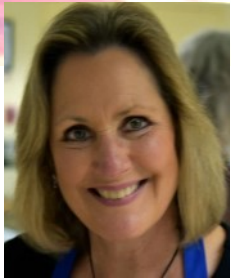




Cloverdale *Celebrating 35 Years*
Senior Multipurpose Center

The Clover Leaf

July & August 2022



Melanie's Message

Happy summer to you!

What are your summer plans? Will you take a vacation and visit another place, or will you enjoy the beautiful area where we live?

As much as I love where I live, I am still looking forward to a trip to Washington State to visit relatives and a trip to San Diego to celebrate a special birthday with my daughter.

Something else I am excited about is our big **35th Anniversary Fundraiser** happening on July 9. I am astounded by the generosity of people in our community and surrounding areas who have supported this fundraiser with many donations and sponsorships. We have received over 150 items for our Silent Auction and have ten lots for our Live Auction. Our local Kiwanis and Lions Clubs are supporting this event by using their expertise to prepare an old-fashioned summer BBQ meal with a full bar; many volunteers are helping to set up, check-in, serve, and help with the check-out and clean-up.

Our local State Senator Mike McGuire is using one of his many talents to keep the Live Auction exciting and fun while raising money to help fund the many programs we do to serve our local area.

A big shout out to the top-notch comedians who will entertain us at the end of the evening as we

enjoy a memorable night of food, laughter, and fun under the stars at the Citrus Fairgrounds.

This is truly going to be a night to remember! **See the "Event Schedule" below.**

In July, at the Senior Center, we will begin with a pilot program called **Awareness Through Movement**-The Feldenkrais Method. The Feldenkrais Method is an inner journey that is intended to help one rediscover balance, flexibility, and coordination. This class will be taught by Eleanor Gomez, who is a trained Feldenkrais practitioner, a Pilates instructor, an Essentrics teacher, and the Senior Center's resident Massage Therapist.

Please join us on July 21, 1-3 pm, to learn how to turn recycled **"trash" into a "treasure."**

Marjorie Morgenstern will teach you how to use recycled items and containers to beautify them by planting succulents and other plants inside of them to turn them into living treasures and gems. It's an excellent low-cost way to make a magical gift for yourself or a friend.

July 27, 10 am-12:30 pm, we will host the California Highway Patrol class, **Age Well, Drive Smart.**

The program focuses on safe driving practices and current California driving laws. In addition, the curriculum addresses the physical and mental aging-related changes that can affect a person's driving skills while offering possible corrective options.

So let the summer fun begin!



Important

Closed Monday, July 4, for Independence Day

Closed for activities on Friday, July 8 to prepare for our big **35th Anniversary Event on Saturday, July 9**. This event is sold out, if you have purchased tickets you will receive an email for information about the event soon.

JULY 9, EVENT SCHEDULE

- 5 PM Gate Opens, Silent Auction Open
- 5:30 PM Welcome & Announcements by CSMC President Al Myers
- 6-7 PM Dinner Served
- 6:30 PM Silent Auction Section "A" Closes
- 6:40 PM Silent Auction Section "B" Closes
- 6:50 PM Silent Auction Section "C" Closes
- 7-7:50 PM Live Auction by Senator Mike McGuire
- 8-9:50 PM Comedy Show

Event sold out—ticket holders will receive an email soon.



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

Melanie Hall, Program Manager
melanie@cloverdaleseniorcenter.org
Suzi Croff, Operations Coordinator
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

instagram.com/cloverdaleseniorcenter/

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.

WE ARE OPEN!
Wednesdays 10-4 PM
Sidewalk Sale Table (Up to 50% OFF)
& 50% off store wide (except yarn)
first Weds. of the month



Thursdays 10-4 PM
Fridays 10-4 PM

(707) 894-4110

119 1st St. Cloverdale

Senior Center

(707) 894-4826

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

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

VOLUNTEERS WANTED

If you are interested in volunteering to support our Center and community work please contact Melanie Hall.

We are seeking:

Front Desk Reception substitutes for vacations etc., training is provided.

