



Cloverdale *Celebrating* 35 *Years*
Senior Multipurpose Center

The Clover Leaf

September & October 2022



Melanie's Message

Many exciting things are going on around the Senior Center. First, I would like to announce that we have a new team member. The Board of Directors hired Sandra Hoevertsz to be our new Executive Director. Sandra

began her new adventure on August 2. She will oversee recent ARPA funds awarded to the Senior Center along with Alexander Valley Healthcare, SOS Counseling, and La Familia Sana for mental health services in Cloverdale and other duties. Please come and meet Sandra, as she is eager to meet you. You can read more about Sandra on page 2.

Second, with great pleasure, I announce that the Senior Center 35th Anniversary Fundraiser Event was a great success! We are so thankful for the outpouring of community support for this celebration. A big thank you to our sponsors; Amanda Farrar LLC, Brincolines Chanure, Clover Springs Qi Gong Group, Cloverdale Connect, DW Enterprises, Healdsburg Hospital, In Memory of Malmstrom's, Jackie Evans Productions, Management Connections, Michael Laird Realty-W Real Estate, Pavelka Team-Compass, Red Door Remedies, Bob Scott & Tim McDonald, Trione Vineyard & Winery, and Wolf House.

We would also like to thank the nearly 100 individuals and businesses who donated items for our live and silent auctions and those who contributed to our "fund a need" to support our senior lunch program. The generosity of so many people made a difference in this event's success, and we are very grateful. Big thanks go to Senator Mike McGuire for his exciting job as our auctioneer; he sure knows how to encourage people to dig deep into their wallets.

A big shout out to the Cloverdale Kiwanis Club for the exceptional summer meal they prepared; it was terrific. And the Cloverdale Lions Club for their roasted chicken that melted in your mouth, plus the full bar they provided.

Finishing the evening off with sidesplitting laughter prompted by top-notch comedians Bob Zany, Steve Barkley, and Marc Yaffee was a pleasure! The night was perfect; such good

medicine for the body, mind, and soul.

With the help of 50 volunteers, 200 ticket buyers, and the incredible amount of assistance from so many, we raised nearly \$35,000, which will be used to continue the many programs that we have and will be able to provide in the future here at the Senior Center.



Melanie's winning!



Jackie Evans brought the funny guys!

Thank you,
thank you, and thank
you!



Thanks, Mike McGuire!
What a Showman!



INSIDE THIS ISSUE: 2. Annual Membership Meeting, Volunteers Needed, 3. Our New Executive Director, 4. New Activities, 5. Mark Your Calendars, 6 -7. September & October Activity Calendars, 8. What Will You Be Doing?, 9. New Members & Community Programs, 10. Member Spotlight Story, 11. Photo's of our 35th Anniversary Event Fundraiser.

FLYER: Member Survey



Board of Directors

Al Myers, President
Frank McAfee, Vice President
Shawna Masur, Treasure
Bert Bernstein
Linda Chaffin

You can contact the Board of Directors at:
BOD@cloverdaleseniorcenter.org

Staff

Sandra Hoevertsz, Executive Director
Hoevertsz@cloverdaleseniorcenter.org

Melanie Hall, Program Manager
melanie@cloverdaleseniorcenter.org

Suzi Croft, Operations Coordinator
suzi@cloverdaleseniorcenter.org

Creative Notions

(707) 894-4110



Facebook.com/creativenotionscloverdale

NOW OPEN: Wednesdays 10-4,
Thursdays 10-4, Fridays 10-4, and
Saturdays 1-4 PM

Contact Us

(707) 894-4826
info@cloverdaleseniorcenter.org
CloverdaleSeniorCenter.org

Facebook.com/CloverdaleSeniorCenter
instagram.com/cloverdaleseniorcenter/
twitter.com/CsmcCloverdale

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.

The Annual Membership Meeting 2022

October 5, starting at 4PM

in the Multipurpose Room at the Senior Center

Snacks & drinks will be provided. Come hear from our team about the past year of activities and learn what we have planned for this upcoming year.

Please take a moment to fill out the questionnaire inserted into your newsletter and return it.

