



The Clover Leaf

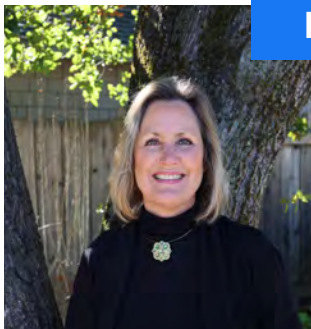
September/October 2025



311 N. Main Street | Cloverdale, CA. 95425
(707) 894-4826 | csmc@cloverdaleseniorcenter.org
www.CloverdaleSeniorCenter.org

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Melanie's Message



Goodbye summer, hello fall. Summer seemed to go by really fast this year, maybe it is because we had a cooler one with fewer 100+ degree days. I know I will miss going to the Friday Night Live concerts, which are such a good social experience where we can enjoy so many tantalizing smells coming from the food vendors. I do love the many colors of fall, harvesting vegetables from the garden, and the glorious sunsets; it is such a wonderful time of year.

September is also Falls Prevention Awareness Month, which is to educate older adults and others on how to identify and mitigate fall risks while promoting safety and independence. The best way to take care of yourself is to be proactive by educating yourself. One way is to assess your home for hazards like loose rugs and clutter and make changes if needed. Another way is engaging in regular exercises that focus on strength and balance. Do not let a fall become your downfall. We

have classes at the center that can help you improve your strength and balance, such as Strength Training; Stretch, Tone, and Balance; Qi Gong/Drug Free Secrets to Longevity; Ballroom Dancing; Yoga; and Chair Yoga. Call or come by to find out more information.

Want to get to know yourself better? Then join Ann Styles for our Enneagram class starting October 6, 10-11. According to The Enneagram Institute, there are nine Enneagram types. Are you the Reformer, Helper, Achiever, Individualist, Investigator, Loyalist, Enthusiast, Challenger, or Peacemaker? This information is used in various settings to help you understand yourself and others. We are looking for nine people to join the group and have some fun getting to know each other and themselves.

If you want to get to know a real-life trailblazer, then come join us for Elaine Rock's presentation of her book, **Dusty Roads: Meet the Hidden Figure Who Really Ignited the Women's Movement**.

Our Literary Luncheon will be on October 25, 12-2, where you will get a nostalgic lunch and learn more about the brave and passionate Dusty Roads.

I look forward to seeing you soon.



Clover Springs Presentation - 7/8/2025



National Night Out - Outreach Table 8/5/2025



Connect with Us

(707) 894-4826

311 N. Main Street, Cloverdale

M-F 8:30 AM - 4:00 PM

CSMC@CloverdaleSeniorCenter.org

Creative Notions Store

(707) 894-4110

119 W. 1st Street, Cloverdale

Tue. - Fri. 10 AM - 4 PM

Sat. 10 AM - 1 PM

Board of Directors

Dana Johnson - President

Frank McAtee - Co-Vice President

Dr. Kenneth Allen - Co-Vice President

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BOD@CloverdaleSeniorCenter.org

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Program Manager

Melanie@CloverdaleSeniorCenter.org

Anthony Ramirez

Administrative Manager

Anthony@CloverdaleSeniorCenter.org

Trish Chappell

Administrative Assistant

Trish@CloverdaleSeniorCenter.org

Volunteers Needed

We're looking for a couple of volunteers to help with Wednesday and Friday lunches! Tasks include setting up, serving, and cleaning up afterward. Training will be provided, no experience necessary. A required Food Handler's Class & Certificate will be provided by the Senior Center.

Please contact Melanie Hall
(707) 894-4826 or
melanie@cloverdaleseniorcenter.org

Board of Directors Updates

Board Meetings are on the third Wednesday of the month at 4 PM at the Senior Center.

Senior Center Community Endowment

Now is the time to support the Cloverdale Senior Multipurpose Center with your participation in our Community Endowment Program. Working with Redwood Credit Union (RCU), we have set up a fund to provide for future generations to enjoy the benefits and programs available at the Senior Center. With your help, the Senior Center will exist far into the future for all to enjoy.

Make the choice today to set up a one-time, weekly, or monthly contribution to the Senior Center Community Endowment account at RCU. In addition, we invite you to include the Senior Center in your estate plan as part of your will or trust. Invest in our community's future. Make a difference!

**Creative Notions**

Open Tue.-Fri., 10 AM-4 PM, & Sat., 10 AM-1 PM

Sidewalk Sale on Wednesday

(Weather Permitting)

119 1st Street, Cloverdale

(707) 894-4110

**Welcome New Members!**

Alyssa Karau
Andi Dorfman
Audrey Brush
Benjamin M Suarez
Bettyjean Byrne
Connie Woods
Cynthia "Cindy" Price
Delmer "Del" Whitley
Diana Dodson
Dina Inamn

Francelia Miranda
Gloria Kaiser
Guillermina Suarez
India Collins
Jacquie F Windisch
Janet Suarez
Jessie M Young
Johnathan Kreger
Judy Gollan
Laurie Wachter

Linda Wright
Mary L Pierce
Michael Miserlian
Peg Stanfield
Penelope Gadd-Coster
Robert Woods
Thomas Kaiser
Tracy del Paramo
Valerie Marder
William "Bill" Case

**CLOVER Lunch CLUB**

Monday (Lunes)
Thai Spice

\$8

RSVP Deadline 3PM Friday
(Fecha límite para confirmar asistencia: viernes a las 3 PM)

Tuesday (Martes)

El Milagro**\$8**

RSVP Deadline 3PM Monday
(Fecha límite para confirmar asistencia: lunes a las 3 PM)

Wednesday (Miércoles)

Papa's Pizza - Pizza or Hot Subs
(Pizza o submarinos calientes)

\$8

RSVP Deadline 3PM Tuesday
(Fecha límite para confirmar asistencia: martes a las 3 PM)



Friday (Viernes)

Soup & Salad
(Sopa y Ensalada)

\$8

RSVP Deadline 3PM Wednesday
(Fecha límite para confirmar asistencia: miércoles a las 3 PM)



Empowered Living With William Cordingley

Manifesting Desires Thursdays, September 11 & 25 3:00-4:00 PM

Learn How to Manifest Your Desires.
Take Control of Your Life Experiences.

