

The SCOOP

April 2024

NEWSLETTER OF THE RUSSIAN RIVER SENIOR CENTER

Message from the Senior Center

April is here, and with it, we welcome the promise of blooming flowers and sunny days. Let's embrace the rejuvenating spirit of this month as we look forward to lush greenery and vibrant flower displays.



As we embark on this journey through April, mark your calendars for some important dates: April Fools' Day on April 1st, Tax Day on April 15th, Earth Day on April 22nd, and the beginning of Passover on April 22nd, ending on April 30th.

We are thrilled to announce Liz Beale as our new Field Trip coordinator. Many of you may already know Liz as one of our dedicated Bingo players and also from previous field trips. She brings her enthusiasm and experience to the role, working alongside Susan Carrier, who is transitioning to focus more on her role in Employment Services. Let's extend a warm welcome to Liz and anticipate exciting trips ahead!

Lastly, Oralia Perez, our Friday chef, will be expanding her role in the kitchen in May, so stay tuned for more updates.

Wishing you all a joyful and fulfilling April!

--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, April 17 - River Rock Casino, Geyserville.
\$5/members; \$10/non-members. 10:15 am to 4:15 pm.

Saturday, April 27 - Hallberg Butterfly Garden, Sebastopol; Lunch: Willow Wood Cafe, Graton.
\$5.00/members; \$10/non-members. \$7.00 suggested donation at garden. 10:15 am to 4:15 pm.

Wednesday, May 8 - Funny Girl, Orpheum Theater, S.F.,
1:00 matinee, \$39/members; \$44/non-members.
10:15 am to 5:30 pm. Waiting list only.

To sign up, come by the Senior Center Tuesday-Friday, 9:00 to 2:00 p.m.

PAYMENT AND CURRENT ENROLLMENT FORM DUE WHEN YOU SIGN UP. Questions? Call 707-823-1640 x141.

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.

Café West at the Senior Center

CHEF-MADE LUNCHES FOUR DAYS A WEEK

TUESDAYS - Chef Brad, \$5 - American home cooking

WEDNESDAYS - Timberline at the River, \$12

THURSDAYS - Brown Bag lunches to-go, \$5.00
or pay what you can

FRIDAYS - Chef Oralia, \$5 - Meals with Mexican flare.

\$1.00 extra charge for to-go meals in order to offset cost of containers. Pick up at 12:30 p.m.

Russian River Senior Center
A program of
West County Community Services



News from our Local Library

NEED HELP NAVIGATING THE NEW SERVICES AT THE LIBRARY?

Adult Services Librarian Leslie Harrison will be at the Senior Center to meet with you one-to-one for help accessing all the wonderful services the library offers, Wednesday, April 10, 12:30 to 2:00 pm. If you are interested in meeting with her, please let us know by April 5.

TIP OF THE MONTH

Did you know that with Discover & Go, you can unlock free and discounted passes to over 30 incredible destinations in the Bay Area? For the full list of attractions and to grab your passes, simply visit sonomalibrary.org/discover-go and log in with your library account.

Passes become available at the beginning of each month, so plan ahead and secure your spot!

Need help with Discover & Go? Call the Guerneville Library at 707-869-9004, or catch Leslie Harrison when she's at the Senior Center, April 10, for personalized assistance.

Don't miss out on these amazing opportunities to explore the wonders of the Bay Area!

Coming in June:

LAWYERS IN THE LIBRARY

at the Guerneville Library

Wednesday, June 5, 6:00 pm to 7:00 pm

Local volunteer attorneys offer free legal information and valuable referrals during 20-minute consultations. Please note: no specific legal advice can be given.

Sign up in person at the library 30 minutes before the program starts. Space is limited.

This program is offered in partnership with the Sonoma County Public Library system, the Sonoma County Law Library, and the Sonoma County Bar Association.

For more details, visit:

sonomalibrary.org/visit/inbranchservices/lawyersinthelibrary.

Have you heard about The Blue Zone Project?

A HEALTHIER WAY OF LIFE

The Blue Zone Project is an inspiring initiative committed to enriching the well-being and liveliness of communities nationwide. Grounded in the wisdom of the world's longest-living cultures, the Blue Zones Project strives to foster environments where healthier lifestyle choices become natural, leading to increased longevity and happiness for all.

So, what exactly does the Blue Zones Project entail? It's a holistic community-wide endeavor aimed at enhancing various facets of everyday life, from nutrition and physical activity to social connections and environmental design. Rooted in the pioneering research of National Geographic Fellow Dan Buettner, the Blue Zones Project identifies and implements evidence-based strategies customized to meet the unique needs and cultural nuances of each community.

If you are interested in participating in their event to inaugurate the Blue Zones Project in Sonoma County, you can learn about the foundational principles of Blue Zones, hear inspiring success stories from other communities, and explore opportunities for contributing to a healthier, happier environment for everyone.

Event details:

Date: Sunday, April 14

Location: Petaluma SRJC campus
680 Sonoma Mountain Parkway, Petaluma

For more information and to sign up, go to:
bluezonesprojectpetaluma.com/kickoff/

They want to cultivate a community where well-being flourishes!

