

WISDOM COUNTS

A Quarterly Publication for the Sebastopol Area Senior Center



One of the highlights of this past season was our **Generations United** peer-to-peer fundraising campaign. Thanks to the incredible generosity of our community, we exceeded our goal and raised more than \$110,000 for senior services. We welcomed

more than 200 donors and demonstrated what is possible when our community comes together on behalf of local older adults. Specifically, I'd like to thank the campaign champions who volunteered to raise money for senior services: Specifically, I'd like to thank the campaign champions who volunteered to raise money for senior services: **Cindia Brody, Erin Sweet, Gene Bonino & Will Brown, Hillary Werhane, Pam Graber, Redwing Keyssa and Board Members Alan Beckstead, Gary Bachelor, Missy Danneberg, Steve Thomas, and Tate Birnie.**

This summer also marks an exciting expansion of our services. In response to growing demand, back in January we added Saturday programming at the Senior Center. We're also excited to announce expanded hours at The Legacy beginning August 1. New hours will be Monday through Friday from 10 a.m. to 6 p.m., while continuing Saturday hours from 10 a.m. to 4 p.m. This expansion allows us to better serve our dedicated customers, artists of all ages while generating critical revenue that directly supports Senior Center programs and services.

In June, we proudly participated in the **Santa Rosa Pride Parade** and were honored to receive

the award for "Most Creative." Our staff and volunteers unveiled a stunning 40-foot Progress Pride Flag handcrafted by **Alix Durant** of The Legacy team (pictured above). The award reflects our commitment to ensuring that every older adult feels welcome, valued, and connected at SASC.



Looking ahead, preparations are well underway for our largest fundraiser of the year: **Aged to Perfection**, taking place on October 24. This year's Roaring 20s celebration will be an unforgettable evening featuring silent and live auctions, a raffle, dinner, drinks, dancing, and plenty of fun. The event raises vital funds that help sustain the programs and services older adults rely on every day. Tickets go on sale August 24, and we encourage you to reserve your spot early.

As participation continues to grow, we remain grateful for the support of our community partners offering affordable rental space at the Community Center and Wischemann Hall which allows us to offer classes, support groups, fitness programs, and special events beyond the walls of our historic building. These partnerships help us serve more seniors and bring programming closer to where people live.

Thank you for being part of the SASC family. Whether you volunteer, attend programs, donate, shop at The Legacy, or simply help spread the word, your support makes all of this possible.

Katie Davis, Executive Director



Senior Center Leadership

STAFF

Katie Davis, Executive Director
Hillary Werhane, Director of Operations
Julie Campagna, Volunteer Engagement Manager
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

Jill Ravitch ~ President

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

*Endowment Trustees

City of Sebastopol Liaison

Neysa Hinton

THE LEGACY 
ARTS & CRAFTS THRIFT STORE
 MON-TUE-WED-FRI-SAT: 10AM - 4PM
 THURSDAY: 10AM - 6PM
 789 GRAVENSTEIN HWY S SEBASTOPOL
 (707) 823-7520

FABRICS - NOTIONS - BEADS
 ART SUPPLIES - YARN - NEEDLECRAFT
 SEWING MACHINES & SO MUCH MORE!

HARVEST CAFE
at the Senior Center
OPEN 11:30AM - 1:30PM
weekly menu can be found on our website

Lunch is served
 Monday - Friday

To-go orders can be placed
 between 11:30 a.m. and 1:30 p.m.
 and picked it up by 3 pm

707.829.2440

Members \$10
 Non-members \$15

Food Blogger APPROVED!!

SEBASTOPOL AREA SENIOR CENTER
 SEBASTOPOLSENIORCENTER.ORG | 167 N. HIGH ST IN SEBASTOPOL

Exciting Updates at The Legacy



Amid the warmth of summer, we're thrilled to share some significant strides at The Legacy!

Celebrating Achievements

Alix Durant from Team Legacy recently created and showcased a stunning 40-foot-long Progress flag at the Santa Rosa Pride Parade on June 6th, earning the trophy for "Most Creative." It even caught the attention of **The Press Democrat!**

Additionally, Alix will be speaking at our **Holding Spaces** series on Wed, July 1st (see pg 6 for details).

Remarkable Donations

Alix and Joanne, have been diligently gathering data on our donations. Since February, The Legacy has successfully received and processed over 40,000 pounds of donated items! That's an incredible amount of art supplies! A huge thanks to our fantastic team of volunteers for making this possible.

