



The Clover Leaf

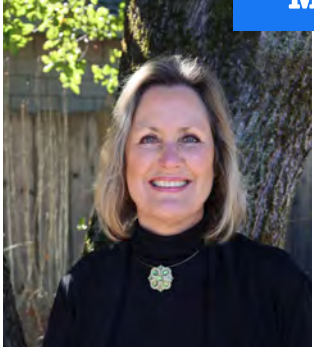
January-February 2024



311 N. Main Street | Cloverdale, CA. 95425
(707) 894-4826 | info@cloverdaleseniorcenter.org
www.CloverdaleSeniorCenter.org

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instagramm.com/cloverdaleseniorcenter
@95425Seniors

Melanie's Message



Happy New Year! I hope you all had time to spend with loved ones during the holiday season.

Did you know that February is National Senior Independence Month which has been observed every February

since President Ronald Reagan founded it in 1988? The purpose behind this is to highlight and share resources that help our elderly live full and independent lives. Encouraging our seniors to engage with Senior Centers allows them to have higher levels of mental/physical health, avoid social isolation, and, in general, live life with greater satisfaction.

Here is a fun fact about aging: by 2050, there will be two billion senior citizens. February (and all year long) is a great time to let a senior know that they are loved and valued. Intergenerational activities are a fantastic way to demonstrate to our elders that we care about them and to acknowledge that the younger generation will one day walk in the same shoes. When younger people interact with the elderly, they realize the value that seniors add to our community.

Volunteering your time at a senior center, retirement home, or nursing home can be an extremely rewarding experience for all as well.

Celebrating National Senior Independence Month is a wonderful way to create an inclusive society; any community can become senior-friendly.

We have been busy here at the Senior Center working on new classes and events. Here is what is coming up in January and February.

- Qi Gong/Drug-Free Secrets to Longevity, Mondays, 10-10:45, starts January 8.
- Stretch and Tone, Tuesdays, 3-4, starts January 9.
- Erica Bishop and team, Insurance Navigation, 2nd Tuesday of the month, 9-12 by appointment, starts January 9.
- Event: Valentine's Party, come join us to celebrate LOVE. Light appetizers, wine/drinks, and music provided by local favorite, Open Hearts Trio, on February 14, 5-6:30. This is a free event, sponsored by a grant from Community Foundation Sonoma County.
- Empowering Your Life, January 11 and 25, 3-4, February 8 and 22, 3-4.
- Plant-Based Cooking, January 18 and 25, 11:30-1.
- Plantrician Project Potluck, Friday, January 26, 5-6:30.

We look forward to you joining us here at the Senior Center for some healthy, fun activities that are good for the heart and soul.

Thank you to all of the amazing volunteers who helped to make our Holiday Tea a great success. Also, a Big Thank You to the Fitch Mountaineers for donating their musical talents to make it a memorable experience!



Connect with Us

Senior Center Reception

(707) 894-4826

reception@cloverdaleseniorcenter.org

311 N. Main Street, Cloverdale
M-F 8:30 AM - 4:00 PM

Creative Notions Store

(707) 894-4110

119 W. 1st Street, Cloverdale
Tue. - Fri. 10 AM - 4 PM

Board of Directors

Pamela Powers - President

Evelyn Spire - Secretary

Shawna Masur - Treasurer

Bert Bernstein

Frank McAtee

Kenneth Allen

Email the Board of Directors
at:

BOD@CloverdaleSeniorCenter.org

Staff

Melanie Hall

Program Manager

Melanie@CloverdaleSeniorCenter.org

Trish Chappell

Office Assistant

Trish@CloverdaleSeniorCenter.org

Sandra Hoevertsz

Senior Project Director

Hoevertsz@CloverdaleSeniorCenter.org

Volunteers Needed

Drivers & Errands

We seek individuals willing to provide rides to seniors locally and/or out of town or willing to run errands, shopping, deliveries, etc., for our seniors.



Please contact our Reception Desk at (707) 894-4826 or email melanie@cloverdaleseniorcenter.org

Board of Directors & Committee Updates

Fee Changes start February 1

- Class and activity fees: **\$7 members, \$10 guests.**
- Lunch costs: **All lunches will be \$8;** see staff if you need assistance with this expense, no one is turned away for inability to pay.

