



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

## Newsletter for April 2024

Greetings Linda,

I am so happy it is Spring, not only because we see more sunshine but because The Senior Center has so much going on!

Our Activities and Events Coordinator, Jennie Stevens, and fabulous our volunteers (we need you, too!) in the garden are planting seeds and vegetable starts for vegetables to use for lunches at the Center. Seeing more seniors enjoying their lunches together at the Center is heartwarming!

Please read what Meals on Wheels volunteer Gwen Jacobson has to say. I am so grateful for Gwen's description of how she got into volunteering and why she continues to do so. Gwen Jacobson inspires me, and I believe she will also inspire you.



Also, this is the time of year when people begin to clean out closets, bringing bags of clothes, other items, and furniture to the Attic Thrift Shop. When seasons change, people also look for clothes and household items at The Attic Thrift Store. Seeing what comes in and what our thrift store customers purchase is so much fun. I can see it from the window in

my office, and it brings me so much joy to see people happy! Please give Arwen, The Attic thrift store manager, a call to arrange your donation drop-off, Monday through Friday. (707) 961-4307.

As you can see from this newsletter, we've increased our activities, events, and forums, especially on Fridays. Check out what we have below, and click through on photos, dates, and event names. Keep clicking to find out more.

In the meantime, I hope to see you soon at lunch, an event, and The Attic thrift store.

Sincerely,  
Jill Rexrode  
Executive Director



## **Meals on Wheels - Basic, Essential, Vital!**

**5,477 Meals on Wheels Served in the First 2 Months of 2024!**

### **Gwen Jacobson - 20 Years a Volunteer**

**Thousands of Meals on Wheels Delivered to Needy Seniors!**

Hi, I'm Gwen Jacobson, and here is my take on our Redwood Coast Senior Center and the 'Meals on Wheels program.

My husband Bill and I have lived in Mendocino for 45 years. We moved here from Oakland in 1977 after purchasing the Joshua Grindle house to make it into a bed and breakfast inn. We were innkeepers for 11 years. I volunteered from the get-go. First, I was treasurer of the Kelley House for 11 years, after which I became a board member of the Mendocino Music Festival and, about 11 years later, was on the Mendocino Fire Protection Board, also for 11 years. I became a Meals on Wheels driver during my time with the fire district. My friend, Jean Graham, was delivering meals and suggested that I come along with her to see what it was all about, and I was hooked. That was 20 years ago. She and I

enjoy delivering meals to this day. Jean delivers on Mondays. I am the Wednesday driver. I have always felt that sharing my time with the community in which I live is essential.

Not only are people drawn to our coastal community by the natural beauty, but they are also drawn here because of all the mind-expanding cultural and social

opportunities presented and made possible by those who give back to the community by volunteering their time.

It's not a one-way street. I know first-hand that I have received as much as, if not more, through volunteering than I have given. I have performed tasks I never dreamed were within my capabilities. I have learned much from interacting with the varied and interesting people I have met on my volunteering journey. I have had a lot of fun and have added stories to my conversational repertoire.

As a Meals on Wheels driver, I have been on roads I would not have found nor ventured down (Albion, you have a 'rabbit warren' of roads!). I have met folks from all walks of life, had interesting conversations, and received as many smiles as I have given when handing someone a warm meal.

I am so proud of the recent changes that director Jill Rexrode, her husband, friends, and staff have made to the center over the past few years. There is a fresh, clean, inviting look inside and a lovely garden area where vegetables are grown to supplement those served for lunches. The garden and new patio have places to sit, talk, enjoy a



coffee or a bite to eat, or take a short stroll. I love to share with “my folks” the tasty, attractive, and varied meals prepared for the MOW program and the senior lunches at the center itself. I love the warm and friendly feeling that greets me each Wednesday when I ‘load up’ for my delivery run. The staff is friendly and dedicated. It is a joy to be a small part of the wheel that makes the Redwood Coast Senior Center go around.

Help is always welcome and needed. Please consider sharing your talents – music, art, yoga, dining-room helper, retail expertise, and gardening interests. We have a place for you to thrive while sharing some of your time with others.

