

# The SCOOP

November 2023

NEWSLETTER OF THE RUSSIAN RIVER SENIOR CENTER

## Message from the Senior Center

Ready, set, go!

Holiday Season is around the corner and here at the Senior Center we are ready to take it on.

Daylight savings time ends Sunday, November 5. Set your clocks back an hour and settle in for a long and cozy winter.



Why not try out a new activity or class at the Senior Center? Laura, our receptionist, will be hosting two new activities in November: a Ted Talks discussion on Wednesday the 15th, and a Book Club on Thursday the 16th. Find details on Page 3.

Our Thanksgiving celebration lunch is always a popular event. This year Larry from Timberline will be preparing a feast not to be missed. The date is Wednesday, November 15. Cost is \$20 per person, payable when you sign up. Please come in and make a reservation by Thursday, November 9.

Veterans Day, Friday, November 10, is a Federal holiday and the Senior Center will be closed.

Thank you to all who attended and supported the Senior Center at Give Back Tuesday. We don't have the final total from the raffle and dinner but we know, as always, the event was a tremendous success.

Warmly,

~ Vicki Halstead, Senior Center Manager

## 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

**THURSDAY, NOVEMBER 30** — Shopping at Petaluma Premium Outlets, Petaluma. Lunch afterwards nearby. \$7/members; \$12/non-members. 9:30 a.m. to 3:30 p.m.

**SATURDAY, DECEMBER 9** — "The Lion King," Orpheum Theater, S.F., 1:00 matinee, \$65/members; \$70/non-members. 10:15 a.m. to 8:30 p.m. Waiting list only.

**WEDNESDAY, DECEMBER 13** — "To Kill A Mockingbird," Golden Gate Theater, S.F., 1:00 matinee. \$48/members; \$53/non-members. 10:15 a.m. to 8:30 p.m.

Note: Unless otherwise noted, meals before or after events are self-pay and all trips start and end at the Senior Center.

To sign up come by the Senior Center Tuesday–Friday, 9:00 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.

## 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

TIMBERLINE—1st, 3rd & 5th

GUEST CHEF—2nd & 4th

**THURSDAYS** In-house Chef John, \$5.00 or pay what you can - Specialty sandwiches to-go with brown bag lunches

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

\$1.00 extra charge for to-go meals in order to offset the cost of the containers. To-go meals can be picked up at 1:00p.m.

Russian River Senior Center  
A program of  
West County Community Services



## Neighborhood News by Mary Bowers

### A CONVERSATION WITH CYNTHIA BERMAN



Cynthia Carole Berman was born on October 6, 1946, in Philadelphia, Pennsylvania to Rosalind and Richard Berman. She was the second girl born into the family, to be followed by a brother and sister. For reasons only a psychotherapist could understand (did I mention she is one now? but

I've jumped waaaay ahead!) her mother didn't seem too pleased with her arrival. Apparently this baby had picked a Sunday to be born which meant not only had her older sister's pony ride been interrupted but Mother's regular doctor was off so Cynthia's father, a resident doctor at the time, had to deliver her. This inconvenient baby hadn't even given her father time to wash his hands!

Cynthia, like all of the Berman kids, started school at Mrs. Post's Nursery School with Mr. and Mrs. Post picking her up in their station wagon each morning. She liked school through Cheltenham Elementary School. It was a wonderful experience being a girl scout, a crossing guard that got her out of class 20-30 minutes early to help the younger kids cross the street...life was good. And then junior high came along complete with the adolescent feelings of social insecurity. The underlying feelings of being in the way and unwanted started to surface. The other girls were physically maturing faster..."they looked 25, I looked 12". She was not doing well socially or academically as she was afraid to ask questions for fear of it being a stupid question. A good news/bad news scenario was that her mother put the girls in ballet classes which Cynthia hated! "I was not a dainty little thing. I was, you know, always a little chubby and not tall. Still not tall. Never gonna be tall!" The good news is that after taking a cab to get to the dreaded classes, her grandmother would be waiting for her when she came down the steps after class. They would go out to dinner at H&H where she'd always get the same meal and then they'd walk back to her grandparent's apartment where she would spend the night. The next morning, there would be a warm bagel with maybe some lox and cream cheese and then

Grandmother and Cynthia would walk the 10-12 blocks back to Cynthia's place of dance. It was such a special and nurturing time for young Cynthia...Grandmother was a lifesaver.

She became more and more introverted and it only got worse in high school where she was surrounded by very bright and outgoing college bound students. Her older sister and brother were both A students while she grew up thinking she wasn't very bright. Many lunch times were spent alone in the bathroom. She did have about six girlfriends who were also lifesavers. She talked to each of them on the phone after school...being in one-on-one relationships outside of school worked well, it was being part of the social scene that was impossible.