Board Meetings are on the third Wednesday of the month at 4 PM at the Senior Center.

Fellowship Club & Donors

For the past few years we have had donors and grant funding to sponsor memberships, lunches, and occasionally class fees for our low-income seniors. If this is something you would like to know more about please visit our website under memberships, or speak with a staff member.

Welcome New Members!

Carla Vella
Cheri Lepf
Christina Tate
Dolores Robbins
Ed Vanoni
Eileen West
Elizabeth Juvet
Erica Bishop
Joe Palla
Johanna Vanoni
John Roinson



LesAnn Palla
Linda Bellmore
Linda Bennett

Linda Lawrence
Lorenda House
Maureen Rauch
Neva Goodman
Raymond Pesce
Riley Moticka
Robin Miller
Paul Aguilera
Thomas Clark
Thomas Foster
Vicky Groom



CLOVER Lunch CLUB



Monday NEW **\$8**

Asian from Thai Spice
RSVP Deadline 3PM Friday



Tuesday **\$8**

Mexican from El Milagro
RSVP Deadline 3PM Monday



Wednesday **\$5**

Pizza or Hot Subs from Papa's Pizza
RSVP Deadline 3PM Tuesday



Thursday **No Lunch**

Friday **\$5**

Homemade Soup & Salad
RSVP Deadline 3PM Wednesday



Notice: The price of all lunches will go to **\$8** starting **February 1**

Lunch is served 11:30-12:30 PM
Please call or visit the front desk to RSVP before the deadline for lunches.

No one is turned away for inability to pay for a lunch. Please ask staff about our Fellowship Club, we are happy to assist.

Qi Gong/Drug-Free Secrets to Longevity

Mondays starting January 8
10:00-10:45 AM



Dr. Ken Allen will be leading a class on "Drug-Free Secrets to Longevity". The Class will include a variety of approaches to healthy living with a focus on enhancing our body's vitality. The basics of Qi Gong will be taught to cultivate internal energy, strengthen the immune system, increase healing, quiet the mind, and experience feeling centered and grounded. Qi is the vital essence within us that creates health, harmony, and well-being. The classes will help tap this internal energy source to rejuvenate the mind, invigorate the body, and enliven your spirit.

Members \$7, Guests \$10

Stretch & Tone

Tuesdays starting January 9
3-3:45 PM

Reserve your spot today!

Stretch and Tone is a low-impact, low-intensity workout that will tone your muscles, increase your range of motion and flexibility, and help you relieve stress.



It's a chilled mat class that involves a mixture of Stretch, Yoga, and Pilates

The Stretch and Tone class is designed for all fitness levels and incorporates a full-body workout, targeted workouts for abs, legs, and arms, as well as a stretch routine.

Members \$7, Guests \$10

Plantrician Project Potluck

Friday, January 26, 5-6:30 PM

A Plantrician Potluck isn't merely a meal gathering; it's a movement towards a healthier lifestyle and world. It's a testament to the strength of community, the magic of shared experiences, and the bonds forged through respectful and supportive relationships. It's a celebration of gratitude for the earth's bounty and the sheer joy of savoring delectable, nourishing meals.

So bring your favorite Plant-Based dish to share and sample some new dishes. If you are looking for inspiration, visit the website below for a downloadable plant-based Potluck Guide with recipes.

www.bypasstheow.com

Reserve your spot today!



Coffee with the Mayor & Friends

Thursday, January 11
10-11 AM

Amy Appleton, Executive Director
Lia Russell, Housing Specialist
SHARE Sonoma County



Thursday, February 15
10-11 AM

Johannes J. Hoevertsz
Director of Public Infrastructure
Sonoma County

Empowered Perspectives on Living Series

Self-Care is Empowerment

Resuming again in January and every month this coming year, our meditation teacher, William, will be offering his special series focusing on ways we can live better, happier, more fulfilling lives.

The series and teachings are a product of William's 50-year quest to understand how we overcome our challenges and how we can enjoy happier, richer, more satisfying experiences.

In January, two interactive 60-minute classes will explain how to reduce and eliminate fear and stress.

In February, we will offer simple, effective answers and tools you can use to enhance your life!

Every session will offer simple, effective answers and tools you can use to enhance your life!

