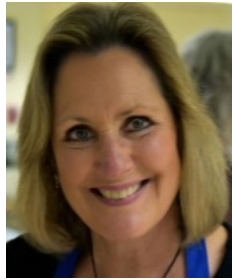


**January & February 2022**



**Melanie's Message**

**Happy New Year!** I am excited about a brand-new year and all of the many possibilities that lie ahead in 2022.

I would like to express my heartfelt gratitude to all of the volunteers at the Senior Center who have helped in many ways during the 2021 year. These include but are not limited to volunteers giving their time and energy to; giving haircuts, chair massages, assisting at the front desk, at Creative Notions, with food distributions, with the lunch program, bringing coffee and treats to make *Coffee with the Mayor* community meeting warm and inviting, and even folding newsletters.

A big thank you to the volunteers providing food and decorations for the 101st birthday for Ann Gillis and 102nd birthday for Erma Burden, providing food and support during the Holiday Craft Fair, and assisting with making sandwiches, sweet treats, and other goodies for the Holiday Tea. Our Center would not be the place it is without all of your help and compassion!

We are looking forward to 2022 and have some new classes and opportunities happening. We have begun our **Life Happens Support Group, which will resume on January 11, followed by Writing Your Autobiography with Kay Wells.** Jennifer Sullivan will be here by appointment on the 2nd and 4th Thursday of the month to capture your style in photos; a **Portrait of You** is your chance to show off

who you are. Finally, Eileen Baker, our Yoga and Chair Yoga instructor, will guide you through **Restorative Yoga on the last Thursday of the month, 8:45-9:45** (must sign up with a minimum of five people).

We are also planning a **Dine, Donate & Laugh Event** in early summer. This should be a lot of fun for all. It will be a barbeque dinner, oral and silent auction, and comedy show. The purpose is to raise funding for a transportation program and supplement our lunch for seniors' program with a goal of raising \$50,000.



Door-to-door transportation is a dire need here in Cloverdale, especially for our seniors and disabled. We also want to ensure that no senior goes without a lunch simply because they cannot afford it. Therefore, I am going to need A LOT of help. We are looking for volunteers to assist with; food and drink, auction item acquisition, entertainment, venue, and event supplies and decorations. I know that many of you have a special talent or expertise that would make you a good fit; please contact me if you would like to be part of the planning for this exciting event or if you would like to be a sponsor.

My 2022 goals are to enjoy nature a little bit more, laugh a lot, spend more time with family and friends, and learn something new. What are your goals?

**November & December were busy!**

So many friends and fun. We hope to see more activities like this happen together in 2022





## Board of Directors

**Al Myers**, President  
**Frank McAtee**, Vice President  
**Shawna Masur**, Treasure  
**Bert Bernstein**  
**Duffy Conneely**  
**Linda Chaffin**

You can contact the Board of Directors at:  
BOD@cloverdaleseniorcenter.org

## Staff

**Melanie Hall**, Program Manager  
melanie@cloverdaleseniorcenter.org  
**Suzi Croft**, Administrative Assistant  
suzi@cloverdaleseniorcenter.org

## Creative Notions

(707) 894-4110



Facebook.com/creativenotionscloverdale

**NOW OPEN:** Wednesdays 10-4,  
Thursdays 10-4, Fridays 10-4

## 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/CsmcCloverdale](https://twitter.com/CsmcCloverdale)

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.

## Board Meeting



All Members Welcome

**Friday**  
**Jan. 7**  
**Feb. 4**  
**1:00 PM**

Meeting via Zoom:  
Meeting Id: **707 894 4826**  
Passcode: **311311**  
Open to all members  
(707) 894-4826

## General Board Meetings are the first Friday of the month 1PM.

All members are welcome to attend the board meetings and share their thoughts and concerns for our Center. We are here to serve our members and community.

## General Board Meeting, first Friday of the month via Zoom

Meeting via Zoom: Meeting Id: **707 894 4826** Passcode: **311311**

Comments can be submitted in writing to [suzi@cloverdaleseniorcenter.org](mailto:suzi@cloverdaleseniorcenter.org), mailed to P.O. Box 663, or dropped off at the front desk by the Thursday before a meeting.