We all have things and experiences we want...but do we know how to make them happen? We have much more power to manifest our desires than we think—if we know how! Learn simple tools to help guide how your life unfolds. Get life-changing answers, tools, and exercises! This is a two-part course, so make sure you sign up for both dates in September.



Clear Fear

Thursdays, October 9 & 23 3:00-4:00 PM

If you didn't have to cope with fear, life would be so much better!

Learn simple tools to reduce and clear your fears.

Worries, fears, and doubts are huge barriers. They convince us we're powerless. They stop us from doing what we want. We deny and ignore them, but they never seem to go away.

"It's not easy to describe these classes for sure, [but] they are incredibly valuable."

Find out how to get rid of fear, worry, and doubt. Get life-changing answers, tools, and exercises! This is a two-part course, so make sure you sign up for both dates in October.

Please bring your questions, pen, and paper!

Reserve your spot now by calling or stopping by the Senior Center!

Members \$7, Guests \$10

Connection is Prevention At the Cloverdale Plaza 122 N Cloverdale Blvd, Cloverdale, CA Friday, September 19 4:00-7:00 PM

Creating hope through action.

September is suicide prevention month, and Life Worth Living, Sonoma County's Suicide Prevention Alliance, invites you to connect with your community to learn about available resources, volunteer opportunities, enjoy family-friendly activities, music, entertainment, and free food. Come have fun and enter to win cool prizes like a bike, gift cards, a solar-powered lantern, and more!



Coffee with the Mayor & Friends

Thursday, September 11, 10-11 AM

Our Guests -

Derrick Montanye,
Public Works Director,
and

Hector Galvan,
Public Works & Parks Superintendent
City Arborist,
City of Cloverdale



Thursday, October 9, 10-11 AM

Our Guest -

Devon Zuegel,
Development Leader,
Esmeralda



Art with Toby

Wednesday, September 17
1:30-3:00 PM

Join us for a special Art with Toby session as we celebrate Toby's Birthday!

Come make some cards, enjoy some creative time together, and help us make his day extra special.

Reserve your spot now by calling or stopping by the Senior Center!

Members \$7, Guests \$10



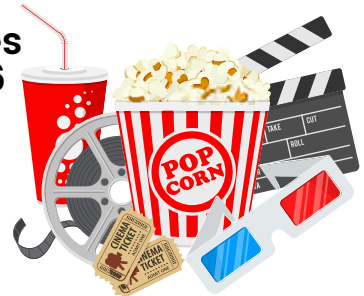
Movie & Popcorn Fried Green Tomatoes Friday, September 26 and

You've Got Mail
Friday, October 24
1:00-3:30 PM

Join us for a FREE member activity—enjoy a fun movie afternoon, complete with popcorn and great company.

This is a FREE Members Only Activity!

Reserve your spot today by calling or stopping by the Senior Center.



Our first Movie & Popcorn afternoon
featuring
Forrest Gump!

7/25/2025

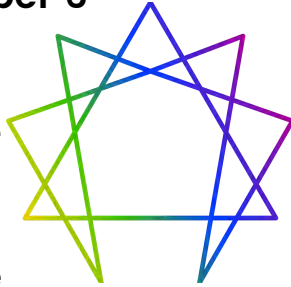


Enneagram – Led by Anne Styles

Mondays, Starting October 6

10:00–11:00 AM

We live in a time when people are not seeing each other. We are often strangers because we don't see others with the consideration and respect that is deserved. At the same time, we enjoy deeper conversation. You are invited to a class on the Enneagram, a powerful tool for understanding ourselves and others, not by our behavior, but by our motivations. We will study nine different perspectives, highlighting their strengths and accepting their weaknesses. We will aim to suspend judgment, embrace curiosity, and perhaps learn to see ourselves as others see us.



Past members of an Enneagram group, and those who have studied the Enneagram, are invited to share their stories and teach us your wisdom.

This class will be kept free from religious or political diversions.

Anne Styles is a marriage and family counselor in private practice for 35 years in Saratoga, California, and then in Cloverdale. She has taught and worked with the Enneagram for over ten years.

Reserve your spot now by calling or stopping by the Senior Center, and join us when we study your Enneagram type.

Members \$7, Guests \$10

Sentar las Bases de Proporcionar Cuidados

Mericoles, 29 de octubre

11:30–2:30 PM

Cuidar a una persona con demencia conlleva un conjunto único de retos y recompensas. Con la ayuda y el apoyo necesario, usted puede empoderarse para brindar atención de calidad mientras gestiona su propio bienestar.

Los temas del programa incluyen:

- El rol de cuidador y los cambios que puede experimentar.
- Usar el método del cuidado enfocado en la persona.
- Formar un equipo de apoyo.
- Manejar el estrés del cuidador.

Reserve su lugar hoy llamando o pasando por el Centro de Mayores.



Dahlia & Sage Senior Day

Did you know that Dahlia & Sage has a Senior Day? Every Wednesday, seniors 65 years and over receive a 10% discount. Stop by to explore their wonderful selection of groceries and prepared foods while supporting a local small business



Managing Money: A Caregiver's Guide to Finances

Wednesday, October 22

1:30–2:30 PM

ALZHEIMER'S ASSOCIATION

An education program presented by the Alzheimer's Association®

If you or someone you know is facing Alzheimer's disease, dementia, or another chronic illness, it's never too early to put financial plans in place.

