— HAPPY NEW YEAR —

Goodbye 2019, Hello 2020

There have been many changes here at the Senior Center this past year. We said farewell to many friends and hello to many new ones. Changes are inevitable and we are happy to say we are working for the better.

Everyone Wins Wine Drawing

We are raising money to celebrate the volunteers that make the Cloverdale Senior Center run smoothly.

February 8th, 2020
4:00 PM
after the Valentines Potluck
Tickets are $30
No need to be present to win
Purchase tickets from the Senior Center
311 North Main Street
Cloverdale, CA. 95425
707-894-4826

Every Ticket Wins
100—Two-bottle sets of quality wine
Purchase 2 or more tickets & be entered to win a TRIONE Winery VIP Wine Tour for 6 ($275= value)
ONLY 100 Tickets Available

The mission of Cloverdale Senior Multipurpose Center is to provide Cloverdale residents with activities, support, resources, and services that encourage participation in community life, promote well-being and independence, and enhance dignity.
### January

**Thursday, January 2 & 9**  
**Yoga For You with Bruce Johnson**  
*Class Canceled*

**Friday, January 3**  
No Produce Market

**Wednesday, January 8**  
Membership Committee Meeting  
1:00 PM  
Board of Directors Meeting  
4:30—5:30 PM

**Thursday, January 9**  
Transportation for Seniors and Disabled Discussion Group  
9-11 AM  
Area Agency on Aging and the Senior Center will host a focus group on transportation for seniors and people with disabilities.

**Tuesday, January 14**  
Health Action Committee Meeting  
1-2:30 PM

**Thursday, January 16**  
Birthday Party at 12:15  
Come and celebrate members with a birthday in January

**Monday, January 20**  
Martin Luther King Jr. Day  
Senior Center CLOSED

**Thursday, January 23**  
CHP’s Age Well Drive Smart Program  
See more info. on page 3  
9-12

**Saturday, January 25**  
Cloverdale Rocks and Fairies Rock Painting Event 3-6PM (sign-up at the Sr. Center)

**Monday, January 27**  
Senior Center preparing Lunch  
11:30 AM-12:30PM

### February

**Thursday, February 6**  
AARP Foundation Tax-Aid Yoga For You **EVENING EDITION** with Bruce Johnson  
5:30—6:30 PM  
*Members can bring a friend (or two) to a class for no additional charge during February*

**Saturday, February 8**  
Valentines Party: Feel the Love Potluck and Game Day  
11:30 AM to 4:30 PM  
**Everyone Wins Wine Drawing**  
Trione Winery VIP Tour Drawing  
4:00 PM

**Tuesday, February 11**  
Health Action Committee Meeting  
1-2:30 PM

**Friday, February 14**  
Senior Day at the Citrus Fair  
12-9PM  
**BINGO** at 12:30

**Monday, February 17**  
Presidents Day  
Senior Center CLOSED

**Thursday, February 20**  
Birthday Party at 12:15  
Come and celebrate members with a birthday in February

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**MORE FOR YOUR CALENDARS**

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<thead>
<tr>
<th>Mark Your Calendars</th>
<th>Birthday Party's</th>
<th>Mark Your Calendars</th>
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<tbody>
<tr>
<td>The Senior Center will be <strong>Closed</strong>:</td>
<td>Once a month we celebrate the birthdays of the month during lunch at 12:15</td>
<td>Thursday, Jan. 16</td>
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<td>Jan. 1—Wednesday—New Years Day</td>
<td><strong>Thursday, Feb. 20</strong></td>
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<td>Jan. 20—Monday—Martin Luther King Jr. Day</td>
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<td>Feb. 17—Monday—Presidents Day</td>
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<td>May 25—Monday—Memorial Day</td>
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<td>July 4—Saturday—Independence Day</td>
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<td>Sept. 7—Monday—Labor Day</td>
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<td>Nov. 11—Wednesday—Veterans Day</td>
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<td>Nov. 26 &amp; 27—Thursday/Friday—Thanksgiving</td>
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<td>Dec. 24 &amp; 25—Thursday/Friday—Christmas</td>
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<td>Dec. 31—Thursday—New Year’s Eve</td>
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~ Note Worthy News ~

**AARP Foundation**

**TAX-AIDE**

AARP Foundation Tax-Aid offers free tax preparation help to anyone and if you're 50 and older, and can't afford a tax preparation service, we were made especially for you. We understand that retirement or other life changes may mean your taxes are a little more complicated now. With the help of our team of IRS-certified volunteers we make it easy for you.