Our center relies on the input of our membership to be the support and resource our community needs. If you have questions, comments, or ideas for how our center could improve or just want to say how much you appreciate our work, please submit your comments to 311 N. Main Street or email suzi@cloverdaleseniorcenter.org. We want to remain relevant to your lives and continue to grow to meet evolving needs. One way we can grow and learn is when we hear from our membership about your experiences and thoughts.

VOLUNTEERS WANTED

If you are interested in volunteering to support our Center and community work please contact Melanie Hall.

We are seeking:

Front Desk Reception and substitutes for vacations etc., training is provided, three hour shifts

Creative Notions Store Minders & Substitutes, days and times can be flexible shifts are usually 10 AM—1 PM and 1–4 PM. Currently, the store is open Wednesdays, Thursdays, Fridays, and Saturday. We are in need of substitutes for our existing store volunteers and would like to add to our days open if we have volunteers to do so. Training is provided.

Senior Lunch Program Substitutes, servers, prepping, helping with clean-up. Lunch is served from 11:30 to 12:30 Tuesdays, Wednesdays, and Fridays.

Bingo Caller Substitute, Mondays 1:15-3:15, we need a backup caller to support other volunteers. This is a friendly group of seniors just having fun. We will train you, and an easy-to-operate microphone is provided.

If any of these things pique your interest and you would like to learn more please stop by to visit Melanie Hall, Program Manager, or call us at 707-894-4826. You can email melanie@cloverdaleseniorcenter.org

WELCOME NEW FRIEND



Welcome, Sandra, to the Cloverdale Senior Center Family!

Sandra Hoeverstsz

My Story:

I was born and raised in the Central Valley with roots in Fresno, Madera, and San Joaquin County. In 2015, my husband accepted a job with the Sonoma County Department of Transportation and Public Works. Soon after, I finished my contract with Southwest Transportation Agency and came to live full-time in the charming hallmark City of Cloverdale.

What qualifies me for the Executive Director position?

My background is in management, administration, accounting, and project management. I attended Fresno City College and graduated from Heald Business College, then worked for an excavation and construction company for over 20 years. I managed the company's operations from Human Resources to finances, including annual reports and audits; coordinated projects, bidding, scheduling, and dispatching.

After 20 years, I decided to change careers and moved to the public sector, where I joined a fantastic team of professionals whose mission is to provide safe transportation to our children's most important element in the school system.

At Southwest Transportation Agency, my responsibilities as the Agency Director included all management and operations responsibilities including exploring all funding sources and options, formulating, developing, implementing, and evaluating various means of improving

Agency services and efficiencies for a cost-effective process.

Why did I join the Cloverdale Senior Multipurpose Center team?

The seniors of today are the children and young adults of yesteryear. They were once the teachers, law enforcement officers, service workers, nurses, laborers, mechanics, clerks, engineers, etc., that kept our Country running smoothly, allowing us to be where we are today. With seniors, we can glimpse into our communities' past and peer into our future, where the rest of us eventually become seniors. Therefore, we have a moral duty to maintain a continuity of enduring, lifelong support for all community members.

Our seniors are a precious resource, as children are to our future, which we must cherish and honor. We all can stand to learn a thing or two from those with a little more life experience.

After carefully reading the recruitment materials for the Executive Director of the Cloverdale Senior Multipurpose Center, I found it to be a perfect match for my skillset and passion for the senior population. I am excited to learn and find sustainable ways to enhance the Center and the experiences of our residents.



Your Cloverdale Senior Multipurpose Center Staff
Suzi Croft, Operations Coordinator; Melanie Hall, Program Manager; Sandra Hoeverstsz, Executive Director

“We love what we do in our community!”

The Executive Director position was made possible through grant funding. With this bright addition to our team, we will be able to grow additional funding opportunities to continue our growth and support our Seniors with resources and activities.

So please come by and say hello!

You can find Sandra at the produce markets on Friday mornings from 10-11 AM.