Join us to learn tips for managing someone else's finances, how to prepare for future care costs, and the benefits of early planning.

Reserve your spot now by calling or stopping by the Senior Center!



Grief Support Group

Tuesday, October 28–

Tuesday, December 16

10:30–11:45 AM

We are happy to announce that the Cloverdale Senior Multipurpose Center will be offering an 8-week grief support group. This group will meet once per week on Tuesday mornings.

The purpose of this support group is to provide a safe, non-judgmental environment for people to share their thoughts, emotions, and challenges related to loss and grief. A support group is not a therapy group. While it might be therapeutic by nature, it is distinct from therapy groups in that the goal is not to provide individual or group therapy. Rather, this group will provide participants with a supportive environment to work with and help normalize the grief process. The group will have a structured, weekly format with topics and materials related to loss and grief.

The group will be facilitated by Betty Durso, a local resident of Geyserville. Betty has worked with Sutter Care at Home Hospice as a volunteer caregiver since 1988, visiting patients in their homes and/or assisted living facilities. Betty's professional background is in education, having served as a school administrator, teacher, and educational trainer in various capacities. Betty has planned, designed, and facilitated educational group seminars and workshops. She has also taught courses in higher education at Sonoma State University, Dominican University, and Humboldt State University.

Prior sign-up is required as this group is limited to 6 people. Please stop by the front desk to reserve your spot.



Calling all Bakers!

Help sweeten our Friday Bake Sales this November & December! To sign up or get more info, contact Melanie at (707) 894-4826 or melanie@cloverdaleseniorcenter.org

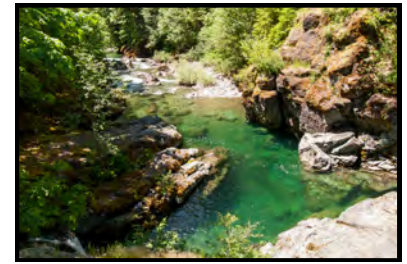




Notes for the Journey

by Louise Young

Summer at Grizzly Camp



While paying bills and wondering why everything was suddenly so expensive, I noticed a message from Lisa, my niece, who lives in nearby Richmond. Up popped a picture of a sunny meadow, grass summer blond, with a weathered, well-preserved barn, its soft wood tones warmed under the morning sunshine. I know this place. Not in the picture is the county road that passes by, the Taylorsville – Genesee Road. Scents of road dust and warm grass rise in my memory. Once there was a farm here with a few horses in the corral, several cows munching, and chickens clucking and scratching for seeds everywhere. Add two little girls exploring inside and around the barn under the watchful eyes of Grandma, who is visiting with Mrs. Sobrero about eggs and apple picking. The girls are my sister, Cathy, age eight, and me, age ten.

Three miles back toward Taylorsville, the narrow access road to Grandpa and Grandma's home, where Cathy and I lived all summer, loosely supervised by grandparents and my mother, turns off the county road and leads toward Indian Creek. They had purchased a quarter section of Plumas County land in an arm of Indian Valley. This was in 1947. My grandparents had been looking for a way out of San Francisco. They wanted a rustic resort. They bought beachfront property on Indian Creek and began putting together a home that became a sanctuary for friends and family for the next ten years. They called it Grizzly Camp.

Grandpa started with 2 boxcars: two bedrooms, a bathroom, and a kitchen. Within the next four years, they added two porches, a large living room with a huge fireplace, a third bedroom for their good friend who helped Grandpa tirelessly (except when they took beer breaks) with building. Grandpa did the building; Grandma made it a home.

For us girls, and for our cousins from Greenville who came often to visit, the center of summer living was the beach, the swimming hole, and lying in the sun. We had a platform with a ladder that gave us access to the swimming hole. Fifty feet or so from the platform was a large boulder, barely submerged, that served as a landing and rest stop. We would bake in the sun, then jump into the river to cool off. Splash around, swim back to the dock. Repeat from lying in the sun.

For the cooks, Grandma and my mother, Grandpa and a friend built a cooktop out of a sheet of heavy iron upon a base constructed of the many, many rocks hauled from the nearby wash. With a cupboard, a cooler, and a sink, our kitchen was complete. Our living, dining room was steps from the river beach. We lived outdoors, visiting the house only for the bathroom. We had our rustic resort.

As I grew older, married, and had sons, I began to appreciate more than I had when I was a child the gift my grandparents had given their family. They could have traveled, had many adventures away from Plumas County, but they were happiest with loved ones and friends around them. My memories of Grizzly Camp, days spent in the natural beauty of Indian Creek, evenings often spent with all of us on the silent river at night in the old flat-bottomed row boat, watching for beaver, listening for owls, and other night sounds were mysterious and captivating. Hugs and kisses to both of them, buried together in the Taylorsville Cemetery, with plots that have a view of their beloved Indian Valley.

The Sobrero place on Genesee Road is empty now, but that beautiful barn stands, a reminder to me that well-built things last.



