September BIRTHDAYS

- Eleanor Reimer 09/08
- Emma Melendez 09/11
- Leonard Svinth 09/12
- Annetta Taylor 09/15
- Tracy Gentry 09/17
- Mary Edith Moore 09/17
- Betty Regan 09/18
- Debra Vonglahn 09/20
- Maria Alvarado 09/22
- Steve Della Maggiora 09/26
- Walter Carlsen 09/28

Petaluma Senior Café Event Schedule 2017
SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTH	**MIND**	**SPIRIT**	**COMMUNITY**	**HEALTH** 1. Exercise with Aldo and Diana
4. CLOSED FOR LABOR DAY!	5. John Trott at the piano	6. Sing-a-long Steve Della Maggiora	7. BINGO	8. Exercise With Diana
11. NUTRITION AND HEALTH	12. John Trott at the piano	13. Al U'Ren at the piano	14. BINGO	15. Exercise with Aldo and Diana
18. Organizing Your Life With Kimberlee Foster	19. John Trott at the piano	20. Dancing with Los Gu'achis (Rosh Hashana)	21. BINGO	22. Exercise with Diana (Autumn begins)
25. Healthy Aging with Cheryl Plotner	26. BRAIN TEASERS	27. Sing-a-long With Steve Della Maggiora	28. BINGO	29. Exercise with Aldo and Diana (Yom Kippur)

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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