

WISDOM COUNTS

A Quarterly Publication for the Sebastopol Area Senior Center



A RECENT DAY TRIP TO BLACKHAWK MUSEUM

After months of shorter days, we're beginning to stretch our limbs again. Everywhere I look, buds and everything seems like it's abloom!

At the **Sebastopol Area Senior Center**, we're feeling that same renewal as we have begun an important process: developing our next **three-year strategic plan**. In February, our Board of Directors and management staff took part in a strategic planning retreat which gave us a chance to reflect on where we've been, where we are now, and where we want to go next as an organization.

In recent conversations, one theme has been emerging again and again: **doing less, but doing it better**.

Over the last few years, we've grown quickly in response to community needs. We've added programs and services, expanded senior center hours to six days per week and doubled the size of **The Legacy**. These changes have been wonderful and meaningful. But growth also comes with challenges and growing pains, which leads us to the question: what truly matters most?

As we look ahead, we want to focus our energy on the things that make the biggest difference in the lives of the people we serve, given the finite resources of our staff and finances. That may mean

strengthening the programs that bring people together, ensuring our services remain welcoming and accessible, and investing our time and resources in exploring a potential new building that can house all we do in one vibrant place.

Our team is learning that sometimes change and growth isn't about doing more. Sometimes it's about refining, focusing, and nurturing what already works well.

Our goal for the coming years is simple: to continue building a senior center that is vibrant, connected, and sustainable. One that serves our community not just today, but well into the future. As always, we're grateful for your ideas, your participation, and your support as we move into our next season together.

PS- we're putting the final touches on our 24/25 Annual Report. We're excited to share our successes; keep a lookout!



Sincerely,
Katie Davis, Executive Director



Senior Center Leadership

STAFF

Katie Davis, Executive Director
Hillary Werhane, Director of Operations
Julie Campagna, Volunteer Engagement Coordinator
Lisa Mathieson, Accounting Manager

Programs

Marlo Carreno, Programs Manager
Alex Villeda, Rides & Resource Coordinator
Scotty King, LGBT+ Liaison

Harvest Cafe

Clint Gandy, Manager
Adelia Canterbury, Lead Chef

Reception, Information & Referrals

Emily Topai, Lead Reception & Program Assistant
Geri Haslett, Kara Riley,
Elizabeth Fugere, Receptionists

The Legacy

Brittany Roney, Manager
Kelly Galten, Asst Manager
Joanne Cooter, Operations

Alix Durant & Eva Trujillo, Retail Associates

BOARD OF DIRECTORS

Alan Beckstead* ~ President
Jill Ravitch ~ Vice President
Colin Ramsay ~ Secretary
John Henel* ~ Treasurer

DIRECTORS

Gary Bachelor · **Shaka Folger-Basso**
Allan Bernstein, MD · **Tate Birnie**
Missy Danneberg · **Brian Ledig***
Pat O'Connor · **Alice Perlman**
Alain Serkissian* · **Steve Thomas**
Amy Truong

*Endowment Trustees

City of Sebastopol Liaison

Neysa Hinton

Harvest Cafe

We're so grateful to everyone who joins us at the Harvest Cafe—whether for a warm meal, friendly conversation, or simply good food made with care. We wanted to share a quick update and a bit about how we approach our cafe.

We have simplified our weekday offerings by moving to one consistent menu Monday through Friday. We no longer have a separate Friday menu. This change helps us operate more smoothly and sustainably as a volunteer- and donation-supported cafe.

Our Harvest Cafe philosophy:

The Harvest Cafe is rooted in the belief that nourishing, local food should be accessible to all. Our meals are simple, seasonal, and thoughtfully prepared using ingredients from local farmers and community partners. Because we rely on the donated bounty of our local food system, ingredients and offerings may occasionally vary, and this flexibility allows us to highlight what's fresh while keeping meals affordable. We always invite you to stop by, see what's on the menu, and share a meal with us.



