

Zest for Life

NEWS AND ACTIVITIES FOR THE 50+ COMMUNITY

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

SantaRosaRec.com

Steele Lane Recreation Center • 415 Steele Lane, Santa Rosa, CA 95403 • 707-543-3282 Ext 1



Senior Expo Returns!

Explore 50-plus exhibits and meet with representatives from the most important aspects of senior living at the 21st annual Senior Expo. Admission is FREE to this event, which showcases meaningful products, services, and educational opportunities for seniors in our community. Interact with local financial and medical experts, estate planning professionals, and health insurance specialists. Explore ways to have fun and stay healthy with information on travel, recreation, fitness, and nutrition. Join us for the prize giveaway! Proceeds from the Senior Expo benefit our senior centers at Person Senior Wing and Steele Lane Community Center.



Person Senior Wing
Sat, July 9, 9am-12pm
FREE!



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Lunch Program at Steele Lane

The Council on Aging offers two chef prepared restaurant quality meal programs at the Steele Lane Community Center for seniors age 60-plus. On Mondays, individually wrapped cold lunches are provided to participants of senior center activities at 12:45pm (must call/order one week in advance). On Thursdays from 10:30-12pm, five-day meal packs are available for drive-thru pick-up (must call/order 48 hours in advance). A \$4 donation is requested, but not required.

To participate call: Monday meal: (707) 525-0143 ext. 104

Thursday meals: (707) 525-0143 ext. 013

Mark Your Calendar

JUNE

- Jun 3 Dance, Tom Shader Trio, *Finley*
- Jun 4 Bingo Party, *Steele Lane*
- Jun 10 Dance, Memory Lane Combo, *Finley*
- Jun 17 Dance, Steve Luther DJ, *Finley*
- Jun 24 Dance, SwingSet Band, *Finley*

JULY

- Jul 1 Dance, Tom Shader Trio, *Finley*
- Jul 4 Independence Day Holiday, *Centers Closed*
- Jul 8 Dance, Memory Lane Combo, *Finley*
- Jul 9 Senior Expo, *Person Senior Wing*
- Jul 15 Dance, Steve Luther DJ, *Finley*
- Jul 22 Dance, SwingSet Band, *Finley*
- Jul 29 Dance, Steve Luther DJ, *Finley*

JULY

- Aug 5 Dance, Tom Shader Trio, *Finley*
- Aug 12 Dance, Memory Lane Combo, *Finley*
- Aug 19 Hawaii Day Dance, Steve Luther DJ, *Finley*
- Aug 26 Dance, SwingSet Band, *Finley*

NEW Instructor Spotlight



NEW! Memory Lane Combo Ballroom Dance Band

Welcome Mike Ferrell and his Memory Lane Combo to our ballroom dance lineup! Enjoy a wide range of popular standards and jazzy classics from the 1920s through the 1960s, all delivered in three-part vocal harmonies with piano, bass, drums, and percussion. Made up of seasoned musicians who perform throughout the Bay Area, the Memory Lane Combo promises to provide an enjoyable dance experience.

Finley Person Auditorium, 2nd Fridays
\$8.50 members, \$9 non-members (Seniors 50+)

Activity Spotlight

NEW! Kaluki Card Game

Have you ever played Kaluki? Are you interested in playing? This rummy game, which is popular in England, is played by two to four people and uses two full decks of cards, plus two jokers (that's 106 cards in play!). Volunteer Tony Galloway has offered to teach and lead a new group, and we are collecting names of interested players. Please contact the Person Senior Wing to join the list and, once we have enough interest, we'll choose a regular day and time to play.



Billiards

Did you know Steele Lane Community Center has a billiards room with two regulation size tables? Stop by the front desk or call the center to reserve a spot to play. All levels are welcome, and 'regulars' are available to assist you with helpful tips!