## 2022 Committee Goals

### Personnel & Nominating Committee

- Manage Staffing and Board of Director's needs.
- For the current staffing model, develop or update an organization chart of reporting relationships and develop or update staff duty statements that reflect the shared nature of the current model for both staff and appropriate Directors.

### Finance & Endowment Committee

- Manage and report on Profit & Losses and running Balance Statements
- Oversight management of the CSMC Endowment Funds
- Set 2022-2023 Budget

### Sponsorship & Fundraising Committee

- Oversee fundraising efforts and develop/improve relationships with community assets and businesses to improve the financial stability of our Center
- Strategic Fundraising Plan management with a focus on the longevity and sustainability of the Center
- Work with a Fundraising staff to meet goals

### Buildings & Grounds Committee

- Front Yard Beautification Project Completion
- Building Maintenance at the Center and Creative Notions location
- General management of facilities
- Work with the City to establish and coordinate ongoing needs of our building

### Membership Retention & Expansion Committee

- Increase Membership
- Improve the retention of members, ensure adequate notification when memberships are due or have lapsed.

### Center Programming

- Improve the quality and attendance of programs and events
- Provide Programming Including:
  - ◊ Classes & Workshops; Nutrition Services (including improving the Lunch Program); Health Screening Services; Games, Recreation, & Entertainment; Special & Support Groups; Health & Fitness (Activities); Social Activities; Services & Referrals
- Working towards being able to provide online classes and resources along with tech support for seniors.
- Educational programs
- Discussion groups
- Virtual Professional Services
- We will continue with these goals into the 2022-2023 year while we await the eased need of restrictions and safety protocol which is still necessary at this time.

# Member Resource Information

Our new members & long time friends alike may find this useful.

Please feel free to cut it out and put it on the fridge or by the calendar to refer to.

We are still experiencing the expansion of programs since we were closed for 14 months in 2020-21. We are thankful to have so much to offer once again!



## New Pilot Class & Lunch Payment System

Our Members have asked for it, so we are going to try it out!

A pre-paid class and lunch pass!

We are calling it "The Clover Pass"

You can now pay for a \$100 punch card at the front desk that will cover you for several classes and/or lunches and not have to remember to bring cash!

This is still a trial period but if we can work out the kinks we will expand this idea. **Inquire at the front desk.**

## Activities & Resources Cloverdale <sup>35 Years</sup> Senior Multipurpose Center Serving Cloverdale

**\$5 Class Fee For Members \$8 for Non-Members**

- Yoga Mon., Tue., Wed. 8:45-9:45AM
- Chair Yoga Wed. 10-11 AM
- Qi-Gong Mon. 10:15-10:45 AM
- Strength Training Tue./Thurs 1:30-2:30 PM
- SoulCollage Group 2nd & 4th Tues. 1-3:30 PM
- American Sign Language Mon. 1-2 PM
- Autobiography Writing Class Tue. 10:30-11:30AM
- Member Only Activities (No fees, if not indicated)
- Hair cuts \$15 1st Mon. by appointment
- Bingo Mon. 1:15-3:15 PM
- Life Happens Support Group Tue. 10-10:30 AM
- Bunco 1st Wed. 1:30-4 PM
- Bean Bag Baseball Wed. 10-11 AM
- Chair Massage Sessions \$20 Fri. by appointment
- Games (cards: Bridge, Rummy, etc.) Fri. 1-3:30 PM



- Food Distribution (free) 1st & 3rd Thurs. 10-11 AM
- Produce Market (wholesale prices) Fri. 10-11 AM

## Senior Lunch Program 11:30-12:30 PM by reservation only

- Tue. El Milagro Mexican Food \$7
- Wed. Papa's Pizza & Salad \$5
- Fri. Homemade Soup & Salad \$5

Our Programs are always evolving to meet current needs call to confirm M-F 8:30-4 PM (707) 894-4826

