



The Clover Leaf

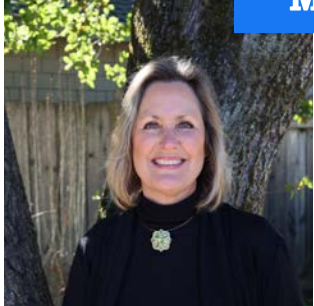
March-April 2024



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

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Melanie's Message



Recently one of our Senior Center members had his bike stolen from his residence. His bike was his only transportation besides the bus. He came to let us know, hoping we could help him find his stolen bike.

We put a notice up at the Center, and I contacted David Maciel with Second Life Bicycle Rescue. In less than a week, our Senior Center member had a refurbished beautiful bike, with a lock, to help him get around town. Thank you to David and Second Life Bicycle Rescue for this generous gift! This act of kindness got me thinking about volunteers and how much of a difference they make in improving the quality of life for others.

This happy conclusion to a sad story made me appreciate just how much love there is in our community and the beauty of living in a small town where people care. Our Cloverdale community has many volunteers who donate their time, expertise, and knowledge to help others. Many volunteer at the Senior Center, the Food Pantry, the Redwood Empire Food Bank food distributions, and for service clubs such as Lions, Kiwanis, Rotary, and many more.

April is Volunteer Appreciation Month and in honor of that we are having a special luncheon and musical concert on April 25, 11:30-1:15. Please reserve your place no later than April 19 by 4:00 PM.

We are so fortunate to have nearly sixty volunteers who help us here at the Senior Center, we could not run this active center without your help!

We will have a couple of free Wellness Workshops, Relaxation through Art, and Music, in March and April as well as a free Lunch and Learn with Nikki Bernstein and her exotic animals.

On March 22, Officer Beau Gastineau with Cloverdale Police Department will do a presentation on avoiding scams.

On April 24, local librarian, Amanda Cronkright, will offer a free watercolor class. April 27 is our Spring Craft Fair. There is more information on all these fun activities in the newsletter or feel free to call us at the Center for further information, here is to living life well.



Michael and his new bike that was donated by David Maciel from Second Life Bicycle Rescue.

Literary Luncheon Featuring Author Jeane Slone

History of Combat Nurses in WWII

Saturday, March 16, 12:00-2:00 PM

Grandy Hospital Georgia 1941. Meet Beatrice Harrington, Chief of Nursing in the White section, and Dora Mae Williams, Chief of Nursing in the Black section. Because of segregation during this time, these two exceptional nurses never meet in person, although they share similar career paths. Racial discrimination is rampant in the US. Both nurses join the Army Nurse Corps and work in the jungle hospitals-Bea in Baguio, Philippines providence of Bataan And Dottie in Tagap, Burma.

Through Opposing chapters this historical book allows readers to compare and contrast the experiences of these two strong, dedicated, and skilled nurses in the face of combat danger, human suffering, and discrimination. With Fortitude and personal resilience, each nurse displays unsurpassed courage amid lethal combat conditions.



This book portrays keen historical depictions of the era with narrative and photographs that deftly convey the experience and impact of segregation both in general society and in the Armed Forces. The strength and dedication of these two extraordinary nurses and the nurses under their command will inspire, educate, and leave an indelible impression on the reader.

The author will read several passages from the book. The historical novel will be available for purchase and autographed.

Must purchase tickets by

March 8, at 4:00 PM

\$35 for Members, \$40 for Guests

Connect with Us

(707) 894-4826

info@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

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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 as of February 1, 2024

- Class and activity fees: **\$7 members, \$10 guests.**
- Lunch costs: **All lunches are now \$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!

