



# The Clover Leaf

## May/June 2024



311 N. Main Street | Cloverdale, CA. 95425  
(707) 894-4826 | [csmc@cloverdaleseniorcenter.org](mailto:csmc@cloverdaleseniorcenter.org)  
[www.CloverdaleSeniorCenter.org](http://www.CloverdaleSeniorCenter.org)

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### Melanie's Message



It is so hard to believe that summer is here, wasn't it just New Year's Day!? As the saying goes, time sure flies when you are having fun. So much fun is in store for us for the next two months. There are some new activities; **virtual bowling** will begin in

May twice a month, and **trivia** will be once a month. We will host two **Lunch and Learn** sessions in May; one is, **The Life of a Photographer**, with Gerald French. The other is **Sonoma County Library's Accomplishments and Offerings**, with Cloverdale Library Commissioner Brooke Greene, and Cloverdale's Children's Librarian John Koetzner. Also in May, **Peter Van Gelder**, one of the foremost **sitar** disciples of the maestro Ali Akbar Khan, and **Dana Pandey** disciple of the world-famous maestro Zakir Hussein will perform for us. Peter on sitar will be accompanied by Dana on the **Tabla (drums)**.

We have several important and informational activities in the next couple of months. In May there are **four free presentations; a panel presentation on living options for aging individuals and their adult**

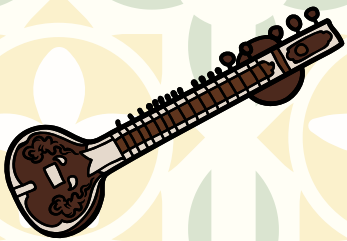
**children, a LegalAid presentation on what a conservatorship is, when it might be required, and ways to potentially avoid it, and a workshop geared for seniors, facilitated by Emergency Prep Help, with expert speakers who include the Sheriff's Office and the Halter Project.** In addition, our local **State Farm Insurance team will facilitate an evening discussion on Medicare Insurance, this will include information about Medicare's birthday rule and how to take advantage of it.**

A free presentation in June will be facilitated by **Recology Sonoma Marin who will present How to Waste Zero, where you will learn more about compost, recycling, what goes where, and more.**

Center for Well-Being will be facilitating two free nutrition workshops, one in English on June 14 and one in Spanish on June 28. Come taste a new recipe and connect in conversations about food and our health.

Please remember to stop by or call to **reserve your spot as space is limited with these activities.** Feel free to call the Senior Center for more information about any of these events and activities.

Learning something new is good for our brains and our souls, bring a friend and have some fun along the way!



# Sitar Concert

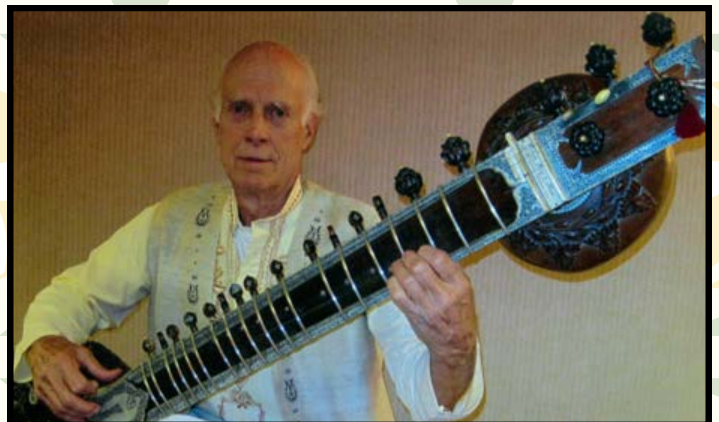
## Wednesday, May 22

### 5:00-7:00 PM



Peter van Gelder is one of the foremost sitar disciples of the maestro Ali Akbar Khan. He has performed all over the world & taught at the Ali Akbar College of Music for many years. He is accompanied by Dana Pandey on Tabla (drums). Dana Pandey is a longtime disciple of the world-famous maestro Zakir Hussein.

**Purchase your Ticket at the Senior Center by May 15!**



### Connect with Us

(707) 894-4826

311 N. Main Street, Cloverdale  
M-F 8:30 AM - 4:00 PM  
csmc@cloverdaleseniorcenter.org

### Creative Notions Store

(707) 894-4110

119 W. 1st Street, Cloverdale  
Tue. - Fri. 10 AM - 4 PM  
Sat. 10 AM - 1 PM

### Board of Directors

Pamela Powers - President  
Shawna Masur - Treasurer  
Evelyn Spire  
Bert Bernstein  
Frank McAtee  
Kenneth Allen  
BOD@cloverdaleseniorcenter.org

### Staff

Melanie Hall  
Program Manager  
Melanie@CloverdaleSeniorCenter.org  
  
Trish Chappell  
Administrative Assistant  
Trish@CloverdaleSeniorCenter.org  
  
Sandra Hovertsz  
Senior Project Director  
Hovertsz@CloverdaleSeniorCenter.org

## Board of Directors & Committee Updates

Board Meetings are on the third Wednesday of the month at 4 PM at the Senior Center.