NEW ACTIVITIES

NEW ACTIVITIES

Keep Creating

Art WITH FRIENDS

1st & 3rd Tuesdays,
Sept. 6 & 20, Oct. 4 & 18
1-2:30 PM

CLASS PROJECTS & SUPPLY COST
9/6 Mandala Coloring \$2
9/20 Starry Night Project \$12
10/4 Watercolor Fun \$2
10/18 Windchimes \$8

Sign up's are recommended so that we have enough materials for everyone.
(707) 894-4826

Fees are for materials when you join a class project



Tuesday, Sept. 20; Starry Night Project— We will be creating a colored wire frame three dimensional star that will light up, great for outdoors or hang it in the house. \$12

Tuesday, Oct. 18; Windchime Project— These windchimes include hand painted clay pot bells with chimes hanging from them. You can make it what makes you happy. \$8

These two projects require students to pre-sign up and pre-pay for materials.

Keep Moving

Aches, Pains, Limited Flexibility...

Do you avoid doing things you need or want to do?

Awareness Through Movement®

A meditative awareness of your body and how you move, led by an experienced instructor, Eleanor Gomez.

The 1st and 3rd Thursdays 10-11 AM

Call or stop by to sign up is recommended (707) 894-4826

**Thursdays 10-11 AM
September 1 & 15
October 6 & 20**



A Portrait of You

Let's capture your style, smile & the essence of you in a photo

Call for appointment

Free 30 min. sessions for Center Members

Photography by Jennifer Sullivan

Something to Remember



35th Anniversary Event,
July 9, 2022

Thank you for all your support!



Cloverdale Connect

Connecting Our Readers with Local Resources • Events • People

www.CloverdaleConnect.com

"Bringing our community together"



If you live in the 95425 area code and wish to receive a copy of the Cloverdale Connect monthly edition of local Cloverdale News please contact 707-322-3403
info@cloverdaleconnect.com

September

Thursday, September 1

10-11am **Awareness Through Movement**

Monday, September 5

CLOSED: Labor Day

Tuesday, September 6

9am Hair Cuts by appointment (members only)

1-2:30pm **ART WITH FRIENDS**—Mandala

Coloring Projects \$2

Wednesday, September 7

1:30-4pm Bunco!

4pm **CSMC Board Meeting**

Thursday, September 8

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

(in-person at CSMC)

11:30-12:30 pm **Virtual Tour of the Beatles**

London, England

Saturday, September 10

Annual Pancake Breakfast 8-11:30 am

Wednesday, September 14

9-2pm Podiatrist by appointment (Dr. Kunda)

Thursday, September 15

10-11am **Awareness Through Movement**

Monday, September 19

10-12 pm **iPhone Training** by Cal Phones

Tuesday, September 20

10-12 pm **Android Phone Training** by Cal Phones

1-2:30 pm **ART WITH FRIENDS**—Starry Night

Project \$12—Light-up yard or wall creation

Thursday, September 22

10-11am **Food Distribution—Groceries to go**

Wednesday, September 28

2-4 pm Caregivers Group Meeting

October

Monday, October 3

9am Hair Cuts by appointment (members only)

Tuesday, October 2

10-11am Writing Your Autobiography

(must RSVP by Sept 30)

12-1 pm **Travel Hour:**

Live Virtual Tour of **Machu Picchu**, Peru

1-2:30pm **ART WITH FRIENDS**—Watercolor Fun \$2

Wednesday, October 5

1:30-4pm Bunco!

4pm Annual Membership Meeting

Thursday, October 6

10-11am **Awareness Through Movement**

Wednesday, October 12

9-2pm Podiatrist by appointment (Dr. Kunda)

Thursday, October 13

10-11am **Coffee with the Mayor & Friends**
(in-person at CSMC)

4-5 pm **Wine Competition Presentation and Discussion**, see page 9

Saturday, October 15

11:30-2:30 **Card Party!** Potluck & Raffle \$10

Monday, October 17

10-12:30pm **Beginning Rock Painting Class**
(Halloween Theme)

Tuesday, October 18

10-11 Nimble Fingers

1-2:30pm **ART WITH FRIENDS**—Windchimes \$8

Thursday, October 20

10-11am **Awareness Through Movement**

Wednesday, October 26

2-4pm Caregivers Group Meeting

Thursday, October 27

10-11am **Food Distribution—Groceries to go**



Beautiful New and Old Friends

So nice to be together!



Marc Yaffee, Comedian, what a great guy!

