Message from the Senior Center

Hopefully we all survived the extreme heat waves of July with minimum discomfort! Keep those doors and windows closed in the heat of the day and your house will be more comfortable. Open up at night and let that cool coastal breeze flow through.

So sad to report to those of you who do not know already that our wonderful case manager, Jeff Puckett, has moved on to another opportunity. We will miss his funny wit, compassion and devotion to his work and clients. Stay tuned for news of his replacement.

But, we do have some good news: Tai-Chi with Fred is back in person! Come join his new group on Thursdays from 10:30-11:30 in the patio area. He will still have his zoom class, but the time has changed to 9:30 am.

Another new time—starting in September, the Redwood Caregiver Support Group will meet on the second Thursday of the month still in the Marshall House. If you or someone you know is caring for a loved one or client this is an opportunity to share your feelings and experiences with others in the same circumstance.

Are you interested in a beginning/intermediate conversational Spanish Class? Would you like to teach a class? Give us a call and let us know.

~ The Senior Center Staff

Day Trips

WEDNESDAY, AUGUST 2 — ‘TINA’ Golden Gate Theater, 1:00 matinee. $55/members; $60/non-members. 10:15 to 8:30 pm. Waiting list only.

WEDNESDAY, AUGUST 9 — ‘TINA’ Golden Gate Theater. 1:00 matinee. $55/members; $60 non-members. 10:15 to 8:30 pm. Waiting list only.

THURSDAY, AUGUST 10 — PEE WEE GOLF & ARCADE, Guerneville. No charge. Food truck on premises. 11:30 to 3:00 p.m.

THURSDAY, AUGUST 24 — Shell Beach State Park walking tour, Highway One, lunch at Café Aquatica, Jenner; $5/$10; 10:00 to 1:30 pm

WEDNESDAY, SEPTEMBER 13 — ‘Hadestown,’ Orpheum Theatre, 1:00 matinee. $45/members; $50/non-members (discounted price). 10:15 am to 8:30 pm. Waiting list only.

Note: Meals before or after events are self-pay unless otherwise noted.

To sign up come by the Senior Center Tuesday—Friday, 9:30 to 1:30 p.m. PAYMENT IS 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.

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.

Volunteer Drivers Are Needed!
Seniors in the Lower Russian River Area need volunteers to provide rides for medical and shopping trips. This is to augment the WCCS rides program. Volunteers are coordinated by Aubri Lane at the Sebastopol Senior Center. Call 707-829-2440 or email aubri@sebastopolcenter.org to sign up.

SENIORS NEED HELP!
Tell your friends and family — all ages are welcome to volunteer.
Darlene Joan Kersnar was born on August 16, 1938 in Western Montana to a young mother living in the log house that her father (Darlene’s grandfather) had built in the mountains on an Indian reservation. Her grandfather moved the family there from Eastern Montana for work. During the depression, her grandad left for Oregon to pick fruit and her grandmother wasn’t going to stay in the wilderness by herself with five children so she loaded them up into a mule-drawn wagon, headed for another town and went to work as a cook in a lumber camp. It was here that Darlene’s mother met and married a man with a lumber trucking business. Soon, the three of them moved to Polson, Montana and Darlene enrolled in her second elementary school. She was pretty confused by school at this point finding it hard to break into the existing social circles of children who grew up together. Fortunately, she had neighborhood friends who shared her interest in trading comic books...Wonder Woman was the prize, of course! Shortly, the company moved the mill up higher into mountains and off the family went to Seeley Lake, Montana and a one room schoolhouse. It wasn’t enough being the new kid, Darlene’s mother also dressed her funny. The first day she wore fancy white socks held up by over the shoulder garter belts, patent leather shoes, a blue wool coat with black velvet collar and a white muff. Since stepdad had money, she arrived in a shiny red new Oldsmobile. When the school bus arrived, a bunch of wild kids got off and they all looked like they’d just gotten out of bed and had forgotten to comb their hair. One boy filled up a water balloon from a mud puddle and was threatening to squirt everybody...it was scary! But she came to love the place. It’s where she learned to snow ski, skate on ice over lakes and where she first enjoyed outdoor bonfires. A truly idyllic place. But her parents decided she needed a better education than the one room schoolhouse could provide so they sent her back to Polson in more unusual clothes...black suede wedgies, a pink wool dress with odd designs and a full skirt along with a short red wool jacket. Since she dressed differently, people treated her differently and therefore she acted differently. I think she was in training to live in Guerneville! At any rate, living in Polson wasn’t working out for her so her parents brought her back to Seeley Lake and off she went back to the one room schoolhouse in the pink wool dress to finish up elementary school.