### Fellowship Club & Donors

For the past few years we have had donors and grant funding to sponsor memberships, lunches, and occasionally class fees for our low-income seniors. If this is something you would like to know more about please visit our website under memberships, or speak with a staff member.

We Are Looking for Volunteers for Creative Notions Please call the Senior Center if you are interested. (707) 894-4826

Open Tuesday - Friday, 10 AM-4 PM  
**Starting May 4th, Saturday 10 AM-1 PM**



Sidewalk Sale on Wednesday  
(Weather Permitting)  
See store for details  
(707) 894-4110  
119 1st Street, Cloverdale



### Welcome New Members!

Anna Felciano  
Brenda Vronoski  
Carol Mocci  
Cindy Alvarado  
Danny Davis  
Jane Pavelka  
Jamille Moens  
Jim Mocci  
Laurie Vasquez  
Larry Prat



Linda Davis  
Madeline Wallace  
Michael Vronoski  
Paul Furlong

Paul Rodrigues  
Paula Gilbert  
Patsy Garcia  
Rachel Rodrigues  
Rick Gilbert  
Rosalind Hunter  
Ron Pavelka  
Shelby Paolino  
Shirley Prat  
Warner Henderson

## Volunteers Needed

### Drivers & Errands

We are seeking individuals who are willing to provide rides locally and/or out of town or willing to run errands, shopping, deliveries, etc. for our seniors.



Please contact Melanie Hall  
(707) 894-4826 or  
melanie@cloverdaleseniorcenter.org



## CLOVER Lunch CLUB



**Monday** \$8  
Thai Spice

**RSVP Deadline 3PM Friday**



**Tuesday** \$8  
El Milagro

**RSVP Deadline 3PM Monday**



**Wednesday** \$8  
Papa's Pizza - Pizza or Hot Subs

**RSVP Deadline 3PM Tuesday**



**Friday** \$8  
Homemade Soup & Salad

**RSVP Deadline 3PM Wednesday**



Lunch & Learn  
Photography  
Thursday, May 2  
11:30 AM-1 PM



"The Adventures of a Man with a Camera" is a story about Gerald French's photographic career. The story starts when as a teenager he discovered the joys of photography...

While in High School, Gerald was a correspondent for UPI, then in the Navy he was rated as a photographer mate where he toured the world. Afterward, he earned his Journalism degree from San Jose State College. He joined a flying club and earned his pilot's license.

Part of his career, he was a photographer for the 1960 Winter Olympics in Squaw Valley, California, he was also an official photographer for the Seattle World's Fair.

After returning to San Francisco, he established his studio on Pier 17 next to Fisherman's Wharf. His clients included: GE, BART, KRON TV, NBC/NY, PGE, Kodak, and other corporations. He has been published in: National Geographic, Time, News Week, and many other magazines, showcasing his passion for landscape photography.

Upon retiring, Gerald authored and self-published six books, cementing his legacy as a master photographer and storyteller.

Join us at the Center for a **FREE** lunch while listening to Gerald talk about his amazing adventures and view some of his incredible photographs.

**Call or stop by the Senior Center to reserve your spot today!**

Coffee with the Mayor & Friends

Thursday, May 9  
10-11 AM



Alma Galvan,  
Reginal Communications Manager,  
Better Business Bureau, Inc.



Thursday, June 13  
10-11 AM



Crista Barnett Nelson,  
Executive Director of Senior Advocacy Services, &  
Carla Rodriguez,  
Sonoma County District Attorney

Empowered Perspectives on Living Series

Topic - Release your Fears

Thursdays, May 9 & 23  
3:00-4:00 PM



What if you could face everything in your life courageously...and not be nervous about the future...or finances...or your health...or trying new things...

Fears and worries convince us we're powerless. They stop us from acting. We fight them but hey stay with us. *Isn't it time to let them go?*

Come learn life-changing answers, tools, and excersises!

Topic - Manifesting a Better Life

Thursdays, June 13 & 27  
3:00-4:00 PM

Improve your life experience! Learn simple tools to guide how your life unfolds.

It's easy to think we have no control over what we experience. But we have more power than we think! The key: first, we need to get centered, clear, and feel our power.

