



Melanie's Message

Happy New Year! So many phrases come to mind when I think of a brand new year; clean slate, new beginnings, setting intentions, New Year resolutions, and many more. The beauty of a

whole new year ahead of us is we can develop new habits or change old ones; we can try something new or develop a deeper understanding of something we already find joy in doing.

What new possibilities do you want in your life? What do you want to learn or explore? Permit yourself to get creative and think outside the box to have the most abundant happiness in 2023.

The team here at the Senior Center is very excited about some new classes that are starting in January. A meditation class will be offered twice a week beginning January 17. William Cordingley, who has decades of experience, will lead this class. Some health benefits of meditation are; building skills to manage your stress, increasing self-awareness, focusing on the present, increasing imagination, creativity, patience, and tolerance, lowering resting blood pressure, and improving sleep quality.

Starting January 5, Country Fusion Dance taught by Maureen "Mo" Mulheren will begin. This class is a low-impact cardio workout where you dance to your favorite current and classic country, pop, and rock hits. Health benefits for seniors are; greater strength and endurance, improved bone health, better weight management, increased energy levels, and improved flexibility and balance.

Many of us have experienced grief in the last few years; if you are someone who has, we are offering a Grief Support Group starting January 11. Betty Durso, a long-time hospice volunteer, will be facilitating these eight sessions.

Please sign-up by January 9, fill out a short survey, and we ask for your commitment to all eight sessions.

If you like ice cream and birthdays, you will love our Ice Cream Socials on the last Friday of the month at 12:30 following lunch starting in January. We will celebrate members' birthdays; it is open to all, so warm up your singing voice.

Further ahead in 2023, we are planning a Wellness Workshop series focusing on mental (cognitive) fitness, food and nutrition, self-care, and aging concerns. If you have experience or talent in any of these categories and would like to share your expertise, please contact me at the Senior Center.

"A mentor is someone who allows you to see the hope inside yourself." — Oprah Winfrey

Save the date, March 14, 5:00-7:00 pm. *Peter Van Gelder and Friends* will perform a benefit concert here. They will play the classical and folk melodies of India. Read more about Peter and his musical friends on the back cover of our newsletter. There will be food, drinks, and complimentary wine, more details coming soon.

Here's looking to all of the future blessings in 2023!

BOOK GROUP



Are you interested in a book group? We need some interested persons to sign up. See page 4 for details.

Inside this Issue

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Board of Directors

- Al Myers, President
- Frank McAtee, 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



(707) 894-4110

[Facebook.com/CreativeNotionsCloverdale](https://www.facebook.com/CreativeNotionsCloverdale)

NOW OPEN:

- Tuesdays 10-1
- Wednesdays 10-4
- Thursdays 10-4
- Fridays 10-4
- Saturdays 1-4 PM

Contact Us

- (707) 894-4826
- info@cloverdaleseniorcenter.org
- CloverdaleSeniorCenter.org
- [Facebook.com/CloverdaleSeniorCenter](https://www.facebook.com/CloverdaleSeniorCenter)
- [instagram.com/CloverdaleSeniorCenter/](https://www.instagram.com/CloverdaleSeniorCenter/)
- twitter.com/95425Seniors

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.

Grant Funding for 2023

Thank you, Community Foundation Sonoma County—Funding the **Wellness Workshops Series**. Keep on the watch for Cooking Demonstrations, Self Care Workshops, Men’s and Women’s Aging Health, and Mental Fitness activities, and a showing of *Alive Inside*. They have also funded our **Urgent Needs Program** supporting those in need.

Thank you, California Department of Aging Older Adult’s Recovery and Resilience Fund through our Area Agency on Aging, we have been granted funds to **upgrade some of our kitchen equipment** and improve our lunch program.

Other Business on The Horizon

Updating our Network security

Updating our Point of Sale machines at Creative Notions and at our Front Desk allowing us to offer activity pre-paying and gift cards, touchless payments and make the process of using a card easier.

Planning Building Maintenance for work supported by the City of Cloverdale.