Creative Notions Store Minders & Substitutes, days and times can be flexible shifts are usually 10 AM—1 PM and 1PM –4 PM. Currently, the store is open Wednesdays, Thursdays, and Fridays. We are in need of substitutes for our existing store volunteers and would like to add to our days open if we have volunteers to do so. Training is provided.

Senior Lunch Program Substitutes, servers, prepping, helping with clean-up. Lunch is served from 11:30 to 12:30 Tuesdays, Wednesdays, and Fridays.

Bingo Caller Substitute, Mondays 1:15-3:15, we need a backup caller to support other volunteers. This is a friendly group of seniors just having fun. We will train you, and an easy-to-operate microphone is provided.

If any of these things pique your interest and you would like to learn more please stop by to visit Melanie Hall, Program Manager, or call us at 707-894-4826. You can email melanie@cloverdaleseniorcenter.org

WHAT WILL YOU BE DOING?



COFFEE WITH THE MAYOR & FRIENDS

Thursdays
July 14 & August 11
10-11 AM



Join our Mayor, Todd Lands, and local guests for informative conversations about Cloverdale and our surrounding area in an open forum.

Held in-person at the Senior Center.
311 N. Main Street, Cloverdale 707-894-4826



Age Well Drive Smart

Wed., July 27 10-12:30pm

The "Age Well, Drive Smart" class is an education program specifically designed to help seniors tune up their driving skills, refresh their knowledge of the rules of the road and discuss normal age-related physical changes and how they affect driving ability.

Sign up early, space is limited.



707-894-4826

311 N. Main Street, Cloverdale, CA. 95425



ART WITH FRIENDS

Tuesday, July 19
1-2:30 PM

What's on your needles?

Deborah Rust wants to know!

Come join her, bring your current project, something to share with others or cast on a new project. Maybe you have a UFO (Un-finished Object) or a current project that you need assistance with, maybe Deborah or another knitter can help?

Call to join the list or drop in.



Welcome New Members!

Vivial Mitchel, Lynette & Mike Tubbs, Susan DeMattei, Geoffrey & Cecile Peters, Lawrence Tom, Shawn Nichols, Cheri Ann Tipler, Angela Coleiro, Jone Wesele, Tania Richardson, Elizabeth Tregoning, James & Marilyn Novak, Joanne Lumsden, William Payne, Denise & DJ Todd, Karen & Rick Wells, Ron & Shirley Sibert, Laura & Lino Lino

Get your Passport ready!

OR NOT!!!

Grab a seat for this live virtual tour of

Bruges, Belgium

Thursday, July 14

12-1:30

Travel Hour
sign-up asap limited seating



NEW ACTIVITIES

TRASH TO TREASURE

Please join Marjorie Morgenstern on **July 21, 1:00-3:00 pm** to learn how to turn recycled "trash" into a "treasure". Marjorie will teach you how to use recycled, found or bought items and containers to upcycle and beautify them by planting succulents and or other plants inside of them to turn them into living Treasures & Gems. It's a nice low cost way to make a magical gift for yourself or a friend.



Cloverdale Celebrating 35 Years Senior Multipurpose Center

Art WITH FRIENDS

NEW CLASS!

7/5 No Class
 7/19 Knitting & Crochet FREE
 8/2 Card Making \$6
 8/16 Water Color Fun \$2

**1st & 3rd
 Tuesdays,
 July 19,
 Aug. 2 & 16
 1-2:30 PM**

All kinds of crafting and creation, no experience or skills required. If you have a crafty skill or project, come and share it with others. Come enjoy creating with like-minded friends.

Fees for materials when you join a class project

Keep Creating

Nimble Fingers

Tuesdays 10-11 AM

Join the circle bring a project or start a project



Knitting & Crochetting

A Portrait of You

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

Call for appointment

Free 30 min. sessions for Center Members

Photography by Jennifer Sullivan

Something to Remember



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 only) 707-340-5610
Housing Hotline 707-843-4432
General Inquires 707-542-1290

July

Friday, July 1

10-11 am Produce Market

Monday, July 4

CLOSED: Independence Day

Tuesday, July 5

9am Hair Cuts by appointment (members only)

Wednesday, July 6

1:30-4pm Bunco!

