

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

INSIDE THIS ISSUE!

Mark your Calendar

Activity Highlights 2

Community Center News

Instructor Spotlight 2

Activity Spotlight 2

Senior Interest

Guest Speaker Series 3

Senior Resources

NOAA Weather Radio 3

Stay Actively Connected 3

What's Upcoming?

Fall Puzzle 4



Senior Expo Returns!

Held the 2nd Saturday of July, the Senior Expo welcomed more than 400 seniors back to the 21st annual event. Thank you to our sponsors and congratulations to our prize giveaway winners!

Celebrate Oktoberfest with a Festive BBQ

Come celebrate autumn at the annual Oktoberfest featuring a BBQ lunch with brats and non-alcohol beverages. Enjoy live accordion and polka dance music performed by Steve Balich. Oktoberfest originated in 1810 celebrating the marriage of the crown prince of Bavaria, who later became King Louis I, to Princess Therese von Sachsen-Hildburghausen. Held outdoors so wear sunscreen and a hat.

Finley Courtyard

Fri, September 16 (12-1:30pm)

\$6 members, \$12 non-members

Pre-registration by Sep 12 required
(code 53478)



Steele Lane Center/Dohn Rm

Sat, October 15 (10am-2pm)

\$10 Pre-registration by Oct 10
required (code 55489)

\$10 due at event.

Additional bingo packs (9 games)
are available for \$5 each

Admission includes game sheets
and Lunch. We have daubers!

Bingo Party Back by Popular Demand

Bingo is the American version of an Italian game called "Lo Giuoco del Lotto D'Italia" that was all the rage dating back as far as the mid-1500s. When the game reached North America in 1929 it was known as "beano" but later renamed bingo after a caller yelled out "BINGO" instead of beano. Bingo is more than just a fun activity. Researchers have found that playing bingo has multiple health benefits. It takes concentration - which improves listening, short-term memory skills and helps us maintain a happy and healthy lifestyle.

Mark Your Calendar

SEPTEMBER

- Sep 2 Dance, Tom Shader Trio, *Finley*
- Sep 5 Labor Day, Centers Closed
- Sep 9 Dance, Memory Lane Combo, *Finley*
- Sep 16 Oktoberfest BBQ, *Finley Courtyard*
- Sep 16 Dance, Steve Luther DJ, *Finley*
- Sep 23 Dance, SwingSet Band, *Finley*
- Sep 30 Dance, Steve Luther DJ, *Finley*

OCTOBER

- Oct 7 Dance, Tom Shader Trio, *Finley*
- Oct 14 Dance, Memory Lane Combo, *Finley*
- Oct 21 Dance, Steve Luther DJ, *Finley*
- Oct 28 Halloween Dance, SwingSet Band, *Finley*

NOVEMBER

- Nov 4 Dance, Tom Shader Trio, *Finley*
- Nov 11 Veteran's Day, *Centers Closed*
- Nov 18 Dance, Steve Luther DJ, *Finley*
- Nov 24-25 Thanksgiving, *Centers Closed*

Community Center News

A Special Class Just for Veterans Learn Pole Walking for Balance and Mobility

This course is for veterans ONLY. When Pole Walking, you feel energized, taller and more confident! This training is designed for people with mild to moderate mobility challenges and is ideal if you are preparing for or recovering from joint surgery. People with MS, Parkinson's, arthritis or aging joints find these skills invaluable for maintaining quality of life. Variety of poles are provided. Instructor: Jayah Faye Paley

Person Sr. Wing/Rm4

Fri, October 14 (9:30am-12:30pm)

\$4 non-members

Pre-registration required (code 53942)

Spanish – Luis (Brand New Beginning)

Brand new to Spanish? Instructor Luis Salvago-Toledo is offering to teach a group the basics.

