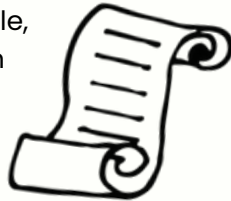


The SCOOP

Russian River Senior Center - May 2024

Message from the Senior Center

Have you heard? Our dynamic new Field Trip Coordinator, Liz Beale, has set an ambitious goal: to plan a thrilling field trip every single week. Yes, you read that right – every week! Get ready for a whirlwind of excitement as we embark on unforgettable journeys together. Keep a keen eye on your email inbox for updates on Liz's latest escapades!



And did you know that our cherished OWLS Club members enjoy priority access to trip announcements and exclusive discounts? Not a member yet? Come in and sign up!

There's more! Plan to join us for brunch every Thursday starting May 2, when Chef Oralia will be whipping up mouthwatering menus at 10:30 am, the perfect treat after a fun-filled game of Beach Ball Volleyball at 9:30 am. And Bingo aficionados can fuel up with a hearty meal before hitting the boards!

And let's not forget to stop and smell the roses – literally! Swing by our front garden to marvel at Jim Nance's breathtaking floral display. Every day brings a new burst of color and beauty, thanks to Jim's tireless dedication.

Don't miss out on the fun and festivities at your Senior Center. We can't wait to see you!

--The Senior Center staff

Leave a Legacy

SUPPORT THE SENIOR CENTER

You can support our work at the Russian River Senior Center by including us in your estate plan. Talk to Emily about how we can work together to keep our wonderful programs going far into the future. Find her at the Center or at 707-823-1640 x 403. Together, we are building a healthier, stronger community.

Day Trips

Wednesday, May 8 - Funny Girl, Orpheum Theater. S.F. 1:00 matinee. \$39/members; \$44/non-members. 10:15 am to 8:30 pm. Waiting list only.

Thursday, May 16 - Lunch and Guided Tour at Francis Ford Coppola Winery. \$25/members; \$35/non-members. 10:15 am to 5:15 pm.

Wednesday, May 22 - Whale Watch Trip & Lunch, Bodega Head State Park, Bodega Bay. \$10/members; \$15/non-members. 10:15 am to 4:15 pm.

Thursday, May 30 - A Century of Style, DeYoung Museum, S.F. \$35/members; \$45/non-members. 9:15 am to 5:15 pm.

Saturday, June 22 - The Cher Show, Curran Theater, S.F. 1:00 matinee. \$39/members, \$44/non-members. 10:15 am to 8:30 pm. Waiting list only.

To sign up, come by the Senior Center Tuesday - Friday, 9:00 am to 2:00 pm. **PAYMENT AND CURRENT ENROLLMENT FORM ARE DUE WHEN YOU SIGN UP.** Questions? Call 707-921-7000.

****DAY TRIP CANCELLATION POLICY****

If you need to cancel a reservation, we can offer you a refund, minus 20% of the trip fee, up to 48 hours before the trip—if we can fill your spot. After 48 hours no refunds or credits are available.

New at Cafe West!

BRUNCH ON THURSDAYS

Starting May 2, 10:30 to 11:30 am, join Chef Oralia as she crafts delightful morning fare with her unique touch. Indulge in her inaugural menu featuring delectable scrambled eggs, country fried potatoes with chorizo, served with warm tortillas. All this goodness for just \$5.00.

Please go to Page Six to see Cafe West's **NEW** Weekly Schedule

Neighborly News by Mary Bowers

A CONVERSATION WITH SUZY KUHR

Suzy Kuhr (pronounced like the beer with no s) is, as you may or may not have guessed, a wholesome farm bred gal from the Midwest who loved school, attended the Lutheran Church every Sunday with her big happy family, went to vacation bible school every summer and was an active member of the church's youth group through her senior year in high school. I didn't guess all that. Getting to know her was a delightful adventure from beginning to end!