Thursday, July 7

10-11am Awareness Through Movement p. 8

Friday, July 8

Closed to Activities to prepare for our 35th Anniversary Event (No Produce Market)

Tuesday, July 12

10-11am Nimble Fingers is BACK!!! Every Tuesday

Wednesday, July 13

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

4pm Board Meeting

Thursday, July 14

10-11am Coffee with the Mayor & Friends (in-person at CSMC)

10-11am Awareness Through Movement p. 8

10:30-12pm Travel Hour: Visit Bruges, Belgium, Live Virtual Tour & Potluck

Friday, July 15

10-11 AM Produce Market

Tuesday, July 19

10-11am California Phones Presentation

1-2:30pm ART WITH FRIENDS Meet new knitting & crotchet friends, beginners welcome! See p. 3

Thursday, July 21

10-11am Awareness Through Movement p. 8

Friday, July 22

10-11 AM Produce Market

Wednesday, July 27

10-12:30pm Age Well Drive Smart! (sign-up!)

2-4pm Caregivers Group Meeting

Thursday, July 28

10-11am Food Distribution—Groceries to go

Friday, July 29

10-11 AM Produce Market

August

Monday, August 1

9am Hair Cuts by appointment (members only)

Tuesday, August 2

10-11am Nimble Fingers

1-2:30pm ART WITH FRIENDS

Wednesday, August 3

1:30-4pm Bunco!

Friday, August 5

10-11 am Produce Market

Monday, August 8

10-12:30pm Beginning Rock Painting Class

Wednesday, August 10

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

4pm Board Meeting

Thursday, August 11

10-11am Coffee with the Mayor & Friends (in-person)

Tuesday, August 16

10-11 Nimble Fingers

1-2:30pm ART WITH FRIENDS

Thursday, August 18

10-11am Food Distribution—Groceries to go

Wednesday, August 24

2-4pm Caregivers Group Meeting

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)



Senior Lunch Program

For Seniors & their Caregivers

Served 11:30-12:30 PM

Updated Tuesday Lunch Price

Tuesday, \$8 - El Milagro Lunch

(reserve by Mon. @ 3 PM)

Wednesday, \$5 - Pizza & Salad by

Papas Pizza (reserve by Tues. @ 3 PM)

Fridays, \$5 - Homemade Soup &

Salad (reserve Wed. @ 3 PM)

RESERVATIONS REQUIRED!

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

Sponsored lunches are available see management for reservation



July 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9
	CLOSED Happy Independence Day	9am Hair Cuts (by appointment) 10:30-11:30 Writing your Autobiography, must RSVP day before 11:30-12:30 Lunch, El Milagro 1-2:30 ART with FRIENDS	8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-4:00 Bunco!*	9-12:00 A Portrait of You (by appt.) 10-11 Awareness Through Movement 10 am Legal Aid (by appt) 1:30-2:30pm Strength Training	10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!*	35th Anniversary Event! 5-10PM Tickets Sold Out!
10	11	12	13	14	15	16
	8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo*	10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	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 4pm Board Meeting	10-11am Coffee with the Mayor & Friends 10-11 Awareness Through Movement 1:30-2:30pm Strength Training 12-1:30 Travel Hour: Visit Bruges, Belgium (Virtual Live Tour)	9-1 Chair Massage (by appt.) with Eleanor* 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!*	
17	18	19	20	21	22	23
	8:45-9:45am Yoga 9am Hair Cuts (by appointment) 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo*	10-11 California Phones Presentation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1-2:30 ART with FRIENDS 1:30-2:30pm Strength Training	8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe	10 am Legal Aid (by appt) 10-11 Awareness Through Movement 1:30-2:30pm Strength Training 1-3 Trash to Treasure Class	9-1 Chair Massage (by appt.) with Eleanor* 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!*	
24	25	26	27	28	29	30
	8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo*	10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	8:45-9:45am Yoga 10-11am Beanbag Baseball 10-12:30 Age Well, Drive Smart 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 2:00-4:00 Caregivers Group	10-11am Food Distribution Groceries to Go 10 am Legal Aid (by appt) 1:30-2:30pm Strength Training	9-1 Chair Massage (by appt.) with Eleanor* 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!*	

