



July 2020

Center Connections

Senior Services & Senior Center Update

Happy July to all our readers. I have some good news to share. The County Health Officer's revised health order includes several changes that will allow some of our programs to return. Understand that these classes are being tested as a trial for the month of July, and will have strict requirements that need to be followed.

All meetings will need to follow the Health Orders & City rules closely including:

- Meetings are limited to a total of 12 persons
- Meeting participants **MUST** wear a facial covering for the entirety of the scheduled meeting or class.
- Meetings during this trial will take place outdoors to allow for appropriate social distancing. During the trial, all meetings will take place at Georgi Park
- Participants will need to register for all meetings/classes in advance
 - Participants will be health screened each time they attend a class
 - You cannot attend class without advanced registration & staff clearance.

For more information, please read following data. Additional classes to be announced at a later date pending a successful trial period. The following programs will return on a trial basis beginning in July:

- Current Events Discussion Group
- Senior Strength Training with Deb

The Senior Center building remains closed. The ability to adhere to COVID-19 cleaning protocols, and physical distancing requirements makes reopening not possible at this time. We await orders from the County Health Officer that include clearance for larger numbers of individuals to gather, and the ability for senior citizens to safely congregate. I am happy to be able to announce some opportunities for our seniors to meet during this trial basis, and look forward to the possibility of additional meetings and classes resuming under revised parameters.

To find out more about these programs, please give us a call
Monday-Friday from 9am-5pm at (707) 431-3324.

Anna Grant, and the friendly Senior Center Staff
*Active Adult & Senior Services Supervisor,
Healdsburg Community Services Dpt.
Email: agrant@cityofhealdsburg.org*

VIRTUAL

BINGO

JULY 2, 4PM

PLAY FROM HOME - WIN PRIZES!
ZOOM IN AND SAY HELLO TO FRIENDS!



OPEN TO ALL AGES - SO JOIN THE FUN!
TO GET YOUR CARD, EMAIL:
SENIOR@CITYOFHEALDSBURG.ORG

Facebook @HealdsburgSeniorCenter

Need a puzzle?

All finished with the last one...and need to trade one in?
Come to the..

PUZZLE EXCHANGE

**Wednesday July 1 and July 15 between 9:30a-10:30a
In the Senior Center Rear parking lot**

Puzzles can help you pass the time at home and keep your mind active. Pick up a puzzle on loan from the Senior Center library.

Exchanges are contact-free and take place at the rear Senior Parking Lot via a drive-thru. Drivers remain in the vehicle and open the trunk for puzzle pick up.

Traffic will enter on East Street and exit onto Plaza

Book Swap

**Friday July 10 & Monday July 20 between 9:30a-10:30a
In the Senior Center Rear parking lot**

Our Senior Center Library will move outside to allow you to stop in drop off a book you have borrowed and pick up some new reading materials.

Interested participants must arrive with a mask or face covering, and wear gloves (provided) while perusing the selections.

Park in the Senior Center rear lot in Senior Spaces
Books will be on tables in the parking stalls in the shade.
No Donations Please, only previously borrowed books.
Questions? Contact the Senior Center at (707) 431-3324