Donations continue to pour in, and we are immensely grateful. We accept donations on Monday, Wednesday to Saturday from 10am to 3pm (or until we say, "Mercy!"). Please note that we are closed for donations on Tuesdays. If you have a large donation, it's best to call ahead. "Better to call than to haul!"

Store Hour Expansion

Starting August 1, we're extending our store hours to better accommodate our customers. We will be open Monday through Friday from 10 AM to 6 PM, and Saturday from 10pm to 4pm!

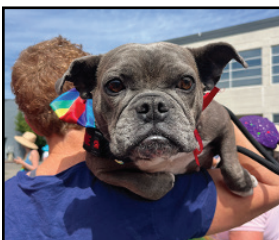
Engaging Workshops

To encourage visits during the hours of 3pm-5:30pm, Monday through Friday, we will introduce various workshops! Discussions on Mending and Sewing workshops are in the works and don't forget our well-loved Knitting Circle, the **Twisted Stitches**, which meets on Thursdays from 3pm-5:30pm.

Volunteer with us!

Celebrating Our Volunteers and Looking Ahead *By Julie Campagna - Volunteer Program Manager*

(707) 829-2440, or julie@sebastopseniorcenter.org



What a season it has been! I am constantly reminded of how lucky we are to be surrounded by such a passionate, dedicated volunteer community — and this spring gave us plenty of reasons to celebrate.

A huge thank you goes out to everyone who marched with us in the Apple Blossom Festival parade. Your energy, enthusiasm, and willingness to represent SASC in the community meant the world — and the cherry on top? We took home first prize in the non-profit category! And the community spirit didn't stop there — members, staff, and volunteers also came together to march in the Pride Parade, where we were honored with the Most Creative award. Two parades, two wins, and a whole lot of SASC pride on display.

We also wrapped up our Volunteer Appreciation Event this spring, and I have to say — it was even better than I hoped. Seeing so many familiar faces in one room, along with some newer volunteers I'm just getting to

know, was genuinely moving. This work can sometimes feel like it happens behind the scenes, and events like this are a wonderful reminder of just how large and vibrant our volunteer family really is. Thank you to everyone who attended, and especially to those who took the time to share feedback.



Now, I'm proud to share that we've reached a milestone: our volunteer registration through Better Impact and background check completion drive have crossed the finish line. The deadline has passed, and the response from our community was remarkable. To everyone who completed both steps — thank you, sincerely. You've helped SASC operate the way it deserves to — with consistency, accountability, and care. What a spring it's been.

Here's to a wonderful summer ahead — together.

Current Class Schedule

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: \$5 Members /\$10 Non-members

Day & Time: 4th Mon | 1-2:30pm

In the News ~ Sandy

Cost: Free Members /\$10 Non-members

Day & Time: Thur | 10-11:30am

Life Stories Writing ~ Joel

Cost: Free to Members (sponsored)

Day & Time: Tue | 1-4pm

West County Presentations ~ Steve

Cost: \$5 Members /\$10 Non-members

Day & Time: 1st & 3rd Sat | 11- 12pm

Health & Wellness



Beginner's Yoga ~ Juliet

Cost: \$8 Members /\$10 Non-members

Day & Time: Mon | 2:45-3:45pm

Fundamentals of Tai Chi ~ Garrett

Cost: \$8 Members/\$10 Non-members

Day & Time: Wed | 8:45-9:45am/10-11am

*Fri | 11:30-12:30pm

Group Meditation ~ Mark

Cost: \$5 Members /\$10 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 Form ~ Garrett

Cost: \$8 Members/\$10 Non-members

Day & Time: Wed | 11:15-12:30pm

STAY CONNECTED

Subscribe to our weekly e-blasts at sebastopol seniors center.org



Learning & Social



Art Group ~ Linda & Edie

Cost: Free Members /\$10 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 /\$10 Non-members

Day & Time: Mon | 2 - 3pm

LGBT+ Community Lunch Table

Cost: \$10 Members /\$15 Non-members

Day & Time: 1st Mon | 12-1:30pm

Mahjong - Beg American ~ Joy

Cost: \$25 Members /\$35 Non-members

Day & Time: Sat | 12:30-2pm (8 wk series)

Mahjong - Int American ~ Natalie

Cost: Free Members /\$10 Non-members

Day & Time: Thur | 12:30-3:30pm

Senior Lesbians in Community ~ Lucy

Day & Time: 1st, 3rd & 4th Mon | 1:30 - 4

Senior Walking Group

Cost: Free


Day & Time: Mon & Wed | 9:30am - 10:30am

Ukulele ~ Cindia

Cost: Free Members /\$10 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 /\$10 Non-members