## Welcome New Members



Eleanor Gomez  
Daniel Frankson  
Candace Delgado  
Susan Aguilera  
Danielle Streb  
Allison Keaney  
Ken Fedder  
Uba Baltazar  
Jeanine Cherry

Anne Perry  
Graciela Nañez  
Steele Holmes  
Lydia Sanchez  
Patrick O'Rourke  
John & Diane O'Neill  
Jennifer Sullivan  
Sharyn Limp  
Harry Black  
Lisa DiBartolo  
Janice Azevedo  
Stephen Johnson  
Denny Stead  
Debbie Reynolds  
Jane Smith

Yvonne Jelton  
Cathy DeMattei  
Michael & Beverlee Laird  
Stephen Bearden  
Katheryn Linscheid  
Geraldyn Dielman  
Randy DeCaminada

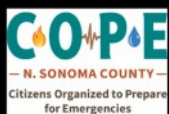


Members, if you see this icon on a document flyer or advertisement for our center, you'll know this is special for you. This indicates it is a member only opportunity or specially priced for our members.

### Member Message:

Magda Silvan wishes to thank all the Center friends who have sent her condolences and cards when she unexpectedly lost her daughter, Carol, at the beginning of December.

# NEW AT OUR CENTER



## Get Ready Together Senior Preparedness Workshops



Wed. Feb. 9 1:30-3PM

Topic: Go Bag's and Customization

Wed. Feb. 16 1:30-3 PM

Topic: Emergency Plan Development

Planning ahead can help a senior maintain safety and readiness, lower anxiety, and have any assistance required in place.

Wed. Feb. 23 1:30-3 PM

Topic: Smoke Readiness and Your Health

You will learn about smoke, its effects on health, how to look up air quality info. and you will receive an air purifier and N95 mask.

Call to sign-up today 707-894-4826

## Cloverdale Rocks & Fairies

Presents

### BEGINNING ROCK PAINTING CLASS



Sat. Jan. 29 10-12:30

Mon. Feb. 28 10-12:30

\$10 Members & \$13 Non-Members

Saturday class is open to age 13+ (minors must be accompanied by a guardian) Proof of vaccination and masks are required.

Call 707-894-4826 to reserve your seat

Class size is 8 students max, 5 students minimum needed to hold the class. We enjoy re-peat students. Proof of COVID vaccination is required to enter the building. Class materials/supplies will be provided, you take home all the rocks you paint! Mask are required. **Pre-registration & payment due the business day before class.**

## Chair Massages

By Eleanor Gomez

\$20 Donation

By appointment only, call 707-894-4826 or visit the front desk  
20-minute sessions  
Fridays from 9-1 PM

Member Only Benefit

Cloverdale Senior Multipurpose Center  
35 Years Serving Cloverdale  
Thank you, Cloverdale Wellness for making this available at our Center



Thank you for Supporting our Center

## NEW CLASS ALERT! STARTING TUES. JAN. 11

### Life Happens

### SUPPORT GROUP

Tuesdays 10 - 10:30 AM



The group has a space limit of 8-10 people, drop-ins are welcome, space permitting. This group is encouraged to join the writing class at 10:30 AM

Getting Your Life Story on Paper

## Writing Your Autobiography

Tuesdays 10:30- 11:30 AM

Do your children or grandchildren know who you REALLY are? Do they know the circumstances in which you grew up? What were the good times? Were there hard times, full of challenges or obstacles which helped shape the "you" (they think) they know?