-- Gwen Jacobson



## Senior Center Hallway Gallery Artist Ann Erickson Exhibits through June



**Ann Erickson**



Ann Erickson's *Silver Tree Albion*,  
16" x 20," acrylic.

The Senior Center's Hallway Gallery features local artist Ann Erickson through June. **Click here to read Ann**, and drop by the Center for a wonderful viewing Mondays through Fridays from 9:00 a.m. - 4:00 p.m.



## Mark Your Calendar - Upcoming Events



**Friday, April 19th  
1:30 p.m.**

Don't miss this talk by **Mendocino Land Trust Executive Director Conrad Kramer** -

A unique opportunity to learn about our local environment through the Trust's mission to save wildlife habitats, develop more coastal access and trail projects, combat climate change, and perpetually steward conserved lands.



**Friday, May 3rd  
1:30 p.m.**

Join us for an open forum on **Veterans Affairs**.

**Mendocino County Veteran Services Officer Ulysses Lopez and Member Services Rep from the VA Ukiah Clinic Scott Wise** will discuss applying for VA Disability Compensation, Education Benefits, and Survivors/Burial Benefits, as well as how to obtain military records, Veteran ID cards, and VA Healthcare. and

**Join us for a fun filled night!**

**Friday, May 10th  
5-8 p.m.**

Time for fun! Join us for the **Spring Dance**.

Enjoy the no-host bar & snacks, then dance, dance, and dance some more!

Info: (707) 961-0165  
\$5 per ticket  
Presale only  
(must be 21 years or older)

information on  
employment resources.

**The San Francisco  
VHA's Suicide  
Prevention Community  
Engagement and  
Partnerships**

**Coordinator** will be also  
be available.

## Coming Up Before You Know It!

A Mesmerizing Fundraiser  
for the Senior Center

**Friday, May 24th  
5:00 p.m.**

Don't miss Robert Goleman's riveting  
performance of magic and mentalism!

No-host Happy Hour at 5:00 p.m.

Show Begins at 6:00 p.m.

Info: (707) 961-0165

\$20 per ticket - presale only  
(must be 21 years or older)



## A Place to Be, Things to Do, People to See... Redwood Coast Seniors Are Active!



### Ping Pong

Did you know that  
**Ping Pong** is one of the  
healthiest activities for



### Knitting

The **Knit Wits** is an open  
group of individuals who  
knit and crochet. Bring  
your skills and  
experience or learn to



### Quilting

**Ocean Wave Quilters**  
meet - and teach people

seniors?  
It's good for hand-eye coordination, manual dexterity, cardiovascular health, strengthens muscles and ligaments, which also helps maintain and improve balance. You do not have to know how to play at first, and people with disabilities are encouraged to join.

Plus, ping pong is a *lot* of fun!

**Tuesdays & Fridays**  
**10:00 a.m.**  
**Wednesdays**  
**1:00 p.m.**

knit and crochet by those who have enjoyed the art for years.

The conversation is always rich, and the sweaters, blankets, and other hand-knit objects are both useful and beautiful.

Knit, crochet, and socialize with a delightful group, the Knit Wits!

**Tuesdays**  
**10:00 to 11:30 a.m.**

to hand-quilt - one day per week at the Senior Center.

You are welcome to come by and watch and ask questions; no quilting required! Ocean Wave Quilters are happy to explain what they do.

For the past 28 years, Ocean Wave Quilters puts on the Fort Bragg Quilt Show. **This year's show, entitled "Around the Block"** takes place at Dana Gray Elementary, June 29-30.

**Tuesdays**  
**1:00 p.m.**

Above:  
Quilt adapted from *Log Cabin Notebook*, 63"x 83".  
Artist, Kathy McCormick; Quilter, Cindy Jo Willey, members of Ocean Wave Quilters.

**Click Here to Check Out More Redwood Coast Seniors' Events & Activities**



**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](#)



**Correction: Please *click here* to view Holly Tannen's Sploem, *Young Lady*. We regret having mis-formatted it and want you to read it in the format it should be read..**

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](#)



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