



# The Clover Leaf

## November-December 2023



311 N. Main Street | Cloverdale, CA. 95425  
(707) 894-4826 | info@cloverdaleseniorcenter.org  
www.CloverdaleSeniorCenter.org

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@95425Seniors

### Melanie's Message



It is hard to believe that it is nearly the end of 2023. As I reflect on fond memories and what I am most grateful for during this past year I pause to give thanks for being a part of a team

that makes a difference in our community. It has been over six years since I walked into our Senior Center and asked if I could volunteer to help at the front desk, which led to a job offer to become the Program Manager. Every day I come to work I feel the sense of belonging, the warm embrace of friendship, and just how good it feels to be here with the treasured jewels we call seniors.

The end of the year is also a time we ask our friends to think about supporting our center financially with our year-end appeal ask and Giving Tuesday. One of our biggest supporters who also volunteers her time to enhance this special place with her many talents wrote the following about the magic of our Senior Center while also acknowledging the need for continued donations.

*In the gentle embrace of time's river, where memories shimmer like stars in the night, the Cloverdale Senior Multipurpose Center stands as a sanctuary of souls. Here, laughter dances like a melody, carried on the gentle notes of a piano, and the aroma of homemade soup on Fridays fills the air like the sweetest verses of a timeless song.*

*We find ourselves at a crossroads as we approach the year's end. The rising costs of operation threaten to cast shadows over our sanctuary. Still, we hold fast to the enduring belief that every note of kindness, every stanza of support, can chase away the darkest of clouds.*

*Picture this: Fridays, a crescendo in our symphony of life, where laughter paints the air with vibrant colors, and the piano weaves a tapestry of memories. It's the day we gather at the produce market, and the aroma of homemade soup is a chorus that warms both body and soul.*

*Your generosity is the key that unlocks these heartwarming moments. Your donation, whether as gentle as a lullaby or as powerful as an anthem, becomes part of the melody that guides us forward. Together, we compose verses of compassion, harmony, and hope.*

*In this song of community, you are the conductor of our dreams. As the year wanes, we invite you to join us, not merely as a donor but as a lyricist of our future. With your support, we continue to sing the song of compassion and to dance to the rhythm of unity.*

*In the heart of giving, we find the soul of our center.*

**I want to end with a big thank you. Thank you for sharing your stories, your laughter, your heartache and tears, and adding your presence to the richness of this delightful place we call our Senior Center.**




**HOLIDAY TEA PARTY**

**SATURDAY, DECEMBER 9**  
**1:00-3:00 PM**  
311 N. Main Street, Cloverdale

**TICKETS \$40**  
(MEMBERS \$5 DISCOUNT)

Limited tickets are available at the front desk or on  
cloverdaleseniorcenter.org. Ticket Sales Oct 2-Dec 1

To decorate the table with winter's intrigue, Sparkling snowflakes and candles, a magical league. Glistening ornaments and ribbons so fine, Transforming the setting into scene so divine.

The scene is all set, cups and plates so neat, With lemon curd, festive treats, and sandwiches petite.

This year, in person, with smiles shining bright, Bountiful joy fill the air for this festive life.

Tickets on sale soon, but quick they'll be gone, A holiday delight you won't want to sleep on. Expect them to sell out with a festive cheer, Secure your spot early, before none you will fear.

Contact Melanie to sign up to decorate a table for our guests; grab a friend and get creative.

### Connect with Us

#### Senior Center Reception

(707) 894-4826

reception@cloverdaleseniorcenter.org

311 N. Main Street, Cloverdale

M-F 8:30 AM - 4:00 PM

#### Creative Notions Store

(707) 894-4110

119 W. 1st Street, Cloverdale

Tue. - Fri. 10 AM - 4 PM

#### Board of Directors

Pamela Powers - President

Evelyn Spire - Secretary

Shawna Masur - Treasurer

Bert Bernstein

Frank McAtee

Kenneth Allen

Email the Board of Directors

at:

BOD@CloverdaleSeniorCenter.org

#### Staff

Melanie Hall

Program Manager

Melanie@CloverdaleSeniorCenter.org

Suzi Croft

Operations Coordinator

Suzi@CloverdaleSeniorCenter.org

Trish Chappell

Office Assistant

Trish@CloverdaleSeniorCenter.org

Sandra Hoevertsz

Senior Project Director

Hoevertsz@CloverdaleSeniorCenter.org

### Welcome New Members!

Cheri Strong

Holly Werner

Kate Berlin

Marlene Crane



Noeline Harris

Richard Crane

Terry Yanglin

## Board of Directors & Committee Updates

### Fee Changes start February 1

- Class and activity fees: **\$7 members, \$10 guests.**
- Lunch costs: **All lunches will be \$8;** see staff if you need assistance with this expense, no one is turned away for inability to pay.