Coffee with the Mayor & Anthony
8/14/2025



Lunch & Learn at Kings Valley
7/17/2025



September

Monday, September 1

CLOSED**Labor Day**

Wednesday, September 3

10-11 AM **Bean Bag Baseball**1:30-4 PM **Bunco! #1**

Friday, September 5

8:45-9:45 AM **Restorative Yoga**

Saturday, September 6

8-10:30 AM **Pancake Breakfast**

Sunday, September 7

Grandparents Day

Monday, September 8

3-4 PM **Ukulele Play Along**

Tuesday, September 9

9 AM-12 PM **Insurance Navigation (by appt)**

Wednesday, September 10

8:30 AM-2 PM Dr. Kunda Podiatrist (by appt)

10-11 AM **Bean Bag Baseball**

Thursday, September 11

10-11 AM **Coffee with the Mayor & Friends**11:30 AM-12:30 PM **Ballroom Dancing**3-4 PM **Empowered Living**

Monday, September 15

1-2 PM ***NEW* Caregiver Support Group**3-4 PM **Ukulele Play Along**

Tuesday, September 16

11 AM-4 PM **Haircuts (by appt)**

Wednesday, September 17

10-11 AM **Bean Bag Baseball**1:30-3 PM **Art with Toby**1:30-4 PM **Bunco #2**

4 PM Board Meeting

Friday, September 19

4-7 PM **Connection is Prevention
Event at the Plaza**

Monday, September 22

First Day of Fall3-4 PM **Ukulele Play Along**

Wednesday, September 24

10-11 AM **Bean Bag Baseball**

Thursday, September 25

11:30 AM-12:30 PM **Ballroom Dancing**3-4 PM **Empowered Living**

Friday, September 26

9:30-11:00 AM **Providence Mobile Clinic**12:15 PM **Ice Cream Social**12-2:45 PM **Games!**1-3:30 PM **Movie & Popcorn**

Monday, September 29

3-4 PM **Ukulele Play Along**

Tuesday, September 30

11 AM-4 PM **Haircuts (by appt)****October**

Wednesday, October 1

10-11 AM **Bean Bag Baseball**1:30-4 PM **Bunco #1**

Friday, October 3

8:45-9:45 AM **Restorative Yoga**

Monday, October 6

10-11 AM **Ennegram**1-2 PM ***NEW* Caregiver Support Group**3-4 PM **Ukulele Play Along**

Wednesday, October 8

8:30 AM-2 PM Dr. Kunda Podiatrist (by appt)

10-11 AM **Bean Bag Baseball**

Thursday, October 9

10-11 AM **Coffee with the Mayor & Friends**11:30 AM-12:30 PM **Ballroom Dancing**3-4 PM **Empowered Living**

Saturday, October 11

11:30 AM-3 PM **Card Party & Potluck**

Monday, October 13

Columbus Day10-11 AM **Ennegram**3-4 PM **Ukulele Play Along**

Tuesday, October 14

9 AM-12 PM **Insurance Navigation (by appt)**

Wednesday, October 15

10-11 AM **Bean Bag Baseball**1:30-4 PM **Bunco #2**

4 PM Board Meeting

Monday, October 20

10-11 PM **Ennegram**1-2 PM ***NEW* Caregiver Support Group**3-4 PM **Ukulele Play Along**

Tuesday, October 21

11 AM-4 PM **Haircuts (by appt)**

Wednesday, October 22

10-11 AM **Bean Bag Baseball**1:30-2:30 PM **Alzheimer's Association -
Managing Money for Caregivers**

Thursday, October 23

11:30 AM- 12:30 PM **Ballroom Dancing**3-4 PM **Empowered Living**

Friday, October 24

9:30-11 AM **Providence Mobile Clinic**12:15 PM **Ice Cream Social**12-2:45 PM **Games!**1-3:30 PM **Movie and Popcorn**

Saturday, October 25

12-2 PM **Literary Luncheon**

Monday, October 27

10-11 **Ennegram**3-4 PM **Ukulele Play Along**

Tuesday, October 28

10-30-11.45 AM **Grief Support Group**

Wednesday, October 29

10-11 PM **Bean Bag Baseball**1:30-2:30 PM **Alzheimer's Association -
Bilingual Dementia Education**

Thursday, October 30

1-2:30 PM **HICAP Medicare Annual
Choices & Changes**

Friday, October 31

Halloween


Every leaf speaks bliss to me, fluttering
from the autumn tree. -Emily Brontë



Cloverdale Senior Multipurpose Center

Activities and Events Calendar

SEPTEMBER 2025

Sun	Mon Thai Spice	Tue El Milagro	Wed Papa's Pizza Cafe	Thu No Lunch	Fri Soup & Salad	Sat
	1 CLOSED Labor Day <i>Let's CELEBRATE your HARD WORK</i>	2 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-3:30 Pinochle 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	3 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 1:30-4 Bunco! #1	4 8:45-9:45 Meditation 9-12 AVH Outreach (by appt) 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	5 8:45-9:45 Restorative Yoga 9-1 Chair Massage (by appt.) with Eleanor 10-11 CSMC Community Market 11:30-12:30 Lunch 1-4 Games!	6 8:00-10:30 Pancake Breakfast 
7 Grandparent's Day 	8 8:45-9:45 Yoga 10-10:45 Qi Gong/Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo 3-4 Ukulele Play Along	9 8:45-9:45 Meditation 9-12 Insurance Navigation (by appt) 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-3:30 Pinochle 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	10 8:30-2 Dr. Kunda, Podiatrist (by appt.) 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch	11 8:45-9:45 Meditation 10-11 Coffee with the Mayor & Friends 11:30-12:30 Ballroom Dancing 1:30-2:30 Strength Training 3:00-4:00 Empowered Living 3-3:45 Stretch, Tone & Balance	12 9-1 Chair Massage (by appt.) with Eleanor 10-11 CSMC Community Market 11:30-12:30 Lunch 1-4 Games! 	13 
14 	15 8:45-9:45 Yoga 10-10:45 Qi Gong/Drug Free Secrets to Longevity 11:30-12:30 Lunch 1-2 Caregiver Support Group 1:30-3:30 Bingo 3-4 Ukulele Play Along	16 8:45-9:45 Meditation 11-4 Haircuts by appt. 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-3:30 Pinochle 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	17 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 1:30-3 Art with Toby 1:30-4 Bunco #2 4-5 Board Meeting	18 8:45-9:45 Meditation 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance 	19 9-1 Chair Massage (by appt.) with Eleanor 10-11 CSMC Community Market 11:30-12:30 Lunch 1-4 Games! 4-7 Connection is Prevention Event at the Plaza	20 
21 	22 First Day of Fall 8:45-9:45 Yoga 10-10:45 Qi Gong/Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo 3-4 Ukulele Play Along	23 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-3:30 Pinochle 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	24 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch	25 8:45-9:45 Meditation 11:30-12:30 Ballroom Dancing 1:30-2:30 Strength Training 3:00-4:00 Empowered Living 3-3:45 Stretch, Tone & Balance	26 9-1 Chair Massage (by appt.) with Eleanor 9:30-11 Providence Mobile Clinic 10-11 CSMC Community Market 11:30-12:30 Lunch 12:15 Ice Cream Social 12-2:45 Games! 1-3:30 Movie and Popcorn	27 
28 	29 8:45-9:45 Yoga 10-10:45 Qi Gong/Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo 3-4 Ukulele Play Along	30 8:45-9:45 Meditation 11-4 Haircuts by appt. 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-3:30 Pinochle 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	 <i>Happy fall</i>			