Person Sr. Wing/Rm28

Tue, weekly 1-2:30pm

\$3 non-members



Activity Spotlight

Common Ground Dog Training with Mike Ossenbeck

While the COVID pandemic threw much of normal life into a tailspin, there was one class that was able to come back safely and quickly -- Companion Dog Training. Mike Ossenbeck has been teaching classes with Santa Rosa Recreation & Parks for several years and has been working with dogs and their loved ones for over 30 years. Many class participants have been active adults, using their time to work on better manners for their furry family members. If your canine companion could use some training, please visit santarosarec.com to register for one of Mike's dog training classes.

FREE for Members!

Senior Interest

Guest Speaker Series for Senior Members

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

JOHNSTON | THOMAS

ATTORNEYS AT LAW, PC

Johnston-Thomas Attorneys at Law presents:
Create Your Own Basic Estate Plan – Roy Johnston

This workshop is suited for those who have a simple estate and do not own their home or real estate, thus do not need a trust (forms and guidance provided).

Wed, September 21, 10-11:30am

Person Sr. Wing/Rm 23

\$5 non-members

*Pre-registration required
(code 55138)*



Premier World Discovery presents:
Upcoming Travel Opportunities

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

Thu, November 3, 1:30-2:30pm

Person Sr. Wing/Rm 23

\$2 non-members

*Pre-registration required
(code 55190)*

Senior Resources

Stay Actively Connected

A **Mighty Good Time** is a curated online calendar of events for adults 50 and older, featuring in-person, virtual, and phone-accessible activities, from around the country. The site is completely free to search and features thousands of events annually from recreation providers who are also passionate about facilitating connection, improving health, and aging-well, visit: amightygoodtime.com



4 Ways to Live an Active Life

Move your body



Learn something new



Get creative



Engage with others



Get a Free All Hazards NOAA Weather Radio

All Hazards NOAA Weather Radio (NWR) is a low-cost home alerting tool that can be remotely activated by the National Weather Service (NWS) to broadcast life-saving warnings issued by first responders. NWRs include battery backups. Available free at both senior center front counters. To learn more about the City's alert and warning tools, visit: srcity.org/ReadySR.



2060 W. College Ave.
Santa Rosa, CA 95401



SRCity.org/Seniors

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**Parks
Make
Life
Better!**

Fall Season Word Search

Find the words from the right column in the grid.
Words may be forward, backward, up, down or diagonal. Good luck!



L	D	G	E	T	Q	Z	I	K	N	F	Y	Q	V	T	I	Q	W	T	Z
Q	J	J	P	P	E	L	W	U	E	O	Q	K	D	C	K	Y	O	Y	M
X	M	D	X	J	H	H	C	K	E	A	W	Q	O	I	M	E	R	I	H
O	P	G	Q	S	N	D	A	N	W	A	Q	D	D	D	M	S	C	X	F
A	W	N	M	U	T	U	A	I	O	C	R	K	S	E	V	A	E	L	B
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W	M	O	Y	S	K	U	M	H	L	R	Q	M	M	X	D	N	A	G	V
S	G	T	R	M	U	C	L	I	A	M	T	J	B	N	M	P	C	V	M
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B	U	N	R	B	B	M	I	A	B	B	E	P	Q	D	H	N	D	N	B
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I	C	U	A	U	P	Q	B	O	P	L	L	A	F	E	K	H	H	F	E
F	I	T	C	D	S	M	N	F	D	E	P	O	C	Q	W	Z	L	N	R
E	Y	O	O	N	C	E	U	R	F	P	S	X	K	R	P	U	Y	T	L
X	T	T	R	B	D	R	A	P	L	C	V	I	S	Y	D	G	V	E	D
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O	U	J	I	E	D	R	L	H	Q	A	G	Z	K	L	R	X	G	E	A
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ACORN
APPLE
AUTUMN
CIDER
FALL
HALLOWEEN
HARVEST
LEAVES
NOVEMBER
OCTOBER
PUMPKIN
RAKE
SCARECROW
SEASON
SEPTEMBER
THANKSGIVING

