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SANTA ROSA, CA

**Parks  
Make  
Life  
Better!**



### Renew Your Membership or Join Today!

**Member Benefits:**

- Save 50¢ on classes & activities
- Discounts on select events
- Computer lab, legal consultations & speaker presentations
- Zest for Life newsletter delivered to your home
- FREE coffee & tea service (bring your own mug)

**Renew or join by Jan. 31st  
to receive 2 FREE Howarth  
Park train tickets  
& a ZEST for LIFE  
coffee mug!**

Memberships are \$24 a person/\$40 a couple, per year (non SR residents \$34/\$50)

**Steele Lane Center • Person Senior Wing**



City of Santa Rosa  
RECREATION & PARKS

# Zest for Life

NEWS AND ACTIVITIES FOR THE 50+ COMMUNITY

Person Senior Wing • 2060 W. College Ave, Santa Rosa, CA 95401 • 707-543-3745  
Steele Lane Recreation Center • 415 Steele Lane, Santa Rosa, CA 95403 • 707-543-3282 Ext 1

SantaRosaRec.com

### Wishing You Happy New Year!

#### INSIDE THIS ISSUE!

##### Mark your Calendar

Lots of Planned Activities ..... 2

##### Community Center News

Activity Highlights ..... 2

##### Senior Interest

Guest Speaker Series ..... 3

Avoiding Scams..... 3

##### What's Upcoming?

Membership.....4

The last couple of years have been tough and we at Santa Rosa Recreation & Parks hope 2022 will bring you and all of us more ZEST for LIFE! Our senior centers are open and offer many ways to celebrate LIFE including:

- L** for Learning and expanding knowledge
- I** for Independence and living on your own terms
- F** for Friends and enjoying life
- E** for Energy, health and vitality

Please take a moment to consider the many programs offered at your senior centers, as there is something for everyone! Start 2022 by coming back to see us (if you haven't already), trying something new, and becoming a senior center member! See the full list of classes at srcity.org/ActiveSeniors. The centers continue to follow COVID safety protocols to provide your favorite activities and help you discover your ZEST for LIFE!

### Renew Your Membership or Join Today!

Join or renew by Jan 31st to receive 2 FREE Howarth Park train tickets and a ZEST for LIFE coffee mug! For member benefits see page 4 or visit srcity.org/ActiveSeniors. Stop by the front desk or give us a call to renew or join!



### Foot Class Donates 50+ Pairs of Socks

In October, our Balance class had a “foot session” where participants took off their shoes to emphasize foot health and do exercises in their socks. To compliment the theme, class members were invited to bring new socks to be donated to community members experiencing homelessness. This resulted in a 6-foot-long table covered deep with socks that were taken to the Redwood Gospel Mission and given to those in need.

## Mark Your Calendar

PSW = Person Senior Wing  
STL = Steele Lane Center

### JANUARY

- Jan 7 Dance, Tom Shader Trio, *Finley*
- Jan 14 Dance, Carl Green, *Finley*
- Jan 17 MLK Holiday, Centers Closed
- Jan 21 Dance, Steve Luther, *Finley*
- Jan 28 Dance, SwingSet, *Finley*

### FEBRUARY

- Feb 4 NO Dance, *Finley Maintenance*
- Feb 11 Valentine's Dance Social, Tom Sharder Trio, *Finley*
- Feb 18 Dance, Steve Luther, *Finley*
- Feb 21 President's Holiday, Centers Closed
- Feb 25 Dance, SwingSet, *Finley*



Guy Richards teaches Mahjong at PSW

## Community Center News



### Legal Consultation

Meet with an elder law attorney for a 15-minute private consultation.

Attorney: Roy Johnston  
PSW/Rm28  
4th Thursday, 1/27 & 2/24  
FREE members, \$5 non-members  
Pre-registration required

### Bingo

Keep your mind active and brain stimulated as a variety of bingo games are played in the large auditorium at Steele Lane. Bingo callers are available to assist those that are new to the program. This is a great opportunity to get out, socialize, and hopefully win a few games! Come by and give it a try!

STL/Dohn Rm  
Mon, Wed 11:30-2:30pm  
\$2.50 members, \$3 non-members  
Pre-registration required

### Instructor Spotlight!

#### 'Guy' Richards - Mahjong

PSW Instructor 'Guy' Richards has played Mahjong since he was 13 and he'd love to teach you how! Mahjong is a Chinese game played, usually by four people, with 136 or 144 rectangular pieces called tiles. The object is to collect winning sets of these tiles, as in card games such as gin rummy. Both eastern and western versions of the game are played and supplies are provided. Mahjong is played at both senior centers.

PSW/Rm21  
Fri, 8:45-12pm  
\$3.50 members, \$4 non-members  
Instructor: Guy Richards

STL/Rm6  
Wed, 10:30-1:30pm  
\$2.50 members, \$3 non-members  
Instructor: Kaaren Wong

## Senior Interest



**FREE for Members!**

### Guest Speaker Series for Senior Members

Join us for engaging, educational presentations on a wide variety of topics.

#### Premier World Discovery presents: Upcoming Travel Opportunities

Joan Thornton, Premier World Discovery Representative, presents highlights of their travel package opportunities in 2022 including:

The Magnolia Trail & The Heart of Texas featuring Magnolia Market at the Silos and HGTV Fixer Upper Tour

Utah's Mighty National Parks by Rail featuring the NEW 2 Day Rocky Mountaineer Train Experience from Moab to Denver

Landscapes & Lighthouses of Coastal Maine featuring Five Nights in Kennebunkport

Wednesday, January 19, 11-12pm  
PSW/Rm23  
\$2 non-members



#### Johnston-Thomas Attorneys at Law presents: Basic Estate Planning

Roy Johnston, Attorney offering legal services specific to seniors including:

- Avoid the traps of giving property to children
- Why do I need a trust? The basics of estate planning
- What do I do when my spouse passes?
- My Partner Has Dementia – What do I do?
- How to Create Your Own Will, Power of Attorney and Health Care Directive
- How do I name a charity in my trust or will?



## Senior Resources

### Avoid Being a Victim to Scams

A scam is a deceptive scheme or trick used to cheat someone out of something, especially money. For example, a bank calls you asking for your credit card number or social security number over the phone -- this is a scam!

#### It might be a scam if:

1. It seems too good to be true – for example, a holiday that's much cheaper than you'd expect.
2. Someone you don't know contacts you unexpectedly.
3. You've been asked to transfer money quickly.
4. You suspect you're not dealing with a real company, for example no postal address.

#### What You Can Do to Avoid a Scam

1. Block unwanted calls and text messages.
2. Don't give your personal or financial information in response to a request that you didn't expect.
3. Resist the pressure to act immediately.
4. Know how scammers tell you to pay
5. Stop and talk to someone you trust.