Food Blogger APPROVED!!

HARVEST CAFE at the Senior Center

OPEN 11:30 - 1:30PM

Lunch is served
Monday - Friday

Please place to-go orders between
11:30 a.m. and 1:30 p.m. and pick it
up by 3 pm the same day.

707.829.2440

Members \$10
Non-members \$12

The Legacy

We have new signage that our Assistant Manager, Socks (Kelly Galten) designed using her original hand drawn artwork. The designs are inspired by previous Legacy branding, volunteer and staff expertise and input, and SASC's own color palette. The signage was much needed to elevate the customer, volunteer and staff experience around the shop.

Secondly, we've been tracking the amount of donations we receive and process, now that we have proper donation room infrastructure in place! Over the past three weeks, we have estimated that we average 3,000 pounds a week in donation intake!

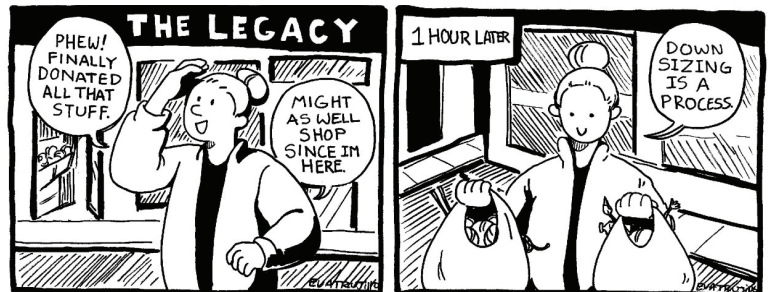


We recycle what we can and toss very little - between 5 and 10 percent. While we have more data to collect before we draw our final conclusions, we can safely estimate that we process close to 150,000 pounds of donated items

per year. That's an environmental win!

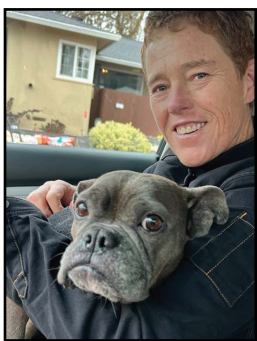
Third, Eva has created a cute comic- it is added to this email. It captures the customer base well!

Located at 789 Gravenstein Hwy S. in
Sebastopol (Southpoint Center)
Hours: Mon - Sat from 10am-4pm
Phone: (707) 823-7520



Volunteer Corner

Spoiler Alert: You'r Kind of Amazing By Julie Campagna



Let's be honest — five months in, I'm not exactly the "new" Volunteer Engagement Coordinator anymore, but I'm also not about to pretend I have it all figured out. What I do have is a lot of conversations under my belt, a survey's worth of candid feedback, and a much deeper appreciation for just

how much volunteers make this place run.

When I started, I made myself a promise: before touching a single spreadsheet or rolling out a single new system, I was going to talk to people

— employees, members, and volunteers as well as volunteer leads at a few of our favorite non-profits. I learned so much!

Additionally, in December, we launched our first annual Volunteer Experience survey. The results? Honestly, a little humbling. Not because things were bad — quite the opposite. Over and over, volunteers described SASC as a place where friendships are real, purpose is tangible, and showing up actually means something.

Whether driving someone to a doctor's appointment, teaching a class, working at The Legacy, or feeding people at Harvest Cafe, volunteers reported feeling valued and respected. I came in ready to fix things

see volunteer corner on back page

Ongoing Classes - Try something new!

Join Us at the Sebastopol Area Senior Center! To register, give us a call at 707.829.2440 or register online.