Ann Marie Dabo
Ann Skripek
Armand Moras
Betty Kroeze
Bill Disbrow
Bonno Kroeze
Carmen Hagen
Charles Pounds
Christine Lathrop
Craig Carni
Daniel Howard
David Holt
Dolph Green
Doris Anderson
Douglas Broberg



George Artemoff
John Novak
Kristie Carni
Lourdes Medina
Maureen Rauch
Meghan Nakamura
Nancy Brown
Nancy Freitas
Nicole Bernstein
Noreen Powell

Pamela Moras
Paul Peri
Paul Rodrigues
Paul Vanlith
Rachel Rodrigues
Rebecca Vanlith
Richard Cratty
Richard Rauch
Rita Getzen
Rosemarie Smith
Svetlana Artemoff
Suzanne Black
Tom Clark
Tony Munoz
Elivia Osnayr



CLOVER Lunch CLUB



Monday \$8
Thai Spice
RSVP Deadline 3PM Friday



Tuesday \$8
El Milagro
RSVP Deadline 3PM Monday



Wednesday \$8
Papa's Pizza - Pizza or Hot Subs
RSVP Deadline 3PM Tuesday



Thursday No Lunch



Friday \$8
Homemade Soup & Salad
RSVP Deadline 3PM Wednesday



Notice: The price of all lunches are now **\$8** as of **February 1, 2024**

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.

Spring Craft Fair

Saturday, April 27,
10:00 AM-3:00 PM

The Spring Craft Fair is back!

So grab a friend and come check out the vibrant marketplace filled with handcrafted, one-of-a-kind creations! Discover the artistry and passion behind each piece as you browse through the unique selection.

But wait, there's more! While you're immersing yourself in creativity, why not treat yourself to some soul-warming soup or hearty chili? Indulge in delicious flavors and enjoy a cozy day with good company.

Join us for a fun-filled day of exploration, friendship, and delightful flavors. See you there!

If you are interested in having a booth to sell your unique creations, contact Melanie Hall at (707) 894-4826 for all the details.

**hand
crafted**



Relaxation thru Art & Music Workshop

Tuesdays, March 19 & April 16
4:30-5:30 PM

Free

Join Erica Brown for this invigorating class. Erica has lived in Cloverdale for 14 years. She has an incredible love for art and music. She loves to combine both for a healing, rewarding, and fulfilling experience. She has discovered the incredible benefits of sound healing. Being a preschool teacher and a nanny for the past 15 years has opened my mind to exploring the many different forms of art and music.

In this class you will be:

- Exploring art through music
- Blending Art and Sound
- Soundpainting
- Mixing art and sound
- Sound vs Art
- Relax your mind by letting the music do the painting
- Sound will do the painting



This workshop series is sponsored by the American Rescue Plan Activity Grant

Lunch & Learn, Nikki's Exotic Animal Friends

FREE

Thursday, March 21
11:30 AM-1 PM

Hello, my name is Nicole "Nikki" Bernstein. There was a time when I had arachnophobia (a serious fear of spiders). Eventually, my curiosity outweighed my fear, and I started researching and learning about tarantulas and various spiders. Before I knew it, I had five tarantulas! This is when I came to an important realization; people fear what they do not understand. Through further research, I discovered that a lot of people fear and misunderstand reptiles! I want to change that!



On Thursday, March 21, from 11:30-1:00, I will bring some of my ambassador animal friends to the Senior Center so all can get to see my tarantulas and a bearded dragon in person. I will then talk about these amazing animals and explain why they are not something to fear, but respect and understand. I love educating people about all things exotic animals, so I will be answering questions you might have to the best of my ability. I hope you will join me and have some fun observing and learning about these incredible animals.



The Senior Center will be serving hot sub sandwiches and salad while you learn more about Nikki's exotic animal friends.

Decorate Cupcakes with Meghan

Thursday, March 28
11:30 AM-12:30 PM

Aloha! My name is Meghan, my husband Tony and I moved to Cloverdale in August of last year to operate Fred Young Funeral Home and are loving the community and all that Cloverdale has to offer.



Originally from a small town in Hawaii, I have felt very comforted by the "aloha spirit" and welcoming nature of the residents, and I love that we can hike, swim, and fish right here in town.

I love crafting and creating and enjoy seeing the works of others!

Let's get together and create dessert/candyland-themed cupcakes for the ice cream social! You don't need anything at all (but feel free to bring your friends). I will provide all the tools, decor, and cupcakes.

Stop by or call to reserve your spot today.