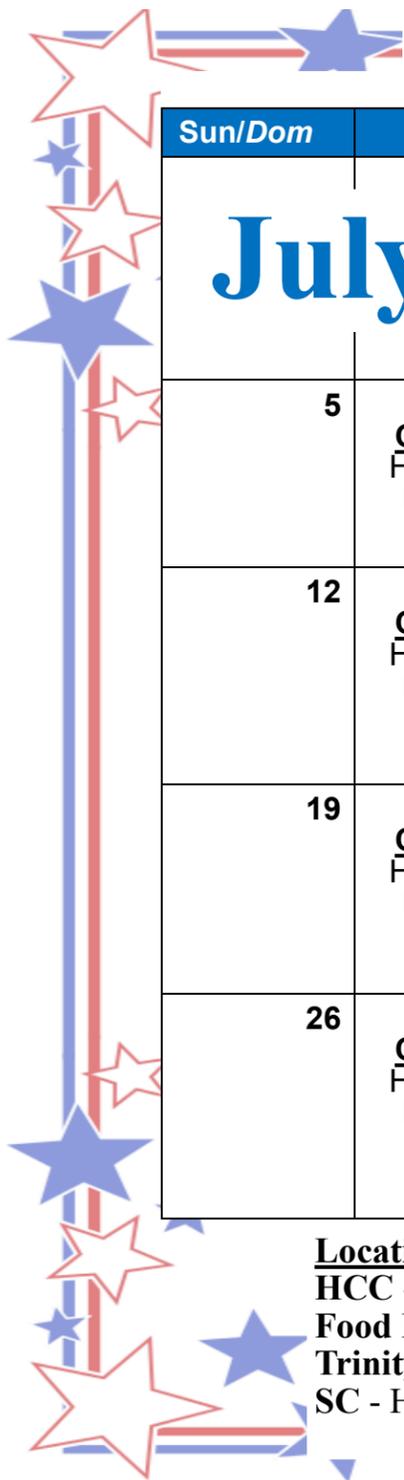




Free Groceries in Healdsburg Abarrotes Gratis en Healdsburg

If you cannot pick up for yourself, you may send a proxy. Your proxy must have your name, home address, the # of people living in household and your telephone number.

Si usted no puede recojer la despensa, puede enviar a un amigo o familiar a que la reciba. Dale su nombre y apellido, domicilio y numero de telefono y numero de personas que viven en su hogar a la persona que recoja la despensa.



Sun/Dom	Mon/Lun	Tue/Mar	Wed/Mie
July/Julio 2020			1 SC 9:30-10:30a Sr. Basket (60+) Sr. Drive Up Food Pantry 3-6p Pantry distribution
5	6 COA Sr. 5 Day Pack HCC - 10:30a-11:30a Drive up, Pre-enroll Call 707-525-0143	7 Corazon G2G HCC - 11:30a-1p Drive Up Food Pantry 3-4:30p	8 Food Pantry 3-6p Pantry distribution
12	13 COA Sr. 5 Day Pack HCC - 10:30a-11:30a Drive up, Pre-enroll Call 707-525-0143	14 Corazon G2G HCC - 11:30a-1p Drive Up Food Pantry 3-4:30p	15 SC 9:30-10:30a Sr. Basket (60+) Sr. Drive Up Food Pantry 3-6p
19	20 COA Sr. 5 Day Pack HCC - 10:30a-11:30a Drive up, Pre-enroll Call 707-525-0143	21 Corazon G2G HCC - 11:30a-1p Drive Up Food Pantry 3-4:30p	22 Food Pantry 3-6p Pantry distribution
26	27 COA Sr. 5 Day Pack HCC - 10:30a-11:30a Drive up, Pre-enroll Call 707-525-0143	28 Corazon G2G HCC - 11:30a-1p Drive Up Food Pantry 3-4:30p Pantry distribution	29 Food Pantry 3-6p Pantry distribution

Location/Ubicación

HCC - Healdsburg Community Center 1557 Healdsburg Ave

Food Pantry - 1507 Healdsburg Ave

Trinity Baptist Church - 515 Powell St.

SC - Healdsburg Senior Center, Call (707) 431-3324 to enroll

Thank you, *Gracias a:*  **HEALDSBURG FOOD PANTRY**  **TRINITY BAPTIST CHURCH**
HEALDSBURG SHARED MINISTRIES healdsburg california



Questions? Contact the Healdsburg Community Services Department (707) 431-3301

Preguntas? Informes al Departamento de Servicios Comunitarios de Healdsburg (707) 431-3301

Thu/Jue	Fri/Vie	Sat/Sab
2 Food Pantry 12p-1p Sr. Drive Up (60+)	3 Food Pantry 3-4:30p Pantry distribution	4 Trinity Baptist Church 8a-9a
9	10 Food Pantry 3-4:30p Pantry distribution	11 Trinity Baptist Church G2G - 8a-9a Food Pantry 10a-11a
16 Food Pantry 12p-1p Sr. Drive Up (60+)	17 Food Pantry 3-4:30p Pantry distribution	18 Trinity Baptist Church 8a-9a
23	24 Food Pantry 3-4:30p Pantry distribution	25
30	31 Food Pantry 3-4:30p Pantry distribution	