Discussion Groups

Book Club ~ Dulce

Cost: Free Members /\$5 Non-members
Day & Time: 4th Mon | 1-2:30pm

In the News ~ Sandy

Cost: Free Members /\$5 Non-members
Day & Time: Thur | 10-11:30am

Life Stories Writing ~ Joel

Cost: Free to Members
Day & Time: Tue | 1-4pm

West County Presentations ~ Steve

Cost: Free Members /\$5 Non-members
Day & Time: 1st & 3rd Sat | 11- 12pm

Health & Wellness

Beginner's Yoga ~ Juliet

Cost: \$5 Members /\$8 Non-members
Day & Time: Mon | 2:45-3:45pm

Beg Yoga & Meditation ~ Michele

Cost: \$5 Members /\$8 Non-members
Day & Time: Sat | 10am - 11am

Group Meditation ~ Mark

Cost: \$5 Members /\$8 Non-members
Day & Time: Tue | 10:45-12pm

Harmonic Method ~ Jim

Cost: \$5 Members /\$10 Non-members
Day & Time: Fri | 2:15-3pm

Practical Flo with Mingo

Cost: \$8 Members /\$10 Non-members
Day & Time: Sat | 11:30am - 1pm

Slow Yoga ~ Adriene

Cost: \$8 Members /\$10 Non-members
Day & Time: Fri | 9:15-10:15am

Slow Yoga w/Chairs ~ Adriene

Cost: \$8 Members /\$10 Non-members
Day & Time: Wed | 12:45-1:45pm

Tai Chi Adv Beg ~ Garrett

Cost: \$8 Members /\$10 Non-members
Day & Time: Wed | 11:15-12:30pm

Tai Chi Beg ~ Garrett

Cost: \$8 Members /\$10 Non-members
Day & Time: Wed | 8:45-9:45am
& 10-11am | *Fri | 11:30-12:30pm



Learning & Social

Art Group ~ Linda

Cost: Free Members /\$5 Non-members
Day & Time: Fri | 10:30-12:30pm

Gay & Bi Guys Mixer at BREW

*Day & Time: Last Fri | 4 - 5:30pm

Knitting & Crocheting Group

Cost: Free Members /\$5 Non-members
Day & Time: Mon | 2 - 3pm

LGBT+ Community Lunch Table

Cost: \$10 Members /\$12 Non-members
Day & Time: 1st Mon | 12-1:30pm

Mahjong - Beg American ~ Joy

Cost: Free Members /\$5 Non-members
Day & Time: Sat | 12:30-2pm

Mahjong - Int American ~ Natalie

Cost: Free Members /\$5 Non-members
Day & Time: Thur | 12:30-3:30pm

Senior Lesbians in Community ~ Lucy

*Day & Time: 1st & 3rd Mon | 1:30 - 4pm

Senior Walking Group

Cost: Free
Day & Time: Mon | 10am-11am

Ukulele ~ Cindia

Cost: Free Members /\$5 Non-members
Day & Time: Mon | 9-10:30am

SAIL

Instructor Approval is required to attend any of these classes

Chair-Stand SAIL (Zoom) ~ Annette

Cost: \$8 Members /\$10 Non-members
Day & Time: Tue & Thur | 11-12pm

Chair-Stand SAIL ~ Campbell

Cost: \$8 Members /\$10 Non-members
Day & Time: Wed | 3:30-4:30pm

Chair-Stand SAIL ~ Vickie

Cost: \$8 Members /\$10 Non-members
Day & Time: Fri | 3:30-4:30pm & Sat | 9:15am - 10:15am

