

# Zest for Life

NEWS AND ACTIVITIES FOR THE 50+ COMMUNITY

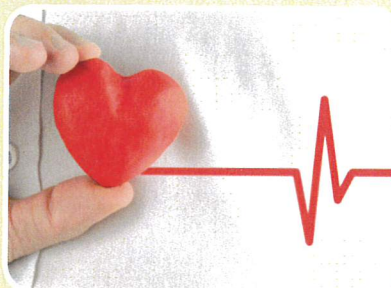
Person Senior Wing • 2060 W. College Ave, Santa Rosa, CA 95401 • 707-543-3745

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## Join Us for Heart Health Month

February is Heart Health Month but why wait to get your heart healthy?! Let's begin now to make heart-healthy choices and fight back against cardiovascular disease, which is the number one cause of death in the U.S! Here are a few steps to begin today to protect yourself from heart disease and stroke:



- Get up and move your body for at least 30 minutes on most days of the week.
- Ask your doctor if you should take an aspirin every day.
- Find out if you have high blood pressure or cholesterol and get effective treatment if you do.
- If you smoke, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans-fat.
- Take control of your heart health by following your doctor's prescription instructions.

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### What's Upcoming?

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## Get Unique Gifts at the Handmade Holiday Crafts Fair, Dec. 3 & 4

Now in its 47th year, this unique shopping experience features 90+ artisans and entertainers at the Finley Community Center and Person Senior Wing. Purchase prize giveaway tickets for chances to win vendor donated crafts. Plus, ride Rosie the Trolley for free between the Crafts Fair and the Holiday Open House at Luther Burbank Home & Gardens. Entry is \$5 for both days, kids 12 and under are free.



## Try a New Activity for FREE!

**Save the Date –  
Saturday, Feb. 11**

Join us at Person Senior Wing on Saturday, Feb. 11, 2023 from 9am-12pm for FREE activities in honor of Heart Health Month. Many activities will be geared towards seniors, but this event is open to ages 18+, so bring your adult friends and family! Visit SRCity.org/ActiveAdults in January to view the schedule and pre-register (no fee).



## Mark Your Calendar

### DECEMBER

- Dec 2 Crafts Fair, *NO DANCE*  
Dec 3-4 Handmade Holiday Crafts Fair  
Dec 9 Dance, Memory Lane Combo, *Finley*  
Dec 16 Holiday Dance, Steve Luther DJ, *Finley*  
Dec 23 Winter Camp, *NO DANCE*  
Dec 26 Christmas, *Center Closed*  
Dec 30 Winter Camp, *NO DANCE*

### JANUARY

- Jan 2 New Years, *NO DANCE*  
Jan 6 Dance, Tom Shader Trio, *Finley*  
Jan 13 Dance, Memory Lane Combo, *Finley*  
Jan 16 MLK Day, *Center Closed*  
Jan 20 Dance, Steve Luther DJ, *Finley*  
Jan 27 Dance, SwingSet Band, *Finley*

### FEBRUARY

- Feb 3 Dance, Tom Shader Trio, *Finley*  
Feb 10 Dance, Memory Lane Combo, *Finley*  
Feb 17 Maintenance, *NO DANCE*  
Feb 20 Presidents' Day, *Centers Closed*  
Feb 24 Dance, SwingSet Band, *Finley*

## Employee Spotlight

Please welcome

Anne Pellegrini to the front desk at Person Senior Wing.

You may recognize Anne from Finley Aquatics Center where she previously worked front desk.

Anne enjoys playing and coaching soccer, she has a new Corgi puppy named Willow, and likes to travel in her free time. We thank Anne for being an important part of our team and creating a welcoming environment for all who visit our centers.



## Community Center News

### Activity Spotlight

#### Strength and Balance

Meet our newest fitness instructor, Autumn Buss.

A lifelong fitness enthusiast, Autumn has been an instructor and trainer since 2015, specializing in Pilates, yoga, and senior fitness. She is certified by the American Council on Exercise and passionate about core strength development, balance skills, functional fitness, excellent posture, and mind-body connection. Her teaching style focuses on meeting students where they are and offering plenty of modifications for different levels and different bodies.

*Person Sr. Wing*

*Fri, 11:30-12:30pm*

*\$6.50 members, \$7 non-members*



#### Mindfulness

Experience mindfulness through the practice of meditation and focused discussion. Connecting with one another and sharing stories is a wonderful way to enhance your life, increase your focus and sense of calm, and make new friends. Instructor Bette Smith has been practicing mindfulness and meditation for over 30 years for health and inspiration. She enjoys helping others learn this ancient and powerful method of self-care for the mind and body.

