



# The Cloverdale Senior Center News

Cloverdale Senior Multipurpose Center—October, 2010  
[www.cloverdaleseniorcenter.com](http://www.cloverdaleseniorcenter.com)

Thursday, Nov. 4<sup>th</sup> 5:30-7:30

## Last Great BBQ Dinner of 2010

Lest you think he can't make anything but Pizza, Guest Chef Mike Nixon is cooking up an old-fashioned Barbecue, and he's bringing his family, too, so you know it'll *have* to be good!

Mike is disappointed because he feels we didn't get much of a summer. To lift our spirits (at least, his own), Mike says we all deserve one more classic summer tri-tip steak BBQ with dressed-up baked potatoes, a good Caesar salad, wine, and a surprise dessert.



As most of you know, Mike Nixon—financial planner and owner of Papa's Pizza here in Cloverdale — is a long-time member of our Board of Directors, supporting our Center in many ways. This is his first-ever dinner for us, though he often supplies pizza for our events.

**\$15 members/\$17 others.**

Saturday, October 9<sup>th</sup> 11:30-4  
Time once again for a fabulous

## Saturday Card Party

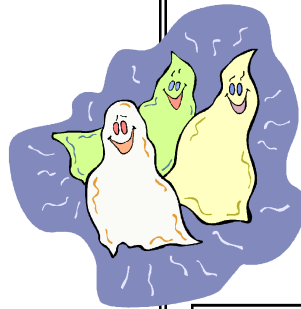


.... Where fun and games are complemented by the ideal Pot Luck Lunch. Many participants volunteer to bring delicious dishes to share—and those who can't or don't wish to bring a dish can provide appreciation. *All* will share the fun.

If there's a dish or other lunch goodie you'd like to share, please let us know.



We'll play Bridge, Pinochle, Poker, Scrabble, Rummikub, and Finagle. You can join us for lunch and see if the game bug bites you. The suggested donation is \$10. If the amount prevents you from coming, call Brooke at 894-4826. We want you to be part of it and have fun, no matter what.



# Happy Halloween!

Friday, October 29<sup>th</sup> 12-1

## Halloween Pancake Brunch

The Council on Aging is holding staff meetings on Friday, October 29<sup>th</sup>, and will not be providing lunch... so Brooke and her trusty volunteers will prepare a delicious brunch of pancakes, sausage, and scrambled eggs.

Suggested donation just \$5. Feel free to dress up in silly clothes. Or not. But *do* come on down and join us, and stay for Friday Games!



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# Maggie's Corner... Praise, Indeed!



~~ We are very grateful for donations from our Sponsors and others... and funds raised by our members' efforts make us especially proud. Thank you all! YOU are what make your Senior Center a special place.

~~ As always, our members and volunteers put together a successful Pancake Breakfast and Rummage Sale last month. All unsold items were donated to the Cloverdale Library (books) and Cloverdale Goodwill, so your donations continue to benefit our community. Our trusty Pancake Brigade served up the best pancake breakfast in town, ably assisted by setters, servers, dishwashers and others. Thank you all for your time and energy!

~~ To all of you who save your Ray's receipts for the Senior Center, we say, "Thank You! Thank You!" Tallying and sorting the receipts takes a lot of effort, and this ongoing fund raiser is successful only because we have so many people helping out.

**Next:** Volunteers are still needed for the Halloween Brunch on 10/29, BBQ Dinner with Mike Nixon on 11/4. and the Christmas Tea & Fashion Show on 12/11. ~ ~ *With Thanks & Love, Maggie & Brooke*

## Library book sale

This year the Friends of Cloverdale Library annual fall book sale will be October 7th, 8th & 9th. Schedule:



### Thursday, Oct 7th: Members Only Night

6:00-8:00 p.m.

(New members may join at the door.)

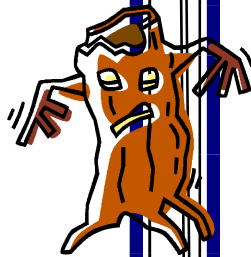
### Friday, 10/8 & Saturday 10/9: General Public

10:00 a.m. to 4:00 p.m.


## Board of Directors

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*Lois Palma-Brown, Vice-President*  
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## Sponsors Donations of \$500 or more...