Cynthia wanted to go to college after graduation for lack of a better plan. Fortunately, a man came to school talking about Parson's College in Fairfield, Iowa. It had a small campus and was designed for people with potential who hadn't done well in school. Bingo! They had large lecture classes with small discussion groups and one-on-one tutors. Off she went and well she did! She lived in a dorm, had some dynamite professors, started to feel more confident, started to become part of the scene and soon started to date. About a year in, she met Bill. Our 19 year old newly social and confident young woman was still very naive, soon enough very pregnant and had to tell her parents. "Oh, Lord have mercy. It was horrible." Her mother came to Iowa, took back the reins and gave her two choices....a Home for Unwed Mothers or Marriage. Cynthia chose marriage so Mother took her to the rabbi in Cheltenham, a relative stranger since while she was born Jewish, she only celebrated a few holidays and certainly didn't attend temple very often. It was mortifying to tell this unsafe stranger that she'd had premarital sex and further humiliating to hear his instruction. They would have a marriage ceremony in June but would simply lie on the marriage certificate about when the "real" wedding took place. He even concocted a story for her to tell people about the circumstances of the real wedding! Then Mother took her to downtown Philadelphia, picked out a wedding ring and had the fake date inscribed on it. (Continued on Page 7)

## Services

### FREE RIDES FOR SENIORS

#### Medical, Shopping and Recreation

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

PLEASE NOTE: the transportation program will be closed through November 10. Check with Emily for alternative services during this time.

### WCCS EMPLOYMENT SERVICES PROGRAM

#### For Adults of All Ages

Would you like to augment your retirement income? We can help with resume/cover letter writing, interviewing tips, use of computers with internet access, skills assessment and training.

Call to make an appointment: 707-823-1640 X141, or email Susan.Carrier@WestCountyServices.org

### 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 Yuliana, 707-823-1640 x401

### LEGAL AID OF SONOMA COUNTY

#### Elder Law Program

Crisis services include: Elder Abuse, Evictions and Rental Housing Issues, Simple Wills, Advanced Healthcare Directives, and much more. For Sonoma County 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. For more details, and to sign up, go to: [calgrows.org/](http://calgrows.org/) or email [info@calgrows.org](mailto:info@calgrows.org)

## Activities, Events & Classes

### DAY OF THE DEAD CELEBRATION

Wednesday, November 1, 12:00 to 1:30 p.m.

Come and pay respects to loved ones who are no longer living. Learn about the history of the holiday. Lunch by Timberline, \$12.

### THANKSGIVING LUNCH

Wednesday, November 15, 12:00 to 1:30 p.m.

Fabulous meal by Timberline, \$20

Please sign up by Thursday, November 9. Payment is due when you sign up.

### TED TALKS

Watch a short lecture on a current and relevant issue, and take part in a lively and inspiring discussion afterward. The topic of the first lecture will be Ageism.

Wednesday, November 15, 1:30 to 3:00.

Hosted by Laura Mueller

### BOOK CLUB

Thursday, November 16, 1:30p. Hosted by Laura Mueller.

Book of the month: *The Thursday Murder Club* by Richard Osman. Books for the club can be purchased at Books & Letters on Armstrong Woods Road for 20% off.

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

### THE SENIOR CENTER WILL BE CLOSED:

- Veterans Day, Friday, November 10, (except for Yoga with Alannah and "HUGS" Grief Support Group, both in the Marshall House).
- Thanksgiving and Day After Thanksgiving, Thursday & Friday, November 23 & 24 (except for "HUGS" in the Marshall House on Friday)

**BASKET WEAVERS** are taking a break until January

## Coming in December

### HANUKKAH LUNCHEON

Wednesday, December 6, 11:30 – 1:00 p.m.


Enjoy live music and a presentation about the Hanukkah tradition. Delicious lunch by Timberline, \$12. Please sign up by Friday, December 1.

### HOLIDAY PARTY

Wednesday December 20, 11:30 –1:00 p.m.

White elephant gift exchange, fun times. Delicious lunch by Timberline, \$12. Please sign up by Friday, December 15.