\$5 Members, \$8 Non-Members



Call 707-894-4826 or see the front desk for lunch reservations

Served 11:30-12:30 PM

Tuesday, El Milagro Lunch \$7

(reserve by Mon. @ 3 PM)

Wednesday, Pizza & Salad by Papas Pizza \$5

(reserve by Tues. @ 3 PM)

Fridays, Homemade Soup & Salad \$5

(reserve Wed. @3 PM)



For Seniors & their Caregivers  
Sponsored lunches available see management for reservation

# Cloverdale Connect

Connecting Our Readers with Local Resources • Events • People

www.CloverdaleConnect.com

"Bringing our community together"



# MARK YOUR CALENDARS

## January

### Monday, January 3

9am Hair Cuts by appointment (members only)  
1-2pm ASL Class is BACK! (see calendars p. 6 & 7)

### Thursday, January 6

9-11 am **COVID Testing**  
10-11am **Food Distribution—Groceries to go**

### Friday, January 7

9-1pm **Chair Massages by appointment** -\$20 EVERY FRIDAY (members only)  
10-11am **Produce Market** (wholesale prices) EVERY FRIDAY  
11:30-12:30pm **LUNCH**—\$5 Homemade Soup and Salad EVERY FRIDAY (call by Weds. for a reservation)  
1pm Board Meeting

### Tuesday, January 11

10am Life Happens Support Group  
10:30-11:30am NEW! Writing your Autobiography

### Wednesday, January 12

9-2pm Podiatrist by appointment (Dr. Kunda)

### Thursday, January 13

9-12pm **A Portrait of You** (by appointment), (members only) see p. 8  
10-11am **Coffee with the Mayor & Friends at CSMC** (in person)

### Thursday, January 20

9-11 am **COVID Testing**  
10-11am **Food Distribution—Groceries to go**

### Friday, January 21—EVERY FRIDAY

9-1pm Chair Massages by appointment -\$20 (members only)  
10-11am Produce Market (wholesale prices)  
11:30-12:30pm LUNCH—\$5 Homemade Soup and Salad (call by Weds. for a reservation)

### Thursday, January 27

8:45-9:45am **Restorative Yoga** (pre-sign up required, minimum of 5 to hold class)  
9-12pm **A Portrait of You** by appointment (members only)

### Saturday, January 29

10-12:30pm **Rock Painting Class**—pre-register & pre-pay required (this class only age 13+ with gradian)

### EVERY FRIDAY!

**9-1pm** Chair Massages by appointment -\$20 (for members)

**10-11am** Produce Market (wholesale prices)

**11:30-12:30pm** LUNCH— \$5 Homemade Soup and Salad (call by Wednesday for a reservation)

## February

### Tuesday, February 1

10am Life Happens Support Group  
10:30-11:30am NEW! Writing your Autobiography

### Thursday, February 6

10-11am **Food Distribution—Groceries to go**

### Friday, February 7

9-1pm Chair Massages by appointment -\$20 (members only)  
10-11am Produce Market (wholesale prices)  
11:30-12:30pm LUNCH—\$5 Homemade Soup and Salad (call by Weds. for a reservation)  
1pm Board Meeting

### Monday, February 7

9am Hair Cuts by appointment (members only)

### Tuesday, February 8

10am Life Happens Support Group  
10:30-11:30am NEW! Writing your Autobiography

### Wednesday, February 9

9-2pm Podiatrist by appointment (Dr. Kunda)  
1:30-3pm **COPE Smoke Ready Workshop #1** (see p. 4)

### Thursday, February 10

9-12pm **A Portrait of You** (by appointment), (members only) see p. 8  
10-11am **Coffee with the Mayor & Friends at CSMC** (in person)

### Wednesday, February 16

1:30-3pm **COPE Smoke Ready Workshop #2** (see p. 4)

### Thursday, February 17

10-11am **Food Distribution—Groceries to go**

### Friday, February 18—EVERY FRIDAY

9-1pm Chair Massages by appointment -\$20 (members only)  
10-11am Produce Market (wholesale prices)  
11:30-12:30pm LUNCH—Homemade Soup and Salad \$5 (call by Weds. for a reservation)

### Wednesday, February 23

1:30-3pm **COPE Smoke Ready Workshop #3** (see p. 4)

### Thursday, February 24

8:45-9:45am **Restorative Yoga** (pre-sign up required, minimum of 5 to hold class)

9-12pm **A Portrait of You** by appointment (members only)

### Monday, February 28

10-12:30pm **Rock Painting Class**—pre-register & pre-pay required

See more about our expanding **Senior Lunch Program** on **Page 4**.