Steele Lane Center
Mon-Fri, 9am-12pm & 12-3pm
\$3 non-member, \$2.50 members
Pre-registration required

Ukulele

Learn to play the ukulele with Clayton Wilson's beginning class at Steele Lane Community Center. Clayton offers wonderful one-on-one attention during this drop-in class and does a remarkable job preparing participants for higher level courses. He is well known in the ukulele community for his teaching and his performances. Bring your own ukulele.

Steele Lane Center
Tue, 2-3pm
\$4 non-members, \$3.50 members

FREE for Members!

Senior Interest

Guest Speaker Series for Senior Members

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

Senior Advocacy Services presents:
**Scams Target You,
PROTECT YOURSELF
Frauds, Scams and Other
Types of Abuse**

Donata Mikulik, who is an Elder Justice Coordinator with Senior Advocacy Services, presents information on local scams that are common right now, and provides tips to protect yourself and your assets.

*Wed, Jun 22, 11am-12pm
Person Senior Wing/Rm23
\$2 non-members
Pre-registration required*



Medi-Cal Consulting presents:
**You have questions,
Lisa has answers!**

Join Lisa Ramsey with Medi-Cal Consulting for an online discussion about Medi-Cal. The experience she gained as a consultant for two major nursing home corporations and as a Medi-Cal worker in two counties makes her one of the leading experts in this field.

Online ONLY. Don't have internet access at home? Attend at the Person Senior Wing using your smart phone with free internet or request computer lab assistance when registering.

*Wed, Jul 20, 11am-12pm
\$2 non-members
Pre-registration required*

Lois Ann Flood presents:
**The Life and Art of
Isadora Duncan**

Celebrate modern dance pioneer Isadora Duncan with a special presentation

by dancer, choreographer, and Duncan-historian Lois Flood, who brings Isadora to life through dance and storytelling. Duncan's many contributions to art, politics, and feminism will also be shared.

*Person Sr. Wing/Rm1
Fri, Aug 5, 1-2pm
\$5 non-members
Pre-registration required*



Senior Resources

Self-Defense for Seniors

Join instructor Laura Doty in this seminar for seniors that focuses on ways to avoid dangerous situations and how to stay safe when you feel threatened. Learn about using your voice, avoiding contact, and simple exit techniques in this self-defense seminar appropriate for most mobility levels.

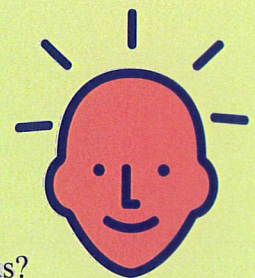
*Thu, Jul 7, 1-3pm
Person Senior Wing/Rm4
\$5 non-members
Pre-registration required
visit srcity.org/seniors,
call 707-543-3745*



Becoming a Conscious Aging Woman

What do our later years hold for us, demand of, and offer us? Retired social workers Chris Kostoff and Jean Eilerman lead a group discussion through the many dimensions of aging—its purpose, challenges, and surprises. By aging in a more conscious way, you can explore and enjoy what this stage of life has to offer!

*Wed, 10am-1pm
6/15-7/20 (6 sessions)
Person Senior Wing/Rm22
\$33-\$36 Pre-registration required
visit srcity.org/seniors, call 707-543-3745*





2060 W. College Ave.
Santa Rosa, CA 95401



SRCity.org/Seniors

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What's Upcoming



Join Us for a Bingo Party, June 4

Our bingo party in March was so much fun and such a success that we've added a second date – Saturday, June 4! Admission includes game sheets, lunch, daubers and fun!

*Steele Lane/Dohn Rm
Sat, June 4, 10am-2pm
\$20 (Seniors 50+)
Pre-registration required*

Plus, register to join us for regular bingo on Mondays and Wednesdays!

Coffee & Tea Service Alert

Please be sure to bring your own reusable cup to enjoy complimentary coffee and tea service at the centers. We support the City of Santa Rosa's new Zero Waste policy and will no longer provide single use cups. We appreciate your help to achieve Zero Waste, it's good for the environment and our community's future!



(707) 543-3737/ TDD (707) 543-3289 M-F 8am-5pm
For accessible information call (707)543-3292