Description/Descripción

REFB - Redwood Empire Food Bank

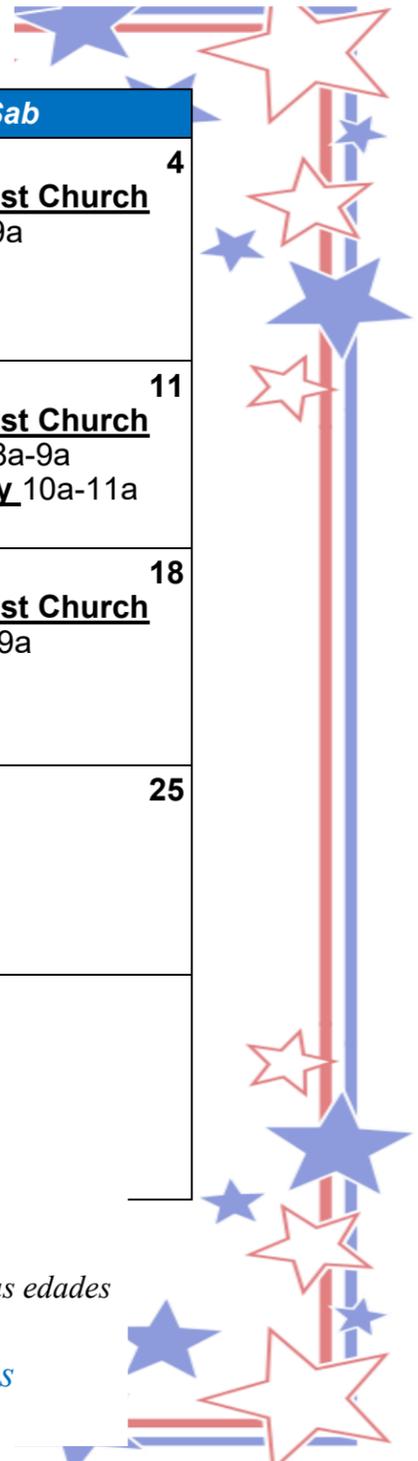
COA - Call (707)525-0143 to enroll. *Llame para inscribirse (707)525-0143*