EVERY FRIDAY!

9-1pm Chair Massages by appointment

\$20 members, \$25 for non-members

10-11am Produce Market

Wholesale prices for every age!


11:30-12:30pm LUNCH—

\$5 Homemade Soup and Salad
(call by Wednesday for a reservation)

September 2022

NOTICE: Soul Collage will be on hiatus through the first of the year



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	8	9	10
	<p>8:45-9:45am Yoga</p> <p>10:15-10:45am Qi Gong Practice</p> <p>1:15-3:15pm Bingo*</p> <p>CLOSED Labor Day</p>	<p>9:00 Haircuts (by appt.)</p> <p>10-11 Nimble Fingers</p> <p>10:30-11:30 Writing your Autobiography, must RSVP by Sept. 2</p> <p>11:30-12:30 Lunch, El Milagro</p> <p>1-2:30 ART with FRIENDS</p> <p>1:30-2:30 Strength Training</p>	 <p>8:45-9:45am Yoga</p> <p>10-11am Beanbag Baseball (weather permitting)</p> <p>10-11am Chair Yoga</p> <p>11:30-12:30 Lunch, Papa's Pizza Cafe</p> <p>1:30-4:00 Buncol!*</p> <p>4pm Board Meeting</p>	<p>9-12:00 A Portrait of You (by appt.)</p> <p>10-11am Awareness Through Movement</p> <p>10am Legal Aid (by appt)</p> <p>1:30-2:30pm Strength Training</p>	<p>9-1 Chair Massage (by appt.) with Eleanor* 10-11am Produce Market</p> <p>11:30-12:30 Lunch, Soup and Salad</p> <p>1-4pm Games!*</p>	<p>9-1 Chair Massage (by appt.) with Eleanor* 10-11am Produce Market</p> <p>11:30-12:30 Lunch, Soup and Salad</p> <p>1-4pm Games!*</p>
11	12	13	14	15	16	17
	<p>8:45-9:45am Yoga</p> <p>10:15-10:45am Qi Gong Practice</p> <p>1:15-3:15pm Bingo*</p>	<p>10-11 Nimble Fingers</p> <p>11:30-12:30 Lunch, El Milagro</p> <p>1:30-2:30pm Strength Training</p>	<p>8:45-9:45am Yoga</p> <p>9-2 pm Dr. Kunda, Podiatrist (by appt.)</p> <p>10-11am Beanbag Baseball (weather permitting)</p> <p>10-11am Chair Yoga</p> <p>11:30-12:30 Lunch, Papa's Pizza Cafe</p>	<p>10am Legal Aid (by appt)</p> <p>10-11am Awareness Through Movement</p> <p>1:30-2:30pm Strength Training</p>	<p>9-1 Chair Massage (by appt.) with Eleanor* 10-11am Produce Market</p> <p>11:30-12:30 Lunch, Soup and Salad</p> <p>1-4pm Games!*</p>	<p>9-1 Chair Massage (by appt.) with Eleanor* 10-11am Produce Market</p> <p>11:30-12:30 Lunch, Soup and Salad</p> <p>1-4pm Games!*</p>
18	19	20	21	22	23	24
	<p>8:45-9:45am Yoga</p> <p>10-12 CAL Phones iPhone training</p> <p>10:15-10:45am Qi Gong Practice</p> <p>1:15-3:15pm Bingo*</p>	<p>10-11 Nimble Fingers</p> <p>10-12 CAL Phones Android training</p> <p>11:30-12:30 Lunch, El Milagro</p> <p>1-2:30 ART with FRIENDS</p> <p>1:30-2:30pm Strength Training</p>	<p>8:45-9:45am Yoga</p> <p>10-11am Beanbag Baseball (weather permitting)</p> <p>10-11am Chair Yoga</p> <p>11:30-12:30 Lunch, Papa's Pizza Cafe</p>	<p>10-11am Food Distribution & Groceries to Go</p> <p>1:30-2:30pm Strength Training</p>	<p>9-1 Chair Massage (by appt.) with Eleanor* 10-11am Produce Market</p> <p>11:30-12:30 Lunch, Soup and Salad</p> <p>1-4pm Games!*</p>	<p>9-1 Chair Massage (by appt.) with Eleanor* 10-11am Produce Market</p> <p>11:30-12:30 Lunch, Soup and Salad</p> <p>1-4pm Games!*</p>
25	26	27	28	29	30	OCT. 1
	<p>8:45-9:45am Yoga</p> <p>10:15-10:45am Qi Gong Practice</p> <p>1:15-3:15pm Bingo*</p>	<p>10-11 Nimble Fingers</p> <p>11:30-12:30 Lunch, El Milagro</p> <p>1:30-2:30pm Strength Training</p>	<p>8:45-9:45am Yoga</p> <p>10-11am Beanbag Baseball</p> <p>10-11am Chair Yoga</p> <p>11:30-12:30 Lunch, Papa's Pizza Cafe</p> <p>2:00-4:00 Caregivers Group</p>	<p>12-1 Asian Cooking (Pho Soup)</p> <p>1:30-2:30pm Strength Training</p>	<p>9-1 Chair Massage (by appt.) with Eleanor* 10-11am Produce Market</p> <p>11:30-12:30 Lunch, Soup and Salad</p> <p>1-4pm Games!*</p>	<p>Courtneys Pumpkin Patch!</p>

