November BIRTHDAYS

- Jerry Ricksecker 11/02
- Nancy Streeter 11/04
- Al U'Ren 11/04
- Gigi Johnson 11/06
- Lora McAfee 11/12
- Ann Hobrecht 11/16
- Rosanne Cox 11/20
- Jong Seok 11/23
- Kathi Kogler 11/24
- Marilyn Tolonen 11/25
- Rafael Nanez 11/29

Petaluma Senior Café Event Schedule 2017
NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTH	**MIND**	**SPIRIT** 1. Sing-a-long with Steve Della Maggiora	**COMMUNITY** 2. BINGO	**HEALTH** 3. Exercise with Diana
6. John Trott at the piano	7. HOLIDAY DECORATING	8. Al U'Ren at the piano	9. BINGO	10. CLOSED FOR VETERANS DAY!
13. NUTRITION AND HEALTH with Wendy	14. BRAIN TEASERS	15. Dancing with Los Gu'achis	16. BINGO	17. Exercise with Diana
20. John Trott at the piano	21. ******* THANKSGIVING FEAST *******	22. Sing-a-long with Steve Della Maggiora	23. CLOSED FOR THANKSGIVING	24. CLOSED FOR THANKSGIVING
27. CURRENT EVENTS	28. BRAIN TEASERS	29. Sing-a-long with Steve Della Maggiora	30. BINGO	

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.

♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦

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!!!!!

♥♥♥♥♥♥♥♥♥♥♥♥♥♥