January BIRTHDAYS

- Ann Pieper 01/05
- Doreen Hodgin 01/03
- Adolfo Hernandez 01/05
- David Tiesso 01/14
- Sharon Smith 01/14
- Martin Turner 01/28

Petaluma Senior Café Event Schedule 2018

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTH 1. CLOSED FOR NEW YEAR'S DAY!	**COMMUNITY** 2. BRAIN TEASERS	**MIND** 3. Sing-a-long with Steve Della Maggiora	**COMMUNITY** 4. BINGO	**SPIRIT** 5. Exercise with Diana
8. John Trott at the piano	9. Holiday Undecorating	10. Al U'Ren at the piano	11. BINGO	12. Exercise with Diana and Aldo
15. **CLOSED** FOR "ML King Day"	16. NUTRITION AND HEALTH with Wendy	17. Sing-a-long with Steve Della Maggiora	18. BINGO	19. Exercise with Diana
22. John Trott at the piano	23. BRAIN TEASERS	24. Sing-a-long with Steve Della Maggiora	25. BINGO	26. Exercise with Diana and Aldo
29. CURRENT EVENTS	30. BRAIN TEASERS	31. Sing-a-long with Steve Della Maggiora		

PETALUMA SENIOR CAFÉ 765-8488
PARATRANSIT 765-8493

"Why come before 1:00 p.m.?"
To join in on the fun and interesting activities that are listed here.

WHY ACTIVITIES ARE IMPORTANT.

It has been proven over and over that the more often and longer the mind and body stay occupied and stimulated, the healthier physically and psychologically a person is at any age.

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We are always open to new ideas so let us know if you have any.
You are welcome and encouraged to stay after the meal for an open discussion!!!!!

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