I look forward to creating some sweet treats with you!



Notes for the Journey by Louise Young

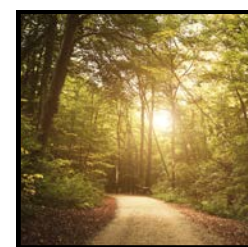
Late Winter

About Transitions

Change goes on all the time, but most of it is not noteworthy. Turn on the computer and find a new password is required, or a new server covers the screen wanting you to subscribe, or the date you had locked in for an appointment is not available, or most common for me, I've forgotten something I was meant to take care of and I'm playing catchup all day. All part of modern life, right?

Some changes carry much more impact, and I'm calling them transitions. The loss of a person close to you, a long-time partner, for example, requires building a whole new life. Everything, from breakfast time to planning trips forces review because HE or SHE is no longer here.

A dream I had shortly after my husband died frightened me badly. I woke up bathed in sweat, heart beating as though it would jump out of my chest. I was on top of a mountain alone. It was cold there, rocky, barren, and smothered in fog, with no visibility beyond what was under my feet. I called out, but only silence answered me. I was lost in the clouds. I knew I must get down from there. But how? Then during a short break in the fog, I could see the opening to a path. Carefully I made my way toward it. The path was narrow, cut into the side of a steep slope, the uphill side barely discernable, and the downhill side a rocky ledge, dropping off into space. I inched my way along, holding my breath as rocks clattered over the edge of the cliff. Even the next step could take me over the edge. Terrified, I slid along the wall on the uphill side, step by tiny step. It took forever, but as I rounded a bend, I noticed the fog had lifted a little. The path was wider now, and I could pick up my pace.

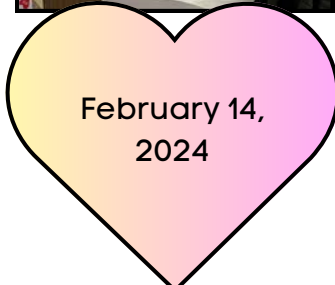


Walking steadily, the territory ahead opened below me, and I could see a valley with houses and trees and, at last, people. Anxious now to leave the mountain and rejoin a world with people in it, I woke up. It was five o'clock in the morning.

I wanted to call someone and make contact with a trusted human as soon as possible. A couple of hours later, my friend was willing to listen to me for almost an hour, and I felt much calmer and more grounded when I hung up. Breathing easier, I thought over some things she had said to me. We talked about the temporary nature of everything. That's impermanence. Nothing lasts forever, and getting used to such a global change in my life would take patience and courage. And it would take a long time. When even some small changes are hard to accept, I should be kind and gentle with myself as I grew into my new world. I really liked the idea of growing into my new world. Hold off on big decisions. Get used to living solo.

When my husband passed into the spirit world, I planned to enjoy having my house completely to myself. I had Goldie, my old, just like-me, cat, and plenty of space to organize with only myself to consider. I thought I'd like living alone, and I do sometimes, but evenings are difficult. That was the time for my husband and me to share all the events of the day, laugh at things we found funny, and make plans for the next day. I thought I'd be delighted to give up cooking. But I miss making our favorite soups and pasta dishes. Making soup for one is good; it can be frozen, but pasta for one? A little more challenging. As I grow into my new world, I now see that new opportunities will come my way, and I'm beginning to see that picking and choosing new ways of doing things will be interesting, and possibly fun.

