



The SCOOP

Russian River Senior Center - July 2024

Message from the Senior Center

Fourth of July: A time to remember our country's founding values. Also, the Senior Center will be closed on Thursday, July 4, but will reopen on Friday, July 5. Stay safe!



We need kitchen/dining room volunteers. If you are interested in helping daily, weekly, or monthly, please see Vicki. Thank you, Jeannine Rossi, for your dedication!

Give Back Tuesday benefitting the Senior Center is on August 13. We need your gently used, re-gifted, and new donations. The more, the better! Raffle items bring us much-needed funds. Items can be brought to the Senior Center Tuesday-Friday, 9-2 pm. Thank you.

We regret to inform you that Peter Andrews, a long-time River resident and community volunteer, has passed away. His contributions to local radio and the Senior Center will be long remembered. Our condolences to his family and friends.

Reminder: Only service dogs are allowed at the Senior Center. Please leave companion, comfort, and emotional support dogs at home. Thank you.

Warmly,
The Senior Center Staff

Cafe West - Weekly Schedule

TUESDAY - 11:30 am to 12:30 pm

Chef Brad - American Home Cooking, \$5

WEDNESDAY - 11:30 am to 12:30 pm

Timberline at the River - Restaurant Lunches, \$12

THURSDAY - 10:30 am to 11:30 pm

Chef Oralia - Brunch Brillante, \$5

FRIDAY - 11:30 am to 12:30 pm

Chef Oralia - Lunches with Mexican Flair, \$8

Please note the price of lunches on Fridays has changed!

Go to page 6 for More News from Cafe West

Field Trips

Saturday, July 13 - "Mrs. Doubtfire," Orpheum Theater, S.F., \$59/members; \$64/non-members. Dinner location TBD. 10:15 am to 8:30 pm. Waiting list only.

Wednesday, July 17 - Bay Model Visitor's Center, Sausalito. Lunch: Sam's Anchor Cafe, Tiburon. \$30/members; \$45/non-members. 10:15 to 5:00 pm.

Wednesday, July 24 - La Boheme Opera at the Met, Rialto Theater, Sebastopol; lunch beforehand. \$40/members; \$45/non-members. 10:15 to 4:00 pm

Saturday, July 27 - Fort Ross State Historic Park, Russian and Slavic singing, dancing and cooking. \$35/members, \$45/non-members. 10:15 am to 5:15 pm.

Wednesday, July 31 - River Rock Casino, gambling and lunch. \$25/members; \$35/non-members. 10:15 am to 4:00 pm.

Unless otherwise noted, all meals are self-pay.

To sign up, come by the Senior Center Tuesday - Friday, 9:00 am to 2:00 pm. **PAYMENT AND CURRENT ENROLLMENT FORM ARE DUE WHEN YOU SIGN UP.** Questions? Call 707-921-7000.

****DAY TRIP CANCELLATION POLICY****

If you need to cancel a reservation, we can offer you a refund, minus 20% of the trip fee, up to 48 hours before the trip—if we can fill your spot. After 48 hours no refunds are available.

Leave a Legacy

SUPPORT THE SENIOR CENTER

You can support our work at the Russian River Senior Center by including us in your estate plan. Talk to Emily about how we can work together to keep our wonderful programs going far into the future. Find her at the Center or at 707-823-1640 x 403. Together, we are building a healthier, stronger community.





HAPPY

4TH OF JULY!

Important Services

FREE TABLET CLASSES!

Upgrade your digital skills with Access to Technology's exclusive tablet class. Classes start once we have enough learners, so call Emily at 707-823-1640 x404 to reserve your spot. Held every Friday, with Spanish classes available too. Complete five classes for a free tablet and support.

ARE YOU 62 OR OVER?

Discover if you're eligible for a GOLDEN BEAR PASS. It grants free vehicle day access to 200+ California State Parks!

For information, visit the Russian River Sector Office at 25381 Steelhead Boulevard, Duncans Mills or go to www.cdss.ca.gov/goldenbearpass

LOOKING TO ADOPT A "FUR-EVER" FRIEND?

Check with Emily or Vicki about various options that are available.

NEED A RIDE?

Russian River Senior Center offers FREE RIDES for seniors and individuals with disabilities to medical, shopping and recreation appointments. Call Joe Hill five business days in advance to schedule a ride: 707-889-7367.

