (in March & February respectively) and (yet another) happy and healthy retirement! However, knowing George, we can't imagine him sitting still for long. And we certainly expect to continue to see him around the Center!

Y O U - It's All About . . .

Before you start beating yourself up for over indulging during the holidays or the comfort food you're enjoying during these cold winter days, we've got you covered! We have more exercise classes, movement programs and activities than anything else we offer. And our prices are certainly more reasonable than the gym.

Here's a brief description of what we offer:

Tai Chi - uses gentle, flowing movements resulting in a relaxing workout.

Morning Exercise - uses bands and hand weights and chairs (if needed for support) to get your body moving and music to inspire.

Line Dancing - for those who love to dance and kick up their heels.

Stretch & Bend - this class gets you down on the floor on mats as well as on your feet, focusing on flexibility, coordination and balance.

Better Balance - for those with a fear of falling or feeling unsteady on your feet, this class is designed for you.

Rosen Method of Movement - is based on physical therapy movements that are both preventative and rehabilitative.

Zumba Gold - this is a party featuring Latin Music which dares you to stay still.

Wii - for you techies, this is interactive exercise disguised as fun - like to golf or bowl - join in!

Hatha Yoga - learn the basics of yoga, focusing on breathing, stretching and alignment, benefitting your body and mind.

Ballroom Dancing - enjoy the classic sounds of the 40s, 50s, 60s and waltzes, rumbas, tangos, polkas and more.

Advertisements

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Soulange@pacbell.net

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
9:30-11:30	Kaiser-Sr Adv (1st&3rd 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

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	SC11
11:00-12:00	Use It or Lose It Memory Clinic	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
10:30-11:30	Hatha 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
3:15-5:00	Beginning Watercolor \$2.00 ♦	SC16

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

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

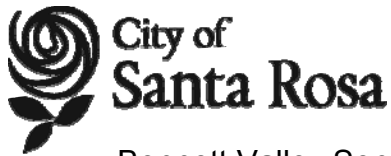
NOTICE: Ads included in newsletter do not constitute endorsement by the Senior Center or the City of Santa Rosa. This newsletter is published by Santa Rosa Recreation & Parks Department, Bennett Valley Senior Center.



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

January 2012



Happy New Years!

Call Bennett Valley Senior Center @ 545-8608 At least 24 hours in advance.				● JANUARY 2012 ● \$4.00 Suggested donation, all donations appreciated.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 NEW YEARS HOLIDAY KITCHEN CLOSED	3 CHICKEN CACCITORE CREAMY POLENTA w/MARINARA PEAS & CARROTS WHOLE WHEAT ROLL MANDARIN ORANGES* CHOC CHIP COOKIE#	4 MINSTRONE SOUP SPINACH WARMED CHUNKY APPLESAUCE ½ EGG SALAD SAND CHOC PUDDING# CRANBERRY JUICE	5 FRESH BAKED SALMON BROCCOLI NORMANDY* RICE PILAF GREEN SALAD WHEAT ROLL ½ BANANA	6 Southwest Chicken Frittata Orange-Glazed French Toast Spring Greens w/ Vinaigrette Bran Muffin Beverages and Fruits	
9 SPAGHETTI & MEATBALLS ITALIAN BLEND VEG FRENCH BREAD DICED PEACHES PINEAPPLE JUICE*	10 CHICKEN PESTO BAKE BROCCOLI NORMANDY* WHOLE WHEAT ROLL PUDDING# APPLE JUICE	◆11 CHILI CON CARNE CORNBREAD MIXED VEGETABLES ORANGE JUICE* SUGAR COOKIE#	12 CHICKEN PICATTA WHOLE WHEAT PASTA GREEN BEANS CAESAR SALAD TANGERINE *	13 Scrambled Eggs & Chives Crepes w/ Blueberry Filling Spinach Artichoke Pasta Salad Beverages & Fruit	
16 MARTIN LUTHER KING HOLIDAY KITCHEN CLOSED	17 SALISBURY STEAK MASHED POTATOES CAPRI BLEND VEG WHEAT ROLL MANDARIN ORANGES*	18 SPLIT PEA SOUP CARROTS WARMED CHUNKY APPLESAUCE ½ TUNA WW SANDWICH LEMON PUDDING# CRANBERRY JUICE*	19 FRIED CHICKEN & GRAVY MASHED POTAOES OREGON BEAN MEDLEY GREEN SALAD WHOLE WHEAT ROLL ORANGE*	20 Eggs Benedict Spinach Salad Banana Muffin Fruit Ambrosia Beverages	
23 MEATBALL STROGANOFF ROTELLI PASTA SCANDI VEGETABLES* WHEAT ROLL FRUIT COCKTAIL P/A JUICE*	◆24 BAKED SPAGHETTI ITALIAN BLEND VEG FRENCH BREAD CAESAR SALAD TANGERINE*	25 CHINESE NEW YEAR CHICKEN STIR FRY ASIAN VEGETABLES* BROWN RICE WHEAT ROLL PINEAPPLE TIDBITS* FORTUNE COOKIE#	26 HEARTY BEEF STEW CREAMY SPINACH WHEAT ROLL PUDDING# ORANGE JUICE*	27 Handmade Burgers w/ Lettuce, Tomato and Cheese Coleslaw Hamburger Bun Beverages and Fruit	
30 CHICKEN PARMESAN BROWN RICE PEAS & ONIONS APRICOTS PINEAPPLE JUICE*	31 BEEF LASAGNA WINTER BLEND WHEAT ROLL CRANBERRY JUICE* OATMEAL COOKIE#				