August 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
JULY 31	1 8:45-9:45am Yoga 9am Hair Cuts (by appointment) 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	2 10-11 Nimble Fingers 10:30-11:30 Writing your Autobiography, must RSVP Friday, July 29 11:30-12:30 Lunch, El Milagro 1-2:30 ART with FRIENDS 1:30-2:30pm Strength Training	3 8:45-9:45am Yoga 10-11am Beanbag Baseball 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-4:00 Bunco!	4 9-12pmA Portrait of You (by appt.) 10am Legal Aid (by appt) Training 1:30-2:30pm Strength	5 9-1pm Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	6
7	8 8:45-9:45am Yoga 10-12:30 Adult Beginning Rock Painting 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	9 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	10 8:45-9:45am Yoga 9-2 pm Dr. Kunda, Podiatrist (by appt.) 10-11am Beanbag Baseball 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 4pm Board Meeting	11 10-11am Coffee with the Mayor & Friends 1:30-2:30pm Strength Training	12 9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	13
14	15 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	16 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1-2:30 ART with FRIENDS 1:30-2:30pm Strength Training	17 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe	18 10-11am Food Distribution Groceries to Go 10 am Legal Aid (by appt) Training 1:30-2:30pm Strength	19 9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	20
21	22 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	23 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1-4pm SoulCollage Group 1:30-2:30pm Strength Training	24 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 2:00-4:00 Caregivers Group	25 10 am Legal Aid (by appt) Training 1:30-2:30pm Strength	26 9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	27
28	29 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	30 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	31 8:45-9:45am Yoga 10-11am Beanbag Baseball (weather permitting) 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe	SEPT. 1 10 am Legal Aid (by appt) Training 1:30-2:30pm Strength	2 9-1 Chair Massage (by appt.) with Eleanor 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	3

FOR OUR COMMUNITY

Resilient Cloverdale Social Cohesion Follow-up Survey

We invite you to take part in a **confidential survey** that is part of a research project being conducted by a research team from San Francisco State University in partnership with **Resilient Cloverdale**. Resilient Cloverdale is a cross-sector initiative committed to advancing the resilience of Cloverdale and the surrounding community. **The purpose of the research is to assess the role that social cohesion, at both the individual and organizational levels, plays in the Cloverdale community's responses to crises. Social cohesion refers to the strengths of relationships, including feelings of connectedness, reliability, and trust, among community members.** As a follow-up to the Social Cohesion Survey conducted in spring 2021, information from this survey will help us assess whether gaps in social cohesion identified from the first survey have persisted, improved, or gotten worse. The findings will be used to help identify community-led strategies to improve resilience for all members of the Cloverdale community. The survey asks you to respond to a

series of questions about your life and community experiences. **Your answers may help us learn more about how social ties, community, and neighbors can assist during future crises affecting the Cloverdale community.** The survey should take approximately 15-20 minutes to complete. Any questions or concerns should be directed to the principal investigator, Jennifer Shea, Ph.D., at jshea@sfsu.edu or 415/817-4462. Dr. Shea is a Professor of Public Administration at San Francisco State University (<https://pace.sfsu.edu/jennifer-shea>).

QR Code for Resilient Cloverdale Social Cohesion Survey in English Scan with the camera on your smartphone to take the survey!



<https://tinyurl.com/2msxukyn>

OR GRAB A PAPER COPY AT THE SENIOR CENTER

NEW MOVEMENT CLASS

Awareness Through Movement ® - The Feldenkrais Method

"There is nothing permanent about our self imagine except our belief that it is so." - Moshe Feldenkrais

For the month of July, Eleanor Gomez, will teach an Awareness Through Movement® class on Thursday at 10am. This class is based on the Feldenkrais Method®, created by Moshe Feldenkrais.

The Feldenkrais Method® is an internal journey that is intended to help one rediscover balance, flexibility, and coordination. The Feldenkrais Method® is an educational system that uses movement to teach self awareness and improve function. This movement method uses directed attention to help one learn new and more effective ways of moving through the day with ease, comfort, and grace. The slow, gentle movement patterns are designed to increase range of motion, improve muscular awareness and the re-education of one's nervous system. As one's movement ability improves, students often report that they are better able to live life more fully, comfortably and pain free.