Reserve your spot today to learn the life-changing answers, tools, and excersises you're looking for!

(Please bring your questions, pen and paper.)

**Members \$7, Guests \$10**

*"It's not easy to describe these classes for sure, [but] they are incredibly valuable."*

Living Options Panel

Thursday, May 9  
4:30-5:30 PM



Attend our panel presentation as we explore living options for aging individuals & their adult children. Representatives from an elder placement agency, an assisted living community, an in-home care provider, & a small care home provider will discuss the lifestyle& costs of each option. Together, we'll provide comprehensive insights to empower attendees to make informed decisions about their future living arrangements.

**Call or stop by the Senior Center to reserve your spot today!**

Virtual Bowling

1st & 3rd Wednesday Each Month  
1:00-2:00 PM



Come join us on the first and third Wednesday of each month, from 1-2 pm for Virtual Bowling. Come test your skills with our new easy to use gaming equipment.



Trivia

Last Tuesday of Each Month  
1:00-2:00 PM



Come join us on the last Tuesday of the month, 1-2 pm for Trivia. Show off all of your knowledge while keeping your mind fit.





## Notes for the Journey

by Louise Young

*For Those Who Remain*



By 1997 most of my family and several good friends had left Idaho Falls, Idaho, and two of my best friends had died. I had retired from teaching in 1995 and had lived in this town for thirty years. There was not enough left that was dear to me to stay. I pulled up roots, stored my treasured belongings, filled my Ford Explorer with all my camping gear, and took to the road. My destination was California, as close to San Francisco as I could afford to live. My wanderings took me along the Columbia River to the north coast, driving through any town that attracted me and pitching my tent at the end of the day in one of the many campgrounds just off the highway. I was familiar with many of them, and I was looking for a place to settle. I was in no hurry. The freedom of adventure suited me.

I crossed into Washington and drove north along the coast and then turned east to explore the farm towns. Beautiful, but my guiding light was pulling me southwest to Oregon. I liked Roseburg, but not the prevailing politics. On south to Ashland, which I liked, but it was attracting too many people. Real estate was booming. That means higher rents. The tug toward California grew stronger. Easy to get there, but where could I stay? Mother, sister, niece, and cousin all had family and full houses. Wait. My mother's second husband had recently died. She was alone in a beautiful house in a lovely gated community. Why hadn't I thought of her first?

My mother and I had always tiptoed around each other. Even if she wanted me to visit and stay for a while, there was a good chance the arrangement would not work. But living out of a car, the wandering and the camping out had lost its luster. I needed a rest. I weighed sleeping in a real bed, having a real shower, and hot meals won out over

my misgivings. I called her. She sounded lonely. She paused for a moment, no doubt quickly reviewing our past, and then said yes, I could come. Surely, I could keep quiet when I felt the sharpness of her needles, and it would be only as long as it took me to find a place of my own. We tried. I helped with yard work, shopping, cooking, housekeeping, and errands. She planned day trips to places she wanted to visit but hadn't because she didn't want to drive. Now she had a driver. That would be me.

After two weeks of exploring possible rentals, my mother suggested I move into the downstairs part of the house. I saw that coming. She was becoming increasingly dependent on the help I offered, but not friendlier towards me. I'd have to continue the search for an affordable place to live. My sister called and suggested I have a look at Fort Bragg. Great idea. Some space for Mother, and a new adventure for me. I fell in love with Fort Bragg. I found a house for rent near Noyo Harbor and was ready to move in the next day, but the house would not be ready until early July. It was now late May. Back to Mother's for six weeks. We stalked each other like cats waiting for opportunities to poke one another.

I had to find something to do. I read in the Community Newsletter that a hiking group was starting with doable hikes twice a week. That's when I met Bill. My dear husband passed seven months ago. All these memories from 1997 to 2024 of my past and present revolve around meeting him.

This was the Background for our story. Next time, Chapter One.