## Calendar of Activities, Events & Classes - November 2023

SUNDAY	MONDAY	TUESDAY
<p><b>For More Information</b> regarding activities at the Senior Center, please call Vicki <b>707-823-1640 x 404</b></p>		
<p><b>5</b> 3:00 to 5:30 p.m. <b>Wine Country Ukulele Jam Sessions</b> In the Marshall House Call Annie for more details. 707-888-3346</p> <p>DAYLIGHT SAVINGS TIME ENDS</p>	<p><b>6</b> 10:00 to 11:00 a.m. <b>Zumba Gold with Richard McHenry</b> In the main building</p>	<p><b>7</b> 9:00 to noon <b>Sew'n Sews</b>, the quilting group 11:00 to 1:00 p.m. <b>Bingo</b> 11:30 to 12:30 p.m. <b>Café West: Chef Brad</b> 1:30 to 3:30 p.m. <b>Mahjong</b> 2:00 to 4:00 p.m. <b>SRJC Memoir Class</b> with Scott Reid, walk-ins welcome or on Zoom: apwpoet@gmail.com</p>
<p><b>15</b> 3:00 to 5:30 p.m. <b>Wine Country Ukulele Jam Sessions</b> In the Marshall House Call Annie for more details. 707-888-3346</p>	<p><b>13</b> 10:00 to 11:00 a.m. <b>Zumba Gold with Richard McHenry</b> In the main building</p>	<p><b>14</b> 11:00 to 1:00 p.m. <b>Bingo</b> 11:30 to 12:30 p.m. <b>Chef Brad \$5</b> 1:30 to 3:30 p.m. <b>Mahjong</b> 2:00 to 4:00 p.m. <b>SRJC Memoir Class</b> with Scott Reid, walk-ins welcome or on Zoom: apwpoet@gmail.com</p>
<p><b>22</b> 3:00 to 5:30 p.m. <b>Wine Country Ukulele Jam Sessions</b> In the Marshall House Call Annie for more details. 707-888-3346</p>	<p><b>20</b> 10:00 to 11:00 a.m. <b>Zumba Gold with Richard McHenry</b> In the main building</p>	<p><b>21</b> 9:00 to noon <b>Sew'n Sews</b>, the quilting group 11:00 to 1:00 p.m. <b>Bingo</b> 11:30 to 12:30 p.m. <b>BIRTHDAY LUNCH: Chef Brad, \$5</b> 1:30 to 3:30 p.m. <b>Mahjong</b> 2:00 to 4:00 p.m. <b>SRJC Memoir Class</b> with Scott Reid, walk-ins welcome or on Zoom: apwpoet@gmail.com</p>
<p><b>29</b> 3:00 to 5:30 p.m. <b>Wine Country Ukulele Jam Sessions</b> In the Marshall House Call Annie for more details. 707-888-3346</p>	<p><b>27</b> 10:00 to 11:00 a.m. <b>Zumba Gold with Richard McHenry</b> In the main building</p>	<p><b>28</b> 11:00 to 1:00 p.m. <b>Bingo</b> 11:30 to 12:30 p.m. <b>Café West: Chef Brad, \$5</b> 1:30 to 3:30 p.m. <b>Mahjong</b> 2:00 to 4:00 p.m. <b>SRJC Memoir Class</b> with Scott Reid, walk-ins welcome or on Zoom: apwpoet@gmail.com</p>