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

## Year-end Fundraising Underway

If you have the ability to donate to our center to help us keep our programs running, provide support for the aging process, and provide a place for our community to interact, please consider us this year. You can mail a check, call, or visit our website to donate.

If donating is not within your means now, consider telling friends and family what you appreciate about us, and share our social media messages and fundraisers. Every person can help in a meaningful way! Thank you, Cloverdalians!

## 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.



## CLOVER Lunch CLUB

**Monday** NEW **\$8**

Asian from Thai Spice

**RSVP Deadline 3PM Friday**

**Tuesday** **\$8**

Mexican from El Milagro

**RSVP Deadline 3PM Monday**

**Wednesday** **\$5**

Pizza or Hot Subs from Papa's Pizza

**RSVP Deadline 3PM Tuesday**

**Thursday** **No Lunch**

**Friday** **\$5**

Homemade Soup & Salad

**RSVP Deadline 3PM Wednesday**

**Notice:** The price of all lunches will go to **\$8** starting **February 1**

**Lunch is served 11:30-12:30 PM**  
Please call or visit the front desk to RSVP before the deadline for lunches.

No one is turned away for inability to pay for a lunch. Please ask staff about our Fellowship Club, we are happy to assist.

**Annual Holiday Craft Fair 2023**  
**Saturday, November 4**  
**10 AM - 3 PM**

Get gifts for that hard to buy for person, plus one or two for yourself!  
 Handcrafted and Unique Creations  
 Jewelry and Art  
 Needle Crafts & Quilted Creations

Bring a friend, grab a hot spiced cider or holiday goodie, and join us for fall favorite soups

Join us at the Senior Center  
 311 N. Main Street, Cloverdale




Proceeds support local crafters and our Senior Center programs.



Photos from previous Craft Fairs

**Coffee with the Mayor & Friends**

**Thursday, November 9**  
**10-11 AM**

**Chief Jason Ferguson**  
**Lieutenant Christopher Parker**  
**Cloverdale Police Department**

Chief Ferguson will be speaking on his tenure as Chief of Cloverdale and his upcoming retirement.



**Thursday, December 14**  
**10-11 AM**

**Zaw Wao Htoo, PhD**  
 Community Nutrition & Health Advisor  
 University of California  
 UC Cooperative Extension

**Navigating Medicare & General Insurance Discussion with Q&A**

by Erica Bishop, State Farm Ins.

**Tuesday, November, 4-5 PM**

Erica will be focusing on Medicare Insurance. She may additionally discuss life insurance and auto insurance and provide a status update on homeowners insurance in California.



*(This is not a sales pitch, Erica will be providing information and answering questions)*

RSPV - Call (707) 894-4826 or stop by the front desk to sign-up

**Age Well, Drive Smart**

**Wednesday, November 15**  
**9 AM-12 PM**



The "Age Well, Drive Smart" class is an education program specifically designed to help seniors tune up their driving skills, refresh their knowledge of the rules of the road and discuss normal age-related physical changes and how they affect driving ability.

Space is limited.  
 RSVP by November 13



**Plant-Based Cooking Class**

**Thursday, November 2, 11:30 AM-1 PM**  
**Plant-Based Holiday Meals**

Chef Karen will teach the foundational skills (and recipes) needed for a Spectacular Plant Based Holiday Feast!!!



**Thursday, November 16, 11:30 AM-1 PM**  
**Stuffed Holiday Pumpkins**



We will make stuffed pumpkins, mashed potatoes & gravy, and a surprise dessert if we have time!!!

**Thursday, November 30, 11:30 AM-1 PM**  
**Plant-based holiday desserts**





## Notes for the Journey

by Louise Young

*This will be a new regular column in our newsletter. Enjoy!*

When we were children, we loved the holidays of gathering and feasting, mostly because we had no responsibility for the planning, expenses, shopping, cooking, serving, and clean-up. Thanksgiving, until Great Grandpa died, was huge, with close to fifty aunts, uncles, their spouses, and an army of cousins. The feast was held at the Claremont Hotel in Berkeley in a huge banquet room, tables stretched from end to end. After eating, the kids started to fidget, so we were excused, but confined to the banquet hall. No problem. We chased under tables, around serving carts, tunneling behind coat racks bulging with everyone's outerwear. When the noise got too loud, Great Grandfather, imposing at six feet four inches, pounded on the table and demanded quiet. Which lasted about 10 minutes. We had a grand time.