She was born in 1957 in Yutan, Nebraska to Lyle and Caroline Kuhr (née Smart). The third of four siblings, she was closest in age to her older brother and a tomboy so they played together a lot, but everybody got along really well. A close family with parents who were together for 56 years and loved each other until their dying day. Everybody helped out on the farm, of course. Their dad gave them calves to raise, they walked beans and I'm sure you all know what that is but just in case, it means to walk to long rows where the soybeans will be planted and chop out all of the big weeds so they wouldn't clog up the combine. It was a hot, dirty and scratchy job . . . "A good job for kids to do in the summer," she said. When they built a new house on the farm, her dad hired a man, Julio, to help. Julio and his wife Carmen and their kids moved into the old house for the next 25 or 30 years. Julio and Carmen became like another set of grandparents, their seven grown children and 50ish grandchildren like more relatives. They would come from all over to visit the farm and Suzie and her siblings would get to show them the ropes. This whole gang is still friends today on Facebook. That's the way it is if you grew up in Yutan, you don't let go of each other. If anybody is anywhere near anybody else in this big country, they always make the effort to get together. Yutan bonds run deep.

Suzy loved school, did well academically and did "pretty well" with her citizenship grades although there was that one time that the third grade teacher tied her to her chair with a jump rope in an effort to keep her from turning around and talking to the girl behind her. The fact her mother was the "lunchroom lady" was a good reason to try and stay on the straight and narrow. It was a small school, news traveled fast and you didn't want to get "the look" when going through the lunch line.

Church was another positive in her life. She became

confirmed (after three years of religious education and a test) when she was a senior in high school which allowed her to be an assistant Sunday school teacher. Pastor Grinvalds (from Latvia)



was a favorite and will come back into Suzy's story later. The youth group (half farmer's kids, half town kids from a town about the size of Guerneville) went on trips and to events together, sang Christmas carols in nursing homes at Christmas where folks would really appreciate it. Many of Suzy's friends from school and church are still in touch and, of course, if they come to San Francisco, they come to Guerneville!

While in high school, Suzy had a sweetheart named Mike. The norm was to marry your sweetheart after high school, get married and start a family. They got engaged but Mike went off to the service, Suzy went off to college at the University of Nebraska at Lincoln (the only one in her family who went to college) and the marriage never happened. It was a blessing in disguise, though, to be engaged while in college 'cause she could turn down any invitations by saying "I'm engaged." The first year she went full time, and then she worked full-time and attended college part-time. She enjoyed reading and writing, completing her BA in English and Philosophy in about 8 years. Having various jobs and enjoying them all, she landed a natural position for a farm gal in the landscaping department on campus. They were landscapers until winter came and then they were the snow removal crew.

At this point, she knew she didn't want to get married and have children. She had heard of gays but only in reference to gay men. Nobody ever said anything about women. It wasn't until she had been working in this job for about six months that her supervisor told her she was gay, saying she hadn't wanted to say anything earlier because she wanted Suzy to get to know her as a person first. Clearly, coming out was something to be done cautiously. It opened up an opportunity for her to understand herself in a new

Continued on Page Six

Important Services

ARE YOU 62 OR OVER?

Discover if you're eligible for a GOLDEN BEAR PASS. It grants free vehicle day access to 200+ California State Parks!

For information, visit the Russian River Sector Office at 25381 Steelhead Boulevard, Duncans Mills or go to www.cdss.ca.gov/goldenbearpass

WOULD YOU LIKE A CLEAN CAR?

Grants are available for income-qualified Bay Area residents to retire their older car and replace it with a hybrid, plug-in hybrid, battery, or hydrogen fuel cell vehicle, or a pre-paid card to use for public transit and purchase e-bikes. To find out more about it: go to <https://www.baaqmd.gov/funding-and-incentives/residents/clean-cars-for-all>

LOOKING TO ADOPT A "FUR-EVER" FRIEND?

Check with Emily or Vicki about various options that are available.

NEED A RIDE?

Russian River Senior Center offers FREE RIDES for seniors and individuals with disabilities to medical, shopping and recreation appointments. Call Joe Hill five business days in advance to schedule a ride. 707-889-7367

LOOKING FOR WORK?