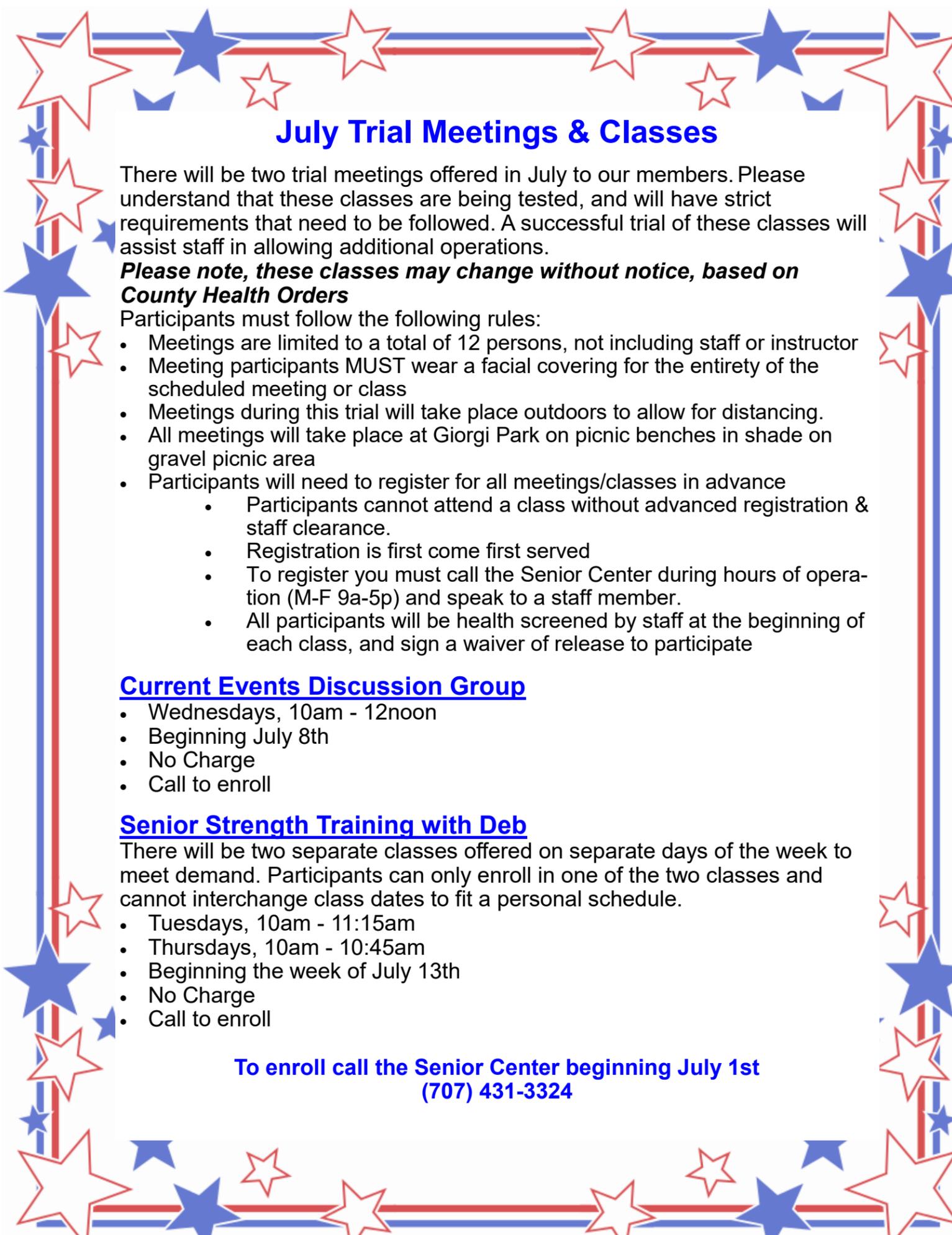
G2G, Groceries2Go - All ages. Fresh frozen & canned goods. *Todas las edades*

Pantry Distribution - All ages. Variety of REFB items & local partners. *Todas las edades*

Senior Basket - For residents age 60+. *Solo para personas mayores de 60 años*

**Information subject to change *Información sujeta a cambios*





July Trial Meetings & Classes

There will be two trial meetings offered in July to our members. Please understand that these classes are being tested, and will have strict requirements that need to be followed. A successful trial of these classes will assist staff in allowing additional operations.

Please note, these classes may change without notice, based on County Health Orders

Participants must follow the following rules:

- Meetings are limited to a total of 12 persons, not including staff or instructor
- Meeting participants **MUST** wear a facial covering for the entirety of the scheduled meeting or class
- Meetings during this trial will take place outdoors to allow for distancing.
- All meetings will take place at Giorgi Park on picnic benches in shade on gravel picnic area
- Participants will need to register for all meetings/classes in advance
 - Participants cannot attend a class without advanced registration & staff clearance.
 - Registration is first come first served
 - To register you must call the Senior Center during hours of operation (M-F 9a-5p) and speak to a staff member.
 - All participants will be health screened by staff at the beginning of each class, and sign a waiver of release to participate

Current Events Discussion Group

- Wednesdays, 10am - 12noon
- Beginning July 8th
- No Charge
- Call to enroll

Senior Strength Training with Deb

There will be two separate classes offered on separate days of the week to meet demand. Participants can only enroll in one of the two classes and cannot interchange class dates to fit a personal schedule.