Valentine's Day Concert w/
John Reese & the Open Hearts Band



March

- Tuesday, March 5**
9 AM-4 PM Haircuts (by appointment)
- Wednesday, March 6**
1:30-4 PM Bunco! #1
- Thursday, March 7**
9 AM-12 PM Age Well, Drive Smart
- Sunday, March 10**
Daylight Savings Time Begins
- Tuesday, March 12**
9 AM-12 PM Insurance Navigation with Erica Bishop (by appointment)
- Wednesday, March 13**
8:30 AM-2 PM Dr. Kunda, Podiatrist (by Appointment)
- Thursday, March 14**
10-11 AM Coffee with the Mayor & Friends
3-4 PM Empowered Perspectives on Living Topic - Stop Self-Judgment
- Saturday, March 16**
12-2 PM Literary Luncheon
Jeane Sloane, Presenter
- Tuesday, March 19**
First Day of Spring
9 AM-4 PM Haircuts (by appointment)
12-3 PM LegalAid (by appointment)
4:30-5:30 PM Relaxation thru Art & Music Workshop
- Wednesday, March 20**
1:30-4 PM Bunco! #2
4 PM Board Meeting
- Thursday, March 21**
9 AM-12 PM AVH-Outreach-CalFresh/Medicare (by appointment)
- 11:30 AM-1 PM Lunch & Learn - Nikki's Exotic Animals
- Friday, March 22**
10:30-11:30 AM Scam Presentation
- Wednesday, March 27**
2-3:30 PM Caregivers Group
- Thursday, March 28**
11:30 AM-12:30 PM Decorate Cupcakes with Meghan
- 3-4 PM Empowered Perspectives on Living Topic - Stop Self-Judgement
- Friday, March 28**
12:30 PM Ice Cream Social

April

- Tuesday, April 2**
9 AM-4 PM Haircuts (by appointment)
- Wednesday, April 3**
1:30-4 PM Bunco #1
- Tuesday, April 9**
9 AM-12 PM Insurance Navigation with Erica Bishop (by appointment)
- Wednesday, April 10**
8:30 AM-2 PM Dr. Kunda, Podiatrist (by appointment)
- Thursday, April 11**
10-11 AM Coffee with the Mayor & Friends
3-4 PM Empowering Your Life with William Topic - Secrets to living a happier life
- Tuesday, April 16**
9 AM-4 PM Haircuts (by appointment)
12-3 PM LegalAid (by appointment)
4:30-5:30 PM Relaxation thru Art & Music Workshop
- Wednesday, April 17**
1:30-4 PM Bunco #2
4 PM Board Meeting
- Thursday, April 18**
9 AM-12 PM AVH-Outreach-CalFresh/Medicare (by appointment)
- Wednesday, April 24**
1-2:30 PM Watercolor with Amanda
2-3:30 PM Caregivers Group
- Thursday, April 25**
11:30 AM-1:15 PM Volunteer Appreciation Lunch
- 3-4 PM Empowering Your Life with William Topic - Secrets to a happier life
- Friday, April 26**
12:30 PM Ice Cream Social
- Saturday, April 27**
10 AM-3 PM Spring Craft Fair



Homemade Soup & Salad at one of our Friday Lunches



Cloverdale Connect

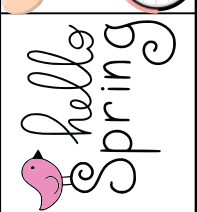
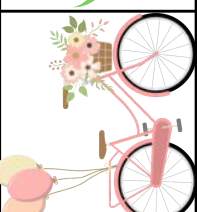

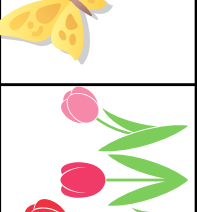
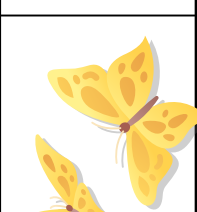
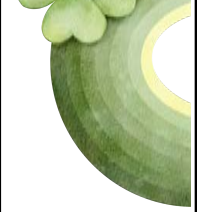


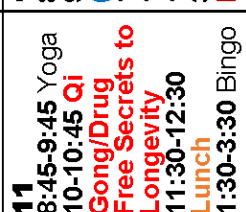
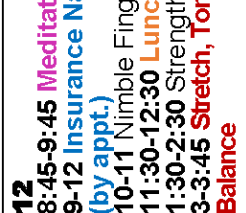