We are **still seeking additional Board Members**, if interested contact us for a application. 707-894-4826 suzi@cloverdaleseniorcenter.org

Congratulations to Carolyn Marcinkowski!



The beautiful shawl was lovingly created and donated by member Deborah Rust.

We had a goal to raise \$1,500 for our senior lunch program. We got close by raising \$1,255. The proceeds ensure no senior is ever turned away because of inability to pay. A HUGE thank you to Deborah for spear-heading this effort!

If you would still like to help us meet our goal, contributions can be mailed or you can visit our website to donate.

Welcome New Members

Joseph Devine	Eleanor Webster	Miguel Gonzalez
John Kessler	Patti Wilson	William & Pam Cordingley
Pamala Powers	Estherla Barrera	Mia Munselle
Steven & Trudy Folsom	Guadalupe Luna	Iris Konik
Robert Davis	Margaret Wilson	Andrea Rice
Julan Pekkain	Shawn & Ipolani Bovee	Bob & Debbie Sweeney
Jessalee Raymond	William Fox	Willis & Trisha Kirkwood
Janelle Litwak	Pat Simmons	

NEW ACTIVITIES & UPDATES



New Morning Meditation Group

Starting Jan. 17

Tuesdays & Thursdays,
8:45-9:45 AM

\$7 Members, \$10 Guests

Meditation leader, William Cordingley

About our new group leader: He has been on a spiritual path for 50 years, with the last 20 being some of the most intense and fruitful.

As someone who loves to teach, and enjoys sharing what he has learned with anyone who's interested, William has taught numerous classes on meditation, manifesting, and living a more fulfilling and empowered life.

He and his wife Pam and daughter Christina moved to Cloverdale from Marin four years ago. Beyond his passion for spirituality, he has a variety of diverse interests and experiences. He was self-employed as a marketing copywriter until his retirement a few years ago. He also found an agent and published a book about how to uncover a person's personality traits from their facial features. He's been a public speaker. And he is a former mayor and town councilman.

COUNTRY FUSION



New Country Fusion

Starting, Jan. 5

Thursdays 8:45-9:45

\$7 Members, \$10 Guests

Instructor: Mo

A country music fitness option that's being offered in Cloverdale. You can Boot Scoot and electric slide your way to wellness!

Country Fusion is an aerobic line dance workout to your favorite current and classic country, pop and rock hits.

How does it work? It is a low impact cardio workout, where we do line dances to popular country songs.

You should wear comfortable clothes for fitness, and sneakers and bring a water bottle.

We do 13 songs and it takes between 45-50 minutes depending on if we have new songs and dances to learn. The more you come the easier it is!



Grief Group

Starting, Wednesday,
January 11, 10-11 AM

Facilitator, Betty Durso

We are happy to announce that the Cloverdale Senior Center will be offering an 8-week grief support group. This group will meet once per week on Wednesday mornings from 10:00-11:00 am, **beginning January 11th and ending March 1st, 2023.**

The purpose of this support group is to provide a safe, non-judgmental environment for people to share their thoughts, emotions, and challenges related to loss and grief. A support group is not a therapy group. While it might be therapeutic by nature, it is distinct from therapy groups in that the goal is not to provide individual or group therapy. Rather, this group will provide participants a supportive environment to work with and help normalize the grief process. The group will have a structured, weekly format with topics related to loss and grief.

About the group facilitator: Betty Durso, a local resident of Geyserville. Betty has worked with Sutter Care at Home Hospice as a volunteer caregiver since 1988, visiting patients in their homes and/or assisted living facilities. Betty's professional background is in education, having served as a school administrator, teacher, and educational trainer in various capacities. Betty has planned, designed and facilitated educational group seminars and workshops. She has also taught courses in higher education at Sonoma State University, Dominican University, and Humboldt State University.