Seeley Lake was a 40 mile round trip on the bus to the high school in Missoula. While that was ok, it was better when the family soon moved to Missoula. Darlene loved high school. She was making her own money as a babysitter and having more say in what she wore, made some really good friends, sang in the glee club and a sextet group, acted in school plays and performed in the yearly talent show. Early on, a friend had a party where Darlene sang The Little White Cloud that Cried by Johnny Ray...a hit at the time. She sang it with GREAT FEELING that night and it became the go-to entertainment for all the kids. Wherever she was...in the school halls, for example...they prevailed upon her to sing it and she happily obliged because the acoustics in those halls were great! And, of course, she had to sing it in every talent show.

After high school, Darlene wanted to go to college to become a forest ranger but it was prohibitively expensive. A friend told her that she was going to nursing school at Gonzaga University in Spokane and when Darlene heard how affordable it was, she decided to give it a go. Turns out she loved it! Everybody lived in a dorm so her friends were all right there and it was really easy to meet people, the nuns were strange but very sweet. One year they got bicycles for everyone to use, another year they got tennis rackets and once a week they provided beautiful movies and popcorn for the girls while they lounged on the gym floor. The internships they did in hospitals in various cities prepared her exceptionally well for her future career. After graduating...
Services

FREE RIDES FOR SENIORS
Medical, Shopping and Recreation
WCCS’ Senior Center offers FREE RIDES to medical appointments, grocery shopping and recreational engagements for seniors and individuals with disabilities. Please call five business days in advance to schedule a ride. 707-889-7367

PLEASE NOTE: the Senior Center transportation program will be closed on the following dates: August 17—August 24 and October 19 — November 10

PG&E CARE and FERA PROGRAMS
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 Emily 707-823-1640 x404

LEGAL AID OF SONOMA COUNTY
Elder Law Program
Crisis services include: Elder Abuse, Evictions and Rental Housing Issues, Simple Wills, Advanced Healthcare Directives; Financial Powers of Attorney, Public Benefits Suspension/Termination, MediCal/ Medicare. For residents 55+. Appointments are held at the Senior Center. Call 707-340-5610.

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

707-565-INFO (4636)
An information service for seniors. Call for any kind of resource: rides, housing, plumbing. 9 am to 4:00 pm

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. They currently have up to $6,000 in financial incentives available for paid caregivers in California who take courses and work in their fields. Resources include one-on-one career coaching and training courses. In order to benefit from the full $6,000 caregivers need to start taking classes asap. For more details, and to sign up, go to: calgrows.org/ or email info@calgrows.org

Café West at the Senior Center

CHEF-MADE LUNCHES FOUR DAYS A WEEK
TUESDAYS Chef Brad, $5
- American home cooking
WEDNESDAYS Chefs from local restaurants, $12
- 1st and 3rd, TIMBERLINE
- 2nd and 4th—SAUCY MAMA’S JOOK JOINT
THURSDAYS In-house Chef John, $5.00 or pay what you can
- Specialty sandwiches to-go with brown bag lunches
FRIDAYS Chef Oralia, $5
- Delicious meals with Mexican flare

$1.00 extra charge for to-go meals in order to offset the cost of the containers.

BIRTHDAY LUNCH Tuesday, August 15—Lunch is on the house for those with a birthday in August

Activities, Events & Classes

CHANGES in the exercise class schedule on Thursdays:

- Beach Ball Volleyball is now played from 9:30 to 10:30 am.
- Tai Chi is Back in Person! 10:30 to 11:30, on the back patio.
- Tai Chi on Zoom has a new time: 9:30 to 10:10 am. Email TaiChiFred@sonic.net to sign up.
- Walk-ins welcome for Beach Ball Volleyball and in-person Tai Chi

AGE WELL DRIVE SMART
Wednesday, August 16, 9:30 to 11:30 a.m.