Chair-Stand SAIL ~ Lucibel

Cost: \$8 Members /\$10 Non-members
*Day & Time: Tue & Thur | 10:15-11:15am

Standing SAIL ~ John

Cost: \$8 Members /\$10 Non-members
*Day & Time: Mon & Wed | 12 - 1pm

Standing SAIL /also on ZOOM ~ Julie

Cost: \$8 Members /\$10 Non-members
Day & Time: Tue & Thur | 3:30-4:30pm

Support Groups

Dementia Family Caregiver ~ Alz Assoc

Cost: FREE to all
Day & Time: 2nd Thur | 2:30-4pm

Dying to Talk About It ~ Dena

Cost: \$3 Members /\$8 Non-members
*Day & Time: 3rd Fri | 2:30-4pm

Gay & Bi Guys Heart Circle ~ Scotty

Cost: Free Members /\$5 Non-members
Day & Time: 1st Mon | 1:30-3:30pm

LGBT+ Holding Spaces ~ Various

By Donation
*Day & Time: 1st Wed | 2-3:30pm

Old Guys Friendship Group

Cost: Free Members /\$5 Non-members
Day & Time: Tue | 9-10:30am

Women's Group ~ WCCS

Day & Time: Thur | 11:45am - 1:15pm
Cost: FREE Members /\$5 Non-Members
Call (707) 387-4094 to inquire

Tech Help & Services

Android Help (by appt) ~ Deanna

Cost: Free Members /\$5 Non-members
Day & Time: 1st Fri | 9-11am

Apple Tech Help (by appt) ~ Mark

Cost: Free Members /\$5 Non-members
Day & Time: Tue | 9:30-11am

Blood Pressure Screening ~ Sue

Cost: Free
Day & Time: Tue & Sat | 9:30-12pm

Footcare Clinic (by appt) ~ Tamara

Cost: \$10 Members Only
Day & Time: Various Fri | 8:30-12:30pm

iphone/Instagram (by appt) ~ Elizabeth

Cost: Free Members /\$5 Non-members
Day & Time: 1st & 3rd Wed | 9:30-11:30am

Please note: * Indicate offsite at various locations, check website for details and location.



Programs, Workshops & Events

By Marlo Carreno ~ Programs Manager

(707) 829-2440, or marlo@sebastopolseniorcenter.org
Contact her with any questions or ideas for classes.

Over the past three months, we've been thrilled to bring back our popular day trips! Participants enjoyed vibrant murals at Coit Tower and a fascinating visit to



the Blackhawk Museum. The energy and enthusiasm have been wonderful to see. We're already looking ahead to more adventures in the summer months, so please stay tuned.

Now open on Saturday!

We're excited to share that we're now open on Saturdays—and what a fantastic turnout it's been! Thank you to everyone who has joined us and shared ideas for new Saturday offerings; we have some wonderful presentations in the works. While most classes are nearing capacity, there are still open seats in several ongoing drop-in options, including **Practical Flo with Mingo**—a joyful "playshop" that builds balance, coordination, and confidence through juggling, Qi Gong, and playful improvisation in a welcoming, laughter-filled space, as well as **Chair/ Standing SAIL with Vickie Morse** and **Beginning Yoga and Meditation with Michele Bouvier**.

West County Presentations have been a tremendous success. On our first Saturday alone, we welcomed



more than 50 members! Thank you to everyone who attended Steve Thomas's engaging lectures and helped build such great momentum. We look forward to announcing more titles soon.

Upcoming Workshops

Looking ahead, we have several meaningful programs on the calendar. Our Hallmark for Healthy Aging presentation with **Dr. Peter Madill and Dr. Allan Bernstein** has been scheduled for April and the Fascinating Life of Isadora Duncan will take place in May; we're pleased to welcome **Lois Flood** back for another engaging program. Additionally, **Redwing Keyssar** will be joining us in May for "What Matters Most," a powerful presentation reminding us that it's never too late to get our affairs in order.

In July, we will be offering important back-to-back presentations from End of Life Choices and one on the intriguing topic of VSED (Voluntarily Stopping Eating and Drinking), both will be providing thoughtful information and discussion around these topics.

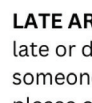
As always, we welcome your suggestions for new classes and appreciate your feedback about our programs. It's a joy to see your faces and share this vibrant community with you. Keep signing up, stay engaged, and most importantly—have fun!

Please sign up for our weekly email which highlights up to date information as we get closer to the event.

CLASS POLICIES



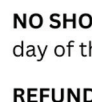
PRE REGISTER: You may pre-register for up to 4 weeks at a time. (Ex: If you call on Jan 1, you can register for classes occurring between Jan 1-Feb 1.)



