



Village Network of Petaluma

Village Network of Petaluma

*A nonprofit membership community of connection
and support serving the Petaluma and Penngrove area.
Village Office: 955 Petaluma Blvd. South*

Aging Better Together

707-776-6055 - www.VillageNetworkofPetaluma.org - info@VillageNetworkofPetaluma.org

AUGUST NEWSLETTER



PROGRAMS

Online calendar at www.villagenetworkofpetaluma.org

SPECIAL PROGRAMS

Information Meeting: Get to Know the Village

Thursday, August 8, 10:00 – 11:00 am, Village office.

Learn how adults ages 50+ enjoy connection with others through the Village Network in Petaluma and Penngrove. We believe a better experience of aging is possible when we can grow with, laugh with, and rely on each other as we navigate the opportunities and realities of aging.

Village membership offers social programs and connections as well as volunteer services including transportation, note-taking at medical appointments, friendly visits, computer help, and personalized referrals to community resources. Bring a friend and get your questions answered. Meet Village members and volunteers. Questions: call the Village office at 776-6055 or info@VillageNetworkofPetaluma.org.

Hope at the Intersection of Feminism & Nonviolence

Mondays, July 29; August 5 and 12; 1:00 – 2:30 pm, Petaluma Regional Library.

Author Carol Lee Flinders explores Barbara Deming's place in America's nonviolence movement (**July 29**); India's earlier independence and women's movements (**August 5**); and contemporary U.S activists' commitment to feminism, nonviolence, and environmentalism (**August 12**). Attend the entire series or individual sessions. **RSVP** to info@VillageNetworkofPetaluma.org or [707-776-6055](tel:707-776-6055).

Carol Lee Flinders, PhD, is a national speaker, author of seven books, including Enduring Grace: Living Portraits of Seven Women Mystics, and co-author of Laurel's Kitchen: Handbook of Vegetarian Cooking.

INTEREST GROUPS FOR MEMBERS AND ACTIVE VOLUNTEERS

Weekly Walking Group

Tuesdays, 8:30 – 9:30 am. Meet at Walnut Park on 4th St.

We share fun, great conversations, and exercise while exploring neighborhoods. Everyone welcome. Email Sue Miller at rmiller875@comcast.net to let us know you're coming.

The Joy of Writing Group

Tuesdays, 10:15 – 11:45 am, Village office.



We write for fun, in fiction, in nonfiction, memoir, poetry, etc. We write original stories in a noncritical environment. So come have fun with us, whether you are a veteran writer or a nervous beginner. All are welcome. Members free, non-members \$5. For more info email info@VillageNetworkofPetaluma.org.

Film Discussion Group

Fridays, August 2 and August 16, 10:15 am, in a member's home. (Meets first and third Friday of the month.)

Join a group of film lovers who get together to discuss the latest hits. We agree on a movie to see on our own and discuss it at the next meeting. Please RSVP to Jerry Spremich at [415-827-3206](tel:415-827-3206), or john.spremich@yahoo.com. For Village members and volunteers.

Gentle Chair Yoga – because wellness takes work!

Thursdays, 11:00 am – noon, Village office.



We practice yoga asanas, Eden Energy exercises, breath work, and meditation to improve strength, flexibility and inner calm. Beginners welcome. Village members free, non-members \$5.

Pat Martin, CMT, EEM-CP, CYT, is a State Certified Massage Therapist, Eden Energy Medicine Certified Practitioner, and Certified Yoga Teacher.

Wednesday Morning Village Drop-In Coffee Hour

Wednesdays, 9:00 – 10:00 am, Aqus Cafe, 189 H St.

Village Network members and active volunteers are invited to a weekly Wednesday drop-in. Village member and volunteer Tiaga Liner facilitates.



Retired Nurses Group

Wednesday, August 7, 10:15 – 11:45 am, in a member's home. (Meets first Wed. of the month.)

We will discuss our nursing practices, education, and favorite stories, among other things. In the process we will get to know one another. Contact lolly.burns@me.com for the meeting place and any questions.

Gardening Group

Tuesday, August 6, 12:00 – 1:30 pm, at member's home. (Meets first Tuesday of the month.)

Join our monthly gardening interest group, meeting in each other's gardens or on field trips. This is not about having a showplace, but about seeking suggestions, new ideas, and having fun. Bring a brown bag lunch. Please RSVP to 707-583-5877 or tiagananda@gmail.com.

Village Game Night

Friday, August 9, 4:00 – 6:00 pm, Village office. (Meets second Friday of the month.)

A great way to relax and have fun at the end of your week. You can bring a game you like, finger food snack, or drinks (optional). Or just bring yourself. Newcomers welcome. RSVP to the office at info@VillageNetworkofPetaluma.org, or [776-6055](tel:776-6055).