Services for Seniors

FREE RIDES

For Medical, Shopping and Recreation
Russian River Senior Center offers FREE RIDES seniors and individuals with disabilities. Call Joe Hill five business days in advance to schedule a ride. 707-889-7367

BOOST YOUR RETIREMENT INCOME

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

GET HELP WITH YOUR UTILITY BILLS

PG&E'S CARE and FERA programs offer monthly discounts on both gas and electric services. For more details and to see if you qualify, call 866-743-2273, or email CAREandFERA@pge.com.

If you need help, contact Senior Case Manager, Yuliana Rojas, 707-823-1640 x401

LEGAL AID OF SONOMA COUNTY

Elder Law Program

Services for Sonoma County seniors 60+, including: Elder Abuse, Evictions and Rental Housing Issues, Simple Wills, Advanced Healthcare Directives, and much more. Appointments are held at the Senior Center. Call 707-340-5610, to see if you qualify.

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

FINANCIAL INCENTIVES FOR CAREGIVERS

CalGrows is the California Department of Aging's workforce training program that provides no-cost career building resources for paid and unpaid caregivers of older adults and people with disabilities. For more details, and to sign up, go to: calgrows.org/ or email info@calgrows.org.

Activities in April

TEDTalks

The Power of Vulnerability

Brene' Brown studies human connection - our ability to empathize, belong, love. In a poignant, funny talk she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. Come and join the lively discussion Hosted by Laura Mueller.

Wednesday, April 17, 1:30 to 3:30 pm.

BOOK CLUB

Continuing discussion of *Horse*, by Gwendolyn Brooks. Hosted by Laura Mueller.

Thursday, April 18, 1:30 TO 3:00 pm.

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

Looking Forward to May

CHANGES TO THE LUNCH CALENDAR

Chef Oralia will be cooking brunch on Thursdays!

Beginning May 2. 10:30 to 11:30 am, \$5.00.

Stay tuned for coming details.

ART CLASS WITH DELIAH HUBBARD

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

Join Delilah Hubbard, a compassionate and experienced art educator, for a delightful art class at the Senior Center. She brings a wealth of knowledge and a nurturing spirit honed through diverse roles, including teaching art and caregiving. She currently teaches art to children and, having cared for her mother with early onset dementia, Delilah also understands the importance of engaging activities for seniors.

Don't miss the opportunity to learn and create under her guidance. Reserve your spot now for a fulfilling artistic experience. 12-person maximum.

Russian River Senior Center Calendar - April 2024

WEEK ONE

Monday, April 1 - April Fools Day

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

Tuesday, April 2

9:00 to noon - Sew'n Sews, the quilting group

11:00 to 1:00 pm - Bingo

11:30 to 12:30 pm - Café West: Chef Brad, \$5

1:00 to 4:00 pm - Beginning Basket Weaving

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, April 3

10:30 to 11:30 am - Redwood Empire Food Bank

11:30 to 12:30 pm - Lunch: Timberline at the River, \$12

Thursday, April 4

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 am - Tai Chi on Zoom. To sign up, email

TaiChiFred@Sonic.net

11:00 to 1:00 pm - Bingo

11:30 to 12:30 pm - Brown Bag Lunches to go, \$5.00

11:30 to 1:30 pm - Needlers, the stitching group

Friday, April 5

10:00 to 11:30 am - Tablet Training (waiting list only)

10:30 to 11:30 am - Yoga with Alannah \$5-10 donation

11:30 to 12:30 pm - Café West: Chef Oralia, \$5

Day Trips in April

Wednesday, April 17 - 10:15 am to 4:15 pm

RIVER ROCK CASINO, Geyersville

Saturday, April 27 - 10:15 am to 4:15 pm

HALLBERG BUTTERFLY GARDEN, Sebatopol;

lunch at WILLOW WOOD MARKET CAFE, Graton

WEEK TWO

Sunday April 7

2:00 to 4:00 pm - Wine Country Ukulele Jam Sessions.

Call Annie for more details: 707-888-3346.

Monday, April 8

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

Tuesday, April 9

11:00 to 1:00 pm - Bingo

11:30 to 12:30 pm - Café West: Chef Brad \$5

1:00 to 4:00 pm - Beginning Basket Weaving

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, April 10

12:00 to 1:30 pm - Lunch: Timberline at the River, \$12.