Cloverdale Senior Multipurpose Center

Activities and Events Calendar

OCTOBER 2025

Sun	Mon Thai Spice	Tue El Milagro	Wed Papa's Pizza Cafe	Thu	Fri Soup & Salad	Sat
	 		1 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 1:30-4 Buncol #1	2 8:45-9:45 Meditation 9-12 AVH Outreach (by appt) 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	3 8:45-9:45 Restorative Yoga 9-1 Chair Massage (by appt.) with Eleanor 10-11 CSMC Community Market 11:30-12:30 Lunch 1-4 Games!	4 
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12 	13 Columbus Day 8:45-9:45 Yoga 10-11 Enneagram 10-10:45 Qi Gong/Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo 3-4 Ukulele Play Along	14 8:45-9:45 Meditation 9-12 Insurance Navigation (by appt) 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-3:30 Pinochle 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	15 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 1:30-4 Buncol #2 4-5 Board Meeting	16 8:45-9:45 Meditation 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance 	17 9-1 Chair Massage (by appt.) with Eleanor 10-11 CSMC Community Market 11:30-12:30 Lunch 1-4 Games! 	18 
19 	20 8:45-9:45 Yoga 10-11 Enneagram 10-10:45 Qi Gong/Drug Free Secrets to Longevity 11:30-12:30 Lunch 1-2 Caregiver Support Group 1:30-3:30 Bingo 3-4 Ukulele Play Along	21 8:45-9:45 Meditation 11-4 Haircuts by appt. 10-11 Nimble Fingers 11:30-12:30 Lunch 1:30-3:30 Pinochle 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	22 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 1:30-2:30 Alzheimer's Assoc. Managing Money for Caregivers	23 8:45-9:45 Meditation 11:30-12:30 Ballroom Dancing 1:30-2:30 Strength Training 3:00-4:00 Empowered Living 3-3:45 Stretch, Tone & Balance	24 9-1 Chair Massage (by appt.) with Eleanor 9:30-11 Providence Mobile Clinic 10-11 CSMC Community Market 11:30-12:30 Lunch 12:15 Ice Cream Social 12-2:45 Games! 1-3:30 Movie and Popcorn	25 12-2 Literary Luncheon 
26 	27 8:45-9:45 Yoga 10-11 Enneagram 10-10:45 Qi Gong/Drug Free Secrets to Longevity 11:30-12:30 Lunch 1:30-3:30 Bingo 3-4 Ukulele Play Along	28 8:45-9:45 Meditation 10-11 Nimble Fingers 10:30-11:45 Grief Support Group 11:30-12:30 Lunch 1:30-3:30 Pinochle 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	29 8:45-9:45 Yoga 10-11 Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch 1:30-2:30 Alzheimer's Assoc. Bilingual Dementia Ed	30 8:45-9:45 Meditation 1-2:30 HICAP Medicare Annual Choices & Changes 1:30-2:30 Strength Training 3-3:45 Stretch, Tone & Balance	31 Halloween 9-1 Chair Massage (by appt.) with Eleanor 10-11 CSMC Community Market 11:30-12:30 Lunch 1-4 Games!  HALLOWEEN	

HICAP Presentation – Medicare Choices & Changes

Thursday, October 30
1:00–2:30 PM

What You'll Learn

- Savings Options
- Advantage Plan Changes
- Part D Changes
- Guaranteed Issue Rights

Reserve your spot now by calling or stopping by the Senior Center!

***HICAP does not endorse nor recommend any insurance companies or agents. HICAP does not sell anything.**



Beginning Ballroom Dancing

Thursdays, September 11 & 25

October 9 & 23

11:30 AM–12:30 PM

Get your dancing shoes on!

Step into the spotlight with Madrid and learn beginner moves that'll have you gliding like a star in no time.

Madrid Amora-Mora is a seasoned professional with nine years of experience as a dance instructor and competitor, having earned titles at regional, national, and international ballroom dancing events. In this beginner-friendly series, you'll be introduced to both smooth and rhythm dances—including the Waltz, Tango, Foxtrot, Salsa, Bachata, and Swing. Whether you're dancing solo or with a partner, this is your chance to build confidence and have fun on the dance floor!

To join the fun, sign up by calling or stopping by the Senior Center—we'd love to see you there!