See the **Activity Calendars** for January & February **Page 6 & 7**

# January 2022

All activities are taking place at the Center unless otherwise indicated. COVID Safety protocols are in place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 8:45-9:45am Yoga 9am Hair Cuts (by appointment) 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	4 8:45-9:45am Yoga 11:30-12:30 Lunch, El Milagro p. 4 1:30-2:30pm Strength Training	5 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe p. 4 1:30-4:00 Bunco	6 9-11am Covid Testing 10-11am Food Distribution Groceries to Go 10 am Legal Aid (by appt) p. 10 1:30-2:30pm Strength Training	7 9-1 Chair Massage (by appt.) with Eleanor p4 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad p. 4 1pm Board Meeting 1-4pm Games!	8
9	10 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	11 8:45-9:45am Yoga 10:00 Life Happens Support Group p. 4 10:30-11:30 NEW! Writing your Autobiography p. 4 11:30-12:30 Lunch, El Milagro p. 4 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	12 8:45-9:45am Yoga 9-2 pm Dr. Kunda, Podiatrist (by appt.) 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe p. 4	13 9:00-12:00 A Portrait of You (by appt) p. 8 10-11am Coffee with the Mayor & Friends at CSMC (in-person) 1:30-2:30pm Strength Training	14 9-1 Chair Massage (by appt.) with Eleanor p4 9-2 Job Link (by appt) p.9 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad p. 4 1-4pm Games!	15
16	17 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	18 8:45-9:45am Yoga 10:00 Life Happens Support Group p. 4 10:30-11:30 Writing your Autobiography p. 4 11:30-12:30 Lunch, El Milagro p.4 1:30-2:30pm Strength Training	19 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe p. 4	20 9-11am Covid Testing 10-11am Food Distribution Groceries to Go 10 am Legal Aid (by appt) p. 10 1:30-2:30pm Strength Training	21 9-1 Chair Massage (by appt.) with Eleanor p4 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad p. 4 1-4pm Games!	22
23	24 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	25 8:45-9:45am Yoga 10:00 Life Happens Support Group p. 4 10:30-11:30 Writing your Autobiography p. 4 11:30-12:30 Lunch, El Milagro p.4 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	26 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe p. 4	27 8:45-9:45 Restorative Yoga 9:00-12:00 A Portrait of You (by appt) p. 8 1:30-2:30pm Strength Training	28 9-1 Chair Massage (by appt.) with Eleanor p4 9-2 Job Link (by appt) p. 9 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad p. 4 1-4pm Games!	29 10:00-12:30 <b>Rock Painting Class</b>

# February 2022

Su	Mon	Tue	Wed	Thu	Fri	Sat
30	31 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	1 8:45-9:45am Yoga 10:00 Life Happens Support Group 10:30-11:30 NEW! Writing your Autobiography 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	2 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe p. 4 1:30-4:00 Bunco	3 10-11am Groceries to Go 10 am Legal Aid (by appt) 1:30-2:30pm Strength Training	4 9-1 Chair Massage (by appt.) 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1pm Board Meeting 1-4pm Games!	5
6	7 8:45-9:45am Yoga 9am Hair Cuts (by appointment) 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	8 8:45-9:45am Yoga 10:00 Life Happens Support Group 10:30-11:30 NEW! Writing your Autobiography 11:30-12:30 Lunch, El Milagro 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	9 8:45-9:45am Yoga 9-2 pm Dr. Kunda, Podiatrist (by appt.) 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe p. 4 1:30-3:00pm COPE Smoke Ready Workshop	10 9:00-12:00 A Portrait of You (by appt) p. 8 10-11am Coffee with the Mayor & Friends at CSMC (in-person) 1:30-2:30pm Strength Training	11 9-1 Chair Massage (by appt.) 9-2 Job Link (by appt) 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	12
13	14 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	15 8:45-9:45am Yoga 10:00 Life Happens Support Group 10:30-11:30 NEW! Writing your Autobiography 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	16 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe p. 4 1:30-3:00pm COPE Smoke Ready Workshop	17 10-11am Groceries to Go 10 am Legal Aid (by appt) 1:30-2:30pm Strength Training	18 9-1 Chair Massage (by appt.) 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	19
20	21 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo	22 8:45-9:45am Yoga 10:00 Life Happens Support Group 10:30-11:30 NEW! Writing your Autobiography 11:30-12:30 Lunch, El Milagro 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	23 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe p. 4 1:30-3:00pm COPE Smoke Ready Workshop	24 8:45-9:45am Restorative Yoga 9:00-12:00 A Portrait of You (by appt) p. 8 1:30-2:30pm Strength Training	25 9-1 Chair Massage (by appt.) 9-2 Job Link (by appt) 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	26
27	28 8:45-9:45am Yoga 10:00-12:30 Rock Painting 10:15-10:45am Qi Gong Practice 1:00-2:00 ASL Class 1:15-3:15pm Bingo					