October 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 8:45-9:45am Yoga 9:00 Haircuts (by appt.) 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	4 10-11 Nimble Fingers 10:30-11:30 Writing your Autobiography, must RSVP Friday, Sept. 30 11:30-12:30 Lunch, El Milagro 12-1 Virtual Tour, Machu Picchu, Peru 1-2:30 ART with FRIENDS 1:30-2:30pm Strength Training	5 8:45-9:45am Yoga 10-11am Beanbag Baseball 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-4:00 Bunco! 4pm Annual Board Meeting	6 9-12pmA Portrait of You (by appt.) 10am Legal Aid (by appt) 10-11am Awareness Through Movement 1:30-2:30pm Strength Training	7 9-1 Chair Massage* (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	8 15 Card Party! Potluck & Raffle 11:30-2:30PM
9	10 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	11 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	12 8:45-9:45am Yoga 9-2 pm Dr. Kunda, Podiatrist (by appt.) 10-11am Beanbag Baseball 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe	13 10-11am Coffee with the Mayor & Friends 1:30-2:30pm Strength Training 4-5 pm Wine Competition Presentation and Discussion see page 9	14 9-1 Chair Massage* (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	15
16	17 8:45-9:45am Yoga 10-12:30 Rock Painting 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	18 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1-2:30 ART with FRIENDS 1:30-2:30pm Strength Training	19 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe	20 10 am Legal Aid (by appt) 1:30-2:30pm Strength Training 10-11am Awareness Through Movement	21 9-1 Chair Massage* (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	22
23	24 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1-3pm A Matter of Balance 1:15-3:15pm Bingo	25 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	26 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe	27 10-11am Food Distribution & Groceries to Go 10 am Legal Aid (by appt) 1:30-2:30pm Strength Training	28 9-1 Chair Massage* (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	29
30	31 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1-3pm A Matter of Balance 1:15-3:15pm Bingo	Nov. 1 GIVING TUESDAY #1 10-11 Nimble Fingers 10:30-11:30 Writing your Autobiography, 11:30-12:30 Lunch, El Milagro 1-2:30 ART with FRIENDS	Nov. 2 8:45-9:45am Yoga 10-11am Beanbag Baseball 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-4:00 Bunco! 4pm Board Meeting	Nov 3 9-12pmA Portrait of You (by appt.) 10am Legal Aid (by appt) 10-11am Awareness Through Movement 1:30-2:30pm Strength Training	Nov. 4 9-1 Chair Massage* (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	Nov. 5

WHAT WILL YOU BE DOING?

COFFEE WITH THE MAYOR & FRIENDS

Community Minded



Thursdays
Sept. 15 & Oct. 13
10-11 AM

In-person at the Senior Center under the Oaks (weather permitting)
311 N. Main Street, Cloverdale

On Sept. 15; Join our Mayor, Todd Lands, he will discuss our local Cloverdale Community information and guests can ask questions. Our special guests, the Cloverdale Lions Club will share about what they do. Held in-person at the Cloverdale Senior Center.



