

# Classes, Workshops & Seminars

**Bike Care Basics** ~ with Sherry Adams, \$5 advance, \$10 drop-in. 11:00am-1:00pm at LITE Initiatives, 4019 Sebastopol Rd, Santa Rosa ~ 707-579-5811 ~ [www.liteinit.org](http://www.liteinit.org)

**Mar 15** ~ Gears

**Mar 22** ~ Bearings/Wheels

**CPR & First Aid Class** ~ Save time with 'blended learning!' Begin course online at your convenience, then finish with a hands-on skills session. More info or to register: American Red Cross, 5297 Aero Drive, Santa Rosa ~ 707-577-7600 ~ [www.arcsm.org](http://www.arcsm.org)

**Mar 19** ~ 6:00-8:00 pm

**Mar 27** ~ Noon-2:00 pm

**Apr 11** ~ 2:00-4:00 pm

**Mar 21** ~ **Fix-It Skills: Clothing Repair** ~ Reduce waste! Don't replace it...fix it! \$5 advance, \$10 drop-in. 11:30am-1:00pm at

LITE Initiatives, 4019 Sebastopol Rd, Santa Rosa ~ 707-579-5811 ~ [www.liteinit.org](http://www.liteinit.org)

**Apr 4** ~ **Culinary Class** ~ *\*New Date\** Famed organic chef Patty James will lead this fun and informative culinary class about Winter salads. 11:30-3:00 at Monte Rio Community Center, 20488 Highway 116, Monte Rio ~ 707-865-9956 ~ [www.mrrpd.org](http://www.mrrpd.org)

**Apr 4** ~ **Law of Attraction Coaching Group** ~ Tools, support, and encouragement. Drop-ins welcome! \$40/by donation; all proceeds benefit local non-profits. Facilitated by Edward Mills. 9:30am-12:15pm the first Saturday of each month at the Glaser Center, 547 Mendocino Ave., Santa Rosa ~ 707-824-0554 ~ [www.edwardmills.com](http://www.edwardmills.com)

**Thru May 4** ~ **What Physicists Do** ~ Lectures, demonstrations, & films from Sonoma State University Department of Physics & Astronomy. Supported by private donations. Mondays at 4:00 at SSU, Darwin 103, 1801 East Cotati Ave, Rohnert Park ~ [www.phys-astro.sonoma.edu](http://www.phys-astro.sonoma.edu)

**Thru May 12** ~ **Holocaust and Genocide Lectures** ~ Twenty-sixth annual series. Tuesdays at 4:00-5:40 pm at SSU, Ives 101, 1801 East Cotati Ave, Rohnert Park ~ Dr. Myrna Goodman, 707-664-4076 ~ [www.sonoma.edu/holocaust/center.htm](http://www.sonoma.edu/holocaust/center.htm)

**Meditation Sessions** ~ \$10/by donation. Compassion Kadampa Buddhist Center, 120 North St., Healdsburg ~ 707-293-8096 ~ [www.meditationinhealdsburg.org](http://www.meditationinhealdsburg.org)

**Sundays** ~ *Prayers and Meditations for World Peace* ~ 11:15am-12:30pm

**Wednesdays** ~ *Meditation for Everyone* ~ 7:00-8:15 pm

**Fridays** ~ *Noon-Time Meditation* ~ 12:00-1:00 pm

**Pilates Mat Classes** ~ Strengthen the core, lengthen the spine, build muscle tone, and increase body awareness & flexibility. Certified instructor Mary Black has been teaching groups and individuals for seven years. \$12/class (sliding scale) ~ 707-865-9230 ~ [russianriverpilates@gmail.com](mailto:russianriverpilates@gmail.com)