Then came Christmas. From the time we were very small, we helped decorate the tree, and with Mother's help made small gifts for each of the grownups. One year it was oranges studded with whole cloves, which would smell good for a whole year. Another year we made needle holders shaped like a little girl wearing a bonnet for each of the ladies and for the gentlemen, little cases for their cigarette lighters. We put out a dish of cookies and a glass of milk for Santa. Before dawn we were up, squealing and whispering, exploring every package. One year each of us got REAL cowboy boots and red Roy Rogers belts and hats. We were the envy of all the kids in the neighborhood when we played "war."

As we grew up, we helped Mother and Grandma with the meals, but our main assignment was doing the dishes.

Then came marriage and babies. Thanksgiving was at Grandma and Grandpa's home on Telegraph Hill and Christmas was at our house in Forest Hill Extension. At both feasts were relatives or friends who would otherwise be alone. The older adults would cluster in the living room sharing in once-a-year conversation, while my sister and I hid in the kitchen talking and doing dishes while the babies slept peacefully in the back bedroom.

The years went by, and soon each couple went their way and developed new ways to celebrate the great American holidays. Now the elders have passed, and my sons and my sister's daughter carry on with new traditions. I have a new tradition too, a non-holiday I like to celebrate. The Winter Solstice is not a holiday, but for me, it's a marker in the passage of time, a beacon pointing to transition. From this day forward until Summer Solstice in June, the days will lengthen, a minute or two each day. This year, the shortest day and longest night is on Thursday, December 21st, at 7:27 p.m.

My celebration is simple: I climb a hill to the top, or to a place where I can see around me. To prepare, I make a bouquet of small branches, one each from all the evergreen trees I can locate, and secure it with a few strands of grass. At about 3:00 in the afternoon, I start up the hill. I don't sprint anymore, so I have to make my way to the top slowly and start early to avoid getting caught hiking in the dark. I stand at the highest point I can reach and speak words of personal intention in each direction. I watch the sun move slowly to the west. When it touches the horizon, I lay my evergreen bouquet on a large rock and start down the hill. It will be dark by 5:30. I will have a flashlight with me, but I want to not have to use it. This year is a big transition year for me. I am alone now and will enjoy living alone, but a major intention is to stay connected to the people in my life. I am blessed with friends and family, activities, and friendly places where I can meet new people and make new friends. One of the best places is the Cloverdale Senior Center! Happy Holidays, everyone!

## 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

## Volunteers Needed

### Drivers & Errands

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

Please contact our Reception Desk at (707) 894-4826 or email [melanie@cloverdaleseniorcenter.org](mailto:melanie@cloverdaleseniorcenter.org)



## November

**Thursday, November 2**

**11:30-1 PM** Plant-Based Cooking Class

**Saturday, November 4**

**10-3 PM** HOLIDAY CRAFT FAIR

**Monday, November 6**

**Thai Spice (Asian Lunch) \$ 8**

**Tuesday, November 7**

**Giving Tuesday #1 Starts**

**8:30-4:30 PM** Haircuts by appointment

**4-5 PM** Insurance Presentation

**Wednesday, November 8**

**8:30-4 PM** Podiatrist by Appointment

**Thursday, November 9**

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

**Friday, November 10**

CSMC - **CLOSED**: Veterans Day (Observed)

**Tuesday, November 14**

**Giving Tuesday #2**

**Wednesday, November 15**

**9-12 PM** Age Well, Drive Smart

**4 PM** CSMC Board Meeting

**Thursday, November 16**

**9-12 PM** Alexander Valley Healthcare by Appointment (CalFresh, Medicare, & more)

**11:30-1 PM** Plant-Based Cooking Class

**Friday, November 17**

Ice-Cream Social, following lunch at 12:15 PM

**Tuesday, November 21**

**Giving Tuesday #3**

**Wednesday, November 22**

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

**Thursday-Friday, November 23 & 24**

CSMC- **CLOSED**: Thanksgiving (Observed)

