



Santa Clara Senior Center

NEWS

February 2013

The **Senior Center Emergency Generator Project** began in January and is expected to last through March 2013. Some parking spaces in the rear parking lot and on Harrison Street will be impacted during construction. Rear entry accesses (from Harrison Street) will be closed intermittently during this project.

Please be aware that if you park in the rear lot or on Harrison Street you may need to enter the facility from the Fremont Street entrances. We appreciate your understanding during these next few months as we strive to make improvements to the services offered at the Santa Clara Senior Center.

Regards, Senior Center Staff

Introducing a New Kind of SPA (No Towels Needed)

When they need it, seniors like getting information from senior centers and they like getting information from their peers, according to older adult research. Beginning February 1st, our Senior Peer Advocates (SPA volunteers, Jim Tellefson and Marlene Davis), will be available to help you with information on community resources and services available to seniors, such as transportation, caregiver support, housing, and more. If you have questions like, "How can I get a ride to the senior center for bingo," or "Is there someone who can help me with household chores?," Jim and Marlene are here to talk with you.

In partnership with the Health Trust, our Senior Peer Advocates (SPA) are trained and certified volunteers who know how to listen to your needs and help you find solutions.

We are excited to offer this program as a way to expand our senior services through the Health & Wellness Program and the Care Manager. Sometimes it's the little questions that get us stuck, and these are what the SPAs are for.

SPA appointments are available on Mondays, 10am – 12noon, and Tuesdays, 1pm – 3pm, and can be made at the front desk. Services are free to Santa Clara residents aged 50 and up, and their families.

Santa Clara Parks and Recreation Department
1303 Fremont St., Santa Clara, CA 95050 • 1-408-615-3170
www.santaclaraca.gov/seniorcenter • custservsrcenter@santaclaraca.gov
Monday–Friday 7:00 AM–5:00 PM • Saturday 9:00 AM–12:00 PM
(The office closes 30 minutes prior to the building)



SERVICES AVAILABLE AT THE SENIOR CENTER

All numbers are area code 1-(408) unless otherwise noted.

	Provider	Phone/Website
Care Management Services Services available by appointment: in-home assessment, connection to community resources, service coordination. Services available to City of Santa Clara seniors age 60+.	Santa Clara Parks & Recreation and Council on Aging Silicon Valley	615-3170 www.santaclaraca.gov www.coasiliconvalley.com
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure. Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am Services available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.	Council on Aging Silicon Valley	615-3170 www.coasiliconvalley.com
Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Legal Assistance Free legal assistance available two Wednesdays per month, by appointment Services available to Santa Clara County seniors age 60+	Senior Adult Legal Assistance (SALA)	615-3170 www.sala.org
Notary Service Free service by appointment, Fridays 8:00-9:00am. Signer must be present and provide government issued identification. Services available to seniors age 50+	Volunteer	615-3170 www.santaclaraca.gov
Dining Out Nutritionally balanced lunch served weekdays 11:30am. Advanced reservations are required. \$3.00 donation. Services available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP volunteers	615-3170

Additional resources for seniors are available online @ www.santaclaraca.gov or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at 1-(408) 615-2220.

CLASSES

Dance for Health

Mondays • 11:00–12:00 p.m.

Come out & get moving! This class is designed for adults 50 and older who wish to stay fit and learn basic jazz dance technique, steps, combinations, and routines in a fun and supportive atmosphere. Some exercises will include the use of chairs for props while sitting and/or standing. Strengthen your balance, flexibility, memorization, and coordination while enjoying upbeat music. All abilities are welcome. *Instructor – S. Van Dyne*

No Falls S.O.S.

Tuesday and Thursday • 11:00–11:30 a.m.

Register on a monthly basis; Santa Clara senior discount applies. **Stretch, Observe & Strengthen** your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register. *Instructor – S. Van Dyne*

Pilates Mat – Building the Foundation

Tuesdays and Thursdays • 7:30–8:30 a.m.

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow, exercise to exercise, in a manner that challenges, yet adapts to the needs of the participants. *Instructor – A. Strauss*

Jazzercise with Jerome!