WCCS' Employment Services Program offers assistance with resume and cover letter writing, interviewing tips, access to computers with internet access, and skills assessment and training. To schedule an appointment call Susan Carrier at 707-823-1640 x 141 or email Susan.Carrier@WestCountyServices.org

MEALS ON WHEELS HOME DELIVERY

To enroll, call Council on Aging, 707-525-0143

WCCS SENIOR PEER COUNSELING

No cost. 12 sessions. 707-823-1640 x380

LEGAL AID OF SONOMA COUNTY

Elder Law Program

Services for Sonoma County seniors 60+.

Appointments are held at the Senior Center.

Call 707-340-5610, to see if you qualify.

Activities in May

BASKET WEAVING WORKSHOP

Tuesdays, May 7, 14, 21 - 1:00 to 4:00 pm

Gather with fellow enthusiasts and unleash your creativity as you craft beautiful baskets.

They will take a break for the summer starting May 28.

ART CLASS WITH DELIAH HUBBARD

Friday, May 10, 1:00 to 3:00 pm.

Deliah Hubbard, a caring art educator with diverse experience, leads a joyful art class. Reserve your spot for a fulfilling artistic experience under her guidance. Limited to 12 participants.

TEDTalks

View a talk on a current topic and join a lively discussion hosted by Laura Mueller. Topic To Be Announced.

Wednesday, May 15, 1:30 to 3:30 pm.

JOIN THE BOOK CLUB

Book-of-the-Month is *Overstory*, by Richard Powers. Hosted by Laura Mueller.

Thursday May 16, 1:30 to 3:00 pm.

Purchase your discounted copy at Books & Letters on Armstrong Woods Road and come and join the discussion!

NEED HELP WITH NEW TECHNOLOGY AT THE LIBRARY?

Join Librarian Leslie Harrison on May 8 & May 22, 12:30 PM, for a session on accessing library services digitally. Held at the Senior Center, enjoy a relaxed atmosphere with coffee, snacks, and friendly conversation. Reserve your spot in advance for these enriching tech experience at the library!

FREE TABLET CLASSES!

Upgrade your digital skills with Access to Technology's exclusive tablet class. Classes start once we have enough learners, so call Emily at 707-823-1640 x404 to reserve your spot. Held every Friday, with Spanish classes available too. Complete five classes for a free tablet and support.

Activities in June

Please go to Page Six to see Activities in June.

Russian River Senior Center Calendar - May 2024

WEEK ONE

Wednesday, May 1

10:30 to 11:30 am - Redwood Empire Food Bank
11:30 to 12:30 pm - Lunch: Timberline at the River, \$12

Thursday, May 2

9:30 to 10:30 am - Beach Ball Volleyball
10:00 to 12:30 pm - Golf at Northwood - call to sign up
10:30 to 11:30 pm - Brunch with Chef Oralia, \$5.00
10:30 to 11:30 am - Tai Chi on Zoom. To sign up, email
TaiChiFred@Sonic.net
11:00 to 1:00 pm - Bingo
11:30 to 1:30 pm - Needlers, the stitching group

Friday, May 3

10:30 to 11:30 am - Yoga with Alannah, \$10 suggested donation
11:30 to 12:30 pm - Café West: Chef Oralia, \$5

WEEK TWO

Sunday May 5

2:00 to 4:00 pm - Wine Country Ukulele Jam Sessions.
Call Annie for more details: 707-888-3346.