MEALS ON WHEELS HOME DELIVERY

This program is meant for seniors or individuals with disabilities who are home-bound. To enroll, call Council on Aging, 707-525-0143

WCCS SENIOR PEER COUNSELING

No cost. 12 sessions. 707-823-1640 x380

LEGAL AID OF SONOMA COUNTY

Elder Law Program

Services for Sonoma County seniors 60+. Appointments are held at the Senior Center. Call 707-340-5610, to see if you qualify.

Activities

CYBER SECURITY WORKSHOP

Join us to discover crucial strategies for safeguarding your personal data in today's digital age.

Thursday, July 11, 11:30 am - 1:00 pm

Register in person at the Senior Center or by calling 707-823-1640 x400.

SRJC MEMOIR WRITING CLASS with Scott Reid

Sign up at any time during the session; email Scott at apwpoet@sonic.net or simply walk in. Don't miss the chance to capture your story! All ages welcome. In person or on Zoom. Fall Semester starts, Tuesday, August 20.

SRJC CREATIVE ARTS CLASS with Lynn Prieto

Look forward to this class again in the Fall on Wednesdays, August 21 - December 18, 1:00 to 4:00 pm - **NEW TIME!** Collage art, journaling, altered books & mixed media. To sign up, go to: <https://lifelong.santarosa.edu>. Walk-ins and all ages are welcome

BOOK CLUB

Thursday July 18, 1:30 to 3:00 pm. This month's book: "The Other Eden," by Paul Harding, winner of the Pulitzer Prize. Purchase discounted books for the Book Club at Books & Letters on Armstrong Woods Road. Hosted by Laura Mueller.

TEDTalk

Wednesday, July 17, 1:30 to 3:30 pm.

"Why We Should Embrace Ageing as an Adventure," presented by Carle Honore who offers a set of simple solutions to combat ageism.

Hosted by Laura Mueller.

ADULT SERVICES LIBRARIAN WILL BE BACK

Leslie Harrison will be back at the Senior Center on July 10 & July 24, 12:30 PM, to offer more guidance on accessing library services digitally and more. Hear her talk about the latest events at the library during dessert and meet with her one-on-one if you have questions.

Russian River Senior Center Calendar - July 2024

WEEK ONE - July 1 - July 5

Monday, July 1

10:00 to 11:00 am - Zumba Gold with Richard McHenry

Tuesday, July 2

9:00 to noon - Sew'n Sews, the quilting group

11:30 to 12:30 pm - Café West: Chef Brad \$5

1:30 to 3:30 pm - Mahjong

2:00 to 5:00 pm - SRJC Memoir Class with Scott Reid; walk-ins welcome or email apwpoet@gmail.com to sign up to join via Zoom

Wednesday, July 3

10:30 to 11:30 am - Redwood Empire Food Bank

10:30 to 11:30 am - Yoga with Deneene, \$10 donation

11:30 to 12:30 pm - Lunch: Timberline at the River, \$12

Thursday, July 4

SENIOR CENTER IS CLOSED FOR INDEPENDENCE DAY!

Friday, July 5

10:30 to 11:30 am - Yoga with Alannah - Kathleen Harding substituting, \$10 suggested donation

11:30 to 12:30 pm - Café West: Chef Oralia, \$8

WEEK TWO - July 7 to July 12

Sunday, July 7

2:00 to 4:00 pm - Wine Country Ukulele Jam Sessions. Call Annie for more details: 707-888-3346.

Monday, July 8

10:00 to 11:00 am - Zumba Gold with Richard McHenry

Tuesday, July 9

11:00 to 1:00 pm - Bingo

11:30 to 12:30 pm - Café West: Chef Brad \$5

1:30 to 3:30 pm - Mahjong

2:00 to 5:00 pm - SRJC Memoir Class with Scott Reid; walk-ins welcome or email apwpoet@gmail.com to sign up to join via Zoom

Wednesday, July 10

10:30 to 11:30 am - Yoga with Deneene, \$10 donation

11:30 to 12:30 pm - Lunch: Timberline at the River, \$12

12:30 to 2:00 pm - Adult Services Librarian
Leslie Harrison

WEEK TWO continued

Thursday, July 11

9:30 to 10:30 am - Beach Ball Volleyball

10:00 to 12:30 pm - Golf at Northwood - Call to sign up

10:30 to 11:30 pm - Brunch with Chef Oralia, \$5.00

10:30 to 11:30 am - Tai Chi on Zoom. To sign up, email TaiChiFred@Sonic.net

11:00 to 1:00 pm - Bingo

1:00 to 3:00 pm - Redwood Caregiver Support Group in person with Maisie Hak - walk-ins welcome