Awareness Through Movement® lessons are taught in

a group setting with students following the verbal cues of the instructor. Lessons are done, sitting, standing, lying down or walking. The lessons in this class are sitting and standing lessons. Please wear loose comfortable clothing and your favorite pair of socks! Lessons are shoes-free!

Moshe Feldenkrais was an Israeli physicist, an amateur soccer player and one of the first Europeans to earn a black belt in Judo. The Feldenkrais Method is based on the principles of physics, biomechanics, and an empirical understanding of learning and human development.

Eleanor Gomez is a trained Feldenkrais practitioner, a Pilates instructor, an Essentrics teacher and the Senior Center's resident Massage Therapist.

"See you in Class!" ~Eleanor



Awareness Through Movement

Thursday's 10-11 AM

Wear comfortable clothing and bring a bottle of water.

VOLUNTEER SPOTLIGHT

Stephen Kreuper

When did you move to Cloverdale, where did you move from?

We moved here in 2014 from Guerneville where we had lived since 1993.

When did you join the Senior Center, why did you join, what interested you?

I joined about 2 years before I retired, which was just about a year ago.

I was interested in Yoga class, farmers market, meeting new people and different classes that are available.

What are some of the events and activities that you have participated in?

Farmers Market, yoga, Friday luncheons, and massages.

What did you volunteer for, events, produce market, front desk, etc.? When did you start volunteering?

Farmers Market. I started just after I retired.

What do you find most rewarding about volunteering at the Senior Center?

Helping people and being a part of the community.

What do you like to do when you are not here at the Senior Center volunteering?



Hiking and walking, camping, kayaking and spending time with my 5 year old granddaughter, Emmylou. She calls me Boppy!

Tell me about your family, how many children, grandchildren?

I live with my partner of 30 years,

Marta. Our nearby family is Marta's twin sister, my stepson and assorted nephews and nieces. I also have a sister in Southern California who I speak with regularly.

What have you been doing to keep your mind, body and spirit healthy during this challenging time of Covid-19?

Making the most of everyday. Walking regularly and of course happy time at 5 PM most evenings. (red wine)

What are your feelings about the Senior Center, what do you like most?

I love the senior center. It's a wonderful resource and Melanie is the glue! Many other volunteers and wonderful folks there, as well. I especially enjoy, Eileen Baker, the yoga instructor.

What are your hopes for the future of the Senior Center?

That we will continue to have the funding to support the community and the wonderful activities.

Stephen you brighten up the place! Thank you for your dedication to serving our seniors and community, we appreciate you.



Keep Moving

QI-GONG

with Bram

Mondays

10:15-10:45 AM

Better Balance
Muscle Control
Low-Impact



\$5
\$8

Keep Moving

YOGA \$5

With Eileen \$8

Mondays & Wednesdays
8:45-9:45 AM



All levels welcome!

Keep Moving

STRENGTH TRAINING

Tuesdays & Thursdays

1:30-2:30 PM



\$5/\$8

Strength and Bone Health!

MEMBER SPOTLIGHT

When did you move to Cloverdale, and from where did you move?

In 2002, we moved to Cloverdale from Mill Valley

When did you join the Senior Center, why did you join, and what interested you?

In 2021, I met Melanie Hall on a walk in my neighborhood; we became fast friends, and she asked if I would like to do volunteer work.

What are some of the events and activities in which you have participated?

Senior Center Drive-thru Tea, Rotary-Tour DeVine & Senior Center 35th Anniversary

Have you volunteered? What did you volunteer for, events, teaching a class, or the Board of Directors? When did you volunteer?

I have been volunteering since I was a teenager. In 8th grade, I volunteered at a clinic for Autism. When I started high school, I became a Candy Striper at a local hospital.

What do you like to do when you are not here at the Senior Center?

I work locally full time, which enables me to meet local people

Tell me about your family, how many children, grandchildren?

Pam Keebler

What have you been doing to keep your mind, body, and spirit healthy during this

challenging time of Covid-19?