\$7 Members, \$10 Guests



CSMC Community Market

Fridays 10–11 AM

Fresh, affordable, and for everyone! Come check out the produce at the Senior Center, wholesale prices, **cash only**.

Don't forget your bags and a friend!



NEW Caregiver Support Group

Mondays, September 15 &

October 6 & 20

1:00–2:00 PM

Being a caregiver for someone with dementia, Alzheimer's, or a life-threatening illness can be overwhelming, emotionally, physically, and socially. Caregiving often leads to stress, fatigue, and conflict within families, and can worsen the caregiver's own health and well-being. As someone who has walked this path, Jude Elliott understands the deep challenges it brings. Our caregiver support group offers a safe, supportive space to share experiences, gain insights, and learn healthy self-care strategies. While not a therapy group, it is a place for connection, understanding, and encouragement.

Dr. Jude Elliott draws on both professional expertise and heartfelt understanding to lead the caregiver support group. A Cloverdale resident for 25 years, Jude is both a Speech and Language Pathologist and a retired Psychologist. Her professional background includes working with children and adults across a broad range of needs, as well as teaching at the university level. Most recently, she has focused on supporting caregivers of individuals with dementia and Alzheimer's, helping them navigate the emotional and practical challenges of caregiving with empathy, insight, and practical strategies for well-being.

Sign up today by calling or stopping by the Senior Center.



Bernie bringing the music to life!



Music washes away from the soul the dust of everyday life.
—Berthold Aurbach



Where words fail, music speaks.
—Hans Christian Andersen



Member Spotlight

Elaine Rock



I moved to Cloverdale in 2017 from a residential area called Mt. Weske Estates in Windsor. Moving day was July 4th, and it was 116 degrees! That was four years after my husband passed away, and a deferred maintenance remodel project of the Windsor home was completed.

I joined the Senior Center shortly after I moved to Cloverdale when I saw all the excellent programs offered to seniors in the area. I joined because I hoped to participate in some of the classes available. I found much more than I expected.

I see Dr. Kunda, the traveling podiatrist, every month because I have problem toes, and I even had a successful minor surgery performed by her in her San Francisco office last year. Her visits are very convenient for us, and I appreciate her willingness to come this way. Additionally, when I fractured my fibula and needed a shower chair and walker for a while, the free equipment rental at the Senior Center was a real blessing. The center offers many informative classes and events, but my favorite was the one on Fall Prevention during COVID. I now know how to fall safely and prevent injury, which has been helpful on many occasions. I look forward to taking the Strength Training and Qi-Gong classes someday.

Unfortunately, I haven't been able to volunteer at the Senior Center yet because my writing business is a full-time job.

My life currently revolves around writing and promoting my book about Dusty Roads. I also enjoy swimming when I can at the Clover Springs pool, love traveling, and photography is my hobby.

I'm an only child and never had children. But I don't lack a family! I have six cousins with a total of sixteen children who, in turn, have nineteen children—one of whom has two young daughters, making a total of forty-five cousins. Additionally, I have two brothers-in-law and one niece by marriage. I also have numerous cousins across the country whom I've lost track of or whom I've never met. It's hard to keep up with them all, so I'm grateful for text messaging. I'm closest to my cousin Cindi, who is a flight attendant for Alaska Airlines and calls me Aunt Elaine, and her mother, Christine; Sean, who recently retired from the Army Special Services (Green Beret); my brother-in-law Peter; and his daughter Sarah, a Social Work Agency Manager. Sarah's wife Stephanie just gave birth to a baby girl, Elizabeth Ann, on June 20, 2025, and of course, she's beautiful. I can't wait to meet her.

I love how the Senior Center contributes so much to our community. The most important part is that it creates a caring environment where any senior citizen can feel welcome. It provides a comfortable space and enhances the vitality of everyone who participates. It offers classes and events that help us thrive.

I believe the Senior Center is well-organized and one of the best I've seen. I hope it continues to succeed and provide the support our community values. Most importantly, I hope more community members join, volunteer, and enjoy the opportunities it offers.

We are so glad to have you as a Senior Center member, and it is exciting that you will be presenting your book, Dusty Roads: Meet the Hidden Figure Who Really Ignited the Women's Movement.

Literary Luncheon

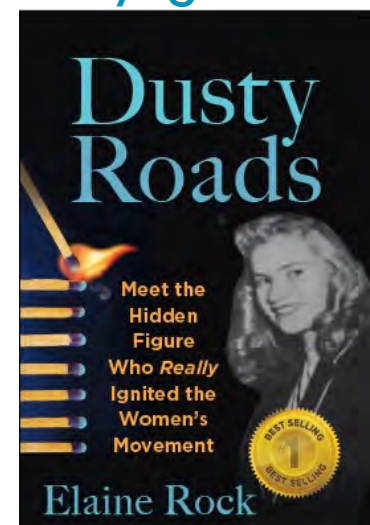
Dusty Roads: Meet the Hidden Figure Who Really Ignited the Women's Movement

Saturday, October 25 from 12:00–2:00 PM

The Golden Age of Air Travel: A Trip Down Memory Runway

Travel back to an era when in-flight meals were served on china in first class and trays in coach, stewardess uniforms ranged from chic to silly, and workplace rules defied fairness.

Join Elaine Rock for a lively slide show through the 1950s, 60s, and 70s when airline meals were a highlight of the trip, uniforms went from glamorous to downright ridiculous—think paper dresses, hot pants, and airlines using slogans like “I’m Cheryl, Fly Me.” Male stewards escaped such rules, but both men and women faced the cultural stereotypes of the era. Relive the tastes, see the fashions, and hear the inspiring story of Dusty Roads, whose courage and persistence helped challenge ageism, sexism, and outdated workplace policies—helping change workplace rights for generations to come.