Prior sign-up is required as this group is limited to 10 people. [A short survey needs to be filled out and submitted to CSMC prior to the first class, pre-registration required by January 9.](#)

ICE-CREAM SOCIAL



New

Ice Cream Social & Birthday Celebration

Last Friday, January 27, 12:30 PM

Free to Members | Bring a friend or make a friend
Serving Ice cream or root beer floats

NEW ACTIVITIES & UPDATES

Coffee with the Mayor & Friends



Coffee with the Mayor & Friends

Thursday, January 12, 10-11 AM

Guest: New Council Member, Bryan Wheeler

Thursday, February 9, 10-11 AM

Guest: Duskie Estes—Executive Director of Farm to Pantry

Cloverdale Needs Assessment Focus Group by Area Agency on Aging

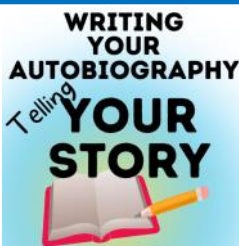
January 19, 10-12

Who is the Area Agency on Aging, and why are they coming? AAA is a special department, under Health & Human Services of Sonoma County and they help our county identify needs and therefore funding areas to meet the needs of our population.

Our Center is hosting AAA, and they want to hear from YOU! Seniors, people with disabilities and their caregivers are invited (7 of 15 seats are left).

If you cannot attend, would you be willing to share your opinions by survey so all voices are heard?

Please call/visit our center for more info.
SeniorsOfSonoma.org 707-565-5900



Valentines Day Workshop

Tuesday, February 14

Lead by ~ Kay Wells
\$7 Members, \$10 Guests

Come join us to share Valentine memories.

Do you remember receiving Valentines from your classmates? How about from your high school crush? These and other memories about this day can be included in your autobiography.

If you have not already started writing your autobiography we'll discuss how to begin.
Hope to see you there!

BOOK GROUP



New Book Discussion Group

Interested in joining a book discussion group? We're looking for a core group of at least six committed people to meet monthly to explore fiction and non-fiction, choosing from books available through the library. If you are interested please let us know so we can form a group.

707-894-4826,
melanie@cloverdaleseniorcenter.org



New Bunco! 2

Group Starting
Members Only Activity

3rd Wednesdays, January 18,
1:30-4 PM

Bunco! 1 is an established group and it can be difficult for new people to get to join the games, we are establishing a new group.

Everyone is welcome, Elsa Halbach will be the facilitator. Please call Elsa at 707-480-5845 to sign up and for further details.

COMMUNITY DATES TO KNOW

2023 Fire & Earthquake Safety Expo
May 6 at the Healdsburg Community Center

The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.”

— Steven Spielberg

Thank you, Cloverdale Connect, for your ongoing support of our Center!

Cloverdale Connect

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

WHAT WE OFFER—ACTIVITIES SCHEDULE

Mondays

8:45-9:45 AM **Yoga**
 10:15-10:45 AM **Qi Gong**
 1:15-3:15 PM **Bingo**

Tuesdays

8:45-9:45 AM **Morning Meditation** **New**
 10-11 AM **Nimble Fingers** (Knitting & Crocheting Group)
 11:30-12:30 PM **Senior Lunch Program**, \$8 Mexican Food, El Milagro
 1:30-2:30 PM **Strength Training**

Starting in February: 1-2 PM TED Talks

Wednesdays

8:45-9:45 AM **Yoga**
 10-11 AM **Chair Yoga**
 11:30-12:30 PM **Senior Lunch Program**, \$5 Pizza or Hot Subs, Salad and Fruit, Papa's Pizza
1st Wednesday 1:30-4 PM Bunco! 1
 Established Players Free To Members
3rd Wednesday 1:30-4 PM Bunco! 2 New Group Starting see page 4 for more

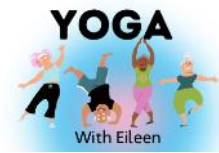
Thursdays

8:45-9:45 AM **Morning Meditation** **New**
 8:45-9:45 AM **Country Fusion** (Line Dancing & music) **New**
 1st Thursday & 3rd Thursday 10-11 AM **Awareness Through Movement**
 1:30-2:30 PM **Strength Training**