### Scam Presentation



### Literary Luncheon



## May

**Wednesday, May 1**

1-2 PM **Virtual Bowling**

1:30-4 PM **Bunco! #1**

**Thursday, May 2**

11:30 AM-1 PM **Lunch & Learn - Photography**

**Tuesday, May 7**

9 AM-4 PM **Haircuts (by appointment)**

**Wednesday, May 8**

8:30 AM-2 PM **Dr. Kunda, Podiatrist (by appointment)**

**Thursday, May 9**

10-11 AM **Coffee with the Mayor & Friends**

3-4 PM **Empowered Perspectives on Living**  
Topic - Fear

4:30-5:30 PM **Living Options Panel**

**Sunday, May 12**

**Mother's Day**

**Tuesday, May 14**

9 AM-12 PM **Insurance Navigation with Eric Bishop (by appointment)**

**Wednesday, May 15**

1-2 PM **Virtual Bowling**

1:30-4 PM **Bunco! #2**

4 PM **Board Meeting**

**Thursday, May 16**

9 AM-12 PM **AVH-Outreach-**

**CalFresh/Medicare (by appointment)**

11:30 AM-1 PM **Lunch & Learn - Library**

5-6:30 PM **Medicare Insurance Navigation**

**Sunday, May 19**

10 AM-3 PM **Fire and Disaster Safety Expo**  
(at the Citrus Fair)

**Tuesday, May 21**

11 AM-4 PM **Haircuts (by appointment)**

12-3 PM **LegalAid (by appointment)**

2-3 PM **Conservatorship vs. Estate Planning**

**Wednesday, May 22**

5-7 PM **Sitar Concert**

**Thursday, May 23**

3-4 PM **Empowered Perspectives on Living**  
Topic - Fear

**Monday, May 27**

**CLOSED**

**Memorial Day**

**Tuesday, May 28**

1-2 PM **Trivia**

**Wednesday, May 29**

1:30-3:30 PM **Emergency Preparedness**

2-3:30 PM **Caregivers Group**

**Friday, May 31**

12:30 PM **Ice Cream Social**

## June

**Tuesday, June 4**

9 AM-4 PM **Haircuts (by appointment)**

**Wednesday, June 5**

1-2 PM **Virtual Bowling**

1:30-4 PM **Bunco! #1**

**Thursday, June 6**

**D-Day**

**Tuesday, June 11**

9 AM-12 PM **Insurance Navigation with Erica Bishop (by appointment)**

**Wednesday, June 12**

8:30 AM-2 PM **Dr. Kunda, Podiatrist (by appointment)**

**Thursday, June 13**

**Juneteenth**

10-11 AM **Coffee with the Mayor & Friends**

11:30 AM-12:30 PM **Recology Presentation**

3-4 PM **Empowering Your Life with William**  
Topic - Manifesting a Better Life

**Friday, June 14**

**Flag Day**

**Sunday, June 16**

**Father's Day**

**Tuesday, June 18**

11 AM-4 PM **Haircuts (by appointment)**

12-3 PM **LegalAid (by appointment)**

**Wednesday, June 19**

1-2 PM **Virtual Bowling**

1:30-4 PM **Bunco #2**

4 PM **Board Meeting**

**Thursday, June 20**

**First Day of Summer**

9 AM-12 PM **AVH-Outreach-**  
**CalFresh/Medicare (by appointment)**

**Tuesday, June 25**

1-2 PM **Trivia**

**Wednesday, June 26**

2-3:30 PM **Caregivers Group**

**Thursday, June 27**

3-4 PM **Empowering Your Life with William**  
Topic - Manifesting a Better Life

**Friday, June 28**

12:30 PM **Ice Cream Social**

*Cloverdale Connect*

Thank you, Cloverdale Connect, for your ongoing support of our Center!







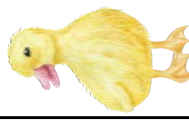
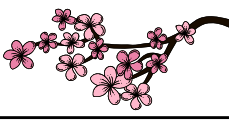



If you live in the 95425 area code and wish to receive a copy of the Cloverdale Connect, our local monthly newspaper, please contact

(707) 322-3403

# Cloyerdale Senior Multipurpose Center

## Activities and Events Calendar

# MAY 2024



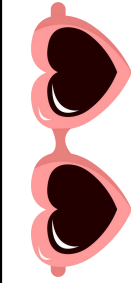
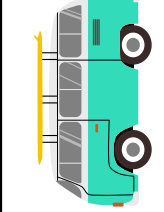

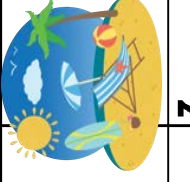
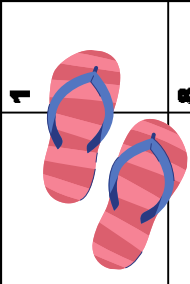