6:00 to 7:00 pm - Redwood Caregiver Support Group via Zoom (faith based). To sign up email axh@redwoodcrc.org or call 707-582-2329

Friday, July 12

10:30 to 11:30 am - Yoga with Alannah, \$10 suggested donation - Kathleen Hardy substituting

11:30 to 12:30 pm - Cafe West: Chef Oralia, \$8.00

3:30 to 5:00 pm - "HUGS" Grief Support Group

WEEK THREE - July 13 to July 19

Saturday, July 13

10:15 am to 8:30 pm - Field Trip: "Mrs. Doubtfire," Orpheum Theater, SF. Waiting List Only.

Sunday, July 14

2:00 to 4:00 pm - Wine Country Ukulele Jam Session
Call Annie for more details: 707-888-3346.

Monday, July 15

10:00 to 11:00 am - Zumba Gold with Richard McHenry

Tuesday, July 16

9:00 to noon - Sew'n Sews, the quilting group

11:00 to 1:00 pm - Bingo

11:30 to 12:30 pm - Cafe West: Birthday Tuesday

1:30 to 3:30 pm - Mahjong

2:00 to 5:00 pm - SRJC Memoir Class with Scott Reid; walk-ins welcome or email apwpoet@gmail.com to sign up to join via Zoom

Russian River Senior Center Calendar - July 2024

WEEK THREE continued

Wednesday, July 17

10:15 to 5:00 pm - Field Trip: Bay Model Visitor's Center, Sausalito. Lunch: Sam's Anchor Cafe, Tiburon.

10:30 to 11:30 am - Yoga with Deneene, \$10 donation

11:30 to 12:30 pm - Lunch: Timberline at the River, \$12

1:30 to 3:00 pm - TEDtalk

Thursday, July 18

9:30 to 10:30 am - Beach Ball Volleyball

10:00 to 12:30 pm - Golf at Northwood - call to sign up

10:30 to 11:30 pm - Brunch with Chef Oralia, \$5.00

10:30 to 11:30 am - Tai Chi on Zoom. Email

TaiChiFred@Sonic.net to sign up.

11:00 to 1:00 pm - Bingo

11:30 to 1:30 pm - Needlers, the stitching group

1:30 to 3:00 pm - Book Club

Friday, July 19

10:30 to 11:30 am - Yoga with Alannah \$10 suggested donation

11:30 to 12:30 pm - Café West: Chef Oralia, \$8

WEEK FOUR - July 21 to July 27

Sunday, July 21

2:00 to 4:00 pm - Wine Country Ukulele Jam Session
Call Annie for more details: 707-888-3346.

Monday, July 22

10:00 to 11:00 am - Zumba Gold with Richard McHenry

Tuesday, July 23

11:00 to 1:00 pm - Bingo

11:30 to 12:30 pm - Café West: Chef Brad \$5

1:30 to 3:30 pm - Mahjong

2:00 to 5:00 pm - SRJC Memoir Class with Scott Reid; walk-ins welcome or email

apwpoet@gmail.com to sign up to join via Zoom

Wednesday, July 24

11:30 to 5:15 pm - La Boheme Opera filmed at the Met, Rialto Theater, Sebastopol; lunch beforehand

11:30 to 12:30 pm - Lunch: Timberline at the River, \$12

12:30 to 2:00 pm - Adult Services Librarian Leslie Harrison

WEEK FOUR continued

Thursday, July 25

9:30 to 10:30 am - Beach Ball Volleyball

10:00 to 12:30 pm - Golf at Northwood - Call to sign up

10:30 to 11:30 pm - Brunch with Chef Oralia, \$5.00

10:30 to 11:30 am - Tai Chi on Zoom. To sign up, email
TaiChiFred@Sonic.net

11:00 to 1:00 pm - Bingo

Friday, July 26

10:30 to 11:30 am - Yoga with Alannah, \$10 suggested donation

11:30 to 12:30 pm - Cafe West: Chef Oralia, \$8.00

3:30 to 5:00 pm - "HUGS" Grief Support Group

Saturday, July 27

10:15 AM TO 5:15 PM - Field Trip: Fort Ross State Historic Park, Russian and Slavic singing, dancing and cooking.

WEEK FIVE - July 28 to July 31

Sunday, July 28

2:00 to 4:00 pm - Wine Country Ukulele Jams.

Call Annie for more details: 707-888-3346.