Thursday, January 11 & 25, 3-4 PM
Topic: Eliminate fear!

Thursday, February 8 & 22, 3-4 PM
Topic: Create a Better Life!

Reserve your spot today!
Members \$7, Guests \$10

(please bring your questions, pen, and paper)



Plant-Based Cooking Class

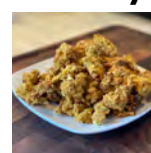
Thursday, January 18, 11:30 AM-1 PM

Batch Cook Beans - Chickpeas three ways



Thursday, January 25, 11:30 AM-1 PM

Meat Alternatives



Free

Reserve your spot today!



Notes for the Journey

by Louise Young

Beginning Again

They say cats have nine lives, and yes, cats are survivors, but with us elders, who's left to count? I'd be nervous about reaching number nine. Most of us of a certain age have experienced many incarnations, and as we went through triumphs and tragedies, loves and losses, all held together by memories.

There is one thread running through all the changes, one constant, and that is friendship. Sometimes, if we are so blessed, there is a person who is always, dependably available, who will listen to us rant in anger, offer a shoulder to cry on when we are sad, pat us on the back for a job successfully done, or help us celebrate a memorable event. Most of us have to work harder to make that kind of friend, show an interest in the person's life, and keep in touch over the years.

Here's a little song I learned in Girl Scouts:

Make new friends, but keep the old:
One is silver, the other gold.

How many of us can say we have a gold friendship that is thirty years old? Or close to that? This would be someone whose life you know well enough to be able to drop in at any time into their past and have a good idea of what is happening, a person who knows you too and can open a conversation with a pertinent question, like, "So, did you go on that trip or let your kids talk you out of it?" No small talk here. None needed.

Stretching the truth a bit, I can say I have a friendship that is seventy-eight years old. She is a cousin who lives in Utah. My father's family settled in the area around Salt Lake City. He was one of fourteen children, and three of his brothers had large families. We lived in San



Francisco and visited Utah every few years. There was always a schoolyear of children around. I was seven when I became aware of Marian. She was twelve. To me, she was a goddess, nice to me but living on a plain remote from my kindergarten world. I followed her around like a puppy, paid attention to everything she said, everyone I witnessed her talking with. I was amazed when I next visited her family that she actually remembered me and asked me about school and what I liked to do. I was nine then, and she was fourteen. AND she had a boyfriend. HE played football in HIGH SCHOOL. I told her she was so lucky. She laughed and said I'd probably be lucky, too.

Marian was right. I have been lucky. The years flew by. Each of us married twice, had children, lots of ups and downs. For many years, we didn't see each other and didn't write, but five years ago, Marian called me to tell me of the passing of a favorite of our cousins. We started exchanging letters, catching up with times past. We hold shared memories from early in our lives. In her last letter, Marian tucked in some photos taken in 1945. She said of them, "We are the only ones left who will love and cherish these pictures." Our lives are braided together, and the braid is long. At ninety, she is the only person in the Utah family who stays in touch with me, and I am the only one in my family who even knows who she is.

Don't let go of those gold friends, and living long means losing some dear friends, but there are silver friendships waiting to be made, and where better than at our active and diverse Senior Center? I'll see you at one of our classes or activities. It's good to be ready to begin again at friendship

Some of the delicious food from the Holiday Tea Party



January

Monday, January 1

CLOSED

Happy New Year!

Tuesday, January 2

9 AM-4 PM Haircuts (by appointment)

Wednesday, January 3

1:30-4 PM Bunco! #1

Monday, January 8

10-10:45 AM Qi Gong/Drug-Free Secrets to Longevity with Dr. Ken Allen

Tuesday, January 9

9 AM-12 PM Insurance Navigation with Erica Bishop (by appointment)

3-3:45 PM Stretch and Tone with Viviane

Wednesday, January 10

8:30 AM-2 PM Dr. Kunda, Podiatrist (by Appointment)