Fridays

10-11 AM **Market Day** Sponsored by Front Porch
 9-1 PM **Chair Massages** by Appointment
 11:30-12:30 PM **Senior Lunch Program**, \$5 Hot Soup and Salad
 Last Friday 12:30 **Ice-cream Social** (Free to members)
 1-4 Friday **Senior Games**

Mondays & Wednesdays
 8:45-9:45 AM



Mondays
 10:15-10:45 AM



Every Monday
 1:15-3:15 PM



Tuesdays & Thursdays
 8:45-9:45 AM
MORNING MEDITATION GROUP



Tuesdays
 10-11 AM
NIMBLE FINGERS



Tuesdays
 1-2 PM
TED TALKS
 Ideas Worth Spreading



Wednesdays
 10-11 AM



Tuesday
 Wednesday
 Friday
 11:30-12:30 PM

SENIOR LUNCH PROGRAM



Tuesday \$8
 Wednesday \$5
 Friday \$5
 11:30-12:30 PM

SENIOR LUNCH PROGRAM



Grief Support Group See Page 3

New Activities are \$7 Members/ \$10 Guests

Existing Activities will remain \$5 Members/ \$8 Guests at this time.

January 2023

Cloverdale Senior Multipurpose Center



Activity Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 New Year's Day	2 Closed	3 9 AM Haircuts by appt. 10-11 Nimble Fingers 11:30-12:30 Lunch , El Milagro 1:30-2:30PM Strength Training	4 8:45-9:45 AM Yoga 10-11 AM Chair Yoga 11:30-12:30 Lunch Papa's Pizza Cafe 1:30-4:00 Bunco! #1 4 PM Board Meeting	5 8:45-9:45 Country Fusion Dance 10-11AM Awareness Through Movement 1:30-2:30 PM Strength Training	6 9-1PM Chair Massage by appt. with Eleanor 10-11AM Produce Market 11:30-12:30 Lunch , Soup and Salad 1-4 PM Games!	7
8	9 8:45-9:45AM Yoga 10:15-10:45AM Qi Gong Practice 1:15-3:15PM Bingo	10 10-11 Nimble Fingers 11:30-12:30 Lunch , El Milagro 1:30-2:30PM Strength Training	11 8:45-9:45 AM Yoga 9-2 PM Dr. Kunda, Podiatrist (by appt.) 10-11 AM Chair Yoga 10-11 Grief Group 11:30-12:30 Lunch , Papa's	12 8:45-9:45 Country Fusion Dance 10-11 AM Coffee with the Mayor & Friends 1:30-2:30 PM Strength Training	13 9-1PM Chair Massage by appt. with Eleanor 10-11AM Produce Market 11:30-12:30 Lunch , Soup and Salad 1-4 PM Games!	14
15	16 Martin Luther King Jr. Day Closed	17 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch , El Milagro 1:30-2:30PM Strength Training	18 8:45-9:45 AM Yoga 10-11 AM Chair Yoga 10-11 Grief Group 11:30-12:30 Lunch Papa's Pizza Café 1:30-4 Bunco! #2	19 8:45-9:45 Country Fusion Dance 8:45-9:45 Meditation 10-11 AM Awareness Through Movement 10:30-11:30 AAA Needs Assessment Focus Group	20 9-1PM Chair Massage by appt. with Eleanor 10-11AM Produce Market 11:30-12:30 Lunch , Soup and Salad 1-4 PM Games!	21
22	23 8:45-9:45AM Yoga 10:15-10:45AM Qi Gong Practice 1:15-3:15PM Bingo	24 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch , El Milagro 1:30-2:30PM Strength Training	25 8:45-9:45 AM Yoga 10-11AM Chair Yoga 10-11 Grief Group 11:30-12:30 Lunch Papa's Pizza Café 2-3:30 PM Caregivers Group	26 8:45-9:45 Country Fusion Dance 8:45-9:45 Meditation 10-11AM Food Distribution & Groceries to Go 1:30-2:30 PM Strength Training	27 9-1 PM Chair Massage by appt. with Eleanor 10-11AM Produce Market 11:30-12:30 Lunch , Soup and Salad 12:30 Ice Cream Social	28
29	30 8:45-9:45 AM Yoga 10:15-10:45 AM Qi Gong Practice 1:15-3:15 PM Bingo	31 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch , El Milagro 1:30-2:30 PM Strength Training	1 8:45-9:45 AM Yoga 10-11 AM Chair Yoga 10-11 Grief Group 11:30-12:30 Lunch Papa's Pizza Café 1:30-4:00 Bunco! #1	2 8:45-9:45 Country Fusion Dance 8:45-9:45 Meditation 10-11AM Awareness Through Movement 1:30-2:30PM Strength Training	3 9-1PM Chair Massage by appt. with Eleanor 10-11AM Produce Market 11:30-12:30 Lunch , Soup and Salad 1-4 PM Games!	4