All activities are taking place at the Center unless otherwise indicated.  
COVID Safety protocols are in place



# Be in the KNOW!



## Coffee with the Mayor & Friends

Thursday Following the Second Wednesday of the Month  
10 AM - 11 AM

Thursday, January 13, 2022  
Thursday, February 10, 2022

Meeting in person, under the trees at the Senior Center (weather permitting)



The special guest in January will be **Leslie Simmons, VP of Impact and Investments for the Career Technical Education Foundation**. She is a resident of Cloverdale. We will be excited to learn more about CTE and impact of the Foundation in our community.

It is always exciting to get to know the Jewels of our town!



Cloverdale Senior Multipurpose Center



## Market Day Día de Mercado

Fridays/Viernes  
10-11 AM

Every Friday (except federal holidays observed)  
Todos los viernes excepto feriados federales

Affordable fresh vegetables  
**for everyone!**



Verduras frescas  
asequibles  
!Para todo el mundo!

COVID precautions  
masks required  
Requiere mascarilla de  
precauciones COVID

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



### At the Senior Center

"Groceries to Go" & Senior Boxes

On Thursday, January 6 & 20,  
February 3 & 17 10-11 AM

Open to all ages

311 N. Main Street, Cloverdale



### At the St. Peters Catholic Church

#### Parking Lot

On Monday's 4-5:30 PM

Drive Through Pick-up

All Are Welcome \* No Distributions on Federal Holidays  
491 S. Franklin St. Cloverdale (behind El Milagro)

**NEW LOCATION**



Citas en español disponibles también

**Make an Appointment Today**

SOS Community Counseling is housing a community clinic within the Cloverdale Senior Center.

For more information about discreet counseling appointments close to home call SOS Counseling Directly.

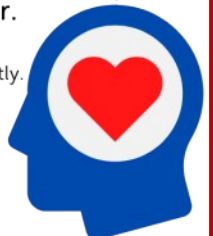
Phone: (707) 284-3444

e-mail: [info@soscounseling.org](mailto:info@soscounseling.org)



Cloverdale Senior Multipurpose Center

311 N. Main Street,  
Cloverdale



## CLOVERDALE CITRUS FAIR

UNDER THE

### BIG TOP

Celebrating 130 Years  
FEBRUARY 18-21, 2022



It's that time of year again!

Exhibit books and forms available at the Senior Center



Let's capture your style, smile & the essence of you in a photo



## A Portrait of You Thursday, Jan. 13 & 27

by appointment 9-12pm



Free 30 min. sessions for Center Members



Photography by Jennifer Sullivan



## Volunteer Spotlight

# Cindy Jansen

I moved to Cloverdale in 1991 from Arcata, California. I have been happily married to my husband Mark for eight years, we have been together for over twenty, how hard is it to get a man to marry you? Too funny. We have six wonderful children and four grandchildren between us. Happily, most of them live in the area. Mark's daughter and family live in Macon, Georgia, and run a very successful restaurant there. Everyone else lives close by, and I get to see them often.