Thursday, January 11

10-11 AM Coffee with the Mayor & Friends

3-4 PM Empowering Your Life with William
Topic - Fear

Monday, January 15

CLOSED

Martin Luther King Jr. Day

Tuesday, January 16

9 AM-4 PM Haircuts (by appointment)

3-3:45 PM Stretch and Tone with Viviane

Wednesday, January 17

11:30-4 PM Bunco! #2

4 PM Board Meeting

Thursday, January 18

9 AM-12 PM AVH-Outreach-CalFresh/Medicare (by appointment)

11:30 AM-1 PM Plant-Based Cooking Class

Monday, January 22

10-10:45 AM Qi Gong/Drug-Free Secrets to Longevity with Dr. Ken Allen

Tuesday, January 23

3-3:45 PM Stretch and Tone with Viviane

Thursday, January 25

11:30-1 PM Plant-Based Cooking Class

3-4 PM Empowering Your Life with William
Topic - Fear

Friday, January 26

5-6:30 PM Plantrician Project Potluck

Monday, January 29

10-10:45 AM Qi Gong/Drug-Free Secrets to Longevity with Dr. Ken Allen

Tuesday, January 30

3-3:45 Stretch and Tone with Viviane

February

Monday, February 5

10-10:45 Qi Gong/Drug-Free Secrets to Longevity with Dr. Ken Allen

Tuesday, February 6

3-3:45 PM Stretch and Tone with Viviane

Wednesday, February 7

1:30-4 PM Bunco! #1

Thursday, February 8

3-4 PM Empowering Your Life with William
Topic - Manifesting a Better Life

Monday, February 12

10-10:45 AM Qi Gong/Drug-Free Secrets to Longevity with Dr. Ken Allen

Tuesday, February 13

9 AM-12 PM Insurance Navigation with Erica Bishop (by appointment)

Wednesday, February 14

Happy Valentine's Day

8:30 AM-2 PM Dr. Kunda, Podiatrist (by appointment)

5-6:30 PM Valentine's Day Concert with Open Hearts Trio

Thursday, February 15

9 AM-12 PM AVH-Outreach-CalFresh/Medicare (by appointment)

10-11 AM Coffee with the Mayor & Friends

Monday, February 19

CLOSED

President's Day

Tuesday, February 20

3-3:45 PM Stretch and Tone with Viviane

Wednesday, February 21

1:30-4 PM Bunco! #2

4 PM Board Meeting

Thursday, February 22

3-4 PM Empowering Your Life with William
Topic - Manifesting a Better Life

Monday, February 26

10-10:45 AM Qi Gong/Drug-Free Secrets to Longevity with Dr. Ken Allen

Tuesday, February 27

3-3:45 PM Stretch and Tone with Viviane

Holiday Tea Party 2023




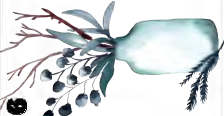


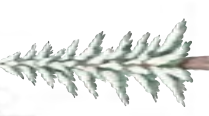


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- Lunch costs: **All lunches will be \$8;** see staff if you need assistance with this expense, no one is turned away for inability to pay.

Cloyerdale Senior Multipurpose Center

Activities and Events Calendar

JANUARY 2024


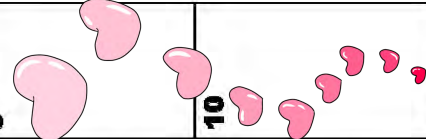
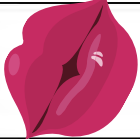