Monday, May 6

10:00 to 11:00 am - Zumba Gold with Richard McHenry

Tuesday, May 7

11:00 to 1:00 pm - Bingo
11:30 to 12:30 pm - Café West: Chef Brad \$5
1:00 to 4:00 pm - Basket Weaving Workshop
1:30 to 3:30 pm - Mahjong
2:00 to 5:00 pm - SRJC Memoir Class with Scott Reid;
walk-ins welcome or email apwpoet@gmail.com to
sign up to join via Zoom

Wednesday, May 8

10:15 to 8:30 pm - Day Trip: "Funny Girl," BroadwaySF,
Waiting List Only
11:30 to 12:30 pm - Lunch: Timberline at the River, \$12
12:30 to 2:00 pm - Adult Services Librarian Leslie Harrison

Tip of the Month from our Local Library

The Playback Memory Lab at Sonoma County History & Genealogy Library offers a DIY space for preserving personal, family, and community histories. Available to library cardholders aged 18 and up by reservation, Thursdays through Saturdays, 1-4pm, users can

WEEK TWO continued

Thursday, May 9

9:30 to 10:30 am - Beach Ball Volleyball
10:00 to 12:30 pm - Golf at Northwood - Call to sign up
10:30 to 11:30 pm - Brunch with Chef Oralia, \$5.00
10:30 to 11:30 am - Tai Chi on Zoom. To sign up, email
TaiChiFred@Sonic.net
11:00 to 1:00 pm - Bingo
1:00 to 3:00 pm - Redwood Caregiver Support Group
in person with Maisie Hak - walk-ins welcome
6:00 to 7:00 pm - Redwood Caregiver Support Group
via Zoom (faith based). To sign up email
axh@redwoodcrc.org or call 707-582-2329

Friday, May 10

10:30 to 11:30 am - Yoga with Alannah, \$10 suggested donation
11:30 to 12:30 pm - Cafe West: Chef Oralia, \$5.00
1:00 to 3:00 pm - Art Class with Deliah Hubbard
3:30 to 5:00 pm - "HUGS" Grief Support Group

WEEK THREE

Sunday, May 12

2:00 to 4:00 pm - Wine Country Ukulele Jams.
Call Annie for more details: 707-888-3346.

Monday, May 13

10:00 to 11:00 am - Zumba Gold with Richard McHenry

Tuesday, May 14

9:00 to noon - Sew'n Sews, the quilting group
11:00 to 1:00 pm - Bingo
1:00 to 4:00 pm - Basket Weaving Workshop
1:30 to 3:30 pm - Mahjong
2:00 to 5:00 pm - SRJC Memoir Class with Scott Reid;
walk-ins welcome or email apwpoet@gmail.com to
sign up to join via Zoom

Wednesday, May 15

10:30 to 11:30 am - Redwood Empire Food Bank
11:30 to 12:30 pm - Lunch: Timberline at the River, \$12
1:30 to 3:30 pm - TEDtalk with Laura Mueller

digitize analog media such as documents, photos, slides, negatives, and VHS tapes.

Contact playback@sonomalibrary.org or (707) 308-3212 for appointments. Join the email list for updates and special events.

Russian River Senior Center Calendar - May 2024

WEEK THREE continued

Thursday, May 16

9:30 to 10:30 am - Beach Ball Volleyball
10:00 to 12:30 pm - Golf at Northwood - call to sign up
10:15 to 4:30 pm - Day Trip: Lunch at Coppola Winery
10:30 to 11:30 pm - Brunch with Chef Oralia, \$5.00
10:30 to 11:30 am - Tai Chi on Zoom. Email
TaiChiFred@Sonic.net to sign up.
11:00 to 1:00 pm - Bingo
11:30 to 1:30 pm - Needlers, the stitching group
1:30 to 3:00 pm - Book Club

Friday, May 17

10:30 to 11:30 am - Yoga with Alannah \$10 suggested donation
11:30 to 12:30 pm - Café West: Chef Oralia, \$5

WEEK FOUR

Sunday, May 19

2:00 to 4:00 pm - Wine Country Ukulele Jams.
Call Annie for more details: 707-888-3346.