**EVERY THURSDAY, February 6—April 9,**
10 AM-1 PM

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**Rainy Day Blues?**

The Senior Center has something for you!

Exercise stimulates the release of dopamine, norepinephrine, and serotonin. Raising your levels of serotonin boosts your mood and overall sense of well-being.

**We offer activities for everyone!**

- Yoga, line dancing, meditation, strength training
- Learn something new (Spanish, ASL, Qigong, Guitar)
- Conversation and Hobbies (Nimble Fingers, Ted Talks)
- Lunch and Games too!

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**GET FIT IN THE NEW YEAR**

Members attending a yoga class in February can bring a friend (or two) at no additional cost. We currently have yoga classes every Monday, Tuesday, Wednesday and Thursday mornings, 8:45-9:45 AM.

**NEW ADDITION TO OUR YOGA CLASSES**

Bruce Johnson, who currently teaches the Yoga For You class on Thursday mornings, 8:45-9:45 a.m. has agreed to add another class on Thursday nights, 5:30-6:30 p.m. starting February 6th.

Bruce will be on vacation December 26th – January 9th. Therefore, there will not be any yoga classes on Thursday mornings during these dates. Thank you for your understanding.

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**Cloverdale Rocks & Fairies**

**Rock Painting Event**

Saturday, Jan. 25th, 3-6 PM

Ages 6+, Children need to be supervised by an adult.

**Materials Provided:** Prepay $15, pay at the door $20. **Bring your own Paint & Brushes:** Prepay $5, pay at the door $10

**Fairy Door Kits** available for purchase at the event $15

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**Creative Notions**

**CRAFT SUPPLIES**

All sales benefit the Senior Center!

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119 W. 1st Street
Cloverdale, CA. 95425
Phone: 707-894-9310
Open Tues–Sun 10-4

Used craft and sewing items, resold for pennies on the dollar!
A very special Thank You to our Holiday Tea Helpers!

The cooks and bakers...
Brooke Greene, Diane Gonzales, Christine Flaherty, Bram Glaeser, Cindy Jansen, Linda Walker, Juanita Infante, Linda Clapp and Darlene Peck

The table setters...
Ann Smith, Margot Tobener, Betty Kunakov, Diane Gonzales, Linda Clapp, Booke Greene, and Kathleen Ingram

Our servers...
Denise Heinz, Pat Kraegel, Claire Potter, Anna Krueger, Maryann Roberts, and Theodora Moticka

And our entertainers...
Brad Schmaltz, Beth Hiseler, Al Myers, Anna McAtee, Dee Simson, and Maryann Roberts

Thank you all for your support
~ Volunteer Spotlight ~

**Lisa Meador**

Lisa Meador and her husband moved to Cloverdale in 2016 after her preschool business in Lake County was lost due to fire in 2015. She became a member at the Cloverdale Senior Multipurpose Center in 2017 and began volunteering at Creative Notions in 2018.

When asked what prompted her to volunteer at the Senior Center craft store, Creative Notions, Lisa replied that when she moved to Cloverdale she was looking for a volunteer opportunity and wanted to do something in her new community. Her mother-in-law had volunteered at the Sebastopol Legacy Thrift Store which is associated with the Sebastopol Senior Center and had suggested Creative Notions.

What Lisa finds most rewarding about volunteering is getting to meet the people who come in and hearing their stories of what they’re going to do with the craft materials that they purchase. She also stated that these conversations usually prompt memories for patrons. For the most part everyone is happy when they come in, no one is grumpy about crafting. Lisa is the Thursday morning volunteer and is also instrumental in creating the front window displays at the store.