Plan to attend a morning class on safe driving with the CHP, who will provide a certification that could reduce your insurance rates. Call or come by to sign up in advance, 707-823-1640 x404.

FUTURE CHANGE TO THE CALENDAR:
REDWOOD CAREGIVER SUPPORT GROUP is moving to every second Thursday from 1:00 to 3:00 p.m., starting Thursday, September 14

Please see Pages 4 and 5 for our complete calendar of classes, activities and events.

Volunteers Needed for Activities!

ACTIVITY HOSTS for fun groups such as a trivia events, Ted Talks, exercise classes, Spanish classes.

If you are interested in volunteering, please call Emily, 707-823-1640 x403
### Calendar of Activities, Events & Classes – August 2023

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
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</table>
|        |        | 9:00 to noon **Sew'n Sews**, the quilting group  
11:00 to 1:00 p.m. **Bingo**  
11:30 to 12:30 p.m. **Café West: Chef Brad**, $5  
1:30 to 3:30 p.m. **Mahjong**  
2:00 to 4:00 p.m. **Writing Your Life**, walk-ins welcome or on Zoom: apwpoet@gmail.com |
| 6      | 7      | 8       |
| 3:30 to 5:30 p.m. **Wine Country Ukulele Jam Sessions**  
In the Marshall House  
Call Annie for more details. 707-888-3346 | 10:00 to 11:00 a.m. **Zumba Gold with Richard McHenry**  
In the main building | 10:00 to noon **Redwood Care Giver Support Group in person** Walk-ins welcome!  
11:00 to 1:00 p.m. **Bingo**  
11:30 to 12:30 p.m. **Café West: Chef Brad**, $5  
1:30 to 3:30 p.m. **Mahjong**  
2:00 to 4:00 p.m. **Writing Your Life**, walk-ins welcome or on Zoom: apwpoet@gmail.com |
| 13     | 14     | 15      |
| 3:3 to 5:30 p.m. **Wine Country Ukulele Jam Sessions**  
In the Marshall House  
Call Annie for more details. 707-888-3346 | 10:00 to 11:00 a.m. **Zumba Gold with Richard McHenry**  
In the main building | 9:00 to noon **Sew'n Sews**, the quilting group  
11:30 to 12:30 p.m. **BIRTHDAY LUNCH: Chef Brad**  
1:30 to 3:30 p.m. **Mahjong**  
2:00 to 4:00 p.m. **Writing Your Life**, walk-ins welcome or on Zoom: apwpoet@gmail.com |
| 20     | 21     | 22      |
| 3:30 to 5:30 p.m. **Wine Country Ukulele Jam Sessions**  
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| 27     | 28     | 29      |
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**For More Information**  
regarding activities at the Senior Center,  
please call Vicki  
707-823-1640 x 404
<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td><strong>2</strong> 10:00 to 11:00 a.m. Redwood Empire Food Bank</td>
<td>3 9:30 to 10:10 a.m. <strong>Tai Chi with Fred on Zoom.</strong></td>
<td>4 10:30 to 11:30 am Yoga with Alannah, $5—10 donation benefits instructor</td>
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<td>10:15 to 8:30 p.m. <strong>DAY TRIP: <em>TINA,</em> GOLDEN GATE THEATER, S.F.</strong></td>
<td>9:30 to 10:30 a.m. <strong>Beach Ball Volleyball</strong></td>
<td>11:30 to 12:30 p.m. Café West: Chef Oralia, $5</td>
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<td>10:00 to 12:30 p.m. <strong>Golf at Northwood—call to sign up</strong></td>
<td>3:30 to 5:00 p.m. <strong>“HUGS” Grief Support Group</strong></td>
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<td>West: TIMBERLINE, $12</td>
<td>10:30 to 11:30 a.m. <strong>Tai Chi with Fred IN PERSON</strong></td>
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<td>11:00 to 1:00 p.m. <strong>Bingo</strong></td>
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<td><strong>9</strong> 10:15 to 8:30 p.m. <strong>DAY TRIP: <em>TINA,</em> GOLDEN GATE THEATER, S.F.</strong></td>
<td>11:30 TO 3:30 P.M. <strong>Day Trip: Pee Wee Golf &amp; Arcade.</strong></td>
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<td>10:00 to noon SRJC Art Class with Lynn Prieto 11:30 to 12:30 p.m. Café</td>
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<tr>
<td>West: SAUCY MAMA $12</td>
<td>6:00 to 7:30 p.m. <strong>Redwood Caregiver Support Group via Zoom.</strong></td>
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<td><strong>16</strong> 10:00 to 11:00 a.m. Redwood Empire Food Bank</td>
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<td>Café West: SAUCY MAMA, $12</td>
<td>11:00 to 1:00 p.m. <strong>Bingo</strong></td>
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<td><strong>24</strong> 9:30 to 1:30 p.m. <strong>DAY TRIP: Shell Beach State Park self-guided walking tour; lunch at Café Aquatica, Jenner</strong></td>
<td>11:30 to 12:30 p.m. <strong>Brown Bag Lunches, $5.00 donation</strong></td>
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<td><strong>25</strong> 10:30 to 11:30 am Yoga with Alannah, $5—10 donation benefits instructor</td>
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<td>11:00 to 1:00 p.m. <strong>Bingo</strong></td>
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<tr>
<td>11:00 to 1:00 p.m. <strong>Needlers, the stitching group</strong></td>
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<td>11:30 to 12:30 p.m. <strong>Brown Bag Lunches, $5.00 donation</strong></td>
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Help Support the Senior Center!