**Mondays** ~ 10:00-11:00 am at Monte Rio Community Center, 20488 Hwy. 116

**Tuesday & Thursday** ~ 9:00-10:00 am at Occidental YMCA Community Center, 3920 Bohemian Hwy

**Thursdays** ~ **Brazilian Dance** ~ Each class a unique blend of Brazilian, African, Jazz, Silvestre Technique, Improvisation, Yoga and Song. \$12; 7:30-9:00pm at Sebastopol Community Center, 390 Morris Street, Sebastopol ~ Leah Weiss, 707-874-2782 ~ [www.artsguaracyana.com](http://www.artsguaracyana.com)

**Fridays** ~ **Yoga** ~ With Martha Farley. Focus on flexibility. All levels. 9:00-10:00 am at the Monte Rio Community Center, 20488 Highway 116, Monte Rio ~ 707-865-9956 ~ [www.mrrpd.org](http://www.mrrpd.org)

# For Kids

**Now to June 7** ~ **Down the Drain** ~ a raindrop's journey from cloud to creek. Free admission w/ paid parking. Wed-Sun, Noon-5:00 pm at the Environmental Discovery Center of Sonoma County at Spring Lake Regional Park ~ 707-539-2865 ~ [www.sonoma-county.org/parks/edc.htm](http://www.sonoma-county.org/parks/edc.htm)

**Family Fun Series** ~ \$16 Adult, \$11 Child. Free fun with art 5:30, show 6:30 pm at the Wells Fargo Center for the Arts, Ruth Finley Person Theater, 50 Mark West Springs Road, Santa Rosa ~ 707-546-3600 ~ [www.wellsfargocenterarts.org](http://www.wellsfargocenterarts.org)

**Apr 3** ~ *Pippi Longstocking*

**Apr 24** ~ *The Lion, the Witch & the Wardrobe*

**Apr 7, May 5** ~ **Open Your Heart to a Waiting Child** ~ Free Information for people considering becoming foster parents. 7:00-9:30 pm at the Human Services Department Family, Youth, and Child Services office, 1747 Copperhill Parkway, Santa Rosa ~ *RSVP*: Rita Jacobs, 707-565-4274 ~ [www.sonoma-county.org/human/foster1.htm](http://www.sonoma-county.org/human/foster1.htm)

**Apr 15** ~ **Dan Chan the Magic Man** ~ Special magic show for Spring Break! 11:00 am at the Guerneville Regional Library, 14107 Armstrong Woods Rd ~ 707-869-9004 ~ [www.sonomalibrary.org](http://www.sonomalibrary.org)

**Kindergym** ~ Play time for your kinder six months to three years old... and parents have fun too!

**Monday-Tuesday** ~ River to Coast Children's Services: \$4 per session. 9:45-12:20 pm, Guerneville Vets Hall, First & Church Streets ~ 707-869-3613 ~ [www.rcservices.org](http://www.rcservices.org)

**Monday-Wednesday-Friday** ~ Sebastopol Community Center: \$3 per session. 11:00-noon, 390 Morris Street ~ 707-823-1511 ~ [www.seb.org](http://www.seb.org)

**Preschool Storytime** ~ Stories, songs, & fingerplays for children ages 2-5, with a caregiver. Free! ~ [www.sonomalibrary.org](http://www.sonomalibrary.org)

**Tuesdays** ~ 11:00 am at the Guerneville Regional Library, 14107 Armstrong Woods Rd ~ 707-869-9004

**Wednesdays** ~ 10:30 am at the Sebastopol Regional Library, 7140 Bodega Ave ~ 707-823-7691

**Sundays** ~ **Dharma4Kids** ~ Each class has a short talk and meditation, plus fun activities that foster kindness, patience, & giving. Ages 4-14; parents welcome. \$5/by donation. 10:00-10:45 am at the Compassion Kadampa Buddhist Center, 120 North St., Healdsburg ~ 707-293-8096 ~ [www.meditationinhealdsburg.org](http://www.meditationinhealdsburg.org)

**Orff Music and Movement Classes** ~ A joyful approach to music and dance education for children ages 4-9. Enroll now! Classes at Wischemann Hall, 460 Eddie Ln, Sebastopol ~ Director Janet Greene, 707-632-5526

# Volunteer

**American Red Cross Sonoma & Mendocino Counties** needs you! Please visit the website to see how you can help: [www.arcsm.org](http://www.arcsm.org), click on "Volunteer."