Monday, July 29

10:00 to 11:00 am - Zumba Gold with Richard McHenry

Tuesday, July 30

9:00 to noon - Sew'n Sews, the quilting group

11:30 to 12:30 pm - Café West: Chef Brad \$5

1:30 to 3:30 pm - Mahjong

2:00 to 5:00 pm - SRJC Memoir Class with Scott Reid; walk-ins welcome or email apwpoet@gmail.com to

sign up to join via Zoom

Wednesday, July 31

10:15 to 4:00 pm - Field Trip: River Rock Casino

10:30 to 11:30 am - Redwood Empire Food Bank

10:30 to 11:30 am - Yoga with Deneene, \$10 donation

11:30 to 12:30 pm - Lunch: Timberline at the River, \$12

BIRTHDAY TUESDAY IS JULY 16

Let us know in advance if your birthday is in June and lunch is on us.

More News from Cafe West

CALL FOR VOLUNTEERS!

We need help with setup, serving, and cleanup. Shifts are from 11:00 AM to 1:00 PM Tues., Wed., & Fri., and from 10:00 AM to 12:00 PM, Thurs. Choose how often you volunteer—weekly, monthly, or as suits you. Enjoy a free lunch for your efforts! This opportunity requires a commitment. If you're interested, contact Vicki at the Center or call 707-823-1649 ext. 404

PRICE UPDATE NOTICE

We hate to raise prices, but unfortunately we need to. Starting July 5, the cost of Friday lunches will increase to \$8.00. We appreciate your understanding and support.

\$1.00 CHARGE FOR ALL TAKE-OUT CONTAINERS

We are now charging \$1.00 for ALL take-out containers, either for to-go meals or for leftovers.

