



**Provides Essential Services,  
Important Programs, and Stimulating Activities For Local Seniors**

## **Newsletter for December 2023**

Greetings Linda,

Welcome to the **Redwood Coast Seniors** newsletter!  
Our plan is to send news and periodic updates and to keep you generally informed about the services, programs, and activities your local Senior Center provides.

You probably already know that **Redwood Coast Seniors** serves over 40,000 thousand meals each year through lunch at the **Center**,

**Meals-on-Wheels**, and **Grab-n-Go**; that our **Alzheimer's Day Program** is back, that the **Friendly Visitor** program is signing up both clients and volunteer visitors, that the **Peer Counseling Program** is growing, and that we have a new **Event & Activities** Coordinator busy bringing you events and activities such as Wake Up & Walk Wednesdays, Medicare workshops, Safe Driving workshops for Seniors, and that **The Attic Thrift Store** is a well-stocked boutique filled with terrific buys!

If not, take a look at our **website** and keep up with us on **Facebook**, and let us know what you think of the newsletter. Your input is crucial to our success!

We hope to see you soon, at lunch, taking advantage of services, programs, and our many activities.

**Happy Holidays to You and to Yours,**





Volunteer Garden Project Manager  
Rick Bressler



Squashes picked in the garden  
and cooked up for lunches  
at the Center!

## Thank You, Thank You, & Thank You Again!

Rick Bressler, our volunteer garden project manager, has accomplished more than we could imagine, along with other great volunteers, Dick Rexrode, John Skinner, and Ethan Simpson, to name just a few. From envisioning and building planting beds, pathways, benches, and even a ring-toss court to bringing in fabulous donations to gathering freshly picked produce for the Senior Center kitchen, Rick has constructed a fantastic new garden here at the Senior Center.

Everyone at the Center is proud of our beautiful garden. We are grateful to Rick for his bountiful largess and to these kind people and community-spirited businesses:

### **Mendocino Forest Products**

For two loads of heartwood grade lumber for raised beds, redwood boxes and fence boards, PT for borders, trellises, benches, and the inside wall. Not only that, but MFP's employees John and Dick picked up both loads with John's truck and trailer and delivered them to the Center here on Harold Street.

### **Willits Redwood Company**

For their Merch Rough Green redwood for compost bins and borders.

### **Conrad Forest Products**





Rosa Valenzuela, who works in the Senior Center kitchen, picks lettuce in the garden to use for making salad for lunch in the Center's dining room.  
Lunch is served 11:30 to 1:30  
Monday - Friday

**Thank you to everyone  
who built and are still  
building the Senior  
Center's Garden,  
creating a masterpiece  
of care for the present  
and the future!**

For 1500 FBM of redwood for our handicapped-accessible raised beds, fence framing, and trellises. Also, thanks again to John and Dick for picking all this up at the Conrad Forest Products yard.

### **Tonk's Tree Service**

For a load of wood chips for pathways.

### **Geo Aggregates**

For 10 yards of path fines for the play area.

### **Terry Randall Boggess of**

For at least a week of his time to install the garden's watering system.

### **Mel and Rachelle Zachary Sacred Woods**

For a free-standing display stone sculpture.

### **Mendocino Coast Botanical Gardens**

For many plants, labor, and advice to get us started on our garden.

### **Sakina Bush of Sakina's Garden**

For vegetable starts.



## **Need a Ride?**

Redwood Coast Seniors offers rides from 8:00 AM to 3:30 PM, Monday through Friday, from Cleone to Gibney Lane and 4 miles east. Rides are \$1 to \$4 depending on distance. Call 707-



964-0443 to schedule your ride. Our drivers will assist you to ensure you are secure, comfortable, and independent, including helping with your packages!

Learn More about Rides and Other Services.



## Wake Up and Walk!

This new activity at Redwood Coast Seniors brings people together for fun and health. We meet in the Center's atrium at 8:30 on Wednesday mornings for hot coffee and muffins - \$1 dollar each - before taking a brisk walk with friends at 9 AM. Each Wednesday morning brings a great time to chat, make new friends, and get in that walk!



Learn More about the Alzheimer's Day Program and Other Important Programs & Services.



## Redwood Coast Seniors'

# Alzheimer's Day Program is Back!

Our Alzheimer's Day Program offers your family members activities to stimulate memory retention and provides fun activities such as art projects, exercise, movies, and more! A delicious lunch is also provided. Program days and times are 10 AM to 2 PM Monday through Thursday.

Call Program Coordinator Roshan Ashford at 707 961-4302 for more information.

[Learn More about the Day Program and Other Programs.](#)



## Your Donation Makes All the Difference!

Donate to Redwood Coast Senior Center and support services, programs, and activities for seniors on the Mendocino Coast. Meals-on-Wheels and the Alzheimer's Day Program are just two programs your donation helps fund.

Since 1973, we have been serving our community through services, resources, and social engagement that enhance the lives of seniors and their loved ones.

Your contributions - be they \$5 or \$5,000 - help the Senior Center continue to provide the best experience for seniors in our community, supporting various activities and programs not found anywhere else on the Coast.

Thank you for your generosity!

[Click Here To Donate](#)



Office Hours: 8 AM - 4 PM, Monday - Friday  
The Attic Thrift Store: 9 AM - 3 PM, Monday - Friday  
Rides: 8 AM - 3 PM, Monday - Friday  
Lunch: 11:30 AM - 1:30 PM, Monday - Friday

[Click Here for Monthly Menu](#)



# REDWOOD COAST SENIORS

490 North Harold Street, Fort Bragg, California 95437  
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