12:30 to 2:00 pm - Adult Services Librarian One-to-One

Thursday, April 11

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 am - Tai Chi on Zoom. To sign up, email

TaiChiFred@Sonic.net

11:00 to 1:00 pm - Bingo

11:30 to 12:30 pm - Brown Bag Lunches to go, \$5.00

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, April 12

10:00 to 11:30 am - Tablet Training (waiting list only)

10:30 to 11:30 am - Yoga with Alannah, \$5-10 donation

11:30 to 12:30 pm - Cafe West: Chef Oralia, \$5.00

3:30 to 5:00 pm - "HUGS" Grief Support Group

For More Information

regarding activities at the Senior Center,

please call Vicki at 707-823-1640 x404

Russian River Senior Center Calendar - April 2024

WEEK THREE

Sunday, April 14

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

Monday, April 15 - Tax Day

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

Tuesday, April 16

9:00 to noon - Sew'n Sews, the quilting group
11:00 to 1:00 pm - Bingo
1:00 to 4:00 pm - Beginning Basket Weaving
1:00 to 4:00 pm - Basket Weaving Workshop
11:30 to 12:30 pm - Cafe West: Birthday Tuesday
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, April 17

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

Thursday, April 18

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 am - Tai Chi on Zoom. Email TaiChiFred@Sonic.net to sign up.
11:00 to 1:00 pm - Bingo
11:30 to 12:30 pm - Brown Bag lunches to go, \$5.00
11:30 to 1:30 pm - Needlers, the stitching group
1:30 to 3:00 pm - Book Club

Friday, April 19

10:00 to 11:30 am - Tablet Training (waiting list only)
10:30 to 11:30 am - Yoga with Alannah \$5-10 donation
11:30 to 12:30 pm - Cafe West: Chef Oralia, \$5

Birthday Tuesday

Every third Tuesday.

Let us know in advance if your birthday is in April and lunch is on us, **Tuesday, April 16.**

\$5.00 for everyone else.

WEEK FOUR

Sunday, April 21

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

Monday, April 22 - Earth Day, Passover Begins

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

Tuesday, April 23

11:00 to 1:00 pm - Bingo
1:00 to 4:00 pm - Beginning Basket Weaving
1:00 to 4:00 pm - Basket Weaving Workshop
11:30 to 12:30 pm - Cafe West: Chef Brad \$5
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, April 24

11:30 to 12:30 pm - Lunch: Timberline at the River, \$12

Thursday, April 25

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 am - Tai Chi on Zoom. To sign up, email TaiChiFred@Sonic.net
11:00 to 1:00 pm - Bingo
11:30 to 12:30 pm - Brown Bag lunches to go, \$5.00

Friday, April 26

10:00 to 11:30 am - Tablet Training (waiting list only)
10:30 to 11:30 am - Yoga with Alannah, \$5-10 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, April 28

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

Monday, April 29

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

Tuesday, April 30 - Passover Ends

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
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 with Scott Reid;
walk-ins welcome or email apwpoet@gmail.com to sign up to join via Zoom

Sponsors

Noel's Automotive
 9898 Main St.
 Monte Rio
 Josh Rogers, Owner

865-9602
 noelsautomotive@comcast.net


OPEN DOOR
 INSURANCE SERVICES
 75 MAIN ST. • PO BOX 428
 OCCIDENTAL CA 95465
 LIC. #0743953
707.874.2666
 mail@opendoorins.com
 www.opendoorins.com


Saint Elizabeth Church
869-2107
 14095 Woodland Drive Guerneville
 Mass Schedule:
 Tuesday — Friday, 9:00 a.m.
 Sunday, 9:30 a.m.
 Outdoor church from June until Labor Day

Free Estimates Fax: (707) 869-8097

GUERNEVILLE'S GLASS
(707) 869-3793
 Reasonable Prices
 Vinyl Windows and Patio Doors
 Window Repair & Installation
 Shower Door & Tub Enclosures
 Custom Screens \$ Tabletops
 Insulated Units ~ Glass ~ Mirrors
Bill Aguirre
 18310 Church Street
 5th + Church
 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
 Restoration & Enhancement

 Raymond Rapp — RedwoodRay@Comcast.net

VON RENNER

 General Engineering
 Lic. #899560
 SEWER • WATER • SEPTIC SYSTEMS
 GRADING • PAVING • EROSION CONTROL
 vrceinc@yahoo.com
 (707) 869-0901 • Fax (707) 869-0953
 P.O. Box 2308 • Guerneville, CA 95446-2308


Books & Letters
Michael Rex
 Proprietor
 story@booksletters.com
 707-604-7197
 www.booksletters.com
 14045 Armstrong Woods Road
 Guerneville, CA, 95446


Lark Drugs 869-9055
a Russian River Tradition for Over 80 Years
 Main Street - Downtown Guerneville
Serving Your Pharmaceutical Needs the Old Fashioned Way
 ~ Prescription Specialists
 ~ Prescription Mail Services
 ~ Generic Drugs
 Gifts Cards * Cosmetics * Sundries* Photo Department *FAX* Copier

Help Support
 the Senior Center!
 ADVERTISE YOUR BUSINESS HERE
 To sign up call:
 707-823-1640 x404

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 _____

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

Staff:

Tim Miller - Executive Director, WCCS

Emily Heinzelman - Director, Senior Services

Vicki Halstead - Senior Center Manager

Liz Beale - Day 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

15010 Armstrong Woods Road

PO. Box 325

Guerneville, CA 95446

707-823-1640 ext. 400

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

www.westcountyservices.org