February 2023

Cloverdale Senior Multipurpose Center



Activity Calendar

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
5	6 8:45-9:45 AM Yoga 9:00 Haircuts (by appt.) 10:15-10:45 AM Qi Gong Practice 1:15-3:15 PM Bingo	7 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30 PM Strength Training	8 8:45-9:45 AM Yoga 9-2 PM Dr. Kunda, Podiatrist (by appt.) 10-11 AM Chair Yoga 10-11 Grief Group 11:30-12:30 Lunch,	9 8:45-9:45 Country Fusion Dance 8:45-9:45 Meditation 10-11 AM Coffee with the Mayor & Friends 1:30-2:30 PM Strength Training	10 9-1 PM Chair Massage by appt. with Eleanor 10-11 AM Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4 PM Games!	11
12	13 8:45-9:45 AM Yoga 10:15-10:45 AM Qi Gong Practice 1:15-3:15 PM Bingo	14 Valentine's Day 8:45-9:45 Meditation 10-11 Nimble Fingers 10-11:30 Autobiography 11:30-12:30 Lunch, El Milagro	15 8:45-9:45 AM Yoga 10-11 AM Chair Yoga 10-11 Grief Group 11:30-12:30 Lunch, Papa's Pizza Café 1:30-4:00 Bunco! 2	16 8:45-9:45 Country Fusion Dance 8:45-9:45 Meditation 10-11 AM Awareness Through Movement 1:30-2:30 PM Strength Training	17 9-1 PM Chair Massage by appt. with Eleanor 10-11 AM Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4 PM Games!	18
19	20 President's Day Closed	21 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30 PM Strength Training	22 8:45-9:45 AM Yoga 10-11 AM Chair Yoga 10-11 Grief Group 11:30-12:30 Lunch, Papa's Pizza Café 2-3:30 PM Caregivers Group	23 8:45-9:45 Country Fusion Dance 8:45-9:45 Meditation 10-11 AM Food Distribution & Groceries to Go 1:30-2:30 PM Strength Training	24 9-1 PM Chair Massage by appt. with Eleanor 10-11 AM Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4 PM Games!	25
26	27 8:45-9:45 AM Yoga 10:15-10:45 AM Qi Gong Practice 1:15-3:15 PM Bingo	28 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30 PM Strength Training	1 8:45-9:45 AM Yoga 10-11 AM Chair Yoga 10-11 Grief Group 11:30-12:30 Lunch Papa's Pizza Café 1:30-4:00 Bunco!*	2 8:45-9:45 Country Fusion Dance 8:45-9:45 Meditation 9-12 PMA Portrait of You (by appt.) 10-11 AM Awareness Through Movement 1:30-2:30 PM Strength Training	3 9-1 PM Chair Massage by appt. with Eleanor 10-11 AM Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4 PM Games!	4

David Urquhart

I was living in Palm Springs and came North to San Rafael to visit a friend who had recently moved from Palm Springs. I had forgotten how beautiful it is in No California (it was May...) I started to check on small towns up here and discovered Cloverdale. In 2012, housing was available, and I moved here. I have thoroughly enjoyed it since.

I joined the Senior Center around 2016. In my 50s, I volunteered at the Pasadena Senior Center. I found the members to be active, in touch, and happy, so I knew being part of the Senior Center community here in Cloverdale was essential.