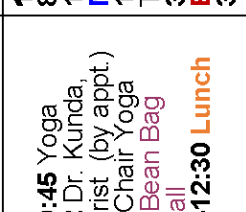
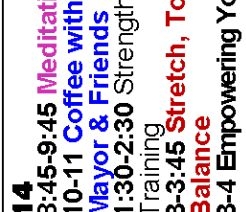
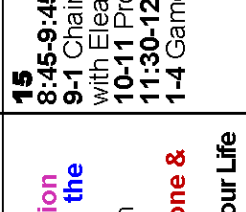
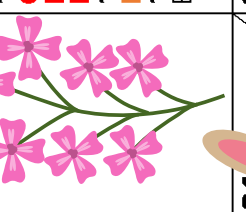
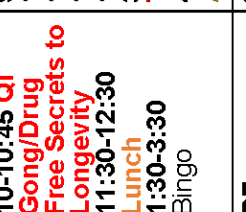
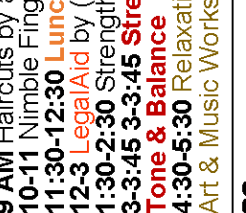


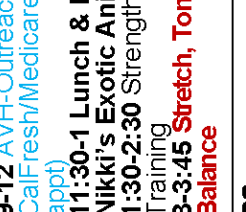


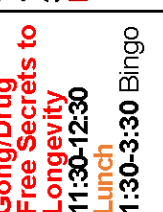



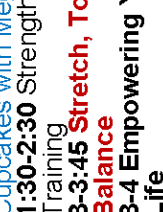
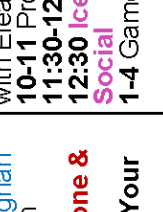
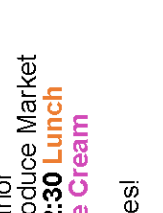
Thank you, Cloverdale Connect, for your ongoing support of our Center!

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

Cloverdale Senior Multipurpose Center

Activities and Events Calendar

MARCH 2024


Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>3</p>	 <p>4 8:45-9:45 Yoga 11:30-12:30 Lunch 1:30-3:30 Bingo</p>	 <p>5 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</p>	 <p>6 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 1:30-4:00 Bunco! #1</p>	 <p>7 8:45-9:45 Meditation 9-12 Age Well, Drive Smart 1:30-2:30 Strength Training</p>	 <p>1 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 1-4 Games!</p>	 <p>2</p>
 <p>10</p>	 <p>11 8:45-9:45 Yoga 10-10:45 Qi Gong/Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo</p>	 <p>12 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, Tone & Balance</p>	 <p>13 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</p>	 <p>14 8:45-9:45 Meditation 10-11 Coffee with the Mayor & Friends 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance 3-4 Empowering Your Life</p>	 <p>15 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 1-4 Games! 4:00 Last day to buy a Literary Luncheon ticket</p>	 <p>16 12:00-2:00 Literary Luncheon Jeane Slone, Presenter</p>
 <p>17</p>	 <p>18 8:45-9:45 Yoga 10-10:45 Qi Gong/Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo</p>	 <p>19 First Day of Spring 8:45-9:45 Meditation 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, Tone & Balance 4:30-5:30 Relaxation thru Art & Music Workshop</p>	 <p>20 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</p>	 <p>21 8:45-9:45 Meditation 9-12 AVH-Outreach-CalFresh/Medicare (by appt.) 11:30-1 Lunch & Learn, Nikki's Exotic Animals 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance</p>	 <p>22 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 10:30-11:30 Scam Presentation 11:30-12:30 Lunch 1-4 Games!</p>	 <p>23</p>
 <p>24</p>	 <p>25 8:45-9:45 Yoga 10-10:45 Qi Gong/Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo</p>	 <p>26 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance</p>	 <p>27 8:45-9:45 Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 12:30-1:30 Caregivers Group</p>	 <p>28 8:45-9:45 Meditation 11:30-12:30 Decorate Cupcakes with Meghan 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance 3-4 Empowering Your Life</p>	 <p>29 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 12:30 Ice Cream Social 1-4 Games!</p>	 <p>30 Small Business Saturday</p>
 <p>31</p>						