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*Ann & George C. Wilson*



# Benefits & Services

## Flu Shot Clinic

It's time to decide whether a flu shot is right for you this year. Our Flu Shot Clinic at the Senior Center is:

**Tuesday, October 22**  
**9:30-12:30**  
**First-come, first-served**

There is no advanced signup for the clinic. Sign up at the front desk when you come in for your shot.

Regular Medicare patients are free. All others are \$25. Those who belong to an HMO must get their shots there or pay \$25.

This inoculation does not cover Whooping Cough. Ask your doctor's advice about that inoculation.

**Monday, October 4th 9:00-2:30**

## Haircuts



**First Monday Every Month**

We are very fortunate to have Shari from Studio J coming once a month to cut hair. Please call (894-4826) or stop by the front desk to schedule an appointment.

### Fee Structure

- Standard Haircut \$ 8 • Beard Trim \$ 3
- A-Line cut \$10 • Long layered cut \$10

**Haircuts are for Senior Center Members aged 62 and over. For those between 55 and 62, please add \$2 to the above fees.**

**BLOOD PRESSURE SCREENING, HICAP MEDICARE COUNSELING, LEGAL COUNSELING AND OTHER FREE SERVICES ARE OFFERED REGULARLY. MOST ARE BY APPOINTMENT ONLY. PLEASE CHECK THIS NEWSLETTER AND OUR CALENDAR EACH MONTH.**

**FOR MEDICARE AND OTHER HEALTH INSURANCE ISSUES, YOU MAY CONTACT HICAP DIRECT AT 1-800-434-0222**

**Tuesday, Oct. 12th, 1-3**

## Understanding How Memory

### Works & What to Do To Improve It

*~ with John Greenhalgh, Ph.D*

If you wonder at all about your memory, and what might happen to it as you continue to age... that is to say, if you're a human being, you'll want to take advantage of this rare opportunity to hear from an expert in the field.



Dr. Greenhalgh (pronounced "Green Hall") is a neuropsychologist specializing in the *assessment and rehabilitation* of age-related memory problems. He will focus on a variety of facets to his subject:

- Understanding how memory works
- The many different kinds of age-related memory problems
- Underlying brain mechanisms
- Why each type of memory problem requires a different treatment approach
- Clinical and psychological/spiritual aspects of memory

Bring your questions! You may sign up on the board, or call us and we will add your name to the list: 894-4826.

## Nail Care by Ellen De la Vega

*LVN, Licensed Manicurist*



**Thursdays, October 14th & 28th 9:30 – 2:30**

**Call for Appointment: 894-4826**

Specializing in Senior Preventive Foot Care

Experienced with diabetics

\$10 manicure

\$15 foot care — \$18 foot care w/polish

**Ellen does home visits! Call 894-2062 or 849-6514**



Saturday, October 23 9:30-12

## Yoga Workshop



Yoga Students! If you would like to have some further guidance or corrections on various poses this is the time to get it.

After a warm-up, we will move into smaller groups so instructors can work with each person individually. Some time will be devoted to specific questions, and at the end of the workshop we will move into a few different restorative poses.

All levels of yoga students are welcome. Class size is limited to 20. Please sign up in advance.

## Computer Classes

- You must be a Senior Center member to use the lab.
- Sign up in advance on the bulletin board for classes.
- \$2 requested donation for each class session.

### October Classes:

#### *Tuesdays, 1-3 Microsoft Word with Jan Kronic*

- Class One: October 5 and 12
- Class Two: October 19 and 26

#### *Two Thursdays, 10:15-12 Gmail with Brooke*

- Two one-session classes: Intro to online emailing October 14 and 21

### November Classes:

#### *Tuesdays, 1-3 Intro to Computers with Jan*

- Class One: November 2 and 9
- Class Two: November 16 and 23

#### *Two Thursdays, 10:15-12 Internet with Brooke*

- Two one-session classes: Intro to Internet November 11 and 25

Every Tuesday, 11:15-12:30

## French for Travelers



*Monsieur John Feare is Back!*

... and French for Travelers has resumed. This class is for John's continuing students. If you're interested in a beginning French class, let us know.



Every Tuesday 1-2

## Knitting for Beginners

~ with Ruth Martindell

There seems to be quite an interest in learning to knit, and Ruth has volunteered to teach beginners. We are keeping the class small to start, and our first group is signed up already. If you are interested in future classes, please put your name on the waiting list, and we'll call you when a new session starts.