- Tuesdays, 10am - 11:15am
- Thursdays, 10am - 10:45am
- Beginning the week of July 13th
- No Charge
- Call to enroll

**To enroll call the Senior Center beginning July 1st
(707) 431-3324**



Drivers Assisting Seniors in Healdsburg

Our volunteer driver program is operational with a few modifications:

- We are only providing essential medical rides, and in town errands
- Riders will be screened carefully prior to scheduling, rides not given to individuals who have symptoms of COVID-19. The driving service will be provided by volunteers who are screened
- While riding in DASH both driver and rider wear masks at all times and riders must sit in the rear passenger seat.
- Vehicles are carefully sanitized between riders for safety.

You can reach the DASH program at 707-431-3159.



Important Numbers & Information

Sonoma County Mental Health 24 Hour Hotline (707) 565-6900
Free assistance and counseling services offered 24 hours a day

Legal Aid of Sonoma County - (707) 340-5610
Free legal help for persons age 60+

Council on Aging - (707) 525-0143, online: councilonaging.com
Meals on Wheels, 5 day frozen pack, Legal, financial, and social services available.

Redwood Empire Food Bank - (707) 523-7903, online: refb.org
Volunteer to help at the Foodbank, or find ways to get food.

HICAP Health Insurance Counseling & Advocacy Program (707) 526-4108
Government program offering phone counseling for Medicare.

SHARE Healdsburg: (707)766-8800 Online: sharesonomacounty.org
SHARE provides essential home sharing services for those 60 years and older

Area Agency On Aging - 707-565-INFO (4636)
A free information and assistance line for adults age 60+ Services in English & Spanish, with interpretation in other languages or communication accommodations arranged on request. Hours: Monday-Friday, 9 a.m.-4 p.m.

2-1-1 - online211sonoma.org
Information and assistance in locating services for many areas including crisis services, mental health, substance abuse, and housing and homeless services.

AARP California For All resource card: Online:covid19.ca.gov (833)544-2374
An information guide on COVID-19 for ALL Californians – but especially for older adults.



Healdsburg Senior Center
 133 Matheson St.
 Healdsburg, CA. 95448
 (707) 431-3324
 www.cityofhealdsburg.org

PRST STD
 US Postage PAID
 Permit #86
 Healdsburg, CA



The Healdsburg Senior Center is a multipurpose center, serving area residents of all ages with priority given to those 55 years of age and older. The Senior Center offers many activities, programs and services. Reservations for classes may be made in person at the Center or by phone (707) 431-3324.

The Center is open Monday - Friday 9am - 5pm.
 The facility is available for rent after-hours.

Senior Center Staff

Anna Grant,
 Active Adult & Sr. Services Supervisor - 431-3157
Donna O'Brien, Volunteer Coordinator - 431-3492

*The Senior Center is a facet of the
 City of Healdsburg's Community Services Department*

Meetings of Local Senior Groups/Organizations

Senior Citizens Advisory Commission

4th Wednesday, Monthly at 4pm
 Location: City Hall, 401 Grove St.

Please check City's website for schedule changes

Friends of the Healdsburg Senior Center

Healdsburg Senior Center Volunteers, Inc.
 4th Tuesday, Monthly at 9:30am*

Healdsburg Senior Citizens Potluck Club

4th Monday, Monthly at 5:30pm*

**All Friends and Potluck Club meetings
 suspended during the
 Shelter-in-Place orders*



**Healdsburg Senior Center
 Membership Application**

Member benefits: Home delivery of monthly newsletter, discounts on bus trips and classes and invitations to members only events. Your membership supports your center-join/renew today!

Annual Individual Membership

- \$12 Healdsburg resident (95448 zip code)
- \$15 For non-residents (other than 95448 zip code)

Annual Couples Membership

- \$18 Healdsburg resident (95448 zip code)
- \$21 For non-residents (other than 95448 zip code)

Name (s) _____
 Street _____
 City _____ State: _____
 Zip _____
 Phone: _____
 Email: _____

Emergency Contact Information

Contact Person: _____
 Phone # _____

Make Checks Payable to: City of Healdsburg
 Remit payment to the Senior Center
 133 Matheson St. Healdsburg, CA. 95448

For Office Use Only

Date paid: _____ Amount \$: _____

Method of payment: Cash Credit Card
 Check Check # _____

Staff Int. _____ Active Net Receipt # _____

Parking Permit# _____