Cloverdale Senior Multipurpose Center

Activities and Events Calendar

APRIL 2024

Sun	Mon Thai Spice	Tue El Milagro	Wed Papa's Pizza	Thu No Lunch	Fri Homemade Soup & Salad	Sat																							
1  APRIL FOOLS 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo	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 3-3:45 Stretch, Tone & Balance	3 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 1:30-4:00 Bunco! #1	4 8:45-9:45 Meditation 1:30-2:30 Strength Training	5 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 1-4 Games! 	6 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 1-4 Games!	7 World Health Day 	8 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo	9 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, Tone & Balance	10 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	11 8:45-9:45 Meditation 10-11 Coffee with the Mayor & Friends 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance 3-4 Empowering Your Life	12 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 1-4 Games! 	13 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 1-4 Games!	14 	15 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo	16 8:45-9:45 Meditation 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 3-3:45 Stretch, Tone & Balance 4:30-5:30 Relaxation thru Art & Music Workshop	17 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	18 8:45-9:45 Meditation 9-12 AVH-Outreach-Calif resh/Medicare (by appt) 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	19 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 1-4 Games! 4:00 Last Day to RSVP for Volunteer Appreciation Luncheon 	20 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 1-4 Games! 4:00 Last Day to RSVP for Volunteer Appreciation Luncheon	21 	22 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo	23 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	24 8:45-9:45 Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 1-2:30 Watercolor with Amanda 2-3:30 Caregivers Group	25 8:45-9:45 Meditation 11:30-1:15 Volunteer Appreciation Lunch 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance 3-4 Empowering Your Life 	26 8:45-9:45 Gentle Yoga 9-1 Chair Massage* (by appt.) with Eleanor 10-11 Produce Market 11:30-12:30 Lunch 12:30 Social Ice Cream 1-4 Games! 	27 10-3 Spring Craft Fair	28 	29 8:45-9:45 Yoga 10-10:45 Qi Gong/ Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo	30 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance 

Coffee with the Mayor & Friends

Thursday, March 14

10-11 AM

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



Thursday, April 11

10-11 AM

Evelyn Hayes, Client Services Manager
Tweeten Eldercare Advisors

Watercolor Painting with Amanda

Cloverdale Library & Senior Center Collaboration



Wednesday, April 24

1:00-2:30 PM

Cloverdale Library will be leading a watercolor painting hour at the Cloverdale Senior Center!

This event is free and open to adults of all ages!

Stop by or call the Senior Center to reserve your spot today!

This event is sponsored by Cloverdale Library



Come check out our new Farmacy Cart!



Thank you Farm to Pantry!

Empowered Perspectives on Living Series

Thursdays, March 14 & 28

3:00-4:00 PM

Stopping Self-Judgement

Not liking ourselves is a battle we fight daily and lose. We don't know how to stop it. It undermines our confidence on the lives we want.



Thursdays, April 11 & 25

3:00-4:00 PM

Secrets to living a happier life



No one can guarantee us better health or a longer life or more abundance. That's up to us. So, how do we achieve such things?

First, it takes strong desire. It also requires knowing and applying a few cosmic "secrets" that unlock our ability to make huge differences in our lives.

Reserve your spot today to learn the life-changing answers, tools, and exercises you're looking for!

(Please bring your questions, pen and paper.)

Members \$7, Guests \$10

We appreciate you!

Thursday, April 25

11:30 AM-1:15 PM

If you are one of the many volunteers who have helped us in the last year we want you to come join us for some food and musical entertainment. Volunteer Appreciation Luncheon and Musical Concert is April 25, 11:30-1:15. Call or come by to save your spot (no later than April 19, 4:00 PM)



Photos from 2023 Volunteer Appreciation Luncheon

We Are Looking for Volunteers for Creative Notions Please call the Senior Center if you are interested. (707) 894-4826



Open Tuesday - Friday
10 AM-4 PM with Sales, Markdowns,
and Specials on Wednesdays
See store for details
(707) 894-4110
119 1st Street, Cloverdale



Member Spotlight Christine Vincent

In 2009, my husband and I moved to Cloverdale from San Anselmo in Marin County, where we had lived for 50 years and raised our 3 sons, who have blessed us with four grandchildren.