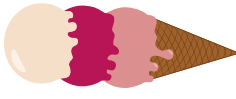



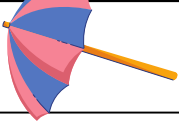
Sun	Mon Thai Spice	Tue El Milagro	Wed Papa's Pizza Cafe	Thu No Lunch	Fri Homemade Soup & Salad	Sat
 <b>5</b> 	 <b>6</b> 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo	 <b>7</b> 8:45-9:45 Meditation 9 AM Haircuts by appt. 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	<b>1</b> 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 1-2 Virtual Bowling 1:30-4:00 Bunco! #1	<b>2</b> 8:45-9:45 Meditation 11:30-1 Lunch & Learn Photography 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	<b>3</b> 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 1-4 Games!	 <b>4</b>
<b>12</b> Mother's Day 	<b>13</b> 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo	<b>14</b> 8:45-9:45 Meditation 9-12 Insurance Navigation (by appt.) 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	<b>15</b> 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 1-2 Virtual Bowling 1:30-4 Bunco #2 4:00 Board Meeting	<b>16</b> 8:45-9:45 Meditation 9-12 AVH-Outreach-CalFresh/ Medicare (by appt.) 11:30-1 Lunch & Learn Library 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance 5-6:30 Medicare Ins. Navigation	<b>17</b> 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 1-4 Games!	 <b>18</b>
<b>19</b> FIRE AND DISASTER SAFETY EXPO CITRUS FAIR 10-3	<b>20</b> 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo	<b>21</b> 8:45-9:45 Meditation 9 AM Haircuts by appt. 10-11 Nimble Fingers 11:30-12:30 Lunch 12-3 LegalAid by (appt.) 2-3 Conservatorship vs Estate Planning 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	<b>22</b> 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 5-7 Sitar Concert	<b>23</b> 8:45-9:45 Meditation 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance 3-4 Empowering Your Life	<b>24</b> 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 1-4 Games!	 <b>25</b>
<b>26</b> 	<b>27</b> CLOSED Memorial Day 	<b>28</b> 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, 1-2 Trivia 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	<b>29</b> 8:45-9:45 Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch Preparedness 2-3:30 Caregivers Group	<b>30</b> 8:45-9:45 Meditation 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	<b>31</b> 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 12:30 Ice Cream Social 1-4 Games!	



# Cloyerdale Senior Multipurpose Center

## Activities and Events Calendar

# JUNE 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <b>Mon</b> Thai Spice	 <b>Tue</b> El Milagro	 <b>Wed</b> Papa's Pizza Cafe	 <b>Thu</b> No Lunch	 <b>Fri</b> Homemade Soup & Salad	
<b>2</b>  8:45-9:45 Yoga 10-10:45 Qi Gong/ <b>Drug Free Secrets to Longevity</b> 11:30-12:30 Lunch 1:30-3:30 Bingo	<b>3</b> 8:45-9:45 Yoga 10-10:45 Qi Gong/ <b>Drug Free Secrets to Longevity</b> 11:30-12:30 Lunch 1:30-3:30 Bingo	<b>4</b> 8:45-9:45 <b>Meditation</b> 9 AM Haircuts by appt. 10-11 Nimble Fingers 11:30-12:30 <b>Lunch</b> 1:30-2:30 Strength Training 3-3:45 <b>Stretch, Tone &amp; Balance</b>	<b>5</b> 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 <b>Lunch</b> 1-2 <b>Virtual Bowling</b> 1:30-4:00 <b>Bunco! #1</b>	<b>6 D-Day</b> 8:45-9:45 <b>Meditation</b> 1:30-2:30 Strength Training 3-3:45 <b>Stretch, Tone &amp; Balance</b>	<b>7</b> 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 <b>Lunch</b> 1-4 Games!	<b>8</b> 
<b>9</b>  8:45-9:45 Yoga 10-10:45 Qi Gong/ <b>Drug Free Secrets to Longevity</b> 11:30-12:30 Lunch 1:30-3:30 Bingo	<b>10</b> 8:45-9:45 Yoga 10-10:45 Qi Gong/ <b>Drug Free Secrets to Longevity</b> 11:30-12:30 Lunch 1:30-3:30 Bingo	<b>11</b> 8:45-9:45 <b>Meditation</b> 9-12 <b>Insurance Navigation</b> (by appt.) 10-11 Nimble Fingers 11:30-12:30 <b>Lunch</b> 1:30-2:30 Strength Training 3-3:45 <b>Stretch, Tone &amp; Balance</b>	<b>12</b> 8:45-9:45 Yoga 8:30-2 Dr. Kunda, Podiatrist. (by appt.) 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 <b>Lunch</b>	<b>13 Juneteenth</b> 8:45-9:45 <b>Meditation</b> 10-11 <b>Coffee with the Mayor &amp; Friends</b> 11:30-12:30 <b>Recology Presentation</b> 1:30-2:30 Strength Training 3-3:45 <b>Stretch, Tone &amp; Balance</b> 3-4 Empowering Your Life	<b>14 Flag Day</b> 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 <b>Lunch</b> 1-4 Games! 3:30-5 <b>Center for Well-being Food/Nutrition Workshop-English</b>	<b>15</b> 
<b>16 Father's Day</b>  8:45-9:45 Yoga 10-10:45 Qi Gong/ <b>Drug Free Secrets to Longevity</b> 11:30-12:30 Lunch 1:30-3:30 Bingo	<b>17</b> 8:45-9:45 Yoga 10-10:45 Qi Gong/ <b>Drug Free Secrets to Longevity</b> 11:30-12:30 Lunch 1:30-3:30 Bingo	<b>18</b> 8:45-9:45 <b>Meditation</b> 9 AM Haircuts by appt. 10-11 Nimble Fingers 11:30-12:30 <b>Lunch</b> 12-3 <b>LegalAid</b> by (appt.) 1:30-2:30 Strength Training 3-3:45 <b>Stretch, Tone &amp; Balance</b>	<b>19</b> 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 <b>Lunch</b> 1-2 <b>Virtual Bowling</b> 1:30-4 <b>Bunco #2</b> 4:00 Board Meeting	<b>20 First Day of Summer</b> 8:45-9:45 <b>Meditation</b> 9-12 AVH-Outreach-CalFresh/Medicare (by appt) 1:30-2:30 Strength Training 3-3:45 <b>Stretch, Tone &amp; Balance</b>	<b>21</b> 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 <b>Lunch</b> 1-4 Games!	<b>22</b> 
<b>23</b>  8:45-9:45 Yoga 10-10:45 Qi Gong/ <b>Drug Free Secrets to Longevity</b> 11:30-12:30 Lunch 1:30-3:30 Bingo	<b>24</b> 8:45-9:45 Yoga 10-10:45 Qi Gong/ <b>Drug Free Secrets to Longevity</b> 11:30-12:30 Lunch 1:30-3:30 Bingo	<b>25</b> 8:45-9:45 <b>Meditation</b> 10-11 Nimble Fingers 11:30-12:30 <b>Lunch</b> , 1-2 <b>Trivia</b> 1:30-2:30 Strength Training 3-3:45 <b>Stretch, Tone &amp; Balance</b>	<b>26</b> 8:45-9:45 Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 <b>Lunch</b> 2-3:30 <b>Caregivers Group</b>	<b>27</b> 8:45-9:45 <b>Meditation</b> 1:30-2:30 Strength Training 3-3:45 <b>Stretch, Tone &amp; Balance</b> 3-4 Empowering Your Life	<b>28</b> 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 <b>Lunch</b> 12:30 <b>Ice Cream Social</b> 1-4 Games! 3:30-5 <b>Center for Well-being Food/Nutrition</b>	<b>29</b> 
<b>30</b>						