**Tuesday, November 28**

**Giving Tuesday FINALE DAY**

**Thursday, November 30**

**11:30-1 PM** Plant-Based Cooking Class

## December

**Tuesday, December 5**

**8:30 AM-4 PM** Haircuts by appointment

**Wednesday, December 6**

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

**Saturday, December 9**

**1-3 PM** Holiday Tea

**Wednesday, December 13**

**8:30 AM-2 PM** Podiatrist by appointment

**Thursday, December 14**

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

**Tuesday, December 19**

**11:30 AM-4 PM** Haircuts by appointment

**Wednesday, December 20**

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

**4 PM** CSMC Board Meeting

**Thursday, December 21**

**9 AM-12 PM** Alexander Valley Healthcare by Appointment (CalFresh, Medicare, & more)

**Friday, December 22**

**12:30 PM** Ice Cream Social

**December 25-January 1**

**CLOSED**



**JOIN US FOR LUNCH 11:30-12:30 PM**

**Now serving on Mondays!**

**Monday** - Thai Spice (Asian Lunch) \$8

**RSVP by 3 PM Friday**

**Tuesday** - El Milagro (Mexican Lunch) \$8

**RSVP by 3 PM Monday**

**Weds.** - Papa's Pizza Café (Pizza or Hot Sub) \$5

**RSVP by 3 PM Tuesday**

**Friday** - Homemade Hot Soup & Salad \$5


**RSVP by 3 PM Wednesday**

No one is turned away for inability to pay, please see a staff member for assistance.

# Cloverdale Senior Multipurpose Center

## Activities and Events Calendar

# NOVEMBER 2023

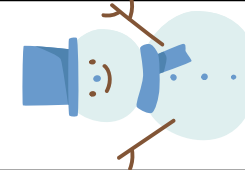
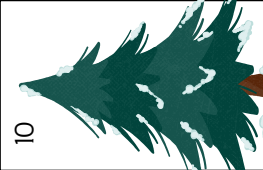
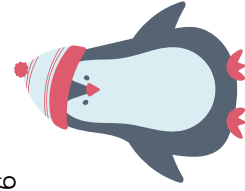


