May BIRTHDAYS

- Blanche Nauta 05/06
- Helga Polman 05/08
- Elinor Lyon 05/11
- Carol Turner 05/13
- Daljit Singh 05/17
- Denise Alvarado 05/18
- Georgina Younger 05/24
- Karin Hoy 05/25
- Marilyn Lombardi 05/27
- Sylvia Ross 05/29

Petaluma Senior Café Event Schedule 2017

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTH 1. CURRENT EVENTS	**MIND** 2. Brain Teasers	**SPIRIT** 3. Sing-a-long with Steve Della Maggiora	**COMMUNITY** 4. BINGO	**HEALTH** 5. Exercise with Aldo and Diana
8. NUTRITION AND HEALTH	9. Redwood Empire Food Bank: CalFresh Program (Maria Fuentes)	10. Al U'Ren at the piano	11. BINGO	12. Exercise With Diana
15. CURRENT EVENTS	16. John Trott at the piano	17. Dancing with Los Gu'achis	18. BINGO	19. Exercise with Aldo and Diana
22. Brain Teasers	23. Senior Center Music Group with Lara McAfee	24. Sing-a long with Steve Della Maggiora	25. BINGO	24. Exercise with Diana
29. CLOSED FOR MEMORIAL DAY!	30. John Trott at the piano	31. Sing-a long with Steve Della Maggiora		

"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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PETALUMA SENIOR CAFÉ 765-8488
PARATRANSIT 765-8493