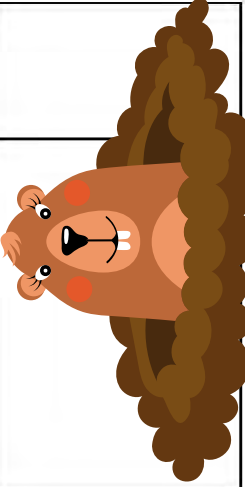
Sun	Mon Thai Spice	Tue El Milagro	Wed Papa's Pizza Cafe	Thu No Lunch	Fri Homemade Soup & Salad	Sat
 1 CLOSED New Year's Day	2 8:45-9:45 Meditation 9 AM Haircuts by appt. 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-2:30 Strength Training	3 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 1:30-12:30 Lunch 1:30-4:00 Bunco! #1	4 8:45-9:45 Meditation 1:30-2:30 Strength Training 3-4 Belly Dancing	5 8:45-9:45 Gentle Yoga 10-11 Produce Market 11:30-12:30 Lunch , Soup and Salad 1-4 Games!	 6	
7 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:15-3:15 Bingo	8 8:45-9:45 Meditation 9-12 Insurance Navigation (by appt.) 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-2:30 Strength Training 3-3:45 Stretch and Tone	9 8:45-9:45 Yoga 8:30-2 Dr. Kunda, Podiatrist (by appt.) 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch	10 8:45-9:45 Meditation 10-11 Coffee with the Mayor & Friends 1:30-2:30 Strength Training 3-4 Belly Dancing 3-4 Empowering Your Life	11 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch , Soup and Salad 1-4 Games!	 12	
14  CLOSED Martin Luther King Jr. Day	15 9 AM Haircuts by appt. 10-11 Nimble Fingers 11:30-12:30 Lunch , 12-3 LegalAid by (appt.) 1:30-2:30 Strength Training 3-3:45 Stretch and Tone	16 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 1:30-4 Bunco #2 4:00 Board Meeting	17 8:45-9:45 Meditation 9-12 AVH-Outreach-Califresh/Medicare (by appt.) 11:30-1 Plant Based Cooking Class 1:30-2:30 Strength Training 3-4 Belly Dancing	18 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch , Soup and Salad 1-4 Games!	 19	
21 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:15-3:15 Bingo	22 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-2:30 Strength Training 3-3:45 Stretch and Tone	23 8:45-9:45 Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 2-3:30 Caregivers Group	24 8:45-9:45 Meditation 11:30-1 Plant Based Cooking Class 1:30-2:30 Strength Training 3-4 Belly Dancing 3-4 Empowering Your Life	25 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch , Soup and Salad 1-4 Games! 5-6:30 Plantrician Project Potluck	 26	
28 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:15-3:15 Bingo	29 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch , 1:30-2:30 Strength Training 3-3:45 Stretch and Tone	30 8:45-9:45 Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch	31 8:45-9:45 Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch			



Cloyerdale Senior Multipurpose Center

Activities and Events Calendar

FEBRUARY 2024

Sun	Mon Thai Spice	Tue El Milagro	Wed Papa's Pizza Cafe	Thu No Lunch	Fri Homemade Soup & Salad	Sat
						
4	5 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:15-3:15 Bingo	6 8:45-9:45 Meditation 9:00 Haircuts by appt. 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-2:30 Strength Training 3-3:45 Stretch and Tone	7 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 1:30-12:30 Lunch 1:30-4:00 Bunco! #1	1 8:45-9:45 Meditation 1:30-2:30 Strength Training 3-4 Belly Dancing	2 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch , Soup and Salad 1-4 Games!	3 
11	12 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:15-3:15 Bingo	13 8:45-9:45 Meditation 9-12 Insurance Navigation (by appt.) 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-2:30 Strength Training 3-3:45 Stretch and Tone	14 Valentine's Day 8:45-9:45 Yoga 8:30-2 Dr. Kunda, Podiatrist (by appt.) 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 5-6:30 Valentine's Day Concert	15 8:45-9:45 Meditation 9-12 AVH-Outreach-Califresh/Medicare (by appt.) 10-11 Coffee with the Mayor & Friends 1:30-2:30 Strength Training 3-4 Belly Dancing	16 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch , Soup and Salad 1-4 Games!	17 
18	19 CLOSED President's Day	20 8:45-9:45 Meditation 9:00 Haircuts by appt. 10-11 Nimble Fingers 11:30-12:30 Lunch 12-3 LegalAid by (appt.) 1:30-2:30 Strength Training 3-3:45 Stretch and Tone	21 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 1:30-4 Bunco #2 4:00 Board Meeting	22 8:45-9:45 Meditation 1:30-2:30 Strength Training 3-4 Belly Dancing 3-4 Empowering Your Life	23 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch , Soup and Salad 1-4 Games!	24 
25	26 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:15-3:15 Bingo	27 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-2:30 Strength Training 3-3:45 Stretch and Tone	28 8:45-9:45 Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch	29 8:45-9:45 Meditation 1:30-2:30 Strength Training 3-4 Belly Dancing		



Strength Training with Marie

Tuesdays & Thursdays
1:30-2:30 PM

Maintain Muscle Health,
Bone Density, and Balance

This class can be an excellent way to maintain and increase your strength as your body ages. You can stand or Sit (or both), use free weights or no weights—builds muscle, strengthens balance, improves posture, improves bone density. Plus, it just feels good.