Lisa enjoys crafting so much that she has been a vendor here in her Cloverdale community at the Spring Craft Fair, Oktoberfest and most recently at the Holiday Craft. She also participated as a vendor at the December 6th Winter Festival hosted by the Cloverdale Chamber of Commerce. Her etsy.com crafter name is “Live, Love Earth” which she chose because all the fabrics she uses for her crafts are recycled or rescued materials. Her handmade crafts are all lovingly made with her personal philosophy of the importance of taking care of our Earth and reusing materials.

Lisa and her husband have two grown daughters and one grandson. In her spare time when she is not volunteering at Creative Notions or making crafts, Lisa likes to spend time with family, go camping, mountain biking and hiking.

Thank you Lisa for sharing your precious time to help Creative Notions become the quality store that it is!

~ Member Spotlight ~

**Lucy Barnett Hardcastle**

Lucy Hardcastle became a Cloverdale Senior Multipurpose Center member in October so she is one of our newest members. She is not only a member though, she is also working hard as a fundraising expert to raise funds to ensure the longevity and future of our Senior Center.

Here is a little bit of her story:

“Whether it was working recently as a Crisis Counselor for California HOPE Project or decades of fundraising for Sutter Hospice, assisting others to navigate challenges in their lives has given me a great perspective on the value of each and every day and even the preciousness of life itself.

The Senior Center has created such a warm and welcoming space. It will be a pleasure to work with the Board, staff and members to discover how, together, we can put our own life lessons to work for the benefit of this special place. We are all on the same path, to create a sustainable future where all the operational costs of the Multipurpose Center are covered now and far into the future. I look forward to learning more about our lifeblood, you our members, and how the Center plays such an important role in so many lives.

I’m a long time resident of Forestville, an avid gardener, and currently serve as a Municipal Advisory Council member for 5th District Supervisor Lynda Hopkins, I am active in the Emergency Preparedness movement in Forestville and my husband is a substitute teacher at El Molino High School.”

Welcome Lucy to the Senior Center! Thank you for all of the effort you are putting in so that the Cloverdale Senior Multipurpose Center will be around for a very long time!
Valentines, Potluck and Games
Feel the Love
Saturday, February 8
11:30 AM—4:30 PM
Sign up at the Senior Center
Followed by the
Everyone Wins Wine Draw at 4:00 PM
Also, a silent auction for specialty wines and gift sets.
All proceeds go to celebrate our volunteers for all they do!

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The Senior Center has some specific needs and we are looking for some help

Can you, a friend, a group, or business provide these things?

- Large umbrella for our front picnic table
- Redwood 2x12 boards for our front garden beds
- Labor for working in our front garden, putting in new beds, water system, maintenance.
- Wood Chips, mulch, decomposed granite, (quantity to be calculated for front garden beds)
- Donations specific for recreation such as, performing arts, parks and recreation, and transportation costs for those activities
- Van or bus to take senior members on outings.

Contact the senior center if you can help.
Thank you!

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Older Adults and Residents with Disabilities
Make your voice heard in planning for a transportation system that meets your needs!

Join a group discussion to share your experiences and help identify transportation barriers, successes and ideas for improving the transportation system in Sonoma County.

Thursday, January 9 from 9 am to 11 am
Cloverdale Senior Center
311 North Main Street, Cloverdale, CA

Register or get more information:
aaa@schsd.org • (707) 565-5903

Hosted by the Sonoma County Area Agency on Aging. Resident input will contribute to the Sonoma County Connected Communities Transportation Study.

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Senior Day
Friday, February 14th
Cloverdale Citrus Fair
Seniors 62+ are FREE
Doors Open at 12 Noon

Senior Day Highlights include:
BINGO In the Main Auditorium
Spectacular Citrus Displays ★ Community Exhibits★ Mouthwatering Food ★ Shopping★ LIVE MUSIC on the Outdoor Stage by Susan Comstock Swinglet★

It's not too late to enter your arts, crafts, quilts, baked goods and cut flowers.
Back by popular demand is the Camellia Show!

