

From: [REDACTED]
To: [City Council](#)
Subject: Fwd: Importance of the Senior Center
Date: Wednesday, March 6, 2024 9:58:38 AM

[REDACTED]
Date: 03/06/2024 9:44 AM PST
Subject: Fwd: Importance of the Senior Center

Begin forwarded message:

From: Eloise Van Tassel [REDACTED]
Subject: Importance of the Senior Center
Date: March 6, 2024 at 9:29:58 AM PST
To: citycouncil@cityofsebastopol.gov
Cc: katiedavis@sebastopolseniorcenter.org

Hello, I have recently admitted to reaching “that age” in which I am looking ahead to the end stages of life. Maintaining physical strength, balance and agility are of major importance. I have benefitted from the SAiL classes offered at the Center, led so competently by Julie Smith; I have also attended an occasional presentation (i.e., an excellent one on vigilance against FRAUD), and have occasionally had lunch at the Center. The tech support sessions offered at the Center are another very important aspect. I observe others taking part in writing workshops, mah-jong, doing a jigsaw puzzle. These are just a few activities that I have personally participated in or are aware of.

Located next to our fine Public Library, the Senior Center is an essential gem in our small city. Losing it would be like having the stone in one’s keepsake ring fall out on a busy street. I urge the City Council not to close the Senior Center. Having it gone will surely coincide with a rise in physical and mental health crises among Sebastopol’s over-60 population.

Sincerely,
Eloise Van Tassel
[REDACTED]