SUN	MON	TUES	WEDS	THURS	FRI	SAT
29 	30 <b>Thai Spice Lunch</b> 8:45-9:45 AM Yoga 1-3 PM Bingo	31 <b>El Milagro (Mexican)</b> Halloween 8:45-9:45 Meditation 10-11 AM Nimble Fingers 11:30-12:30 PM Lunch 1:30-2:30 PM Strength Training	1 <b>Papa s Pizza Café</b> Dia Los Muertos 8:45-9:45 AM Yoga 10-11 AM Chair Yoga 10-11 AM Bean Bag Baseball 10:30-11:30 AM Grief Group 11:30-12:30 PM Lunch 1:30-4 Buncol! #1	2 <b>No Lunch</b> 8:45-9:45 AM Meditation 9-12 PM A Portrait of You by Appointment 11:30-1 Plant-Based Cooking 1:30-2:30 PM Strength Training 3-4 PM Belly Dancing	3 <b>Homemade Soup &amp; Salad</b> 8:45-9:45 Gentle Yoga 9-1 PM Chair Massage by Appointment 10-11 AM Produce Market 11:30-12:30 PM Lunch 1-4 PM Games	4 <b>HOLIDAY CRAFT FAIR</b> 10-3 PM
5 Daylight Savings Time Ends	6 <b>Thai Spice Lunch</b> 8:45-9:45 AM Yoga 11:30-12:30 PM Lunch 1-3 PM Bingo	7 <b>El Milagro (Mexican)</b> 8:45-9:45 Meditation 8:45-4 PM Haircuts by Appointment 10-11 AM Nimble Fingers 11:30-12:30 PM Lunch 1:30-2:30 PM Strength Training	8 <b>Papa s Pizza Café</b> 8:45-9:45 AM Yoga 9-4 AM Podiatrist by appt. 10-11 AM Chair Yoga 10-11 AM Bean Bag Baseball 10:30-11:30 AM Grief Group 11:30-12:30 PM Lunch (Hot Subs)	9 <b>No Lunch</b> 8:45-9:45 AM Meditation 10-11 AM Coffee with the Mayor & Friends 1:30-2:30 PM Strength Training 3-4 PM Belly Dancing	10 <b>Veterans Day (Observed) CLOSED</b>	11  Veterans Day
12 	13 <b>Thai Spice Lunch</b> 8:45-9:45 AM Yoga 11:30-12:30 PM Lunch 1-3 PM Bingo	14 <b>El Milagro (Mexican)</b> 8:45-9:45 Meditation 10-11 AM Nimble Fingers 11:30-12:30 PM Lunch 1:30-2:30 PM Strength Training	15 <b>Papa s Pizza Café</b> 8:45-9:45 AM Yoga 10-11 AM Chair Yoga 10-11 AM Bean Bag Baseball 11:30-12:30 PM Lunch 1:30-4 Buncol! #2 4 PM CSMC Board Mtg	16 <b>No Lunch</b> 8:45-9:45 AM Meditation 9-12 PM CalFresh/Medicare by Appt. 11:30-1 Plant-Based Cooking 1:30-2:30 PM Strength Training 3-4 PM Belly Dancing	17 <b>Homemade Soup &amp; Salad</b> 8:45-9:45 Gentle Yoga 9-1 PM Chair Massage by Appointment 10-11 AM Produce Market 11:30-12:30 PM Lunch & Ice Cream Social 1-4 PM Games	18 
19 	20 <b>Thai Spice Lunch</b> 8:45-9:45 AM Yoga 11:30-12:30 PM Lunch 1-3 PM Bingo	21 <b>El Milagro (Mexican)</b> 8:45-9:45 Meditation 10-11 AM Nimble Fingers 11:30-12:30 PM Lunch 12-3 Legal Aid by Appt 1:30-2:30 PM Strength Training	22 <b>Papa s Pizza Café</b> 8:45-9:45 AM Yoga 10-11 AM Chair Yoga 10-11 AM Bean Bag Baseball 11:30-12:30 PM Lunch (Hot Subs)	23 <b>Thanksgiving CLOSED</b> 	24 <b>CLOSED</b> 	25 
26 	27 <b>Thai Spice Lunch</b> 8:45-9:45 AM Yoga 11:30-12:30 PM Lunch 1-3 PM Bingo	28 <b>El Milagro (Mexican)</b> 8:45-9:45 Meditation 10-11 AM Nimble Fingers 11:30-12:30 PM Lunch 1:30-2:30 PM Strength Training	29 <b>Papa s Pizza Café</b> 8:45-9:45 AM Yoga 10-11 AM Chair Yoga 10-11 AM Bean Bag Baseball 11:30-12:30 PM Lunch	30 <b>No Lunch</b> 8:45-9:45 AM Meditation 11:30-1 Plant-Based Cooking 1:30-2:30 PM Strength Training 3-4 PM Belly Dancing	1 <b>Homemade Soup &amp; Salad</b> 8:45-9:45 Gentle Yoga 9-1 PM Chair Massage by Appointment 10-11 AM Produce Market 11:30-12:30 PM Lunch 1-4 PM Games	2 