LATE ARRIVAL: Classes begin promptly. If you arrive late or do not arrive, your spot may be given to someone on the waitlist. If you know you'll be late, please call us.



CANCEL: Please contact us at least 24 hours in advance if you're unable to attend—whether your class is free or has a fee. This allows us to offer your spot to someone waiting and issue you a credit.



NO SHOWS If you miss a class without notice on the day of the class, no refund or credit can be provided.

REFUNDS Eligible cancellations will be credited to your SASC wallet..

Access the complete list of policies here.



LGBT+ News and happenings

By **Scotty King** ~ **LGBT+ Liaison**

(707) 827-8426, or scotty@sebastopolseniorcenter.org
Leave a message for Scotty

Hello All of our LGBT Members, Friends, Neighbors and Allies!

I want to share highlights from our **Senior Lesbians In Community (SLIC)** group, which recently had 50 women attending. They broke into three activities:

- **Speed Friending:** Participants had 5 minutes to connect one-on-one, which everyone loved.
- **Cookie Decorating:** Members decorated cookies while sharing old dating stories for Valentine's Day.
- **Self-Love Circle:** Everyone took turns sharing what they love about themselves.

Exciting Updates from Our Recent Gathering with Gay and Bi Men

We hosted a fantastic potluck at the senior center, attracting around 70 attendees. The spacious dining room was filled with tables, while one of the smaller



rooms showcased an array of casseroles and dishes to share. Thanks to the volunteers who helped with setup and cleanup!

See more LGBT activities on pg 4



Visit our **LGBT+ page** to sign up for our monthly emails! Scan the QR code.



HOLDING SPACES ~ LGBT+ Stories

Celebrate **Transgender Day of Visibility** with **Nick Lawrence FTM**, and his band, with songs from his album, "I Am A Man." His eclectic album covers rock, funk, calypso, poignant ballads, country & western "Stand to Pee," and a raunchy blues number called "I Got My Dong Sewn on Yesterday." Come see Nick and his band!



Nick Lawrence is a transgender educator, songwriter and author. He's been a mother and a father, a daughter and a son, a wife and a husband. Come hear him speak about his life through original songs, stories about his life, and before and after pictures of his transition from female to male.

Date & Time: Wed, May 6 | 2pm - 3:30pm

Where: Wischemann Hall ~ By Donation

A Collaborative Conversation About Gender Identity

Gender identity.... Everybody (gay, straight, bi, asexual, curious, unsure) has it, everybody thinks about it, but what is it? How is it determined? How do we wish to express it?

Join our panel of four people, who claim different gender identities along the gender identity spectrum, including cisgender (male and female), non binary, trans, gender fluid, and gender confused. They will share their experiences of discovery and expression of their chosen gender identity, including the challenges of living in what is currently an aggressively politicized binary society. Come join the conversation with your questions and/or reflections on your own experiences of gender identity.

Date & Time: Wed, June 3 | 2pm - 3:30pm

Where: Wischemann Hall ~ By Donation



Sonoma County Pride Parade
Come join the big group! Sat, June 6th

Sponsorship Opportunities

Be a Senior Center Superstar!

The Sebastopol Area Senior Center (SASC) provides opportunities for local businesses and companies to advertise through various methods, both at The Senior Center and The Legacy Retail Store. By supporting SASC, you are ensuring a happier, healthier, more productive community for ALL! SASC (and our Legacy Retail Store) is a beloved community organization serving over 5,000 people each year. Our reach is impressive. Over 30% of Sebastopol citizens are over 60!

- Our Wisdom Counts Newsletter is sent to 1,400 subscribers in Sebastopol and surrounding communities 4 times a year.
- Our weekly e-blast is sent to 3,900 Senior Center members and supporters.
- Our website has 60,000+ visitors a year.
- Our social media pages are visited on average 750 times a month.
- Our sold-out annual event, Aged to Perfection, seats over 150 attendees who are part of the business community, individuals, and supporters.
- Our vibrant craft-based community arts & crafts resale store, The Legacy, serves thousands of creative customers a year, many of whom are under the age of 30.