Fee: Members \$5, Guest \$8

Yoga with Eileen

Mondays & Wednesdays
8:45-9:45 AM

Improves muscle tone, enhances flexibility, eases aches and pains. Improves balance, builds stronger bones, increases concentration, boost mood, and mental stimulation.



Fee: \$5 Members, \$8 Guests

Chair Yoga with Eileen

Wednesdays
10-11 AM

From a seated position you can enjoy the same type of stretching and flexing needed to improve balance and encourage blood flow. Everything is modifiable and taught by an experienced instructor



Fee: \$5 Members, \$8 Guests

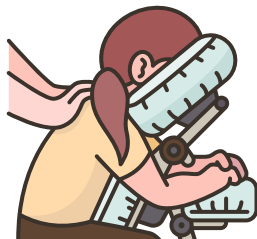
Chair Massages by Eleanor Gomez

By Appointment
Fridays from 9 AM - 1 PM

Members \$20
Guests \$ 25

With many years of experience, 20 minutes it is a delight to sit in Eleanor's chair!

Call 707-894-4826 or stop by the front desk for an appointment



Meditation

Discover how to release your stress and tension.

Open into a wonderful, peaceful attitude for the rest of your day and week.

Find out how to breath in ways that nurture your body, calm your mind, foster more joy, love, and gratitude.



Tuesdays & Thursdays
8:45-9:45 AM

Members \$7
Guests \$10

a nice testimonial from one of Williams students

"Meditation has helped me clear negative thoughts and feelings and create positive ones. Meditation has also enabled me to recognize and express gratitude in my life."

Free Food Distributions

Provided by the Redwood Empire Food Bank
Every Age - Stage - Language ALWAYS Welcome!



Citrus Fairgrounds

Mondays, 4:00 - 5:00 PM
(No distributions on federal holidays)
Walk-up pick-up

Cloverdale Food Pantry

Fridays, 11-1 PM
Pantry - walk-through

For more distribution dates, visit:
<https://getfood.refb.org/>

Produce Market Day Fridays 10-11 AM

Wholesale prices for everyone!
Bring your reusable bags.
CalFresh/Snap Now Accepted
Sorry - no credit cards



Cloverdale Connect

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

If you live in the 95425 area code and wish to receive a copy of the Cloverdale Connect, our local monthly newspaper, please contact
(707) 322-3403



Member Spotlight Dolores Jacinto

I moved to Cloverdale from Southern California in 2010. I loved living in Southern California and struggled to get used to "country life". I currently live on my granddaughter and grandson's ranch, so sometimes I only see a few

cars drive by an entire day! It is so beautiful, though, and I am so grateful to have been welcomed with open arms.

I joined the Senior Center shortly after moving here to meet people. I also volunteered for a short time at Creative Notions.

I was born in 1925 on a ranch in Ventura County California. I had two brothers and a sister. I have one son, two daughters, six grandchildren, and nine great-grandchildren. I'm lucky to keep in contact with everyone via texting.

When asked what the secret to my longevity and good health is, I'm not sure why I've lived these 98 years, as I've outlived all my younger siblings, friends, and most of my cousins. I've been fortunate to have lived a very good life. I have had my fair share of hardships of course, but my family and my faith always give me hope. My family teases me that the secret to my longevity has been eating meat every night, salting everything, and having a daily glass of wine!

The one invention that has made the greatest impact on me now that I'm older is the smartphone. I am extremely hard of hearing, and anyone who knows me knows that I cannot understand phone calls or messages. The easiest way for me to communicate has been through texting. My friends, family, hairdresser, and caregivers all know to text me. I also enjoy using Instagram, Facebook, and Netflix.



Volunteer Spotlight Dr. Kenneth Allen, D.C.

I moved to Cloverdale in 2008 from the community of Boonville in Anderson Valley. My wife, Elizabeth, and I collectively have seven children, 17 grandchildren, and one great-grandson.