## Medicare Insurance Navigation with Erica Bishop & Amanda Miller

Thursday, May 16  
5:00-6:30 PM



Medicare can feel confusing, but it doesn't have to be! Cloverdale's local State Farm Agency is pleased to facilitate a FREE evening discussing Medicare Insurance at the Senior Center. Join us to discuss the advantages & disadvantages of the various insurance options available to you. Most importantly, learn about Medicare's birthday rule & how to take advantage of it.

**Call or stop by the Senior Center to reserve your spot today!**

## Conservatorship vs. Estate Planning

Tuesday, May 21  
2:00-3:00 PM



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

**Call or stop by the Senior Center to reserve your spot today!**

## Emergency Preparedness

Wednesday, May 29  
1:30-3:30 PM



Are you Prepared for an Emergency? Join a FREE workshop geared for seniors. Expert speakers include the Sheriff's Office & Halter Project. Plus, FREE go-bags & supplies!

**Call or stop by the Senior Center to reserve your spot today!**

## Recology Sonoma Marin Presents How to Waste Zero

Thursday, June 13  
11:30 AM-12:30 PM



Come join us to learn more about compost, recycling, what goes where, and more.

**Call or stop by the Senior Center to reserve your spot today!**

Enjoying one of Joe's Pizza Parties!



## Lunch & Learn Library

Thursday, May 16  
11:30 AM-1 PM



Cloverdale Library Commissioner Brooke Green will speak about Sonoma County Library's accomplishments and offerings, reinforce the benefits of a well-funded library, and elicit feedback to help improve the library system. A small property tax and a sales tax have allowed Sonoma County Library to serve the needs of residents, workers, and visitors; however, the sales tax providing forty percent of SCL's funding is due to expire in 2026. Brooke will share the latest news about SCL and talk about how important that funding is. Cloverdale's Children's Librarian John Koetzner will help present and answer questions.

The Library will be providing a **FREE** lunch while Brooke and John talk about all things Library and get your questions about the subject answered.