COOKING DEMONSTRATION

Pho Soup (AKA Asian Noodle Soup)
Thursday, September 29
12-1 PM

Instructor
Helen Chau-Cook



Pho or pho is a Vietnamese soup dish consisting of broth, rice noodles, herbs, and meat.

Members \$10
Non-Members \$13
Includes class fee and lunch cost

Deadline to sign-up 9/23
Call or Sign up at the front desk; space is limited
707-894-4826

Keep Cooking



311 N. Main Street,
Cloverdale

Keep Traveling

PASSPORT to
THE BEATLES
Swinging London, England



Thursday,
September 8
11:30-12:30

\$5 Members
\$8 Non-members
RSVP recommended

Join us for a live tour of the Beatles swinging London hotspots. These tours are with a live tour guide we can ask questions about where we are visiting.

(707) 894-4826



Keep Traveling



PASSPORT to
Machu Piccu: Past & Present



Tuesday, October 4
12-1 PM

\$5 Members, \$8 Non-members
RSVP recommended
(707) 894-4826

Join us for a live tour of Machu Piccu, Peru. These tours are with a live guide and we can ask questions about where we are visiting.

SAVE THE
date **WEDNESDAY,**
OCTOBER 5, at 4 PM

- Meet & Greet
- Board Member Review of accomplishments & what's on the horizon
- Enjoy snacks and conversation

Annual Membership Meeting
In-Person!

Stay Connected



Keep Playing



Card Party!

Saturday, October 10

11:30-2:30

Potluck and Raffle

Please sign-up at the Center to let us know you'll be there and what dish you will bringing

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

\$10



FOR OUR COMMUNITY

Learn to Prevent And Manage Falls

Keep Moving



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS



Are you concerned about falls and maintaining your physical independence?

You will learn to practice and adopt proven strategies to reduce fall risks and set goals for increasing activity, strength, balance, and flexibility through simple and safe chair exercises appropriate for all ability levels.

This 8-week workshop meets

Mondays 1-3 PM

October 24—December 12

For more info & to register: CB Wohl,
Sonoma County Area Agency on
Aging, 707-565-5930
cwohl@schsd.org



WORLD-CLASS WINE COMPETITION!

JOIN CLOVERDALE'S OWN SAN FRANCISCO CHRONICLE WINE COMPETITION, THE LARGEST WINE COMPETITION IN NORTH AMERICA

You're invited to volunteer and be part of the world's largest American wine competition. It happens at the Cloverdale Citrus Fairgrounds. The competition is Jan. 17-19, 2023, with our set-up day of Jan. 16. Sweepstakes is Jan. 20. Not everyone works the Sweepstakes.

Before the competition, you will help us receive wine for 20 hours. You will receive one bottle of wine per hour for every hour you work before the competition. For working the week of the competition, you will receive one case of wine for working on Jan. 16, 2023

- 4 cases of wine
- open wine
- We provide breakfast and lunch
It's a great way to learn how a large wine competition works.

The requirements—You need to be able to lift a case of wine.

It's a fun event, and you meet many friendly people. So please come to "Our Informative Event" on **Oct. 13, 2022, from 4:00 pm-5:00 pm** at the Cloverdale Senior Center to learn more about this event.

Please RSVP by Oct. 6, 2022
RSVP to

Redwood Empire Food Bank

Monday's Drive-Through
Food Distributions in
Cloverdale

HAVE MOVED to the
Cloverdale Citrus Fairgrounds
starting **August 19**

Volunteers Always Needed!!!



front porch Market Day
CREATING COMMUNITY

Produce Market **Producir mercado**
EVERY FRIDAY **TODO EL**
10-11 AM **VIERNES**

Wholesale prices on great seasonal produce.
Precios al por mayor en excelentes productos de temporada.
Cash & EBT Accepted **Se acepta efectivo y EBT**

(707) 894-4826
311 N Main Street, Cloverdale
Not available on Federal Holidays
No disponible en días festivos
Cloverdale Celebrating 35 Years
Senior Multipurpose Center

Welcome New Members!