I shop at the Friday Farmers Market. Since the Center has reopened, I can start up again, using the facilities and attending some events.

In 2020, I volunteered to help prepare lunches for our members in the kitchen. Now I am helping at Creative Notions once a week.

I'm active and enjoy walking and exercising. In addition, I read or use audiobooks and write a blog (short stories based on "my adventures." I also attend wine-tasting events (and have learned a lot about wines!) and local city events, and I occasionally attend plays and concerts. I also volunteer at the Grace Hudson Museum in Ukiah, working in the gift shop and helping out where needed.

My family consists of my sister, brother-in-law, my nephew, his wife, and my two grand nephews. They all live in Redondo Beach, CA.

The Senior Center is a very welcoming facility. All who work or visit there are friendly, open, and easy to converse with. In addition, it is in a lovely location, tucked in among residences.

Currently, volunteering at Creative Notions allows me to work with other volunteers there to plan and help "market" this fundraising arm of the Center. In turn, helping to raise funds will allow the Senior Center to continue growth and better serve the seniors of Cloverdale and the surrounding area.



David, we are so glad you moved to Cloverdale and are a part of our Senior Center. We value your contribution to making Creative Notions a great place to shop and visit!

We had a blast with friends this year!

Coffee with the Mayor & Friends



Lilian & Her Animals



Flag Retirement



Erma's 103 Party



Friends

VOLUNTEER SPOTLIGHT

Cathy Haynes

I moved to Cloverdale in September 2020. I had lived in Santa Rosa for 46 years. We raised our children there. After my husband passed away in December 2019, I began finding a smaller home. My son asked me to consider moving to Cloverdale, and I am so glad I did. I now live three blocks from my grandchildren, Nicholas, 9, and Spencer, 7, who is very energetic. I enjoy doing things with them as long as I can send them back to their parents when my energy is sapped.

I joined the Senior Center in late 2020, although due to Covid-19, only a little was happening at that time. I started as a front desk volunteer in the Spring of 2021 after the vaccines became available and the senior center reopened. I joined the Senior Center because, as a widow living alone, I knew I needed social contact to keep my brain and soul from withering. Volunteering at the front desk has allowed me to meet many interesting community members. In giving my time and talents, I gain much more than I give.

My leisure activities include reading, crossword puzzles, card games, and travel. In addition, I enjoy historical novels and biographies, participate in a book club and play pinochle at Clover Springs. I have taken 7 Road Scholar group tours in recent years, including Switzerland, Costa Rica, Tennessee & Georgia (history of Country Music and history of the Cherokee nation), and New England Fall Colors. My next trip is "The Heart of Winter in Yellowstone" in February. I look forward to seeing this National Park when there are fewer people and lots of snow!



I attend Grace Lutheran Church here in Cloverdale and find it a comforting and faithful community.

I have two children; Kate works for the State and lives in Sacramento. She is my best travel buddy. My son Sean is the father of my two grandsons here in Cloverdale. He and his wife form a close-knit and loving part of my family.

I look forward to seeing the Cloverdale Senior Multipurpose Center continue to grow and provide activities for the senior community. The people I have met at the Senior Center give my life meaning; everyone is so lovely.

Thank you, Cathy, for all the joy you spread to others while volunteering for the Senior Center, your presence is making a difference for others.



Summer Fun!



Building Our Team!



Enjoying what we do!



Creative Arts



Good Friends

MARK YOUR CALENDARS

January

(See calendar for more)

February

CLOSED— Monday, Jan. 2

Wednesday, Jan. 4

1:30-4 PM **Bunco #1**

4-5:30 PM **Board Meeting**

Thursday, Jan. 5

8:45-9:45 AM **Country Fusion Starts**

Wednesday, Jan. 11

10-11 AM **Grief Group Starts** (8-weeks)