ADVERTISE YOUR BUSINESS HERE

To sign up call: 707-823-1640 x404
Neighborly News by May Bowers
A CONVERSATION WITH DARLENE KERSNAR
- Continued from Page 2

and passing the state boards, she and a friend decided they would
go boldly forward to San Francisco and get jobs. They made quite a
to-do of saying goodbye to all of their friends, to each of their boy-
friends and riding off into the sunset. We’ll pick up here next time
and see how this adventure turned out...stay tuned.

Membership Information and Application to join the
RUSSIAN RIVER SENIOR CENTER OWLS (*Older, Wiser, Livelier Seniors) CLUB

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 classes, activities, events, and field trips
• Monthly newsletter delivered to your home
• Volunteer opportunities
• Membership card
• Free book lending library and free medical lending closet (walkers, wheelchairs, etc.)

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

2023 Russian River Senior Center OWLS Club Membership Application
ANNUAL MEMBERSHIPS CAN BE PURCHASED AT ANY TIME

___ $25.00 Single ___ $40.00 Household
___ Membership plus donation ___ Membership Renewal

Name(s): _____________________________________________________ Date: ____________
Address: ______________________________________________________ City_____________________ Zip__________
Phone: ____________________________________  E-mail: _____________________________

Would you like to receive a copy of The Scoop via email?  Yes ____ No ___    And by mail? Yes ____ No ____
Interested in receiving updates on field trips, classes, activities & special events via email?    Yes ____ No ____
Emergency Contact:
Name ________________________ Relationship _________________ Phone________________

MAKE CHECKS PAYABLE TO:
West County Community Services (Russian River 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 Pd.___________ Amount: __________Check _________Cash_________
Russian River Senior Center
West County Community Services
PO Box 325
Guerneville, CA  95446

The SCOOP
Newsletter of
RUSSIAN RIVER SENIOR CENTER
A Program of West County Community Services
In Partnership with
Russian River Recreation and Park District
Published since 1986

15010 Armstrong Woods Road
Guerneville, CA 95446
P.O. 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

Staff:
Tim Miller, Executive Director, WCCS
Emily Heinzelman, Director, Senior Services
Vicki Halstead, Senior Center Manager
Susan Carrier, Field Trips & Communication
John Finnegan Rowan, Café West
Joe Hill, Transportation
Laura Mueller, Reception
Mark Rieber, Café West