- | | |
|----------------------------|-----------------|
| Penny Britton | Ted Wallace |
| Barbara Chapman | Sallie Disbrow |
| Kris Caturegli | Corina Keller |
| Linda Pankey | Jim Wall |
| Cieulien (Carolyn)
Tong | Linda Strong |
| Ann Beekhuis | Pamela Tinnin |
| Erieta Kitchner | Nicki Rector |
| | Kristina Teplin |

MEMBER SPOTLIGHT

Phil & Susan Brooks

When did you move to Cloverdale, where did you move from?

We moved here from Antioch (East Bay). Phil moved in November 1981 with one of our sons. Susan arrived in February 1982 with our other two sons for the start of the new school semester. The first thing we learned about Cloverdale was if you're in the school band, you have to participate in the Citrus Fair Parade even in the rain. The only possible excuse was if you died and then you still needed a note for Mr. C., the band leader.

When did you join the Senior Center, why did you join, what interested you?

Shortly after retirement we joined the Senior Center. Phil took a couple of computer classes and Susan took some exercise classes. We didn't participate very much at first because we were too busy taking care of Susan's parents.

What are some of the events and activities that you have participated in?

Some of the events and activities we have participated in are the Veteran's Day Celebration, Special Birthdays, Farmer's Market, lunches, and recently Bunco which Susan has met some very special ladies. We also have joined in classes like the tamale making and nutrition classes.

Have you volunteered? What did you volunteer for, events, teaching a class, the Board of Directors? When did you volunteer?

We have mainly volunteered for getting the newsletter ready for delivery.

What do you like to do when you are not here at the Senior Center?

We like working in our yard, Giants baseball games, being involved in the American Legion Family, traveling, and visiting with friends. Phil especially likes fishing and working with wood. Susan likes baking, walking in the neighborhood and reading.



Tell me about your family, how many children, grandchildren?

We have been married 59 years -2 months shy of 60 years. We had three sons (one deceased), five grandchildren, and three great-grands who all live close, we are so blessed.

We have one sister, one brother, and numerous nieces and nephews and their families.

What are your feelings about the Senior Center, what do you like most?

The staff and volunteers are a wonderful group of people. They are always willing to help you out. We especially like all of the activities and events.

What are your hopes for the future of the Senior Center?

We hope the center continues to grow with the support of the community. Let's try to keep Melanie smiling.

Thank you Phil and Susan for being a part of our Senior Center community. You both have a great sense of humor and you definitely keep Melanie smiling!



OUR 35TH ANNIVERSARY EVENT



Steve & Marta, Thanks For celebrating with us



Bob Zany, Comedian



Winners all around! Thank you for your genericity and we hope you enjoy your auction wins!

Bram & Gretchen Glaeser, you guys did so much to help this event! Thank you!

Mary Ann Wilson, took fantastic photos of our event, Thank you!



Steve Barkley was a hoot!!



Some new friends and old friends, we had so much fun!



Thank you to our Board President, Al Myers for kicking the event off!



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Address Change? If your address has or is changing, please notify the Senior Center. The Post Office charges us for returned mail, and it is expensive. If you wish to receive your newsletter by email, please let us know. (707) 894-4826

This newsletter is delivered with your annual membership dues: \$25 Per Person ~ \$45 Per Household

COVID19 & Testing In Cloverdale
Fridays 8 AM to 4 PM
at Alexander Valley Healthcare 6 Tarmen Drive,
Cloverdale Provided by LHI
Antigen and PCR, walk-ups welcome. For appointments, visit
lhi.care/contestinigor call (888) 634-1123

PANCAKE BREAKFAST
311 N. Main Street - Cloverdale
Cloverdale Celebrating 35 Years Senior Multipurpose Center
Saturday, September 10
Day of the Cloverdale Car Show
8-11:30 AM

Serving Pancakes, Sausage, Scrambled Eggs, Milk, Orange Juice, Tea, & Coffee	\$10 Age 10+ \$7 Age 4-9 FREE 3 & Under
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CSMC is seeking business sponsors for this event; if you're interested in helping, please contact Melanie at 707-894-4826

All meals are packed individually and can be taken to-go.
All proceeds support our senior programs!

www.CloverdaleSeniorCenter.org