During those years, I became deeply involved in their schooling, from kindergarten to high school graduation.

After our children left the nest, I wanted to continue working with children, so I went to school for preschool teaching and director at the College of Marin. From 1990 to 1993, I worked at Golden Poppy Preschool in Corte Madera. In 1993, the opportunity to open my preschool Little Quackers in Petaluma came about, where my husband was my loyal partner until 2003. The children, as well as their parents, left us with many fond memories and gifted us with photo albums when we sadly had to retire due to my husband's diabetes.

We were also active members of Anthem Church in San Rafael, where I became a Sunday School teacher, and my husband became a groundskeeper from 2003-2009.

My husband faced major battles with Dementia and diabetes that required around-the-clock caregiving. So, in 2009, when we received an offer from George Lucas to purchase our house, we couldn't turn it down, and we found a lovely place in Cloverdale to spend our golden years. Sadly, my husband passed in 2013.

That year, at the recommendation of a neighbor who saw I was lonely and lost being a widow in a new town without friends, I joined the Senior Center, where I became involved by volunteering at the front desk.

Outside the Senior Center, I enjoy gardening and spending time with my sons and grandchildren.

Though being hurt by Covid, the Senior Center is slowly coming back. And in the future, I would like to see it back to how it was before the pandemic.

Thank you for being a member Christine and spreading your laughter wherever you go. It is always a lot of fun when you are around!



Volunteer Spotlight Viviane Furlong

My husband Paul and I purchased our property, which included a 4-acre vineyard, on the border of Cloverdale and Geyserville in 2006.

Although neither one of us knew anything about anything about growing grapes we were anxious and ready to learn. Thankfully a well-known local vineyard manager came to our rescue and took over managing our vineyard, which through the years has produced award-winning wines.

Before moving to the North Bay, we lived in Southern California in a city called Glendale. In Glendale, Paul owned an Insurance Agency, and I was the Executive Director of 4 Insurance related associations. During our marriage, Paul and I raised 2 children, and we now are grandparents to 4 beautiful grandchildren two of whom live in San Diego and two in London. Unfortunately, we don't get to see the ones in London as often as we see the ones in San Diego. Our grandkids are truly a joy in our lives, and we always look forward to our family reunions.

When Paul sold the agency in 2004, I knew he longed for more property, so we started our search in Sonoma County. It took two years before we finally found what we were looking for.

In 2008 we decided to build our permanent home on our vineyard property which took 2 years to complete. During the building project, we lived in a cabin on the property that had been built in 1929. We were told by the Geyserville locals that they called it the Gun Club because that's where they would go for shooting practice.

I joined the Cloverdale Senior Center in 2023 when I read on Nextdoor that there were some ladies interested in taking Belly Dance lessons. Since I taught Belly Dancing many years ago, I thought it would be fun to teach again. I contacted Melanie Hall, Program Manager, and she welcomed me to the Center where I began teaching belly dancing in March 2023.

As the classes continued, I thought it best to devote the last 10 minutes of the class to gentle stretching. As it turned out my students enjoyed the stretching part, and they asked if I could teach a stretch class. Since I had been a certified aerobics instructor for many years, I thought this would be a great idea and I advised Melanie that there was interest from some of my students in starting a Stretch, Tone, and Balance class. Melanie kindly gave me a slot and the go-ahead to start such a class.

I find teaching at the Cloverdale Senior Center extremely rewarding. Since I joined the Center, I've made lots of special friends and met so many lovely, kind, and interesting people. I truly love to share what I've learned and teach others how to apply it to strengthen their body and improve their balance which is so important towards having a better quality of life as one gets older.

When I'm not teaching, I participate in exercise classes online and research the latest findings on fitness. I'm always striving to educate myself so I may be a better teacher and communicator.

I'm so grateful to be a part of the Cloverdale Senior Center family and I hope to continue my mission in offering my services so that others can benefit from what I've learned.

Thank you Viviane for sharing your expertise with our members to improve their well-being, we appreciate you!