Monday, May 20

10:00 to 11:00 a.m. - Zumba Gold with Richard McHenry

Tuesday, May 21

11:00 to 1:00 pm - Bingo
11:30 to 12:30 pm - Cafe West: Birthday Tuesday
1:00 to 4:00 pm - Basket Weaving Workshop (last day)
1:30 to 3:30 pm - Mahjong
2:00 to 5:00 pm - SRJC Memoir Class with Scott Reid;
walk-ins welcome or email apwpoet@gmail.com to
sign up to join via Zoom

Wednesday, May 22

11:30 to 12:30 pm - Lunch: Timberline at the River, \$12
12:30 to 2:00 pm - Adult Services Librarian Leslie
Harrison

Thursday, May 23

9:30 to 10:30 am - Beach Ball Volleyball
10:00 to 12:30 pm - Golf at Northwood - Call to sign up
10:30 to 11:30 pm - Brunch with Chef Oralia, \$5.00
10:30 to 11:30 am - Tai Chi on Zoom. To sign up, email
TaiChiFred@Sonic.net
11:00 to 1:00 pm - Bingo

Friday, May 24

10:30 to 11:30 am - Yoga with Alannah, \$10 suggested donation
11:30 to 12:30 pm - Cafe West: Chef Oralia, \$5.00
3:30 to 5:00 pm - "HUGS" Grief Support Group

WEEK FIVE

Sunday, May 26

2:00 to 4:00 pm - Wine Country Ukulele Jams. Call Annie
for more details: 707-888-3346.

Monday, May 27

10:00 to 11:00 a.m. - Zumba Gold with Richard McHenry

Tuesday, May 28

9:00 to noon - Sew'n Sews, the quilting group
11:00 to 1:00 pm - Bingo
11:30 to 12:30 pm - Cafe West: Chef Brad, \$5.00
1:30 to 3:30 pm - Mahjong
2:00 to 5:00 pm - SRJC Memoir Class ON A BREAK until
June 18

Wednesday, May 29

10:30 to 11:30 am - Redwood Empire Food Bank
11:30 to 12:30 pm - Lunch: Timberline at the River, \$12

Thursday, May 30

9:30 to 10:30 am - Beach Ball Volleyball
9:15 to 4:30 pm - Day Trip: "Century in Fashion," DeYoung
10:00 to 12:30 pm - Golf at Northwood - call to sign up
10:30 to 11:30 pm - Brunch with Chef Oralia, \$5.00
10:30 to 11:30 am - Tai Chi on Zoom. To sign up, email
TaiChiFred@Sonic.net
11:00 to 1:00 pm - Bingo
11:30 to 1:30 pm - Needlers, the stitching group

Friday, May 31

10:30 to 11:30 am - Yoga with Alannah \$10 suggested donation
11:30 to 12:30 pm - Café West: Chef Oralia, \$5

Birthday Tuesday

Every third Tuesday.

Let us know in advance if your birthday is in May
and lunch is on us, **Tuesday, May 21**
\$5.00 for everyone else.

Activities in June

YOGA with Deneene

Wednesdays, 10:30 to 11:30 am beginning June 5. \$10 donation benefits the instructor.

WRITING YOUR LIFE with Scott Reid

In-person or via Zoom, it's a perfect summer activity, To sign up, email Scott at apwpoet@sonic.net or simply walk in. Don't miss the chance to capture your story! Tuesdays, June 18 to August 13, 2:00 to 5:00 pm.

COLLAGE ART with Lynn Prieto - NEW TIME!

Explore the world of collage art this summer! Join this vibrant session to learn techniques, unleash creativity, and craft unique compositions. Perfect for beginners and experienced artists alike. To sign up, go to <https://older-adults.santarosa.edu/join-class>. Walk-ins welcome. Wednesdays, June 26 to August 14, 1:00 to 4:00 pm

HAVE YOU EVER PLAYED COREBALL?

Friday, June 28 - 12:30 to 2:00 pm.

It's an invigorating racquet game you can play sitting down! Come for lunch with Oralia at 11:30 am to meet the instructors and learn the rules.

ZUMBA GOLD

Zumba Gold will be on vacation for the month of June.