## Russian River Senior Center

WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 10:00 to 11:00 a.m. <b>Redwood Empire Food Bank</b> 10:00 to 11:30 <b>Tablet Class</b> 10:00 to 1:00 p.m. <b>SRJC Collage Art Class</b> with Lynn Prieto 12:00 to 1:30 p.m. <b>Café West:</b> <b>Day of the Dead Party, \$12</b></p>	<p><b>2</b> 9:30 to 10:30 a.m. <b>Beach Ball Volleyball</b> 10:00 to 12:30 p.m. <b>Golf at Northwood—call to sign up</b> 10:30 to 11:30 a.m. <b>Tai Chi with Fred—</b> Marshall House 11:00 to 1:00 p.m. <b>Bingo</b> 11:30 to 1:30 p.m. <b>Needlers</b>, the stitching group 11:30 to 12:30 p.m. <b>Brown Bag Lunches</b>, \$5.00 donation 1:30 to 3:00 p.m. <b>Book Club Informational Meeting</b></p>	<p><b>3</b> 9:30 to 11:30 p.m. <b>Tablet Training in Spanish</b> 10:30 to 11:30 am <b>Yoga with Alannah</b>, \$5—10 donation benefits instructor 11:30 to 12:30 p.m. <b>Café West: Chef Oralia</b>, \$5</p>
<p><b>8</b> 10:00 to 1:00 p.m. <b>SRJC Collage Art Class</b> with Lynn Prieto 11:30 to 12:30 p.m. <b>Lunch: GUEST CHEF, \$12</b></p>	<p><b>9</b> 9:30 to 10:30 a.m. <b>Beach Ball Volleyball</b> 10:00 to 12:30 p.m. <b>Golf at Northwood—call to sign up</b> 10:30 to 11:30 a.m. <b>Tai Chi with Fred</b> Marshall House 11:00 to 1:00 p.m. <b>Bingo</b> 11:30 to 12:30 p.m. <b>Brown Bag Lunches</b>, \$5.00 donation 1:00 to 3:00 p.m. <b>Redwood Caregiver Support Group in person.</b> Walk-ins welcome. 6:00 to 7:30 p.m. <b>Redwood Caregiver Support Group via Zoom.</b> 707-582-2329 or axh@redwoodcrc.org</p>	<p><b>10</b> <b>CLOSED FOR VETERANS DAY</b>  Except for: 10:30 to 11:30 am <b>Yoga with Alannah</b>, \$5—10 donation benefits instructor 3:30 to 5:00 p.m. <b>“HUGS” Grief Support Group</b></p>
<p><b>15</b> 10:00 to 11:00 a.m. <b>Redwood Empire Food Bank</b> 10:00 to 1:00 p.m. <b>SRJC Collage Art Class</b> with Lynn Prieto 12:00 to 1:30 p.m. <b>Café West: THANKSGIVING LUNCH, \$20</b> 1:30 to 3:00 p.m. <b>Ted Talks</b></p>	<p><b>16</b> 9:30 to 10:30 a.m. <b>Beach Ball Volleyball</b> 10:00 to 12:30 p.m. <b>Golf at Northwood—call to sign up</b> 10:30 to 11:30 a.m. <b>Tai Chi with Fred</b> Marshall House 11:00 to 1:00 p.m. <b>Bingo</b> 11:30 to 1:30 p.m. <b>Needlers</b>, the stitching group 11:30 to 12:30 p.m. <b>Brown Bag Lunches</b>, \$5.00 donation 1:30 to 3:00 p.m. <b>Book Club</b></p>	<p><b>17</b> 9:30 to 11:30 p.m. <b>Tablet Training in Spanish</b> 10:30 to 11:30 am <b>Yoga with Alannah</b>, \$5—10 donation benefits instructor 11:30 to 12:30 p.m. <b>Café West: Chef Oralia</b>, \$5</p>
<p><b>22</b> 10:00 to 1:00 p.m. <b>SRJC Collage Art Class</b> with Lynn Prieto 11:30 to 12:30 p.m. <b>Lunch: GUEST CHEF, \$12</b></p>	<p><b>23</b> <b>CLOSED FOR THANKSGIVING</b></p>	<p><b>24</b> <b>CLOSED FOR THANKSGIVING</b>  Except for: 3:30 to 5:00 p.m. <b>“HUGS” Grief Support Group</b></p>
<p><b>29</b> 10:00 to 1:00 p.m. <b>SRJC Collage Art Class</b> with Lynn Prieto 11:30 to 12:30 p.m. <b>Café West: TIMBERLINE, \$12</b></p>	<p><b>30</b> 9:30 to 10:30 a.m. <b>Beach Ball Volleyball</b> 9:30 to 3:30 p.m. <b>DAY TRIP to shop at Petaluma Premium Outlets</b> 10:00 to 12:30 p.m. <b>Golf at Northwood—call to sign up</b> 10:30 to 11:30 a.m. <b>Tai Chi with Fred</b> Marshall House 11:00 to 1:00 p.m. <b>Bingo</b> 11:30 to 1:30 p.m. <b>Needlers</b>, the stitching group 11:30 to 12:30 p.m. <b>Brown Bag Lunches</b>, \$5.00 donation</p>	

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**Saint Elizabeth Church**  
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Mass Schedule:  
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**Outdoor church from June until Labor Day**

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To sign up call:  
**707-823-1640 x404**

## Neighborhood News by Mary Bowers

Continued from Page 2

Cynthia's burgeoning confidence now firmly back in the closet, Bill took the reins. He wanted to move to New Hampshire so off they went to a rural part of the state where the sisters who sold them the house had never met a Jew and were surprised to find out they didn't really have horns...true story! Their first child, Jeff, was born in 1966 and their second, Kim, in 1969. Cynthia was happy being a mom, however, she had her own surprise in store...Bill started drinking more and more. He was a

full fledged alcoholic who was unable to provide for his family. She couldn't imagine growing old like this and started the paperwork to file for a divorce. Her parents wired money for the divorce and gas for the drive back to Philadelphia while Tome, her brother-in-law, loaded the U-Haul. At 24 years old with a 1 yr. old and 4 yr. old, she headed back "home" to a place she'd worked hard to leave. It was tense. How did she get from there to a happy, outgoing PhD in Guerneville??

## Membership Information and Application to join the

### 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 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](mailto: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—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 Pd. \_\_\_\_\_ Amount: \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_

**Russian River Senior Center**  
West County Community Services  
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## 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](http://www.westcountyservices.org)

#### Staff:

Tim Miller, Executive Director, WCCS

Emily Heinzelman, Director, Senior Services

Vicki Halstead, Senior Center Manager

Susan Carrier, Field Trips, Communications,  
Employment Services

John Finnegan Rowan, Café West

Joe Hill, Transportation

Laura Mueller, Reception, Book Club & Ted Talks

Mark Rieber, Café West

Yuliana Rojas, Case Management