Invitation to Community Meeting: Elder Abuse Prevention, Scam Awareness, and Neighborhood Watch Program Discussion

Dear Residents of Cloverdale,

I am writing to inform you of an upcoming community event coordinated by Officer Gastineau from the Cloverdale Police Department. This meeting aims to address crucial topics such as elder abuse prevention, scam awareness, and the potential establishment of a neighborhood watch program in our community.

Details of the event are as follows:

Date: **Friday, March 22, 2024**

Time: **10:30-11:30 AM**

Location: Cloverdale Senior Multipurpose Center

During the meeting, Officer Gastineau will provide valuable insights and information on identifying and preventing elder abuse and scams, which are unfortunately prevalent issues affecting vulnerable members of our community. Additionally, there will be a discussion regarding the formation of a neighborhood watch program, which can significantly enhance the safety and security of our neighborhood.

This event presents a unique opportunity for citizens to engage directly with law enforcement and voice any concerns they may have regarding safety and security in our community. Officer Gastineau will be available to address questions, provide guidance, and facilitate discussions aimed at fostering a safer environment for all residents.

Your participation in this meeting is highly encouraged as your input and involvement are crucial in enhancing the well-being of our community. Together, we can work towards creating a safer and more secure environment for everyone.

Please mark your calendars and plan to attend this important community event. Feel free to invite your neighbors, friends, and family members to join as well.

Thank you for your attention, and we look forward to seeing you at the meeting.

Best Regards,

Officer Gastineau
Cloverdale Police Department

Transportation Plan Focus Group

The Sonoma County Transportation Authority is developing an Active Transportation Plan for Sonoma County covering all "human-powered" modes of travel and people using sidewalks, pathways, and bikeways. So they are convening a focus group of people with disabilities.

The meeting will be held virtually on Monday, March 18 from 4-5 PM. There will be a \$30 gift card for participants. If you are interested please contact Dana Turrey, Senior Transportation Planner at (707) 565-5371 or by email dana.turrey@scta.ca.gov

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

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

Come check out the amazing produce we have at the Senior Center. Wholesale prices for everyone! Bring a friend and your reusable bags.

CalFresh/Snap Now Accepted
Sorry - no credit cards





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 :	<input type="text"/>	2nd Member :	<input type="text"/>
Date of Birth :	<input type="text"/>	Date of Birth :	<input type="text"/>
Phone :	<input type="text"/>	Phone :	<input type="text"/>
Email :	<input type="text"/>	Email :	<input type="text"/>

Address : City, State, Zip

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

Full Name :	<input type="text"/>	Relationship :	<input type="checkbox"/> Adult Relative
			<input type="checkbox"/> Caregiver-Friend-Neighbor
Phone(s) :	<input type="text"/>		<input type="checkbox"/> Spouse-Partner

Newsletter Preference

- Emailed (Every 2 Weeks)
- 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.**



<input type="text"/>	<input type="text"/>	<input type="text"/>
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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

Want to join our fantastic team?
 We are looking for an Administrative
 Manager. If you or someone you know is
 interested, please email our board
 President, Pamela Powers at
 CSMC@cloverdaleseniorcenter.org

FIRE AND EARTHQUAKE SAFETY EXPO

2024

Sunday, May 19, 2024, 10 am to 3 pm
 Cloverdale Citrus Fairgrounds



Join your community for a FUN, FREE day of emergency preparedness activities and training. The Fire and Earthquake Safety Expo is a unique, hands-on event to help Sonoma County be better prepared for the next wildfire and earthquake; you and your family, business, property, and pets/livestock.

The Expo is the largest in-person emergency preparedness event in Sonoma County. Bring the entire family and watch the look on your kid's faces when they sit in a fire engine, run the little Firefighter obstacle course, or visit with animals. You will have the opportunity to:

- Learn from first responders & and other experts
- Enjoy free giveaways & food (while supplies last)
- Experience Henry 1 & Sonoma County 1 helicopters in action
- Watch emergency demonstrations & and live simulations
- Browse 75 exhibits & state-of-the-art products
- Speak with experts in the Firewise Landscape Room
- Participate in kid's activities
- And more.

4th Annual Expo
 Fun Event for
 Entire Family