I received a Doctor of Chiropractic Degree in 1967 from Logan Chiropractic College in St. Louis, Missouri, and began practicing in Vallejo, CA, in 1968. While practicing in Vallejo, I served on the Chamber of Commerce Board, becoming President in 1975. I also served on the Board of the California Chiropractic Association, becoming President in 1976 through 1977.

In 1982, I semi-retired and moved to Boonville and began chiropractic practice there. While still in Boonville, I founded the Anderson Valley Brewing Company, which I then sold in 2010. I retired to Cloverdale to tend to my gardens and joined the Cloverdale Rotary Club, where I am currently President-Elect.

The best advice I have for young people is to follow your dreams and don't give up. Difficult, I know, but so worth it.

If I could advise my younger self, it would be to have patience. I was and still am very impatient; when I want something done, I want it done now, so even today when I depend on so many for help, I have to remind myself to be patient! My husband would say to me, "Calmate Madre", but I found it very, very hard to do.

I don't have a specific decade that was best for me because every decade has been full of good experiences. I started school during the Great Depression, and though we were poor, everyone was poor, so as kids we didn't feel any different from anyone else. Because we lived on a ranch, we always had a garden and food, though I did get very tired of vegetable soup!

During WWII, we were saddened to see so many of our young men go off to war, but it was also a romantic time when my future husband or friends would come home on leave, and we'd go to dances and other festive occasions.

The '50s were both exciting and difficult to understand. My husband and I were American-born, yet when we returned from the Navy and were married, we tried to buy a house and were told "Mexicans" could not live there. One day we were driving and saw a large billboard saying, "Mexicans Welcomed Here!" So, we bought our first home in a neighborhood that allowed us to be there. Now I know that was a policy known as redlining, but at the time we were so naive.

I could go on and on, but I will end by saying that I'm generally an optimist and have enjoyed my life very much. I want to thank the Senior Center for interviewing me and also for helping me find my caregiver, Uba!

Thank you Dolores for being a long-time Cloverdale Senior Center member. We appreciate you sharing your story and memories with us.

I have been administering and teaching health care for over 55 years. Classes I teach include light lectures on nutrition and healthy living, along with a variety of exercises with a focus on drug-free healthy longevity. I call my class 'Drug-Free Secrets to Longevity', which I will be teaching here at the Center starting in January.

I was first introduced to Cloverdale Senior Center by Melanie Hall when she spoke at a Cloverdale Rotary Club Presentation. I decided I was senior enough to get involved and have participated in bingo, strength training classes, lunches, and the produce market. I recently became a member of the Board of Directors. The Center is a great asset to Cloverdale, and I hope to help it continue to be sustainable and available to our community of seniors.

Thank you, Ken, for joining our Board of Directors and adding your expertise to enhance our beloved Senior Center. We are also excited that you will begin teaching Qi Gong/Drug-Free Secrets to Longevity classes on Mondays, 10-10:45 AM, starting January 8.



**Cloverdale Connect Cruise to Alaska!
Reserve Your Stateroom Now**

Come join Cloverdale Connect, along with our travel partner Cloverdale Travel aboard the Crown Princess as we sail round trip from San Francisco under the Golden Gate Bridge to Alaska. This 11-night Alaska Inside Passage sailing departs on Sunday, May 26, 2024, and returns on Thursday, June 6, 2024.

Enjoy convenient and comfortable bus coach service to and from the port of SF, PLUS Cloverdale Connect swag bags for everyone who travels with us.

For more information and to reserve your stateroom, call Craig at Cloverdale Travel, (707) 894-5284



Erica Bishop

Meet Erica Bishop! She is the State Farm Agency owner in Cloverdale, CA. With 19 years of State Farm experience, Erica is proud to serve and advocate for her customers and members of this community.

Her agency is located on 1st Street next door to Erin Mavis Clothing Store and the same side of the street as the movie theater. There are 4 licensed professionals to serve you by phone, in their office, or at their monthly office hours here at the Senior Center. Her team is proud to have been voted "Best Of" by the Press Democrat three years in a row. When not focusing on insurance matters, Erica spends time with her family. She is a wife and mother of two younger boys and enjoys the beauty of Sonoma County and all it has to offer her family.