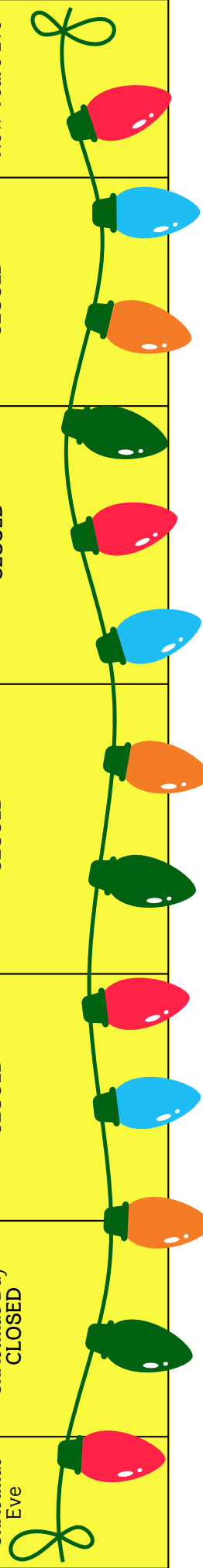


# Cloverdale Senior Multipurpose Center

# Activities and Events Calendar

# DECEMBER 2023

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3 	4 8:45-9:45 AM Yoga 11:30-12:30 PM Lunch 1-3 PM Bingo	5 8:45-9:45 Meditation 8:45-4 PM Haircuts by Appointment 10-11 AM Nimble Fingers 11:30-12:30 PM Lunch 1:30-2:30 PM Strength Training	6 8:45-9:45 AM Yoga 10-11 AM Chair Yoga 10-11 AM Bean Bag Baseball 11:30-12:30 PM Lunch 1:30-4 Bunclo! #1	7 8:45-9:45 AM Meditation 9-12 PM A Portrait of You by Appointment 1:30-2:30 PM Strength Training 3-4 PM Belly Dancing	8 8:45-9:45 Gentle Yoga 9-1 PM Chair Massage by Appointment 10-11 AM Produce Market 11:30-12:30 PM Lunch 1-4 PM Games	9 <b>HOLIDAY TEA PARTY</b> With Live Concert by The Fitch Mountaineers 1-3 PM
10 	11 8:45-9:45 AM Yoga 11:30-12:30 PM Lunch 1-3 PM Bingo	12 8:45-9:45 Meditation 10-11 AM Nimble Fingers 11:30-12:30 PM Lunch 1:30-2:30 PM Strength Training	13 8:45-9:45 AM Yoga 9-4 AM Podiatrist by appt. 10-11 AM Chair Yoga 10-11 AM Bean Bag Baseball 11:30-12:30 PM Lunch (Hot Subs)	14 8:45-9:45 AM Meditation 10-11 AM Coffee with the Mayor & Friends 1:30-2:30 PM Strength Training 3-4 PM Belly Dancing	15 8:45-9:45 Gentle Yoga 9-1 PM Chair Massage by Appointment 10-11 AM Produce Market 11:30-12:30 PM Lunch 1-4 PM Games	16 
17 	18 8:45-9:45 AM Yoga 11:30-12:30 PM Lunch 1-3 PM Bingo	19 8:45-9:45 Meditation 10-11 AM Nimble Fingers 11:30-4 PM Haircuts by Appointment 11:30-12:30 PM Lunch 12-3 Legal Aid by Appt. 1:30-2:30 PM Strength Training	20 8:45-9:45 AM Yoga 10-11 AM Chair Yoga 10-11 AM Bean Bag Baseball 11:30-12:30 PM Lunch 1:30-4 Bunclo! #2 4 PM CSMC Board Mtg	21 8:45-9:45 AM Meditation 9-12 PM CalFresh/Medicare by appt. 1:30-2:30 PM Strength Training 3-4 PM Belly Dancing	22 8:45-9:45 Gentle Yoga 9-1 PM Chair Massage by Appointment 10-11 AM Produce Market 11:30-12:30 PM Lunch & Ice Cream Social 1-4 PM Games	23 
24 Christmas Eve	25 Christmas Day CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 New Year's Eve



## Meditation

**Discover** how to release your stress and tension.

**Open into** a wonderful, peaceful attitude for the rest of your day and week.

**Find out** how to breath in ways that nurture your body, calm your mind, foster more joy, love, and gratitude.



Tuesdays & Thursdays  
8:45-9:45 AM

Members \$7  
Guests \$10

## Yoga with Eileen

Mondays & Wednesdays  
8:45-9:45 AM

Improves muscle tone, enhances flexibility, eases aches and pains. Improves balance, builds stronger bones, increases concentration, boost mood, and mental stimulation.

Fee: \$5 Members, \$8 Guests



## Chair Yoga with Eileen

Wednesdays  
10-11 AM

From a seated position you can enjoy the same type of stretching and flexing needed to improve balance and encourage blood flow. Everything is modifiable and taught by an experienced instructor

Fee: \$5 Members, \$8 Guests



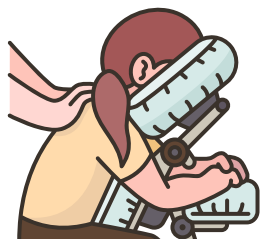
## Chair Massages by Eleanor Gomez

**By Appointment**  
**Fridays from 9 AM - 1 PM**

Members \$20  
Guests \$ 25

With many years of experience, 20 minutes it is a delight to sit in Eleanor's chair!

Call 707-894-4826 or stop by the front desk for an appointment



## Strength Training with Marie

**Tuesdays & Thursdays**  
**1:30-2:30 PM**

**Maintain Muscle Health, Bone Density, and Balance**



This class can be an excellent way to maintain and increase your strength as your body ages. You can stand or Sit (or both), use free weights or no weights—builds muscle, strengthens balance, improves posture, improves bone density. Plus, it just feels good.



**Fee: Members \$5, Guest \$8**

## 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**

Wholesale prices for everyone!  
Bring your reusable bags.  
CalFresh/Snap Now Accepted  
*Sorry - no credit cards*



## **NEW** Lunch on Mondays

We are excited to announce a pilot program, we have partnered with Thai Spice to offer you a selection from their lunch menu. We will start serving this option on Monday, November 6.