The SCOOP

Newsletter of

RUSSIAN RIVER SENIOR CENTER

A Program of West County Community Services

In Partnership with

Russian River Recreation and Park District

Published since 1986

15010 Armstrong Woods Road

P.O. Box 325

Guerneville, CA 95446

707-823-1640 x400

www.westcountyservices.org

Open Tuesday-Friday, 9:00 am to 2:00 pm

Christy Davila - Executive Director, WCCS

Emily Heinzelman - Director, Senior Services

Vicki Halstead - Senior Center Manager

Liz Beale - Field Trips

Susan Carrier - Communications

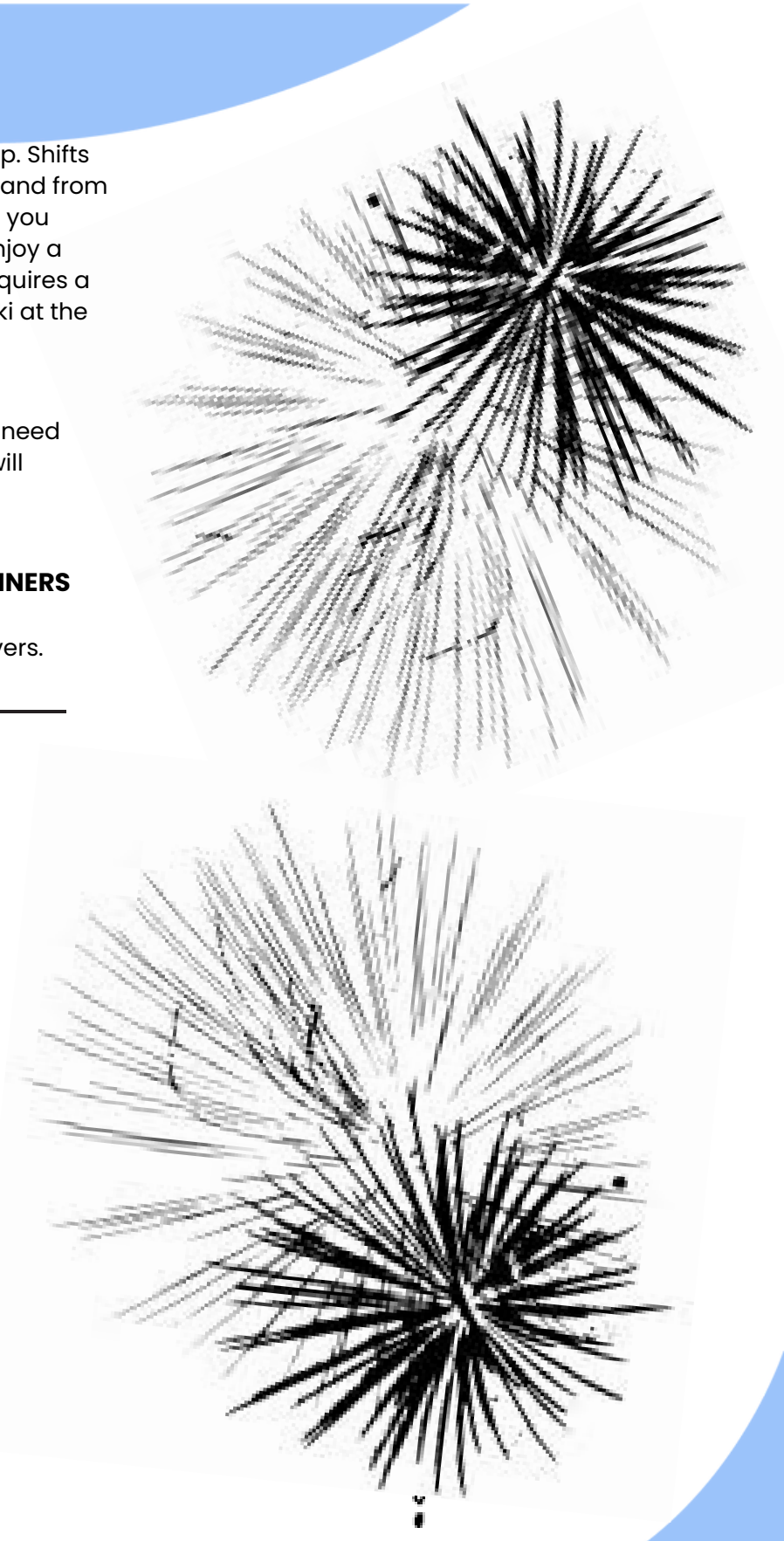
Joe Hill - Transportation

Laura Mueller - Reception, Book Club & TEDtalks

Orlaia Perez - Cafe West

Mark Rieber - Cafe West

Yuliana Rojas - Case Management



Membership Information and Application

RUSSIAN RIVER SENIOR CENTER OWLS* CLUB – *Older, Wiser, Livelier Seniors

Why become an OWLS Club member?

Because of the friendly faces to see and fun things to do!

Membership benefits:

- Priority registration and discounted rates for activities, special lunches, and field trips
- Volunteer opportunities
- Membership card
- Free book lending library and free medical lending closet (walkers, wheelchairs, etc.)

For information about scholarships for memberships, contact Vicki Halstead, Senior Center Manager: vicki.halstead@westcountyservices.org or 707-823-1640 ext. 404

2024 Russian River Senior Center OWLS Club Membership Application

ANNUAL MEMBERSHIPS CAN BE PURCHASED AT ANY TIME

___ \$25.00 Single ___ \$40.00 Household

\$___ Additional donation ___ Membership Renewal



Name(s): _____ Date: _____

Address: _____

City: _____ Zip: _____ Phone: _____

Email: _____

Emergency Contact: Name: _____

Relationship: _____ Phone: _____

PLEASE PRINT OUT APPLICATION FORM AND COMPLETE WITH BALL POINT PEN.

RETURN COMPLETED APPLICATION FORM EITHER BY US MAIL OR IN PERSON,
ALONG WITH YOUR CHECK, TO:

Russian River Senior Center
15010 Armstrong Woods Road, Guerneville, CA 59446

MAKE CHECKS PAYABLE TO:

West County Community Services – write "Senior Center Membership" in Memo line

Russian River Senior Center Sponsors

Noel's Automotive
 9898 Main St.
 Monte Rio
 Josh Rogers, Owner

865-9602
 noelsautomotive@comcast.net


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869-2107
 14095 Woodland Drive Guerneville
 Mass Schedule:
 Tuesday — Friday, 9:00 a.m.
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Free Estimates Fax: (707) 869-8097

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Help Support the Senior Center
 Advertise Your Business Here
 Call 707-823-1640 x 404 to sign up

D+G Equity Management
 869-0623 887-9427

 Michael Deprato
 Patricia Gerlach, Jill DePrato
 Property Management and Maintenance
 14080 Mill Street, Guerneville (P.O. Box 418)

WILDLIFE PHOTOS
 Restoration & Enhancement

 Raymond Rapp — RedwoodRay@Comcast.net

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 the Senior Center!
 ADVERTISE YOUR BUSINESS HERE
 To sign up call:
 707-823-1640 x404