I came from a lumber family and learned from my father how to grade and sort lumber; I used to give tours through the sawmill at Simonson Lumber in Smith River and the fish hatchery that my father promoted in there through the Kiwanis. I also gave tours at Bracut Lumber in Arcata when I was in High school.

I attended Beauty College at Fredrick and Charles in Eureka, Ca. No comment about that. I have worked in Healdsburg as a restaurant kitchen manager and a cashier at Clover Market back in the day. I then went to Heald College and got an Associate Degree in Computer Science.

Around that time in my life, I managed to get an excellent job at Granite Construction in Healdsburg then in Ukiah as an office administrator. Downsizing left me at home wondering what I could do with my life. Thus, I discovered the Senior Center.

I spent time with my mother-in-law and cooking for her, walking and visiting, so I took her to the center. I enjoyed meeting the friendly people there; that was around 2010. I started volunteering and worked with Valarie in the kitchen, assisting her with the food service. Then with the Council on Aging delivering food and serving lunches.

I enjoy gardening, crafting, and sewing, which my mother taught me, along with crocheting. Sadly, I cannot knit for my life. I do enjoy a good puzzle as well.

I enjoy my time volunteering at the front desk and overseeing the lunch program a couple of days a week. I love socializing with the members coming back for lunches and various activities that the center offers.

I am delighted to volunteer at Creative Notions on Thursdays; I get to meet beautiful people and hear what they are creating, which gives me ideas to do myself.

I focus on the positive aspects of life during these trying times and feel blessed that my family and friends are safe and healthy.

I hope that the senior center will thrive with all the volunteers and their hard work. Every little bit helps our community, and I believe we have a fantastic team that contributes.



Thank you Cindy, for all the volunteering that you do to benefit the Senior Center. Your many talents help to enrich the quality of life for our seniors.



SONOMA COUNTY  
**JOB LINK**

A proud partner of America's Job Center of California<sup>SM</sup> network.

**All ages and stages served**

If this new year means a change of pace or a job search, consider reaching out to make an appointment with Job Link. You can meet with them right here at our Cloverdale Senior Center.

Call **707-565-5550** for an appointment

Resume assistance, Interview help, Skill refining, Interview clothes, Job search

# Member Spotlight

## MAX AND ANNEKE VAN DEN BRINK



After retiring, Max and Anneke Van Den Brink moved from the Bay Area to a new complex at Cloverdale Del Webb in 2000. They both became Senior Center members shortly after they moved to Cloverdale. They joined because there were many exciting classes such as computer lessons where they could create an email address, go onto websites like eBay, get personal instruction, and an exercise class that was a lot of fun. In addition, Anneke loves to play bridge every Friday afternoon and enjoys meeting all the lovely ladies.

During Covid, Max keeps busy with jigsaw puzzles, which he loves to do, and the Senior Center is well stocked with lots of puzzles. Anneke loves to read and play games, which keeps her busy during this time.



Max and Anneke shared a little bit of history about their life. After WWII, the government of Canada signed a treaty with Europe inviting the families to immigrate to Canada, which

was 62 years ago. As they were young and looking for adventure, they took the step to sign up. Max and his brother left the Netherlands in August of 1959, and Anneke left a month later, promising her parents she would return within two years. They had no idea at the time that they would meet in Montreal, Canada, fall in love, and marry; this was over 60

years ago. They moved to California when Max got a job offer, and that is where they remained until their move to Cloverdale. Max served two years in NATO (The North Atlantic Treaty Organization, also called the North Atlantic Alliance. It is an intergovernmental military alliance between 28 European countries, 2 North American countries, and 1 Asian country), so he was exempt from serving in the American Army. They both worked hard to make new friends and get to know the culture. Max set up his own business, Marine Hardware, which he sold in 2000, and Anneke worked for a credit union. They loved to relax and sail on the Bay on their sailboat on the weekends.

They both come from a family of seven children, and they try to visit them every two years. Unfortunately, they were not blessed with their own children, but they are very fond of their thirteen nieces and nephews, who are all residing in Holland. In their retirement years, they love to travel and have visited many beautiful countries; they have gone all over the world, bringing back many fond memories and souvenirs.