*Day & Time: 3rd Fri | 2:30-4pm

Gay & Bi Guys Heart Circle ~ Scotty

Cost: Free Members /\$10 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 /\$10 Non-members

Day & Time: Tue | 9-10:30am

Women's Group ~ WCCS

Day & Time: Thur | 11:45am - 1:15pm

Cost: FREE Members/\$10 Non-Members

Call (707) 387-4094 to inquire

Tech Help & Services



Android Help (by appt) ~ Deanna

Cost: Free Members /\$10 Non-members

Day & Time: 1st Fri | 9-11am

Apple Tech Help (by appt) ~ Mark

Cost: Free Members /\$10 Non-members

Day & Time: Tue & Thur | 9am-10:30am

Blood Pressure Screening ~ Sue

Cost: Free

Day & Time: Tue | 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 /\$10 Non-members

Day & Time: 1st & 3rd Wed | 9:30-11:30am

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

Most of our classes are at the Senior Center, but we also partner with Sebastopol Community Center and Wischemann Hall to offer more! Advanced registration is required for classes.

Programs, Workshops & Events

By Marlo Carreno ~ Programs Manager

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

Thank you to all of our instructors, group facilitators, and presenters. Although I wasn't able to attend the appreciation party in May, I want to take a moment to share how grateful I am to work alongside each of you. Your dedication, expertise, creativity, and compassion are at the heart of what makes our Senior Center such a special place. Time and again, our members tell us how much they value your classes, groups, and presentations.



Just today, while covering the front desk, I signed up a few new members—one specifically for an August presentation and the others for a Tai Chi and SAIL class. Moments like these are wonderful reminders that the programs you offer are often what bring people through our doors and keep them engaged in our community. Thank you for the care, energy, and enthusiasm you bring to your work and for helping create such a welcoming environment for all.

Upcoming Workshops!

As we look ahead to summer and early fall, we have an exciting lineup of programs that support healthy aging, wellness, lifelong learning, and meaningful connection:

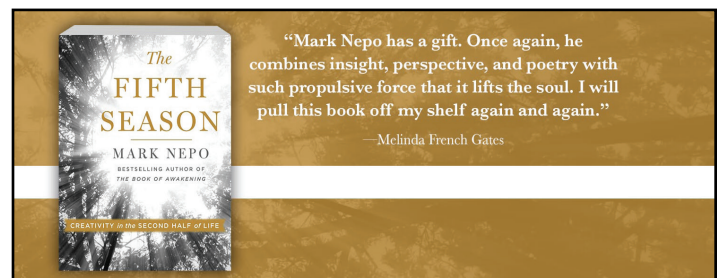
July – HICAP counselors will provide valuable information on Medicare benefits, enrollment options, and healthcare resources. We will also enjoy



a special **LGBT+ outing to Green Valley Growers** Hydrangea Ranch in Graton, offering participants the opportunity to connect with nature and one another while touring this beautiful local destination.

August – Our Fall Prevention Speaker Series continues with Dr. Jennifer Goldman discussing eye health and strategies for maintaining vision as we age. The popular **Sex After 60** (or 50) program returns, offering an open and educational conversation about healthy relationships, intimacy, and sexual wellness in later life. We will also welcome presenters from **End of Life Choices California** to discuss end-of-life planning, advance care planning, and **Voluntarily Stopping Eating and Drinking (VSED)**, providing practical information and thoughtful discussion around important life decisions.

September – We continue our healthy aging focus with **Hallmarks of Healthy Aging: The Gut Microbiome**, exploring how gut health impacts overall well-being. **HICAP counselors** will return with an updated **Medicare presentation** ahead of Open Enrollment. We are also thrilled to host **The Fifth Season – A Mark Nepo Retreat** at Balletto Vineyards. Mark Nepo is a bestselling author, poet, and



spiritual teacher whose work inspires people to live with greater authenticity, resilience, and purpose. Through storytelling, reflection, and conversation, participants will explore themes of gratitude, meaning, and personal growth.

These programs reflect our ongoing commitment to providing meaningful opportunities for learning, wellness, and community engagement. Thank you again for all that you do. Your contributions enrich the lives of our members every day, and we are deeply grateful to have you as part of the Senior Center family.

With Gratitude, Marlo

LGBT+ News and Events

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

Hello LGBTQ+ Friends, Family, Neighbors & Allies,
There is still much work to be done politically, particularly in support of our trans brothers and sisters. We all cherish the rights we have fought so hard to secure over the years! If any of you would like to share suggestions for actions we can take as a community, please reach out! I will strive to use my voice in support of our LGBTQ+ community.