**Call or stop by the Senior Center to reserve your spot today!**

## Center for Well-Being Food & Nutrition Workshop - English

Friday, June 14, 3:30-5:00 PM

**FREE**

Embark on a culinary journey with us as we delve into the art of food and its impact on our health!

Join our engaging conversations where we explore the delicious intersection of food & wellness. Experience the thrill of tasting a tantalizing new recipe, crafted with care & creativity.



Don't miss out on this flavorful opportunity!

**Call or Stop by the Senior Center to reserve your spot today!**

## Center for Well-Being Food & Nutrition Workshop - Spanish

Friday, June 28, 3:30-5:00 PM

**GRATIS**

¡Embárcate en un viaje culinario con nosotros mientras nos adentramos en el arte de la comida y su impacto en nuestra salud!

Únase a nuestras interesantes conversaciones donde exploramos la deliciosa intersección entre comida y bienestar. Experimente la emoción de probar una receta nueva y tentadora, elaborada con cuidado y creatividad.

¡No te pierdas esta sabrosa oportunidad!

**¡Llame o visite el Centro para personas mayores para reservar su lugar hoy!**







Member Spotlight  
Frank & Debbi Davis



Frank and Debbi, who will celebrate their 48th anniversary this July, are both natives of Cloverdale. Frank was born in Healdsburg and lived in Cloverdale his entire life, besides the years he spent in the US Air Force. Debbi who was born in Ukiah, was raised in both Ukiah and Cloverdale.

What they discovered within the welcoming embrace of the Senior Center surpassed their expectations. They joined in August of 2023 and have both taken advantage of the lunches and activities since joining such as the Valentine's Day Concert and the Friday lunches. Debbi also participates in various exercise and art classes. They have enjoyed the new connections they have made with their fellow members.

Their commitment to community extends far beyond the Center's walls. Frank has sat on the Cloverdale Ponytail Board, as well as umpiring and keeping score. Both have volunteered their time as coaches for Ponytail. Frank still keeps score for both adult and youth baseball and softball leagues. Debbi volunteered at all of the school functions while their children were school-aged. They both

chaperoned many field trips with their children as well. Debbi participated in Relay for Life when it was in Cloverdale, and was an Art Docent for Cloverdale Schools.

Family remains the cornerstone of their lives, with their daughter Trish who works here at the Senior Center, and their son Kagen, who is a Captain at the Cloverdale Fire Department. They have a wonderful son-in-law, who loves spending time with them. And an amazing daughter-in-law who along with their son blessed them with two spirited, beautiful granddaughters who are 5 and 3. And of course their favorite child their golden doodle, Zsa Zsa.

As for their favorite things at the Senior Center, Frank loves the Friday lunches and Debbi enjoys the classes she has been taking. They both hope the Center continues to gain new members and flourish.

*We are so happy to have lifelong Cloverdaliens discover all the fun activities here at the Senior Center. We are thrilled your daughter Trish decided to join our team.*

We ♥ our Volunteers

Volunteer Appreciation

thank you



## FIRE AND EARTHQUAKE SAFETY EXPO

2024

4th Annual Expo  
Fun Event for  
Entire Family

Sunday, May 19, 2024, 10 am to 3 pm  
Cloverdale Citrus Fairgrounds



Join your community for a FUN, FREE day of emergency preparedness activities and training. The Fire and Earthquake Safety Expo is a unique, hands-on event to help Sonoma County be better prepared for the next wildfire and earthquake; you and your family, business, property, and pets/livestock.

The Expo is the largest in-person emergency preparedness event in Sonoma County. Bring the entire family and watch the look on your kid's faces when they sit in a fire engine, run the little Firefighter obstacle course, or visit with animals. You will have the opportunity to:



- Learn from first responders & other experts
- Enjoy free giveaways & food (while supplies last)
- Experience Henry I & Sonoma County I helicopters in action
- Watch emergency demonstrations & live simulations
- Browse 75 exhibits & state-of-the-art products
- Speak with experts in the Firewise Landscape Room
- Participate in kid's activities
- And more.

### Age Well Drive Smart



## Free Food Distributions

Provided by the Redwood Empire Food Bank  
Every Age - Stage - Language ALWAYS Welcome!