Reserve your spot by purchasing your ticket at the front desk by **Friday, October 17**
\$35 for Members, \$40 for Guests



CSMC Donor Spotlight

Written by Eleanore Webster

Dr. Kenneth Allen



Dr. Ken Allen is a man who finds opportunities at every turn of the road. Ken worked as a chiropractor for many years. During the 1980's he decided to 'somewhat' retire and buy property out by Boonville. He discovered the property included a huge well. Most of us would say, "Wow, I have a huge well." Dr. Ken said, "Wow, maybe I can brew beer." So, he took a couple of classes on how to brew beer and asked the instructor how he could tell if the water was conducive to making great beer. The instructor told him to go brew beer and find out. Right up Ken's alley. Two weeks after opening his Anderson Valley Brewery, a Sacramento TV station decided to visit California's newest and 29th microbrewery. With that kind of free advertising, along with what Ken (unbiased as he is) said was great beer, they were off and running.

At one point, Ken heard that Michael Jackson was going to attend the KQED Annual Beer & Food Festival (no, not THAT Michael Jackson; the Michael Jackson who wrote *The World Guide to Beer* and became known as the aficionado of the international world of microbrewing). Ken figured, Why Not? So, he called the organizers and asked if he could have a few minutes with Mr. Jackson. He was told, "No way: Mr. Jackson is completely booked." The morning of the Festival, Michael Jackson showed up at AV Brewery to see what was happening way out there in tiny Boonville. He spent the day at the Brewery enjoying Ken's stories and drinking Ken's beer.

Ken sold the brewery in 2010 with the comment that "It's just kind of time for me to stop. I've been there, done it." That was good timing, too, as many microbreweries are now being bought up by the big guys who put quantity over quality.

Ken and his wife, Elizabeth, enjoy gardening and traveling. Ken is also determined to do things right: he has studied Robert's Rules of Order and has been able to put that knowledge to good use. He served on several Boards, including the National Small Brewers Association, the Chiropractic Association, and the Cloverdale Rotary Club. As a Rotarian, Ken helped start major fundraisers such as the annual Bingo gathering. He currently serves on the Board of the Cloverdale Senior Multipurpose Center, trying desperately (and with moderate success) to keep the meetings on track. Ken said that Melanie talked him into serving on the Board, and he thought, since someday he might qualify as a senior, why not get involved?

In his spare time, Dr. Ken leads a class on "Qi Gong/Drug-Free Secrets to Longevity" at the Senior Center. The classes include a variety of approaches to healthy living, with a focus on enhancing the body's vitality. Ken bases his approach on a Chinese teaching that melds body movements, breathing techniques, and meditation. Its goal is to improve health and well-being. Noreen Powell, one of his students, described Ken as caring and supportive. She said, "He talks to you, not at you. He listens and remembers what you said." She also told me he knows what he's talking about and gives you confidence that you can do what's needed to relieve pain and feel better. Another student, Debbi Davis, said Ken not only teaches how to exercise, he demonstrates the moves in class: not bad for someone in his mid-80's (don't tell Ken I gave away his age). Debbi told me that she has been helped immensely by his teaching on posture, exercise, and good health.

In addition to contributing to the Senior Center and the Cloverdale Performing Arts Center, Ken and Elizabeth have assisted the Alexander Valley Medical Center in its effort to build a new facility in town. The Allens put their time, treasure, and talent toward the causes they believe in. Whether you have the time, the treasure, or the talent, or any combination of the three, please consider working to support the cause you believe in. We hope it's the Cloverdale Senior Center, but we honor and respect your cause of choice. Just, please, contribute: the community needs you.



Volunteer Spotlight

Toby Zipperlen



I would never leave Cloverdale. I've lived here most of my life. It's hard to leave Cloverdale. I have a lot of interest in the Center; it feels like a home environment. There is a full calendar of events and awesome, fun stuff. I'm a grateful volunteer—I teach an art class, and I'm also looking for more ways to be of service.

What I get from volunteering at the Center is awesome

The reward I get is friendship—it is very satisfying and rewarding. We serve the Center, but we really serve one another, and we get a chance to love our community.

My interests are art, poetry, music, and watching our beloved Cloverdale Chargers play ball. I have no children and no marriage, but I do have a wonderful church family, and the Center I consider family. Cherrycreek Village and the people there are an awesome addition to my life.

I thank God for the leadership and grateful volunteers. Their devotion to service and excellence fills me with optimism for a wonderful future. The Senior Center is our bright and shining hope for tomorrow.

Toby, we appreciate you sharing your artistic talents as well as your love and passion for art. Thank you for volunteering.

Raven Performing Arts Theater
115 North Street
Healdsburg, 95448 United States
707-433-6335

Healdsburg International Short Film Festival to hold book signing event with actor Ed Begley Jr. as part of the 2025 festival

Content for this article was provided in part by Raven Performing Arts Theater. You can read the full press release on their website.

Healdsburg, CA—Actor Ed Begley Jr., a judge for the 2025 Healdsburg International Short Film Festival, will hold a book signing event on Saturday, September 27th, as part of the festival lineup. The event, organized with Copperfield's Books in Healdsburg, takes place at the Raven Performing Arts Theater at 6 PM.

A Festival of Diverse Voices

The festival kicks off with a lively red-carpet arrival and photo op, followed by an exclusive opening night party for filmmakers, sponsors, and VIPs. Festivities continue with multiple screening sessions, a Saturday night party, and a filmmaker breakfast, culminating in an awards ceremony on Sunday night.

Pamela Demorest puts it perfectly: "Short film blocks have an advantage at festivals. You get so much variety in a short amount of time. Don't like one? No worries, a new one starts in minutes! Features can be a bit of a gamble if they're not quite right for you, making short film blocks way more satisfying."