In the meantime, I am truly grateful to be part of the Sebastopol Senior Center, where we advocate for the rights of everyone! We are proud to present our successful "Holding Spaces" monthly series, taking place on the first Wednesday of each month at Wischemann Hall, starting at 2 PM. This series focuses on trans individuals and gender non-conforming people, fostering an environment of education, acceptance, and open dialogue.

Holding Spaces

Holding Spaces serves as a connection group for LGBTQ+ individuals, allies, and families across generations. Whether you are questioning, coming out, navigating your gender or sexuality, or simply seeking community, you are welcome here—just as you are.

Gender-Affirming Care: What It Means, Why It Matters

HOLDING SPACES LGBTQ+ STORIES

Wednesday, July 1st
By Donation - No one turned away!
Time: 2pm - 3:30pm

- Inclusive & Uplifting
- Conversational & Friendly
- Affirming Community
- Support for Families

Call 707.829.2440 for details

SEBASTOPOL AREA SENIOR CENTER
465 Morris St

with **Alix Durant**

Please join us! 🥰🥰

Celebrating Our Community:

We are excited to share that our amazing volunteer, **Lucy Whitworth**, has been named Grand Marshal of the Sonoma County Pride Parade! With immense dedication, Lucy contributes her time to the Senior Lesbians in Community group (SLIC), which meets bi-monthly and organizes various events.

All lesbians aged 60 and older are warmly invited to join us on the first and third & fourth Monday of each month at 1:30 PM at Wischemann Hall.



Good News!

We have launched a page on our Senior Center website where you can view our current LGBT+ blog to stay updated on events each month. Please feel free to share this information with anyone you know who may identify as LGBT+, have an LGBT+ family member, or be an ally!

To access the blog or sign up for it, visit the Sebastopol Senior Center website, click on "LGBT+," to sign up and then select "Scotty's Blog" explore the latest issue, review past editions, and discover our other activities.

Sincerely,
Scotty King
LGBT+ Liaison
The Rainbow Connection
Sebastopol Area Senior Center



Email: Scotty@SebastopolSeniorCenter.org
My direct dial phone number is 707-827-8426 (please leave a message, I will call you back)

Ongoing LGBT+ gatherings

First Monday of the month

12pm | LGBT Community Lunch Table | Harvest Cafe
1:30 pm | Senior Lesbians in Community | Wischemann Hall
1:30 pm Gay & Bi Guys Heart Circle | Senior Center

First Wednesday of the month

2:00 pm | Holding Space for LGBTQI+ | Wischemann Hall

Third and Fourth Monday of the month

1:30 pm Senior Lesbians in Community | Wischemann Hall

More updates from the Senior Center.

Fee increase effective July 1st, 2026

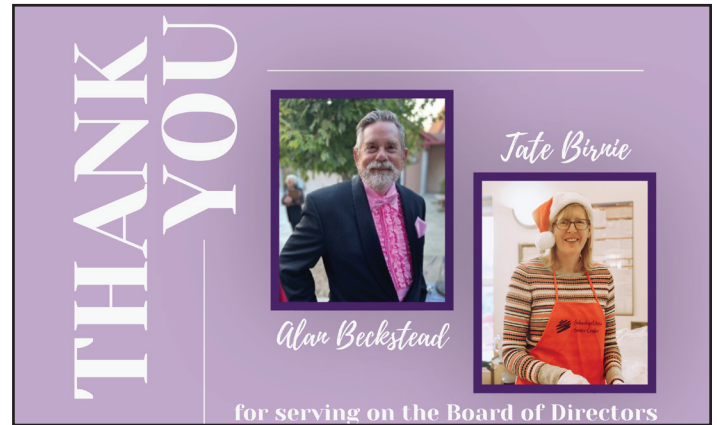
We deeply appreciate your support and commitment to our Senior Center community. Thanks to generous donors and The Legacy, we can subsidize classes, services, and meals despite rising costs since 2017.

As we continue to strive for excellence and sustainability, the following changes are effective July 1, 2026, Memberships will be \$60 for individuals and \$100 for households. Non-member activity fees will be \$10. Non-member meals at the cafe will be \$15. Members continue to enjoy benefits like free admission to ongoing groups and generous discounts.

We want to assure you that we have carefully considered this decision to ensure it remains fair and reasonable for everyone. Thank you for your participation and support!

Board Members Resigning

Thank you to **Alan Beckstead** and **Tate Birnie** who served on our Board of Directors for many years with their brilliant leadership. We are grateful to have them joining our Advisory Committee. We welcome Jill Ravitch as our new Board President!