Entry Forms and more information available by calling (707) 834-3392, emailing info@cloverdalecitrusfair.org or visiting www.CloverdaleCitrusFair.org.

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California Dreamin’
Cloverdale Citrus Fair
February 14-17, 2020
**Board of Directors & Committee Notes**

**For November Meeting 2019**

Joanne Argyres was seated as a Board Member, and Lucy Hardcastle was introduced as a New Fundraiser. Carrol Russell officially resigned from the Board.

Program Manager, Melanie Hall, reported on the October presentations including a disaster preparedness in English and Spanish, Medicare Annual Choices and Changes, a Center for Well-Being presentation, and events like the Card Party Potluck.

Director Bert Bernstein is planning a major front yard renovation once the rains begin. Director Frank McAtee reported the annual giving campaign has totaled $12,290 so far. We are still operating at a deficit.

Lucy Hardcastle, Fundraiser, believes success is based on a personal focus, passion and in the planning of details. Building a donor base, timelines with task lists, and goals for improving membership should be developed with adjustments as needed.

The Board elected its officers and committee heads for the year--President, Dana Johnson; Vice-President, Frank McAtee; Treasurer, Shawna Masur; Secretary, Joanne Argyres. Committee Chairs are: Frank McAtee, Ways and Means; Shawna Masur, Finance; Bert Bernstein, Building and Grounds; Al Myers, Personnel and Nominating; Joanne Argyres, Membership and Retention, with Dana Johnson an ad-hoc member of all committees.

A needs list is being collected by Frank for things the center needs since individuals might choose to donate specific items to the center. Frank reviewed some leadership lessons learned with the Board.

**Next Meeting:** January 8th, 2020 at 4:30-5:30 PM

**December Minutes** are not approved until January’s Meeting.

**Membership Committee November Meeting**

Chaired by Joanne Argyres with members Nila Mae, Mary Larson, and Lucy Hardcastle, the committee centered on ideas for increasing membership. We agreed that we needed factual information about present members and Cloverdale itself.

Ideas were put forth that communication with members would be better with a monthly newsletter and that items like the Board minutes should be included in the newsletter. We should follow up on members who let their membership lapse.

Everyone then prepared envelopes for the gratitude cards, written by Lucy Hardcastle, to thank members for their support of the Center.

Meetings are to be held monthly on the first Wednesday of the month at 1:00 PM.

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**Membership Committee**

We want to hear from our members!

⇒ What do you think of the senior center?
⇒ Why did you join?
⇒ What would you like to see more of or less of at the Senior Center?

*If you have ideas please share them with us!*

If you are interested in joining the committee they meet the first Wednesday of the Month at **1:00 PM**

Next meeting is **January 8th, 2019**

You can submit your thoughts in writing via email or drop a letter off for the committee.
Moving? Please notify the Senior Center of your new address. The Post Office charges us for returns.

If you want to receive your newsletter by E-MAIL, let us know!

Join us on Facebook

https://www.facebook.com/CloverdaleSeniorCenter/

Because of their generous support, our pancake breakfast was a success!

Harry Singh
Deborah Adler
Gretchen Glaeser
Cloverdale Saw & Mower
Panaderia Bakery
Cloverdale Nursery
Farmers Insurance
Bolt Fabrics
Wine Country Real Estate
Taqueria El Molcajete
Thi Spice
Cloverdale Eagle Tech
Red Door Remedies
Trading Post
Friendly Feed Store
Wiedermier Realty
Senator Mike Maguire
Bear Republic Brewery
Clover Sonoma
Plank Coffee
Management Connections

THANK YOU!!!

Please financially support the Cloverdale Senior Multipurpose Center
Your donation is critical to our continued success!

Current Board Members:
Dana Johnson, President
Frank McAtee, Vice President
Shawna Masur, Treasurer
Joanne Argyres, Secretary
Bert Bernstein
Al Myers

BOARD MEETINGS 4:30-5:30 PM
January 8, 2019
February 5, 2019

Newsletter delivered with your annual membership dues: $25 Per Person ~ $45 Per Household