**Must order by 3 PM the Friday before**





## Louise Young



My husband, Bill, and I moved to Cloverdale in May 2007. Being warm after a freezing winter and early spring in Little River felt so nice. We loved living close to the ocean and spent much time walking the bluffs and beaches, watching the waves and the many birds. We were getting older, though, and the limited services on the coast, as well as the cold, pushed us to a warmer climate.

We found the Senior Center right away. The friendly atmosphere and many activities there attracted me, and we joined. We were impressed by the level of involvement among the people we met and their commitment to maintaining a place where people from all over town could join in the community.

I joined a meditation group sponsored by the center and, a little later, started taking Tai Chi with Janet Seaforth. Both those classes became regular commitments for me. Over the years, I've taken a college class, an Enneagram class, and training in Marshall Rosenberg's non-violent communication to raise empathy between people.

When the Senior Center agreed to sponsor a community garden in downtown Cloverdale, I was intrigued. I joined a group of hard-core gardeners who began by clearing away years of neglected trees, shrubs, and piles of deadwood. Soon, we learned how to prepare soil for planting, divided the space into garden plots, and developed a rota for watering and weeding. Our garden thrived. Soon, we had an irrigation system, and when PG&E was about to install electricity, the garden folded. The family who had loaned us the space passed it to a relative, and the garden closed in 2016. I was sad, but I had learned gardening skills that would stay with me for life.

As arthritis caught up with me, gardening became less hard-core. I branched out to learn more cooking skills, did more reading, and increased my interest in writing. I still can't bake worth a darn, though. I've kept a journal most of my life, and recently, I started a journal called "Notes for the Journey" that

will begin to appear in this newsletter, thanks to Melanie Hall. I had taken a creative writing class for three years at Redwood College in Fort Bragg, and I consider "Notes for the Journey" an opportunity to sharpen the skills I learned there. Pages will seldom be more than three paragraphs long and will focus on highlights and sidelights of life experience.

Family has been the center of my life for most of my eighty-five years. I now have the distinction of being the oldest person among my relatives left alive. Now, after the passing of my parents and grandparents, aunts and uncles, my younger sister, and my first husband, my family consists of two sons, six grandchildren, and four great-grandchildren. And so it continues, as it should. My sons and I are close, conversing often. One lives in Oregon, and the other in North Carolina. Soon, we will be together, joined in celebrating the life of Bill Adams, my second husband, on the Neptune Society's ship, Naiad, to scatter his ashes in the open ocean, as he wished.

I'm grateful for our center that honors senior life, for the diversity of offerings, and for the leadership provided by Melanie Hall and her staff. There are lectures, classes, parties, games, enough activities to tempt everyone to try something out, and a place to gather and avoid the pitfalls of isolation.

I hope the people of Cloverdale will continue to support our center. Elders sometimes feel forgotten, a little lost in this busy world of things that light up and talk to them and of people who walk with their heads down all the time. Community is more than jobs, school, and social events. It's being willing to be visible, to sit down with someone you haven't met before and have a conversation that you put together as you go along. In a community with others who are still interested in life, you can create your own script and be part of shared stories of people with lots of experience in living!

*Thank you, Louise, for sharing your insight on life with your Notes for the Journey starting in this newsletter. We are so grateful for your continued support of our Senior Center.*



## New SOS Counselor

### Hannah Button, MFT Trainee



My name is Hannah Button, I am a Marriage, Family, and Child Counseling trainee, and I am thrilled to be working at the Cloverdale Senior Center. I will be providing mental health counseling here

through a non-profit named SOS Community Counseling. At SOS, we provide services to individuals, couples, families, and youth on a sliding-scale fee.

As a counselor, my passion is to help people across the lifespan identify their goals, and collaborate with them to make those goals more achievable. Additionally, I think that our mental health has a big impact on our physical health, so I work to connect the two. Most importantly, I try to be someone that is warm and joyful to talk to. Even when we are processing difficult things, I want therapy to be a place that you can be eager to show up to every week, and where you can feel seen and supported.

Personally, I am an animal lover, an avid cook, and a dedicated reader. I have been working to read 23 books in 2023, and just recently passed my goal. I love people, and hearing their stories, which is a big part of why I chose to become a counselor.