Beginning January 2024, Erica's office will host office hours at the Senior Center. Office hours are on the second Tuesday of every month between 9 AM and 12 PM and by appointment only. They can help answer insurance questions. Especially as it relates to Medicare Supplement planning, long-term care planning, life insurance, auto insurance, or homeowners insurance. Call or text their office to set up an appointment today! 707-894-8800 or email them at erica@ericabishopinsurance.com. They are here to help!

WERE YOUR FOOD BENEFITS STOLEN AS A RESULT OF ELECTRONIC THEFT?



If your CalFresh benefits were stolen on or after October 1, 2023, you may be eligible for retroactive benefit replacements!

CalFresh recipients who were victims of electronic theft between October 1, 2022, - November 30, 2023, must complete a Report of Electronic Theft Form (EBT 2259) by **February 29, 2024**, to be eligible to receive retroactive benefit replacements.

CalFresh recipients may be eligible to receive retroactive replacements for any of the following reasons:

- The cardholder did not file an EBT 2259 form,
- An EBT 2259 was previously submitted and denied for not meeting reporting requirements, or
- The cardholder was previously provided with only one month's worth of benefit replacements but had lost more than that amount



Protect yourself from electronic theft by downloading the ebtEDGE mobile application today!

Scan the QR code(s) below to get started:

Use the free ebtEdge mobile and web-based application to manage your Cal Fresh or CalWORKs benefits, check your balances, and review transaction history. Available now for download in the Apple Store (iOS) and Google Play Store (Android).

No mobile device? No problem! You can manage your account online at www.ebt.ca.gov.





ANNUAL MEMBERSHIP

311 N. Main Street - P.O. Box 663
 Cloverdale, CA. 95425
 (707) 894-4826
 CloverdaleSeniorCenter.org

Membership for ages 21 -89: **Individuals** \$25 per year, **Households** (2 persons) \$45 per year.
 Membership for 90+ receives an **Honorary** membership (free) with renewed form.
Lifetime Membership \$1,000.

Member Information

Full Name : _____ 2nd Member : _____
 Date of Birth : _____ Date of Birth : _____
 Phone : _____ Phone : _____
 Email : _____ Email : _____
 Address : _____ City, State, Zip _____

Emergency Contact - (We consider a 2nd Member an emergency contact already.)

Full Name : _____ Relationship : Adult Relative
 Caregiver-Friend-Neighbor
 Spouse-Partner
 Phone(s) : _____

Newsletter Preference

- Emailed Weekly
- Mailed (Every 2 Months)
- Both - Email & Mailed

Are you interested in volunteering?

We will follow up if you are interested.

- I am interested in volunteering
- No, thanks.

Membership Agreement

Signing and submitting this form indicates your understanding of the following: Membership can be suspended or revoked for actions deemed harassing, violent, dangerous, discriminatory, neglectful, or otherwise unkind toward other visitors, volunteers, facilities, and staff. Our Participant Code of Conduct and Policies are available upon request; please see our front desk or website under "membership."

Your photograph, video photography, or other reproduction of your likeness may be used without compensation by the producers, sponsors, organizers, staff, or assigns for such purposes as they deem appropriate. **I acknowledge that I have read the above statement and notice.**

 1st Member 2nd Member Date

OFFICE USE -

- Individual (1) \$25
- Household (2) \$45
- Fellowship Applicant (no fee)
- Honorary 90+ (no fee)
- Lifetime \$1,000
- New Member (Not active 5 years)
- Renewing Member

PAYMENT INFORMATION

Amount Paid

\$ _____

Date Paid _____

Cashier _____

- Cash
- Check # _____
- Credit (AUTH) # _____

Fellowship Fund
 Approved by: _____
 staff only

OFFICE USE - PROCESSING

- Scanned
- Entered in MySeniorCenter
- Scan Card Issued
- Entered in DS



311 N. Main Street
Cloverdale, CA. 95425
(707) 894-4826

Return Services Requested

Nonprofit Organization
U.S. Postage **PAID**
Cloverdale, CA 95425
Permit No. 2

Valentine's Day Party

Wednesday, February 14th, 5:00-6:30 PM
Come join us at the Center to celebrate LOVE!!!

*Light appetizers, wine/drinks, and music
provided by local favorites.*

Open Hearts Trio

RSVP by Wednesday, February 7
(707) 894-4826

This is a free event, sponsored by a grant from Community Foundation Sonoma County