Thursday, Jan. 12

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

CLOSED— Monday, Jan. 16

Tuesday, Jan. 17

8:45-9:45 AM **Morning Meditation Starts**
weekly Tues & Thurs

Wednesday, Jan. 18

1:30-4 PM **Bunco! #2**

Thursday, Jan. 19

10:30-11:30 AM **Needs Assessment Focus Group**
by AAA

Wednesday, Jan. 25

2-3:30 PM **Caregivers Support Group**

Thursday, Jan. 26

10-11 AM **Food Distribution & Groceries To-Go**

Friday, Jan. 27

12:30 PM **Ice Cream Social**

Wednesday, Feb. 1

1:30-4 PM **Bunco! #1**

4-5:30 PM **Board Meeting**

Thursday, Feb. 2

9-12 PM **A Portrait of You, by appointment**

10-11 AM Awareness Through Movement

Thursday, Feb. 9

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

Tuesday, Feb. 14 VALENTINES DAY

10-11:30 AM **Valentines Stories—Autobiography**
(see pg. 3 for details)

Wednesday, Feb. 15

1:30-4 PM **Bunco! #2**

CLOSED—Monday, Feb. 20 Presidents Day

Wednesday, Feb. 22

2-3:30 PM **Caregivers Support Group**

Thursday, Feb. 23

10-11 AM **Food Distribution & Groceries To-Go**

Friday, Feb. 24

12:30 PM **Ice Cream Social**



Do you have a problem and need to consult a legal professional?

Legal Aid of Sonoma County will meet you at our Cloverdale Senior Center and go through options you may have.

Elders Hotline
(for seniors 60+ only)

707-340-5610

Housing Hotline

707-843-4432

General Inquires

707-542-1290

Sidewalk Sale Table (up to 50% off) - on
Wednesdays

First Wednesday of the month 50% off
store-wide (except yarn)

We are grateful to our volunteers and
customers for their continued support.

All proceeds support our local
Cloverdale Senior Multipurpose Center.

CREATIVE NOTIONS

(707) 894-4110

119 1st Street, Cloverdale, CA.



Senior Center

(707) 894-4826

311 N. Main, Cloverdale,
CA. 95425

NEW HOURS

Tuesday 10-1 PM

Wednesday 10-4 PM

Thursday 10-4 PM

Friday 10-4 PM

Saturday 1-4 PM

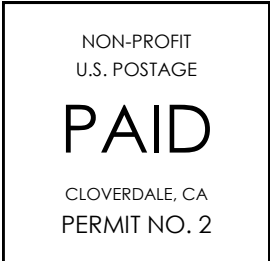
DONATIONS

M-F 8:30-4 PM 311 N. Main St.
Please contact the Senior Center to
make arrangements before you
bring items to donate.



P. O. Box 663
311 N. Main Street
Cloverdale, CA 95425

Return Service Requested



facebook.com/CloverdaleSeniorCenter
facebook.com/CreativeNotionsCloverdale

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

Tickets Available January 16

Musical Benefit

Peter Van Gelder & Friends

5:00-7:00 PM
Tuesday, March 14

311 N. Main Street, Cloverdale

Sitar, Peter Van Gelder
Tabla (drums), Tim Witter
Classical and folk melodies of India
Singer, Eric London

Serving Food & Wine

\$25 Members / \$30 Guests

Ticket Sales Close Friday, March 10



Peter Van Gelder is one of the foremost sitar disciples of the late Maestro Ali Akbar Khan. He has performed all over the world and taught at Ali Akbar College of Music for many years. He is accompanied by Tim Witter on table (drums). Witter is a longtime student of the legendary Swapan Chaudhuri, resident percussion master at AACM.

They will play the classical and folk melodies of India.

No Tickets at the door. Deadline: Friday, March 10.

Eric London, an American singer, songwriter, and Troubadour, has recorded, and played with, Jerry Garcia, Dino Valenti, James Gurley, Tim Hardin, John Chipolino, Brett Dennon, and many other musicians. His original songs are, " a tasty slice of American pie, a little Dylan, some Dead, some blues, all as cozy as an old pair of shoes." Joel Selvin, author, former music critic San Francisco Chronicle.

RAFFLE

These Beautiful Quilts and Afghans are part of the raffle for this event. The Quilt on the immediate right was made in the 1940s and has been donated by: Carolyn Marcinkowski