Distinguished Panel of Film Judges

This year's jury panel is a lineup of distinguished personalities from the film and entertainment industry, ensuring a high standard of judgment and diverse perspectives. In addition to Begley actor Jeff Kober's attendance at this year's festival has been confirmed, and the Demorests are waiting for confirmation from several other judges.

- Ed Begley Jr.
- Cindy Caponera
- Jeff Kober
- Laraine Newman
- Kristina Motwani
- Kathia Sanchez-Aldana
- Tom Waits
- Kathleen Brennan



Cloverdale Connect

Thank you, Cloverdale Connect, for your ongoing support of our Center!

If you live in the 95425 area code and wish to receive a copy of the Cloverdale Connect, our local monthly newspaper, please contact
(707) 322-3403

2025 HEALDSBURG INTERNATIONAL SHORT FILM FESTIVAL SCHEDULE

Friday, September 26, 2025

6:30 PM: HISFF Kickoff Soirée Party at Healdsburg Center for the Arts (\$75 ticket includes Opening Night Screening)

7:30 PM: Red Carpet Photos

8:15 PM: Opening Night Screening (tickets for the screening only are available).

Saturday, September 27, 2025

10 AM: HISFF booth opens, Festival of the Arts in the Healdsburg Plaza

11 AM: Student Screening Block (all seats \$10)

1 PM: Mixed Genre Screening Block

4 PM: Documentary Screening Block

6 PM: Book signing event with Ed Begley, Jr.

7 PM: Filmmaker Mixer (All-Access Pass and invitation only)

8:15 PM: Women In Film Screening Block

Sunday, September 28, 2025

1 PM: Mixed Genre Screening Block

4 PM: Mixed Genre Screening Block

7 PM: Festival Finale Screening & Awards Presentation

Tickets available at [RavenTheater.org](https://healdsburgfilm.com/)

More information is available at the Raven website or at

<https://healdsburgfilm.com/>



Free Food Distributions Provided by Redwood Empire Food Bank

Citrus Fairgrounds

1 Citrus Fair Drive, Cloverdale

Mondays, 4:00–5:00 PM

(No distributions on federal holidays)

St. Peter Church

491 S Franklin Street, Cloverdale

Thursdays, 10:00–11:00 AM

(2nd & 4th Thursdays of the month)

Cloverdale LDS Church

1101 S Cloverdale Boulevard, Cloverdale

Fridays, 9:30–10:30 AM

(1st & 3rd Fridays of the month)

Cloverdale Food Pantry

202 Commercial Street, Cloverdale

Fridays, 11:00 AM–1:00 PM





ANNUAL MEMBERSHIP

311 N. Main Street - P.O. Box 663
Cloverdale, CA. 95425
(707) 894-4826
CloverdaleSeniorCenter.org

Membership for ages 21 -89: **Individuals** \$25 per year, **Households** (2 persons) \$45 per year. For 90+ receive an **Honorary** membership (free) with a renewed form. **Lifetime** Membership \$1,000.

Member Information

Full Name : _____ 2nd Member : _____
Date of Birth : _____ Date of Birth : _____
Phone : _____ Phone : _____
Email : _____ Email : _____

Address : _____ City, State, Zip _____

Emergency Contact - (We consider a 2nd Member an emergency contact already.)

Full Name : _____ Relationship : ☐ Adult Relative
☐ Friend/Caregiver
Phone(s) : _____ ☐ Spouse/Partner

Newsletter Preference

- ☐ Emailed (Every 2 Weeks)
☐ Mailed (Every 2 Months)
☐ Both (Email & Mailed)

Are you interested in volunteering?

We will follow up if you are interested.

- ☐ I am interested in volunteering
☐ No, thanks

Membership Agreement

Signing and submitting this form indicates your understanding of the following: Membership can be suspended or revoked for actions deemed harassing, violent, dangerous, discriminatory, neglectful, or otherwise unkind toward other visitors, volunteers, facilities, and staff. Our Participant Code of Conduct and Policies are available upon request; please see our front desk or website under "membership."

Your photograph, video photography, or other reproduction of your likeness may be used without compensation by the producers, sponsors, organizers, staff, or assigns for such purposes as they deem appropriate. **I acknowledge that I have read the above statement and notice.**



1st Member Signature

2nd Member Signature

Date

OFFICE USE -

- ☐ Individual (1) \$25
☐ Household (2) \$45
☐ Fellowship Applicant (no fee)
☐ Honorary 90+ (no fee)
☐ Lifetime \$1,000
☐ New Member (Not active 5 years)
☐ Renewing Member

PAYMENT INFORMATION

Amount Paid

\$ _____

Date Paid

Cashier

☐ Cash: _____

☐ Check #: _____

☐ Credit (Auth) #: _____

☐ Fellowship Fund

Approved by: _____

staff only

OFFICE USE - PROCESSING

- ☐ Scanned ☐ Entered in MySeniorCenter ☐ Scan Card Issued



311 N. Main Street
Cloverdale, CA. 95425
(707) 894-4826

Return Services Requested

Nonprofit Organization
U.S. Postage PAID
Cloverdale, CA 95425
Permit No. 2

PANCAKE BREAKFAST

2025



SATURDAY, SEPTEMBER 6
8:00-10:30 AM

Serving

- Pancakes,
- Sausage,
- Scrambled Eggs,
- Milk,
- Orange Juice,
- Tea, &
- Coffee

Prices

- \$10 - Ages 10+
- \$8 - Ages 4-9
- Free - 3 & Under



All meals are
packed individually
and can be taken
to-go

All proceeds
support programs
& services at the
Senior Center.