Neighborly News by Mary Bowers

A CONVERSATION WITH SUZY KUHR

Continued from Page Two
way and doors opened. She and her friends had been following a Nebraska women's softball team and through a friend of a friend, she met a softball player named Lisa. Lisa was taking art classes, as was Suzy, and the college romance blossomed. After about four years, they had graduated and Lisa wanted to move back to her home state of California and that sounded good to Suzy. She told her family she was moving for better work opportunities. While they had met Lisa, they didn't know the full extent of their relationship and Suzy wasn't ready to tell them. They landed in Cupertino where she got a job in the landscaping department at DeAnza College and worked there for about three years until things went south with Lisa. (For those who don't know, meeting your first girlfriend through softball and then things going south is a time-honored lesbian tradition!) Her supervisor, Pauline, offered her a cabin in Forestville to live in, introduced her to some of her friends who hooked her up with a job. So that's how she got to the Russian River and next time we'll find out what she's been up to since she got here. --To Be Continued in the June 2024 Scoop

Cafe West's NEW Weekly Schedule

TUESDAY - 11:30 am to 12:30 pm

Chef Brad - American Home Cooking, \$5

WEDNESDAY - 11:30 am to 12:30 pm

Timberline at the River - Restaurant Lunches, \$12

THURSDAY - 10:30 am to 11:30 pm

Brunch with Chef Oralia, \$5

FRIDAY - 11:30 am to 12:30 pm

Chef Oralia - Lunches with Mexican Flair, \$5

\$1.00 surcharge for all meals to-go

The SCOOP

Newsletter of

RUSSIAN RIVER SENIOR CENTER

A Program of West Country Community Services

In partnership with

Russian River Recreation and Park District

Published since 1986

15010 Armstrong Woods Road

P.O. Box 325

Guerneville, CA 95446

707-823-1640 ext. 400

www.westcountyservices.org

Open Tuesday-Friday, 9:00 a.m. to 2:00 p.m.

Tim Miller - Executive Director, WCCS

Emily Heinzelman - Director, Senior Services

Vicki Halstead - Senior Center Manager

Liz Beale - Field Trips

Susan Carrier - Communications & Employment Services

Joe Hill - Transportation

Laura Mueller - Reception, Book Club & Ted Talks

Oralia Perez - Cafe West

Mark Rieber - Café West

Yuliana Rojas - Case Management



Membership Information and Application

RUSSIAN RIVER SENIOR CENTER OWLS* CLUB – *Older, Wiser, Livelier Seniors

Why become an OWLS Club member?

Because of the friendly faces to see and fun things to do!

Membership benefits:

- Priority registration and discounted rates for activities, special lunches, and field trips
- Volunteer opportunities
- Membership card
- Free book lending library and free medical lending closet (walkers, wheelchairs, etc.)

For information about scholarships for memberships, contact Vicki Halstead, Senior Center Manager: vicki.halstead@westcountyservices.org or 707-823-1640 ext. 404

2024 Russian River Senior Center OWLS Club Membership Application

ANNUAL MEMBERSHIPS CAN BE PURCHASED AT ANY TIME

___ \$25.00 Single ___ \$40.00 Household

\$___ Additional donation ___ Membership Renewal



Name(s): _____ Date: _____

Address: _____

City: _____ Zip: _____ Phone: _____

Email: _____

Emergency Contact: Name: _____

Relationship: _____ Phone: _____

MAKE CHECKS PAYABLE TO:

West Country Community Services – please write "Senior Center" in Memo line

PLEASE RETURN FORM TO:

Russian River Senior Center, 15010 Armstrong Woods Road, Guerneville, CA 95446

FOR OFFICE USE ONLY:

Date Paid _____ Amount: _____ Check _____ Cash _____

Russian River Senior Center Sponsors

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 Josh Rogers, Owner

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 14095 Woodland Drive Guerneville
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 Guerneville, 95446

Help Support the Senior Center
 Advertise Your Business Here
 Call 707-823-1640 x 404 to sign up

D+G Equity Management
 869-0623 887-9427

 Michael DeProto
 Patricia Gerlach, Jill DeProto
 Property Management and Maintenance
 14080 Mill Street, Guerneville (P.O. Box 418)

WILDLIFE PHOTOS
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 Raymond Rapp — RedwoodRay@Comcast.net

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 the Senior Center!
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