

Classes • Workshops • Seminars

Nov 24 ~ Winterizing Your Home ~ Resources and strategies for cost savings & comfort. 6:00-8:30 pm, Green Training Center, 2230 Lomitas Avenue, Santa Rosa ~ Rebecca Valentine, 707-578-2034, rebeccav@sonic.net ~ sonomacounty.golocal.coop

Dec 12 ~ Storytelling: A Vehicle of Culture & Community ~ Tillie Hardwick Lecture Series. Free. Refreshments provided. 1:30-3:30 pm, California Indian Museum & Cultural Center, 5250 Aero Dr, Santa Rosa ~ RSVP: 707-579-3004 ~ cimcc.org

Dec 13 ~ How To Solve Our Anger Problem ~ Anger: recognize it, understand it, acknowledge it, reduce it. 6:00-9:00 pm, Compassion Kadampa Buddhist Center, 120 North St., Healdsburg ~ 707-293-8096 ~ meditationinhealdsburg.org

ONGOING

Sundays ~ Temple of Isis ~ 2:00-4:00 pm, Private or guided meditation. 3:00 pm, Non-denominational program. 4:00 pm, Tea & discussion. Isis Oasis Sanctuary, 20889 Geyserville Ave, Geyserville ~ 707-857-4747 ~ isisoasis.org

Mondays ~ Pilates Mat Classes ~ Strengthen the core & build muscle tone with certified instructor Mary Black. \$12/class (sliding scale). 9:00-10:00 am, Monte Rio Community Ctr, 20488 Hwy. 116 ~ 707-865-9230 ~ russianriverpilates@gmail.com

Mondays ~ Resistance Training ~ Increase metabolism, tone muscles, build bone density, & lower blood pressure. Experience your full health! 9:30-10:30 am, Youth Annex, 425 Morris St, Sebastopol ~ deborahshemesh.com

Mondays ~ The Salon ~ Friendly, old-fashioned, European-style Salon. Host, Angar Mora. \$7 (cash) cover includes raffle, doorprize, & discount on dinner/beverages. 5:30 pm, Café Arrivederci, 11 G St at 2nd, San Rafael ~ RSVP: 415-492-8870

2nd Mondays ~ Monte Rio Tasting Group ~ learn about wine production, enjoy discussions, hone your palate, & taste really great wine. 5:30-8:00 pm at the Monte Rio Community Center, 20488 Highway 116, Monte Rio ~ 707-865-9956 ~ mrrpd.org

Tuesdays ~ Drop-in Needlecraft Sessions ~ knitting, crochet, needlepoint, etc. Donation requested. 10:00-1:00, The Legacy, 781 Gravenstein Hwy S (near McDonald's), Sebastopol ~ 707-823-7520 ~ sebastopolseniorcenter.org/legacy.htm

Tuesdays & Saturdays ~ Yoga ~ with Kathleen Hardy. Sliding scale fee. Tues 6:00-7:00 pm, & Sat 9:30-11:00 am. Monte Rio Community Center, 20488 Highway 116, Monte Rio ~ 707-865-9956 ~ mrrpd.org

Wednesdays ~ Square Dancing ~ Learn to dance with the Singles & Pairs Square Dance Club. Partners *not* required! Dress is casual. All ages. \$5 per week. 7:00-8:45 pm, Monroe Hall, 1400 W. College Ave, Santa Rosa ~ Carroll Albertson, 707-538-1929, singles-pairs@sbcglobal.net



Yoga Therapy
Individual & Group
with Thia Ashonoah
www.sanghacircle.com
707-874-2501

Classes:
Tues. & Thurs. 9:30-11am in Occidental
Friday 10:30am-noon in Sebastopol
Individual Sessions by appointment
One day monthly Creative Retreats
Nov. 29 Yoga & Basketweaving with natural materials, organic lunch included

Wednesdays ~ Healing Tele-workshops ~ With Julie Motz, author of "Hands of Life". \$25 each, \$80/4. By phone, 6:30 pm Pacific time ~ 415-256-2528 ~ juliemotz.com

Wednesdays ~ Yoga for Every-body ~ Experience greater strength & vitality of your body & breath! \$14 drop-in, or \$11 class card. 4:00 Beginning Yin Yoga, & 6:00 Beg-Intermediate Vinyasa Flow Yoga. Front Street Coffee, 6544 Front St, Forestville ~ 707-364-4556 ~ trinityava.com

Thursdays ~ Dance Fusion Brazil ~ Melding Brazilian, African, Jazz, Silvestre Technique & creative movement expression. Dance to live music! \$12. 7:30, Sebastopol Community Center, 390 Morris Street, Sebastopol ~ Leah Weiss, 707-874-2782 or leahsue@gmail.com ~ artsguaracyana.com