### Note Schedule Change:



Beginning Spanish with Mardi  
is now on Mondays, 10-11



## Bird watching, Anyone?



If you have a passion for our feathered friends and want to lead a group, please let Brooke know. We have followers!

### ~ HAIKU ~

## COMPUTER ERROR MESSAGES

*Aborted effort.*

*Close all that you have.  
You ask way too much.*

*With searching comes loss*

*and the presence of absence:  
"My Novel" not found.*

*Printer not ready.*

*Could be a fatal error.  
Have a pen handy?*



## Classes & Activities

Every Friday from 11:00-2:00



### Friday Games

Sign up in advance — or just come and join in! Friday is Games Day at the Senior Center!

Here's how it works: if lots of people come down, we'll divide up into groups of different games. If only a few come, we'll negotiate a game we'd all enjoy, or enjoy learning.

We have Scrabble, playing cards, Rummikub, Chess, Ping Pong, Dominoes, and Yahtzee. If you have a different game at home, bring it!

We'll break for lunch at noon. Let us know the day before if you'd like the fabulous Friday Brunch.



Tuesday, October 19th 9-1 &  
Thursday, October 21st 9-

### Driver Safety Class

Cars have changed. So have the traffic rules, driving conditions, and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's licenses, but even the most experienced can benefit from brushing up on their driving skills. California insurance companies offer discounts on auto insurance to motorists who complete this course.

This is the full, 2-session AARP Driver's Safety Class. Cost is \$12 for AARP members and \$14 for non-members, payable to AARP on the first day of class. Please sign up at the Center, or give us a call.

Don't miss Dr. Greenhalgh's discussion on Memory. See Page 3 for details.



WOOOOOOOOOO

Saturday, December 11, 1-3

### Christmas Tea & Fashion Show

*THE HOLIDAYS ARE HERE*, and we're gearing up in earnest for our Christmas Tea. This time we're celebrating Men's Fashions, with a show called

#### *WHERE THE BOYS ARE!*

Our male models will showcase historic outfits and costumes. You'll see everything from the cutting edge of fashion to the downright silly! We'll accept clothes for the show through October, so check your closets for anything fashionable, fun, or funky. (Golfing plus-fours? Highlander's Kilt?)



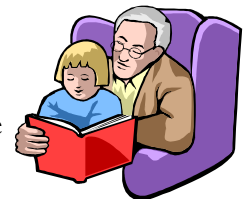
As always, this will be an elegant tea, prepared by our talented volunteers. Let us pamper you with tea, scones, savory bites and surprises.

Of course, we need volunteers. If you have fancy china you'd like to show off, you could set a table (or two). We also need help setting up, serving, and assisting the models. Please talk with Maggie or Brooke.

**\$35/members \$40/non-members. This event always sells out— so you might want to sign up sooner than later.**

### Reading with Kindergartners

Reading sessions with Jon Harwood's Kindergarten class will resume in **November**. This is one of the most enjoyable and surprising experiences that seniors can have... Just ask anyone who did it last year!



We'll get together with his class one Friday each month. They'll read to us, and we'll read to them. If you participated last year, you'll probably want to do it again. If you didn't — give it a try if you like to read. You'll love it! Sign up on the board, and we'll let you know the starting date asap.

## Events & Excursions

Tuesday, November 16 9:15-4:30

### Van Gogh, Gauguin, Cézanne and Beyond:

Masterpieces from the Musée D'Orsay



Our August trip to the DeYoung for the *Birth of Impressionism* brought many requests for a trip to the second show from the Musée d'Orsay's permanent collection. *Van Gogh, Gauguin, Cézanne and Beyond: Post-Impressionist Masterpieces*

from the Musée d'Orsay follows on the heels of the first with a selection of the most famous late-Impressionist paintings by Claude Monet and Auguste Renoir, as well as works representing the individualist styles of the early modern masters, including Vincent van Gogh, Henri de Toulouse-Lautrec, and Paul Gauguin.



**The de Young is the only museum in North America to host the exhibition.**

**Cost is \$45 for members ~ \$50 for others.**

**Payment due October 10th.**

We'll leave the Senior Center promptly at 9:15, and make a stop at Clover Springs. You'll be on your own for lunch. The de Young has a lovely café, or you are welcome to bring a lunch from home and eat on the beautiful grounds. Though we have a reservation, this is a popular exhibition, so be prepared for crowds. Payment due October 10.