*Person Sr. Wing/Rm28*

*Tue, 1/24-5/23, 11:30-12:30pm*

*\$2.50 members, \$3 non-members weekly facility fee*

*Pre-registration required through SRJC Older Adults Program - FREE*



**FREE for Members!**

## Senior Interest

### Guest Speaker Series for Senior Members

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



*California Department of Financial Protection and Innovation presents:*

#### **Protecting Yourself from Fraud**

Join Fernando Ponce for an in-person one-hour presentation as he shares a variety of information and resources that will help you protect yourself from new and emerging financial scams.

*Thu, December 8, 11am-12pm*

*Person Sr. Wing/Rm 22*

*\$2 non-members*

*Pre-registration required  
(code 57524)*



*Premier World Discovery presents:*

#### **Upcoming Travel Opportunities**

Joan Thornton, Premier World Discovery Representative, presents highlights of travel package opportunities in 2023..

*Thu, January 19, 1:30-2:30pm*

*Person Sr. Wing/Rm 23*

*\$2 non-members*

*Pre-registration required  
(code 57848)*

## Madrone Audubon Bird Watching Walks

**These field trips are free**, open to the public and most suitable for beginning to intermediate levels of interest. Wear layered clothing, hats, and sun protection. Sturdy walking shoes or hiking boots recommended. Heavy rain cancels the walks unless otherwise indicated. No pre-registration is required.

#### **Laguna de Santa Rosa**

*Thu, Dec 8, 8:30-10:30am*

Meet in the parking lot off Hwy 12

#### **Cloverdale River Walk**

*Thu, Jan 12, 8:30-10:30am*

101 Hwy, exit 522, right on Redwood Hwy, then right on McCray Rd.

Parking pass required.

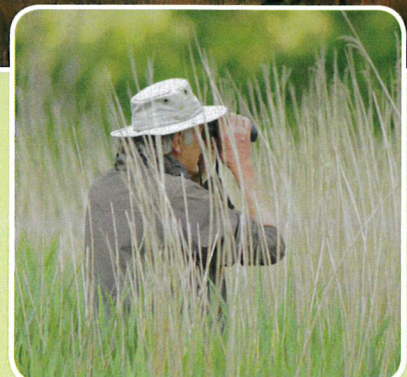
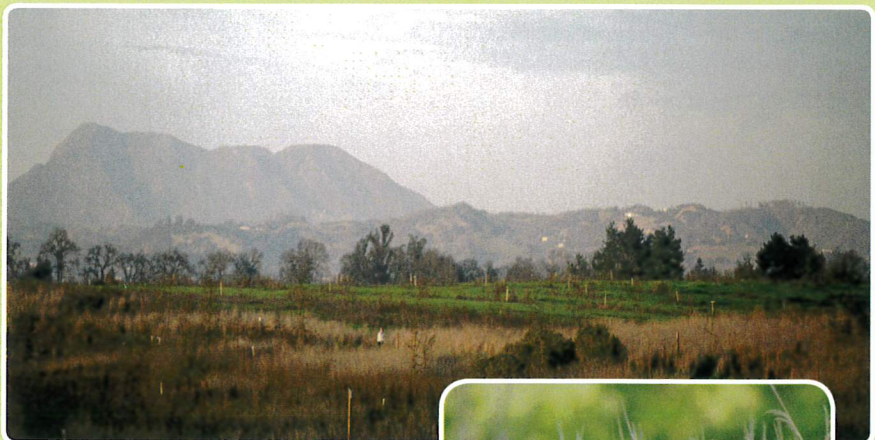
#### **Ellis Creek Ponds**

*Thu, Jan 26, 8:30-10:30am*

Hwy 101, So. McDowell Blvd. exit, right on Cypress Dr, through gates.

Call walk leader Janet Bosshard at (707) 526-5883 for more information or visit the Madrone Audubon website at [madroneaudubon.org](http://madroneaudubon.org).

Are you an experienced birder? Check the Redwood Region Ornithological Society website for birding event dates at [rros.org/newsletter](http://rros.org/newsletter).







2060 W. College Ave.  
Santa Rosa, CA 95401



[SRCity.org/Seniors](http://SRCity.org/Seniors)

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For accessible information call (707)543-3292



THE 47th ANNUAL

# Handmade Holiday CRAFTS FAIR

Featuring 90 artisans & live entertainment

**DEC 3 & DEC 4 10AM-4PM**

A \$5 admission fee gets  
you in all weekend!

Finley Community Center  
2060 W. College Ave.  
[srcity.org/CraftsFair](http://srcity.org/CraftsFair)

Ride "Rosie the  
Trolley" for free