Bocce Ball - New Location at Brewster's Beer Garden

Wednesday, August 21, 4:00 – 5:00 pm, Brewster's Beer Garden, 229 Water St. N. (Meets third Wednesday of the month.)

The game anyone can enjoy. We have a lot of fun, and our new venue means you can have a beer or other refreshments while playing! No experience necessary. Newcomers welcome; feel free to just show up and join the fun. RSVP to George Beeler at agbcomm@sonic.net. Parking on Water Street with stair down entry on Petaluma Boulevard North just north of Washington.

Tech Workshop

Wednesday, August 28, 3:00 – 4:30 pm, Village office. (Meets last Wednesday of the month.)

Just got a new device (smart phone, tablet, computer, TV, etc.) and have questions about how to use it? Want to be able to do more with your iPad or smart phone? Take, send, and receive pictures? Check your email? The Tech Workshop's tech-savvy volunteers have experience helping Village members understand and successfully use their devices. Email or leave a voicemail at the Village office describing your question/issue several days before the workshop, so we can do necessary research ahead of time.

Note: For issues that can't be addressed in the workshop, Village volunteers still make home visits when needed.



Village Singing Group

Thursday, August 29, 3:00 – 4:30 pm, in a member's home. (Meets last Thursday of the month.)

No prior experience or talent necessary, just a love of making music. We try many kinds of music – and have a lot of fun! Email Sue Miller at rmiller875@comcast.net or call 707-778-1344.

Potluck for Village Members and Volunteers

Sunday, August 25, 4:00 – 6:00 pm, in a member's home. (Meets last Sunday of the month.)

A time to get to know each other better, share good food, enjoy our “conversation café,” and have fun. For members and volunteers. RSVP to 776-6055 or info@VillageNetworkofPetaluma.org for the address.

Men's Discussion Group

Alternate Thursday afternoons, Village office.

We get together with other men on a regular basis to discuss men's lives and other topics in a spirit of fellowship. If you are interested or even curious, RSVP to 776-6055 or info@VillageNetworkofPetaluma.org. The group is limited to eight members and volunteers.

Mindfulness-Based Meditation Group

Consecutive Saturdays, August 3 through September 28, 10:00 – 11:00 am, in a member's home.

This meditation series is now full. For more information about the next series, contact the group convener, Darcy, at darcylevy@comcast.net. Our shared goal is to hone our meditation skills to foster calmness, relaxation, compassion, gratitude, and non-judgmental awareness.

Facilitator Freeman Humphrey is a retired psychiatric social worker who has led mindfulness-based, guided meditation groups for over ten years.

COMING IN SEPTEMBER

Tour of Petaluma Health Center

Tuesday, September 17; 10:00 – 11:00 am; Petaluma Health Center, 1179 N. McDowell Blvd.

Have you been curious about the Petaluma Heath Center and what it offers? Village members and active volunteers are invited to a private behind-the-scenes tour of the Center. Limited to 15 participants. **Make your reservation today** at info@VillageNetworkofPetaluma.org or [707-776-6055](tel:707-776-6055). We'll meet at the main lobby entrance shortly before 10:00 am. Members: Don't forget to request a ride if you need one.

Online calendar at: www.VillageNetworkofPetaluma.org

Village Member Sarah Fleming Wins Ricky Watts' Door



We had a lot of fun with the eBay auction of the colorful Ricky Watts door. Our own Village member, Sarah Fleming, was the winning bidder at \$477.

"I'm very happy to say I won the door," Sarah said. "I've been a Ricky Watts fan forever, and am going to be moving into a new house soon, so there will be a place to hang the door." Many thanks go to Ricky for donating the door to help fund our next office move.

A big shout-out of thanks goes to Village volunteers: Bill Kane, co-owner of Digital Grange, put the door up for auction on eBay; volunteer Tom Chamberland delivered the door to Sarah; and Bonnie Philpott and Emily Bruhn of Summer Cottage created the Copperfield's window display. It takes a Village!

Grocery Outlet Supports the Village

For over three years, the Grocery Outlet in Petaluma has been generously donating beverages and other products to the Village Network of Petaluma. When you attend one of the Village's gatherings, meetings, or celebrations, your enjoyment of the event is most likely due in part to the Grocery Outlet's generosity. Proprietor Bennie Tiapon and Steve "the Wine Guy" are knowledgeable and helpful. Steve offers fine wines at super prices; Bennie frequently mans the cash register with a smile. The Village Network of Petaluma is very grateful to Grocery Outlet for their ongoing support.

We extend our appreciation to Kathy Lawrence, our newsletter writer/editor, and to Denise Wilbanks, who handles MailChimp formatting, for contributing their expertise.



As part of an innovative national movement, the Village Network of Petaluma is a nonprofit membership organization empowering adults 50+ to live active, independent, and connected lives in our own homes and apartments as we age.

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