I have loved getting to know the Senior Center more, so if you see me around, or with my office door open, please feel free to stop by and introduce yourself! I would always love a conversation, or any good book or recipe recommendations. If you are interested in seeing me as a counselor, reach out to our intake team at 707-284-3444, or [info@soscounseling.org](mailto:info@soscounseling.org). Either way, I look forward to getting to know you, and I am so grateful to be a part of this amazing community

*Thank you, Hannah, for the important work that you do to help others.*

*We are thrilled to have you here at the Senior Center and appreciate our collaboration with SOS Counseling.*

Do you or someone you know need help with CalFresh, Medicare, and Covered California?



### Cristina Rosas

Certified Enrollment Counselor from Alexander Valley Healthcare

**Every 3rd Thursday from 9-12**  
Cristina will have appointments at our Center. For an appointment call 707-894-4229, press 2, then enter extension 1802.



## Cloverdale Connect

### CHS Scholarship Fundraiser

## It's a Beatles music Sing-A-Long!

**Sunday December 10th, 2023**

Buffet Lunch 12-1pm, Raffle 1-1:30pm,  
Entertainment begins 1:30pm

A "Beatles Sing A Long" with William Florian, formerly of the New Christy Minstrels  
Chef Raymond Pesce will be serving up his "World Famous" BBQ pasta!

Lots of raffle prizes and door prizes!

\$50 per person – includes buffet lunch, beverage, plus entertainment

Venue: Cloverdale Senior Multipurpose Center  
311 N. Main St. Cloverdale 95425

Purchase tickets via email or by phone

[info@cloverdaleconnect.com](mailto:info@cloverdaleconnect.com) or 707-322-3403

**Only 60 tickets available**

**RSVP no later than November 22nd**

All net proceeds benefit the *Cloverdale Connect* Scholarship Fund





# 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.  
Membership for 90+ receives an **Honorary** membership (free) with renewed form.  
**Lifetime** Membership \$1,000.

## Member Information

Full Name :	<input type="text"/>	2nd Member :	<input type="text"/>
Date of Birth :	<input type="text"/>	Date of Birth :	<input type="text"/>
Phone :	<input type="text"/>	Phone :	<input type="text"/>
Email :	<input type="text"/>	Email :	<input type="text"/>

Address :  City, State, Zip

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

Full Name :	<input type="text"/>	Relationship :	<input type="checkbox"/> Adult Relative
			<input type="checkbox"/> Caregiver-Friend-Neighbor
Phone(s) :	<input type="text"/>		<input type="checkbox"/> Spouse-Partner

### Newsletter Preference

- Emailed Weekly
- 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.**

<input type="text"/>	<input type="text"/>	<input type="text"/>
1st Member	2nd Member	Date

### OFFICE USE -

- Individual (1) \$25
- Household (2) \$45
- Fellowship Applicant (no fee)
- Honorary 90+ (no fee)
- Lifetime \$1,000
- New Member (Not active 5 years)
- Renewing Member

### PAYMENT INFORMATION

Amount Paid

\$

Date Paid

Cashier

- Cash
- Check # \_\_\_\_\_
- Credit (AUTH) # \_\_\_\_\_

Fellowship Fund

Approved by: \_\_\_\_\_  
staff only

### OFFICE USE - PROCESSING

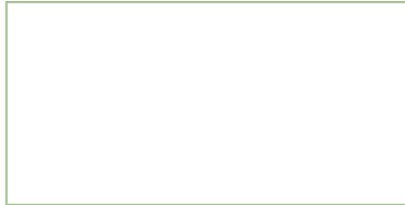
- Scanned
- Entered in MySeniorCenter
- Scan Card Issued
- Entered in DS



311 N. Main Street  
 Cloverdale, CA. 95425  
 (707) 894-4826

**Return Services Requested**

Nonprofit Organization  
 U.S. Postage **PAID**  
 Cloverdale, CA 95425  
 Permit No. 2



**Giving to Make a Difference**  
**GIVING TUESDAY**

2023



CloverdaleSeniorCenter/

#95425Seniors



@CloverdaleSeniorCenter



Join our emails



95425Seniors

#GivingTuesday

Watch our social media on Tuesdays throughout November for messages of gratitude and belonging from our community.

We have a \$3,000 donor match offered.

If we can get our community to match this pledge, we can double this impactful support.



Use this link to securely donate online

**How can you support us?**

**Donate:** a one-time gift or pledge to give monthly (can be automated).

**Become a Steward:** Join for \$100 annually.

**Spread the Word:** Write to the city or share our fundraisers on social media. Tell others about why you support us.



Use this link to find us on Facebook