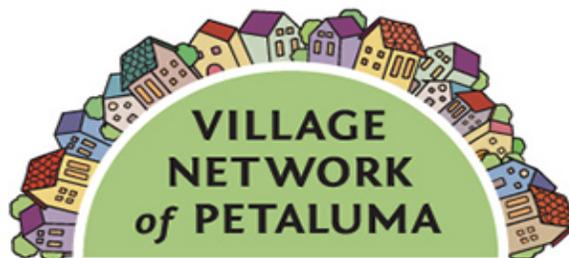


Office
955 Petaluma Blvd. S,
Petaluma
707-776-6055



June 2019

Aging Better Together

*A nonprofit membership community of support and connection
for older adults living in the Petaluma and Penngrove area.*

Information Meeting: Get to Know the Village

10:00 - 11:00 am
Thursday, June 13
Village Network office
955 Petaluma Blvd. South

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.

How to Acquire Friendly Relations With Food

Monday, June 10, 1:30 - 3:00 pm, Village office.

Open to the public, this program explores body/mind approaches to friendly relations with food. Topics include the gut-brain connection, plant-based vs. animal-based diets, and sensible supplements. Please RSVP before June 3 to info@VillageNetworkofPetaluma.org or 707-776-6055.

Presenter Dennis Zerbo is a state-certified nutritionist and herbalist with affiliations at the Buck Institute and Sonoma Valley Hospital.

Get Your Volunteer 101 Training in July

Monday, July 15, 1:00 - 4:00 pm, Village office.

Volunteers are involved in many wonderful aspects of the Village. We have openings in Transportation, Call Response, Programing, Hospitality, Outreach, and more. For further information, and to discuss your interests, contact Joanne at 707-776-6055, or info@VillageNetworkofPetaluma.org.

OLLI Offers Free Lectures to Village Members

Tuesdays, July 9 and 16, 1:00 to 4:00 pm;

July 23 and 30, 10:00 to 11:30 am.

Osher Lifelong Learning Institute (OLLI)

SSU'S Person Theatre (\$5 parking fee)

OLLI is offering four free lectures this July: Ajay Gehlawat unpacks a poignant "musical" film from Lars von Trier. Barbara Spear unveils a powerful documentary with roots in the natural sciences. Dr. Allen Bernstein explores the biology of memory as a critical aspect of aging. Linda Loveland Reid reveals the true story of Gauguin, a complicated artist known for his island imagery. Register online at www.sonoma.edu/exed/olli, by phone at 707-664-2691, or at the door on the day of the lecture.

New Salons Feature Thought-Provoking Chats

Local author Carol Lee Flinders hosts four salons, beginning with a discussion of Barbara Deming, an activist/journalist who declared that "a commitment to nonviolence requires a commitment to feminism." Subsequent salons will continue on a variety of topics. Open to members and active volunteers. Salon dates are Mondays 1:00 - 2:30 pm, July 22, 29, August 5, and 12. Please phone the Village office for more info.

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

Find us on the web at www.VillageNetworkofPetaluma.org

June 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. RSVP to Sue Miller at rmiller875@comcast.net.

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

Friday, June 7, 10:15 - 11:15 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, 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, June 5, 10:15 - 11:45 am, in a member's home. (Meets first Wednesday 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, June 4, 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 Jane Merryman at jane@sonic.net or 762-1023.

Village Game Night

Friday, June 14, 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 for address at info@VillageNetworkofPetaluma.org, or 776-6055.

Village Support and Discussion Group

Thursday, June 13, 1:30 - 3:00 pm, Village office.
This meeting marks the last of six monthly sessions offered to Village members on a variety of topics relating to life changes

that accompany the aging process. Participants are invited to attend on a drop-in basis, and newcomers are warmly welcomed. Join us for discussion, support, fellowship – and cookies! *Facilitator Bev Miller worked with Hospice of Petaluma for over 30 years, providing one-to-one and group support.*

TED Talks, We Discuss

Tuesday, June 18, 1:00 - 2:00 pm, Village office.
TED Talks are back. We listen to a couple of 20-minute TED Talks and then talk about them. Topics? Who knows...come and find out. Please RSVP to info@VillageNetworkofPetaluma.org or 707-776-6055 to let us know you will be joining us. Contact Jane at jane@sonic.net for more information.

Bocce Ball

Wednesday, June 19, 4:00 - 5:00 pm, Brewsters Beer Garden, 229 Water St. N. (Meets third Wednesday of the month.)
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 stairs down to entry on Petaluma Boulevard North just north of Washington.

Tech Workshop

Wednesday, June 26, 3:00 - 4:30 pm, Village office. (Meets last Wednesday of the month.)
Members at all experience levels welcome in this workshop, which will assist you with computer, tablet, or cell phone issues. Learn new ways to get things done and make your life easier. Led by Village volunteers Tom Horst, Steve Schlich, and Paul Greenblatt.

Reminder: If you are a member and need someone to come to your home to help with a computer problem, you can also schedule an appointment with a Village tech volunteer.

Village Singing Group

Thursday, June 27, 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! RSVP to Tiaga Liner at tiagananda@gmail.com or 658-1646 for location.

Potluck for Village Members and Volunteers

Sunday, June 30, 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 info@VillageNetworkofPetaluma.org or call 776-6055. The group is limited to eight members and volunteers.

Mindfulness-Based Meditation Group

Consecutive Saturdays, May 4 through June 29, 10:00 - 11:00 am, in a member's home.
Registration for this current series is full. The next series is scheduled to begin in late July or early August. To learn more, contact darcylevy@comcast.net. *Facilitator Freeman Humphrey is a retired psychiatric social worker who has led mindfulness-based meditation groups for over ten years.*