Thursdays ~ Science Buzz Café ~ Discussions of the latest ideas of science & technology which are changing our lives. 6:30 pm. Location varies between Coffee Catz & the Youth Annex. Info: 707-292-5281, daniel@sciencebuzzcafe.org ~ sciencebuzzcafe.org

Fridays ~ Yoga ~ With Martha Farley. Focus on flexibility for all levels. Sliding scale fee. 9:00-10:00 am, Monte Rio Community Center, 20488 Highway 116, Monte Rio ~ 707-865-9956 ~ mrrpd.org

First Saturdays ~ Law of Attraction Coaching Group ~ Tools, support, & encouragement. Drop-ins welcome! By donation; all proceeds benefit local non-profits. Facilitated by Edward Mills. 9:30am-12:15pm, Glaser Center, 547 Mendocino Ave, Santa Rosa ~ 707-824-0554 ~ edwardmills.com

CPR & First Aid Classes ~ Save time with 'blended learning!' Start the course online at your convenience, then finish with a hands-on skills session. More info or to register: American Red Cross, 5297 Aero Dr, Santa Rosa ~ 707-577-7600 ~ arcsm.org

**Learning is
good brain
exercise!**

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(707) 823-7616
6800 Palm Avenue
Suite C1 and D
Sebastopol, CA 95472

www.palmdrivehospital.com

Free Health and Wellness Screenings will be available at Palm Drive Hospital on Monday Dec. 7, from 9 a.m. until 11 a.m. and on Monday, Dec. 21, from 9 a.m. until 11:am. Stop by and have your blood pressure and other vital signs checked, get an assessment of your risk of falling, receive free health tips and the latest information about filling out advance healthcare directives. For more information call Palm Drive Hospital, 707-823-8511. The address is 501 Petaluma Ave., Sebastopol, CA 95472.

EVENTS of Interest

Nov 28-29 ~ AIDS Memorial Quilt ~ World Aids Day Committee and Metropolitan Community Church of the Redwood Empire present this viewing at the Guerneville Veterans Memorial Hall, 1st & Church Sts ~ Pastor Elizabeth Middleberg, 707-869-9882, elismid@yahoo.com ~ aidsquilt.org ~ mcre.org

Dec 6 ~ Omelet Breakfast ~ 8:00-Noon, Hollydale Community Club, 10250 Field Lane, Forestville (Old River Road at Frank Street) ~ 707-887-0330 ~ hollydaleclub.org

Dec 13 ~ Open House ~ Tours, games, gifts, music. Bring a snack to share. 2:00-5:00 pm, Institute of Noetic Sciences, 101 San Antonio Road, Petaluma ~ RSVP: Rose Welch, 707-779-8214, rwelch@noetic.org ~ noetic.org

ONGOING

Wednesdays ~ Dine Out Sebastopol ~ Join the Mayor of Sebastopol & other community-minded folks on Wednesdays (except 5th Weds) thru December. 6:00-8:00 at local restaurants ~ 707-823-3032 ~ sebastopol.org

2nd Saturdays ~ Bingo ~ Snacks & meals available. Seating first come, first served. Hosted by the Russian River Sisters of Perpetual Indulgence. Ages 18+. One card \$15, two for \$20. Proceeds benefit local non-profit organizations. 6:00 pm doors; 7:00 pm start at Odd Fellows Hall, 16219 First Street, Guerneville ~ rrsisters.org

Last Saturdays ~ Sebastopol Walks ~ See what you've been missing from the driver's seat! Get out & explore Sebastopol on foot. A Chamber and iWalk event. *Nov 28:* Forestville to Sebastopol, 7.5 mi. Meet 10:50 am in Sebastopol Plaza ~ 707-823-3032 ~ sebastopol.org

3rd Sat-Sun ~ Climb Aboard! ~ View & inspect the cockpit of featured aircraft. *Nov 21-22: F-106 Delta Dart.* \$5 general, 12-under Free. 10:00-4:00 at Pacific Coast Air Museum, 2230 Becker Blvd at Laughlin, Santa Rosa ~ 707-575-7900 ~ pacificcoastairmuseum.org

**Blood Drives ~
Save lives!**

707-545-1222 ~ bbr.org

iWALK ~ A campaign to increase the number of people who walk regularly. It's free & easy – just put on your shoes & go! Join a walking group or start one in your neighborhood. ~ 707-565-6680 ~ iwalksonoma.org

Chamber Mixers
Sebastopol ~ 4th Thursdays, 5:30-7:00 pm ~ 707-823-3032 ~ sebastopol.org
Forestville ~ Dec 3, Feb 11. 5:00-7:00 pm ~ forestvillechamber.org