Chef Adelia was interviewed by KSRO

On Saturday, June 12th, our very own Lead Chef, **Adelia**, was interviewed on KSRO's **At the Table** radio hour. During the interview, she talked about the Harvest Cafe, the important role it plays in our community, and the work we do to nourish and connect our community members. She was also able to share about her aspirational business, Pie/Tart.

Please join me in congratulating her on this well-deserved opportunity and thanking her for being such an outstanding ambassador for our organization.

Listen to the interview at KSRO.com, click on the "shows" tab and then click Saturday and scroll to "At the Table".



Memories in Stone: This summer, we're offering a special opportunity to honor someone who has made a lasting impact on your life. For a limited time, commemorative bricks along the Sebastopol Area Senior Center walkway are available for \$250 (regularly \$500).

Your personalized engraved brick will become a permanent part of the Senior Center.

Each brick serves as a lasting tribute while helping support programs and services that reduce isolation, promote wellness, and enrich the lives of older adults throughout West Sonoma County.


Summer Special: \$250 per engraved brick ~ Offer is valid now through August 31, 2026
Leave a lasting mark. Share a memory. Honor a life.



Wednesday, August 19
4:00-6:00 PM
Sebastopol Area Senior Center
167 N High St



HIGHLIGHTS!

- Free trishaw rides
- Meet instructors
- Learn about classes
- Live music by West of Malarkey
- Kids craft table
- Learn about volunteer opportunities
- Enjoy light bites by 

YOU ARE INVITED! ALL AGES WELCOME!

THE LEGACY

Transportation

VOLUNTEER DRIVERS Needed!

Help a Senior Stay Independent

Our Transportation Program connects older adults to the places they need to go—medical appointments, grocery stores, pharmacies, activities, and more.

EVEN A FEW HOURS A MONTH CAN MAKE A BIG DIFFERENCE!



Did you know? ★
Mileage can be tax-deductible!
You may be able to deduct mileage on your taxes. (Consult your tax advisor for details.)

WHY VOLUNTEER DRIVERS LOVE WHAT THEY DO:

MEANINGFUL CONNECTIONS
Build relationships and make a real difference in someone's life.

FLEXIBLE SCHEDULE
You choose the rides that fit your schedule.

GIVE BACK TO YOUR COMMUNITY
Support seniors and help them stay independent.

FEEL GOOD EVERY DAY
The gratitude you receive is priceless!



You drive. They thrive.

A ride today. Independence every day.

Small time. Big impact.

WE NEED MORE DRIVERS!
We have very high ride requests and need more volunteers to help meet the demand.
✓ Some volunteers can only drive once a week.
✓ Some are on vacation.
✓ Some can't drive at certain times due to appointment schedules.

"It's more than just miles driven. It's independence, dignity, peace of mind, and connection for the seniors we serve."
— Alex Villeda
Transportation & Resource Coordinator

YOUR MILEAGE MATTERS (AND SO DOES YOUR IMPACT!)
As a volunteer driver, you may be able to deduct the mileage you drive while volunteering.
Thank you for giving your time, your heart, and your miles.
You are the reason seniors stay connected!

By Alex Villeda ~ Transportation & Resource Coordinator
(707) 829-2440, or alex@sebastopolseniorcenter.org

The Sebastopol Area Senior Center is looking for volunteer drivers to help local seniors stay independent, connected, and healthy — and it might be the most meaningful hour or two you spend each week.

As a Volunteer Driver, you'll give rides to medical appointments and errands for seniors in our community who can't get there on their own.

It's flexible — you choose when and how often you drive — and the Center provides training and easy-to-use scheduling software to make it simple.

Bonus: Your volunteer hours can be deposited into your Sebastopol Area Time Bank account!

Interested? Reach out to Transportation Coordinator Alex Villeda with any questions or apply via our volunteer portal.

Contact Us

The Sebastopol Area Senior Center
167 N. High St., Sebastopol, CA 95472
Hours: Monday - Friday | 8:30am-4pm
Saturday from 9am - 2pm

707.829.2440 | info@sebastopolseniorcenter.org
Website: sebastopolseniorcenter.org

The Legacy

789 Gravenstein Hwy S., Sebastopol, CA 95472
Hours: Monday - Friday | 10am - 6pm
Saturday from 10am-4pm
707.823.7520

Dancing 1920s Theme Live Auction Silent Auction Raffle Specialty Cocktail Wine + Beer Dinner

Sebastopol Area Senior Center Aged to Perfection Roaring 20s
benefiting senior programs & services

Tickets \$135 or Table of 8 \$950

Save the Date: October 24!

Tickets on sale Aug 24th