Monday and Wednesday • 7:30–8:30 a.m.

This fun, energizing jazz program consists of cardio, strength building, & stretching moves. Modifications to each routine are offered to meet the needs & fitness levels of all participants.

Instructor – J. Flowers

Zumba Gold® with Ginger

Mondays • 10:00–10:45 a.m.

Wednesdays • 9:30–10:15 a.m.

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, “fitness party.” Zumba Gold with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! *Instructor – G. Wilson*

Fitness for All

Wednesdays • 10:30–11:15 a.m.

Strengthen and tone your body to enhance overall health and physical fitness level. Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. Class is designed to accommodate the needs of those with physical health and mobility challenges. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register. *Instructor – S. Van Dyne*

Tai Chi for Life!

Tuesdays & Thursdays • 8:45–9:45 a.m.

Tuesdays & Thursdays • 9:45–10:45 a.m.

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. *Instructor – L. Scheer*

Senior Computer Class - Basic Computer Skills #47685

Wednesday February 27 • 1:00 – 2:00 p.m.

Senior Center Computer Lab, Room 231

Register for classes and learn about basic computer skills, Library resources, email and much more. Pre-register to reserve your spot in this free class.

Instructor - Library Staff

Join us for exciting classes that are designed to energize & motivate you to increase your fitness & activity levels.

Seniors of all ages* & abilities are encouraged to register! Please refer to the Recreation Activities Guide for class fees and schedule.

*Ages 50 & up

HEALTH & WELLNESS, CARE MANAGEMENT

Walk A Block - SMALL FREE GIFT

This friendly group, led by Health and Wellness nurses and volunteers, is a self-paced group that does as many laps around the block as possible in 30 minutes. We meet Mondays and Wednesdays at 10:00 in the front lobby. A small free gift is available for participants who come to Walk a Block at least ten times. Take care of YOU this year!

Blood Pressure Clinic

Thursdays 9:30–11:30 a.m.

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Clutter Masters

2nd & Last Thursday each month 10:30 a.m.–12:00 p.m.

If you are struggling to manage an overwhelming number of belongings, come join us for support and information. For more information, please call the Health & Wellness Program nurses. There is no fee and all are welcome to attend.

A Few Good Men

Fridays • 12:30–2:00 p.m.

Share some stories and laughs, explore the process of getting older, and compare notes with other men who enjoy discussing what's on their mind.

Finding Peace in A Frantic World #49112

Tuesdays Feb 5 – Feb 26 • 10:30–12:00 p.m. Room 149

This popular series is back with another four week session aimed at helping you find peace and contentment. Incorporating Mindfulness-based Cognitive Therapy, this program will help you discover simple practices in your daily life to progressively free yourself from anxiety and stress. Participation is free, and pre-registration is required. *Sessions are led by supervised, pre-licensed therapists through partnership with Process Therapy Institute, a counseling and education-oriented nonprofit organization committed to enhancing self-awareness and improving the quality of relationships.*

Transitions

Mondays • 1:00p-2:30p

Rm 205 Jan 14th-March 18th (no sessions 1/21 or 2/18)
Feeling lost or overwhelmed by life changes? As we move through life transitions, there can be a sense of loss for what used to be. This group will provide an avenue of support so you can access resources and strengthen and enrich your life. *Facilitated by supervised, pre-licensed therapists through*

partnership with Process Therapy Institute, a counseling and education-oriented nonprofit organization committed to enhancing self-awareness and improving the quality of relationships. Participation is free but space is limited and registration is required.

Winter/Spring Wellness Series

Classes are held on **Tuesdays, 1:00–2:00 p.m.**, in the Conference Room 205 (unless otherwise noted). Pre-registration is required. Each class costs \$6, or Santa Clara senior discount of \$5. Join us for some interesting discussion and up-to-date information!

Hypertension • February 5 • #46987

Many people do not realize they have high blood pressure. Join us for an overview on blood pressure and find out what you can do to keep your numbers in the healthy range.