Contact Katie Davis for more information: katie@sebastopolseniorcenter.org



Welcome Alex and Elizabeth!

Alex joins us as our full-time **Transportation & Resource Coordinator**. He brings an incredible background in transportation logistics and a strong commitment to supporting older adults, and we're thrilled to have his expertise on our team.

Elizabeth joins us as our **part-time Saturday Receptionist**. She brings extensive administrative experience and is already a familiar face at the Center through her volunteer work in the Harvest Cafe.

Please join us in giving Alex and Elizabeth a warm welcome!

Become A Member of The Senior Center and Enjoy These Benefits & Much More!

- A complimentary subscription to our quarterly printed newsletter, Wisdom Counts, along with weekly email updates on current events.
- Harvest Cafe: Discounted lunch where meals are made fresh daily, includes soup or salad, entrée & drink.
- Access to FREE professional services like Medicare Workshops and more
- Day Trips ~ Members receive a discount and early registration to museums, guided tours and performances
- Attend FREE or discounted lectures
- Receive a 10% discount at The Legacy

Scan the QR Code for membership



March with us in the 80th Apple Blossom Parade!

Each year, we have a strong contingent of riders and walkers to show support for the Sebastopol Area Senior Center in the **Apple Blossom Parade!** Sat, April 25.



Volunteer Corner continued from page 2

and mostly found a community that already knows what it's doing.

That said, you also gave me plenty to work with — and I mean that in the best way.

Newer volunteers asked for clearer onboarding and orientation so they can hit the ground running with confidence. Others had ideas about recognition, scheduling, and communication. A few raised concerns about background checks, particularly in roles where the risk feels minimal — a fair and important conversation that we'll continue to have thoughtfully. I took notes. All of it.

Here's what this survey gave me that no amount of research could: a real baseline. Not assumptions, not best guesses — actual experiences from actual people. As we roll out Better Impact and keep building out the volunteer program, that feedback is my compass.

So thank you. For your time, your honesty, and for making it very clear that the foundation here is solid. Now let's see what we can build on top of it. Interested in volunteering? Contact Julie at (707) 829-2440, or julie@sebastopolseniorcenter.org

Contact Us

The Sebastopol Area Senior Center

167 N. High St., Sebastopol, CA 95472

Hours: Monday - Friday from 8:30am-4pm and Saturday from 9am - 2pm

707.829.2440 | info@sebastopolseniorcenter.org

Visit our website: sebastopolseniorcenter.org

The Legacy

789 Gravenstein Hwy S., Sebastopol, CA 95472

Hours: Monday - Saturday from 10am-4pm

707.823.7520 Visit our website:

[sebastopolseniorcenter.org /thelegacystore-1](http://sebastopolseniorcenter.org/thelegacystore-1)

Save the Date!

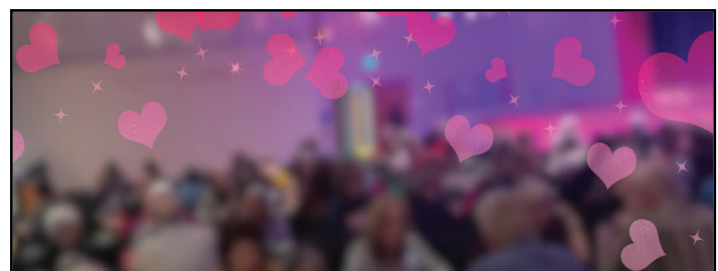


Sebastopol Area Senior Center
Aged to Perfection
Roaring 20s

benefiting senior programs & services

Saturday, October 24

6 PM at the Community Center



FREIND OR FLAME EVENT COLLABORATION!
MORE EVENTS LIKE THIS COMING SOON!