**Campground Hosts** ~ Sonoma County Regional Parks is accepting applications for volunteer Campground Hosts to live and work in Spring Lake Park in Santa Rosa, 30 hours week. For full details: 707-565-2041 ~ [www.sonoma-county.org/parks/volunteer/camp\\_hosts.htm](http://www.sonoma-county.org/parks/volunteer/camp_hosts.htm)

**Ceres Community Project** ~ Volunteers are needed on Thursday afternoons to deliver meals from Sebastopol to other parts of Sonoma County. For information or to volunteer, call 707-829-5833 or email [info@ceresproject.org](mailto:info@ceresproject.org)

**Crisis Line Counselors Needed** ~ No experience is necessary, but a desire to help is. United Against Sexual Assault (UASA) will train you in listening skills, crisis counseling and community resources. Please leave a message at 707-545-7270 x19 ~ [www.uasonoma.org](http://www.uasonoma.org)

**Food For Thought** ~ the Sonoma County AIDS Food Bank depends on Volunteers to perform vital work. Learn how you can help! Volunteer Orientation the third Tuesday of the month, 7:00 pm at the Food Bank, 6550 Railroad Avenue, Forestville ~ 707-887-1647 ~ [www.fffdbank.org](http://www.fffdbank.org)

**Forestville School and Academy** ~ Your talents can be turned into an after-school enrichment class, Homework Help, or help keep our library open additional hours! If you would like to be involved, please call Cathy Mabry, Volunteer Coordinator, 707-887-9743.

**Friendly Visitor** ~ Give one hour a week and cheer stable but lonely individuals who have expressed a desire to socialize. Volunteers are trained and receive support from our Clinical Supervisor. Council on Aging, 30 Kawana Springs Road, Santa Rosa ~ Michele Leonard, Volunteer Coordinator, 707-525-0143 x147 ~ [www.councilonaging.com](http://www.councilonaging.com)

**Grandparents Needed** ~ If you'd like to make a difference in the lives of children, The Children's Village of Sonoma County currently has openings for three grandparents to live at the Village and work with children in foster care. For more information, please call 707-566-7044.

**Herdeljezi Festival** ~ Volunteers needed May 1, 2 at Ives Park in Sebastopol. Cooking, set-up, food service and more. Amanda, 707-823-5858, [volunteer@voiceofroma.com](mailto:volunteer@voiceofroma.com) ~ [www.voiceofroma.com](http://www.voiceofroma.com)

**St. Andrew's Food Program** ~ in Monte Rio offers a weekly food pantry, and free hot dinners twice a month. Seeking volunteers for food preparation, dinner serving, set-up & clean-up of dinners. For the pantry, assist with unloading boxes & packing bags, and distribution. Leave message: Susan Lowry, 707-579-9793

**Wounded Knee Reservation** ~ purchase authentic hand-made Native American Ogalala Lakota Sioux arts & crafts, and help families remain self-sufficient through the lean winter months. Or, 'adopt' a box of essentials. For more information, please contact Michelle Baynes, 707-326-3773.



## Project Grad BUNCO NIGHT

Friday, March 20th  
Registration at 6:30 pm

Proceeds support  
**El Molino High School Project Graduation**  
- this is how we keep our Seniors SAFE on Graduation Night!  
This is an opportunity to support our graduates, network with fellow friends and parents, and have a great time! There is no need to have experience playing Bunko as it is *very easy to learn*.

### CASH PRIZES

will be awarded for the most wins, most loses, most loses, and most Bunkos.

In the cafeteria at  
El Molino High School  
Cost: \$10.00

**Play begins at 7:00 pm.**

You must be 18 years old to play