**Bus Trip Cancellation Policy:** As tickets need to be purchased well in advance of trips, refunds/credits for trips will be made only if cancellation is received 3 weeks prior to the trip date.

No refund/credit will be given for cancellations received less than 3 weeks prior to the trip, unless the seat is filled. However, full refunds/credits will be issued for trips cancelled by the Center.

Thursday, October 28 9-5

### Larkspur Ferry

To S.F. Ferry Building Marketplace  
& Farmer's Market



There's a waiting list for this very popular trip, our second to the largest farmer's market in the Bay Area and San Francisco's famous Marketplace at the Ferry Building.

The bus leaves our parking lot promptly at 9:00, makes a quick stop at Clover Springs, and then on to Larkspur and the ferry boat to San Francisco.

Wear comfortable shoes and layered clothing. Be sure to bring something warm for the boat ride, and your camera for everything! Bring a lunch or eat at one of the many cafes and bistros.

**\$35 members/\$40 others. Payment due by Oct 10.**

## Cloverdale Garden Oasis

Our Senior Center, working with the Garden Club, is creating a unique community garden in the heart of town. Right on the Boulevard, across from Antiques & Uniques, was a neglected acre with hidden treasures.

As volunteers cleared the land they discovered a majestic old fig tree, a huge persimmon, 2 peach trees, 3 citrus, 5 walnuts, 5 more figs and an apple. Their fruits will be available to anyone in the community, by "picking appointment."

Much of the parcel will be devoted to private garden plots, to be leased to individuals or families next spring...and the entire front section will be a garden oasis for all of us to enjoy. The oasis' centerpiece will be the great fig tree, backed by tall flowering bushes and surrounded by lavender and other herbs, decorative grasses, and roses along the front fence.

**If you would like to make a tax-deductible contribution** to this project, we are most in need of 1) money for decorative plants; 2) soil amendments; 3) straw; 4) a portable garden shed.

**If you would like to join this community effort,** our next steps and dates are:

- **October 1<sup>st</sup>:** prepare the front area for planting
- **October 10<sup>th</sup>:** "sheet mulching" of garden plots
- **October 15<sup>th</sup>:** planting of the landscaped oasis

# Preparing for Taxes #1

***Stacy Buckley, Senior Center Member and AARP Volunteer, has seen that many people are not able to claim all the deductions they are entitled to when they come for help in preparing their tax returns. Stacy has put together a series of articles about what and how you can make sure you have the documentation you need to take full advantage of all the deductions you are allowed.***

***This is the first in that series of articles. We're sure you'll find it helpful.***

As the IRS is demanding more documentation, especially for deductions, one must plan ahead. Start early by labeling a folder or large envelope for the 2010 tax year and put items in it all during the year. If you think something might be useful for filing taxes, put it in the file.

## SOME POSSIBLE DEDUCTIONS:

For cash donations, one needs to have either a cancelled check or a statement from the receiving organization with your name and the amount you gave. If any cash donation to one organization is greater than \$250, you must have a letter from the receiving organization.

For non-cash donations, one needs a statement from the organization with your name, date, and the items donated. Goodwill and similar organizations do not list each item. The best way to deal with this is to make a list of the items before you donate them, with your own estimate of their value. Example:

1 pair black pants	\$
1 beige wool suit	\$
6 wine glasses	\$
Etc.	

After each donated item, put a value in dollars. To determine a value one can look at similar items for sale at Goodwill. VALUE equals what someone else will pay for the item. Add the amounts and put at the bottom of the list. If you take items more than once a year, make a separate list for each trip and attach each list to each receipt received from the organization.

For medical expenses, one can claim the amount paid for medical and prescription insurance, including the amount that is deducted by Medicare. The Medicare amount is on the final statement of the Social Security form SSA-1099 you will receive early in 2011. Any co-pays are also deductible and need documentation such as a cancelled check or receipt from the Doctor's office when the amount is paid. Travel to and from the Doctor's office is deductible. A good way to save this information is to keep a list during the year with the date, name of the Doctor, and distance in miles (round trip) for each appointment. This also includes dentist visits, medical tests, and medical treatments.



Financial Planning for Life

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**web** www.nixonfinancial.com



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*Located at 311 N. Main Street  
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