I worked on getting healthy by changing eating habits, walking, riding a bike, and spending quality time with my family.

What are your feelings about the Senior Center? What do you like most?

The staff and group of volunteers. Cloverdale is fortunate to have a Senior Center with many events and activities and wonderful staff.

What are your hopes for the future of the Senior Center?

I hope more people become members and get involved with volunteering at the Senior Center. It's a great place to be.

Pam, thank you for being exactly who you are, we appreciate all you have done and want to do for our center and friends.



I am the second oldest of 6 children. I have been with my wonderful husband for 22 years. I have a stepdaughter, her husband, an eight year old grandson, and two year old granddaughter.



Enjoy the Stretch!

CHAIR YOGA

Wednesdays
10-11 AM

\$5/\$8

Keep Moving

BEAN BAG BASEBALL

FREE Wednesdays
10-11 AM

indoors through the heat of summer

This is a simple game with fun people. No skill is required, we'll teach you!

Keep Moving

ART with FRIENDS

First & Third Tuesdays
1-2:30 PM

Creating is Encouraging
Possible Small Fee For Materials

Keep Creating

Some of the awesome **Live Auction Items** for our **35th Anniversary Event - THANK YOU, DONORS!**

If you have tickets you will be emailed about the event on Friday, July 1.



#201 Latin Kings of Comedy Show & Dinner

2 Tickets to the comedy show at the LBC plus pre-show meet and greet passes. Enjoy dinner at KINSmoke Restaurant. Valued at \$300 Thank you, donors; Dennis Gaxiola and KINSmoke



#206 Visit Geyserville

Gift Card for Geyserville Grille (Brunch is amazing!), wine tasting tour and cave tour for 6 people at J Rickards Winery, Lunch at Catelli's (world class) Restaurant in downtown, visit Gin'Gillies Vintage home goods (gift card), visit Mercury Wine for a tasting and a bottle of Mercury wine and goodies (always fun), to finish off your day visit the Bosworth & Sons General Store (gift card), check out the Geyserville History Museum and visitor center if you get a chance. Valued at \$590

Thank you, donors; Geyserville Grille, J. Rickards Winery, Catelli's Restaurant, Gin'Gillies Vintage Home, Mercury Wines, and Bosworth & Son General Store



#207 Flight Over The Bay for 2

Flight for 2, pre packed picnic basket, and bottle of Blue Cape Cellars 2013 Estate Reserve Pinot Noir. Valued at \$610

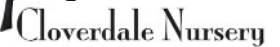
Thank you, donors; Karma Dog Construction, Melanie Hall, Cindy Jansen, Pam Keebler, and Kent Keebler



#208 Backyard Summer Makeover

Garden Bench, Cloverdale Nursery Gift Card, BBQ Charcoal Grill from Cloverdale Ace Hardware, Flying Pig Bird Feeder. Valued at \$795

Thank you, donors; Cloverdale Senior Center, Cloverdale Nursery, Cloverdale Ace Hardware, and Mary Jo Winter



Inspire • Grow • Enjoy

#209 Trip To Fort Bragg, CA.

Includes stop over at Anderson Valley Brewing Co. for disc golf and beer tasting for 2, Botanical Garden visitor passes for 4, Magnum of Navarro Wine 2017 Methode a L'Ancienne Pinot Noir, and finally a 2 night stay at the Beachcomber Hotel in Fort Bragg. Valued at \$820

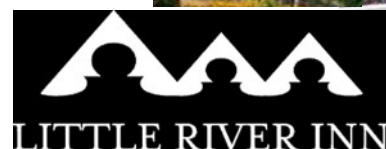
Thank you, donors; Anderson Valley Brewing Company, Mendocino Coast Botanical Gardens, Navarro Vineyards & Winery, and the Beachcomber Motel and Spa on the Beach



#210 Mendocino Coastal Trip to Little River

Two night stay at the Little River Inn with dinner and golf for two with a cart, a magnum bottle of Anderson Valley wine, and a beautiful painting "Lighthouse."

Valued at \$800 Thank you, donors; Little River Inn, Navarro Wine, Katherine Hansen





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