When asked what their feelings are about the Senior Center, they replied, "The very friendly atmosphere and the entertainment keep us drawn to the Senior Center. The staff is very professional and friendly, and we hope they will be there for a very long time."

Max and Anneke, we are so glad that you are here at the Senior Center and hope you will be here for a very long time as well.



***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. Cost is based on income.

**Elders Hotline** (for seniors only) **707-340-5610** Housing Hotline **707-843-4432**  
General Inquires **707-542-1290**

# Dine, Donate, & Laugh

SERVING THE HEART OF CLOVERDALE FOR 35 YEARS



**Cloverdale Senior Multipurpose Center**

Seated Dinner, Live & Silent Auction, and Comedy Show to benefit a Transportation Program and Senior Lunch Program



We have exciting news to share!

**We are planning a big 35-year-Anniversary Event for early Summer 2022.** The theme for this event will be "Serving the Heart of Cloverdale for 35 Years."

**Our goal is to raise \$50,000 for a Cloverdale Transportation Program and support our Senior Lunch Program.**

Many of our seniors need a "door-to-door" transportation support system, and we vow that no senior will go hungry for lunch because they cannot afford to pay for it.

Melanie is the Event Coordinator and is asking for volunteers to assist with the committees. The various committees are food and drink, auction item acquisition, entertainment, venue and event supplies, and & decorations. If you or

someone you know has a passion for event planning, don't hesitate to contact Melanie at the Senior Center.

**There will be a live and silent auction, comedy show, full seated dinner, and drinks.**

Do you have a **unique talent** you would like to share? Do you or a friend/relative own a vacation home or timeshare to donate a weekend retreat to the live **auction**? Would you like to be an event/table **sponsor**?

707-894-4826

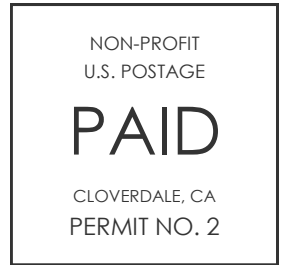
[melanie@cloverdaleseniorcenter.org](mailto:melanie@cloverdaleseniorcenter.org) subject "DD&L Event."





Return Service Requested

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



[facebook.com/CloverdaleSeniorCenter](https://facebook.com/CloverdaleSeniorCenter)  
[facebook.com/CreativeNotionsCloverdale](https://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

**Travelers:** If you have recently spent time with people outside of your usual circle of people and/or traveled **please quarantine for 10 days** and/or have **COVID-19 testing done before returning to our Center's activities.** We want to avoid the increased risk of an outbreak at our Center and protect our vulnerable friends. Thank you.

County of Sonoma  
**COVID-19 Testing**



**AVAILABLE IN CLOVERDALE**

Free, convenient, confidential COVID-19 testing is available to all Sonoma County resident, regardless of document status

**Curative:** Walk-ins welcome. Make an appointment at [curative.com](https://curative.com) or call (888) 702-9042

**Molecular Matrix:** Walk-ins welcome, appointments recommended; [molecularmatrix.com/covidtesting](https://molecularmatrix.com/covidtesting)

**LHI:** Appointment recommended: [lhi.care/covidtesting](https://lhi.care/covidtesting) or call (888) 634-1123

**Tuesdays & Wednesdays 7 AM-2 PM**  
at Cloverdale High School 509 N. Cloverdale Blvd.  
**Thursday, Jan 6 & 20 9:45-11 AM**  
at Cloverdale Senior Center 311 N. Main Street

**Creative Notions is OPEN!**

Wednesdays 10-4 PM  
Sidewalk Sale Table (Up to 50% OFF)

Thursdays 10-4 PM

Fridays 10-4 PM

Saturdays Coming Soon

Please contact the Senior Center to make arrangements before you bring items to donate.

(707) 894-4826  
M-F 8:30-4 PM



All proceeds support our Senior Center.  
We are grateful to our volunteers and customers for their continued support!