

From: [REDACTED]
To: [City Council](#)
Cc: [Sebastopol Senior Center](#)
Subject: Our Sebastopol Senior Center
Date: Tuesday, March 12, 2024 8:02:59 PM

My name is Laura Ice. I live at Burbank Heights, and I have been a member of the Senior Center for over 10 years...ever since I moved to Sebastopol.

The Center offers so many benefits to us Seniors, and we in Sebastopol have MANY seniors.

I have personally taken part in:

Exercise classes,
Health classes,
Blood pressure screening,
Fall Prevention classes,
Discussion groups,
Numerous group trips~for education, and for fun.
I have eaten at the Harvest Cafe many times~delicious & affordable,
And there are so many more options offered that I have yet to participate in...

So much is offered at our wonderful center and our lives are enriched by them being a part of our community!

I am writing to encourage the Council to include funding for our valuable Senior Center in our City Budget. I know the budget is tight, however our Center is worth so much!

Thank you,
Laura Ice