Citrus Fairgrounds  
**Mondays, 4:00 - 5:00 PM**

(No distributions on federal holidays)

Walk-up pick-up

Cloverdale Food Pantry

**Fridays, 11-1 PM**

Pantry - walk-through

For more distribution dates, visit:  
<https://getfood.refb.org/>

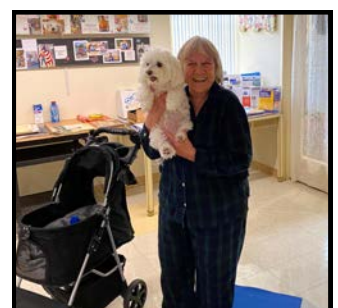
## Produce Market Day Fridays 10-11 AM

Come check out the amazing produce we have at the Senior Center. Wholesale prices for everyone! Bring a friend and your reusable bags.

CalFresh/Snap Now Accepted  
Sorry - no credit cards



### Yoga Pajama Party





# ANNUAL MEMBERSHIP

311 N. Main Street - P.O. Box 663  
Cloverdale, CA. 95425  
(707) 894-4826  
CloverdaleSeniorCenter.org

Membership for ages 21 -89: **Individuals** \$25 per year, **Households (2 persons)** \$45 per year. For 90+ receive an **Honorary membership (free)** with a renewed form. **Lifetime Membership** \$1,000.

## Member Information

Full Name : \_\_\_\_\_ 2nd Member : \_\_\_\_\_  
 Date of Birth : \_\_\_\_\_ Date of Birth : \_\_\_\_\_  
 Phone : \_\_\_\_\_ Phone : \_\_\_\_\_  
 Email : \_\_\_\_\_ Email : \_\_\_\_\_

Address : \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Emergency Contact - (We consider a 2nd Member an emergency contact already.)

Full Name : \_\_\_\_\_ Relationship :  Adult Relative  
 Caregiver/Friend/Neighbor  
 Spouse/Partner  
 Phone(s) : \_\_\_\_\_

Newsletter Preference  
 Emailed (Every 2 Weeks)  
 Mailed (Every 2 Months)  
 Both (Email & Mailed)

Are you interested in volunteering?  
 We will follow up if you are interested.  
 I am interested in volunteering  
 No, thanks

## Membership Agreement

Signing and submitting this form indicates your understanding of the following: Membership can be suspended or revoked for actions deemed harassing, violent, dangerous, discriminatory, neglectful, or otherwise unkind toward other visitors, volunteers, facilities, and staff. Our Participant Code of Conduct and Policies are available upon request; please see our front desk or website under "membership."

Your photograph, video photography, or other reproduction of your likeness may be used without compensation by the producers, sponsors, organizers, staff, or assigns for such purposes as they deem appropriate. **I acknowledge that I have read the above statement and notice.**



**1st Member** \_\_\_\_\_ **2nd Member** \_\_\_\_\_ **Date** \_\_\_\_\_

<p><b>OFFICE USE -</b></p> <input type="checkbox"/> Individual (1) \$25 <input type="checkbox"/> Household (2) \$45 <input type="checkbox"/> Fellowship Applicant (no fee) <input type="checkbox"/> Honorary 90+ (no fee) <input type="checkbox"/> Lifetime \$1,000 <input type="checkbox"/> New Member (Not active 5 years) <input type="checkbox"/> Renewing Member	<p><b>PAYMENT INFORMATION</b></p> <p>Amount Paid \$ _____</p> <p>Date Paid _____</p> <p>Cashier _____</p>	<p><input type="checkbox"/> Cash: _____</p> <p><input type="checkbox"/> Check #: _____</p> <p><input type="checkbox"/> Credit (Auth) #: _____</p> <p><input type="checkbox"/> Fellowship Fund</p> <p>Approved by: _____  <small>staff only</small></p>
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Want to join our fantastic team?  
We are looking for an Administrative  
Manager. If you or someone you know is  
interested, please email our Board  
President, Pamela Powers at  
CSMC@cloverdaleseniorcenter.org

**CLOVERDALE SENIOR MULTIPURPOSE CENTER PRESENTS**

**1ST ANNUAL**

**\$65 PER PERSON  
BEFORE JULY 4TH  
\$75 AFTER THE 4TH**

**DANCING**  
*Thru the Decades*

**AUG Saturday**  
**17 5-9:30 PM**

**PRIZES**

**CLASSIC CARS**

**MUSIC FROM THE 40S-80S**

**DINNER SERVED AT 6PM SHARP  
CLOVERDALE CITRUS FAIR  
1 CITRUS FAIR DRIVE, CLOVERDALE**

**DINNER COOKED BY THE LIONS CLUB &  
FEATURING RAY'S FAMOUS BBQ PASTA!**



**PURCHASE YOUR TICKETS TODAY!  
AVAILABLE ONLINE & THE SENIOR CENTER  
(707) 894-4826 311 N. MAIN STREET  
WWW.CLOVERDALESENIORCENTER.ORG**