Instructor – Wendy Talbert, RN, BSN

Falls I: Why Falls Happen • February 19 • #46988

Falling when you are older is often more than a simple skinned elbow or knee. We'll send you home with some new tools and information to stay safe.

Instructor – Larisa Polozova, RN, MMS

Falls II: Prevention Strategies • March 5 • #46989

This class will cover three main areas of fall prevention and will focus on some exercises and stretches to keep you "fall-free".

Instructor – Renee Furtado, RTC, CTRS / Wendy Talbert, RN, BSN

Dementia • March 19 • #46990

Join us for an overview of the different types of dementia, how dementia is diagnosed, treatment options, and ways to reduce your risk of developing dementia.

Instructor – Larisa Polozova, RN, MMS

Brain Fitness • April 2 • #46991 We will learn some simple strategies to improve your memory based on current research, and do some fun "fitness exercises" for the brain.

Instructor – Wendy Talbert, RN, BSN

Get Out • April 16 • #47824

Sometimes it seems easier to just stay on the couch, but we still need to "get out and play". We will brainstorm ideas for how you can include social connection and play in your life.

Instructor – Mallory von Kugelgen

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays • 7:30–10:30 p.m.

Dancing is a great way to exercise, socialize, and connect with friends new and old. Dance lessons are free with paid admission. Dance lessons change every month. Dances taught include Waltz, Fox Trot, Latin and more. Lessons are from 6:30–7:30 p.m. Dances are from 7:30-10:30 p.m.. Admission to the dance is \$6 when live bands play and \$5 when hosted by a DJ.

Dining Out

Served Monday-Friday • 11:30 a.m. • \$3.00 donation.

Call our reservation hotline at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus, constructed by a registered dietician with input from seniors, change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches.

Advance reservations are required and are limited to 90 participants per day. Participants without a confirmed reservation may check with Dining Out staff or volunteers for the availability of stand-by meals. Meals not claimed by 11:45 am will be made available to stand-by diners. Services available to Santa Clara County seniors age 60+. Fee for guests under the age of 60, is \$6.00.

Drop-In Crafts

Thursdays • 1:00-3:00 p.m. • Santa Clara Senior Center

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please, do not bring in projects that produce strong fumes (such as glues, paints or materials with toxic components). Finishing products are not allowed in the Senior Center. Please check with the front desk for the room assignment each week. All seniors, age 50+, are welcome. Space is limited; first come, first served. Storage space is not available at the Senior Center. Engage your brain as well as your creativity.

Santa Clara Women's League

2nd Tuesday of each month • 1:00 p.m.

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.
<http://santaclarawomensleague.org>

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying "on top your game". Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:45 p.m.	Auditorium	Staff 615-3170	Welcome

Games, Games, Games

Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
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Card Games


Bridge, Intermediate	Mon, Wed, Fri	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
Bridge, Intermediate	Tue	12:00-4:00 p.m.	Mezzanine	Manny 828-7741	Welcome
Bridge, Intermediate	Wed	9:00-11:30 a.m.	Mezzanine	Betty 248-3952	Call first
Canasta, Pinochle	Tue	12:00-4:00 p.m.	Mezzanine	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome

Active Games

Wii	Mon-Fri Sat	7:00 a.m.-4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome
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FEBRUARY

MONDAY	TUESDAY	WEDNESDAY
		
<div>4</div> Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30	<div>5</div> Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:00-2:30 TGA Tuesday Dance 10TH AVENUE BAND 7:30-10:30pm	<div>6</div> ADVENTURES TO GO: ANO NUEVO STATE PARK 8:30 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30
<div>11</div> Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30	<div>12</div> ADVENTURES TO GO: DAY AT THE DE YOUNG 8:15 Computer Lab, Billiard Room 7-4:30 Snack bar 8-4 Wood Shop 8-12 Bingo 12:00-2:30 TGA Tuesday Dance NOB HILL SOUNDS 7:30-10:30pm Theme: "Valentine's Day"	<div>13</div> ADVENTURES TO GO: WICKED 12:00 Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30
<div>18</div> CENTER CLOSED PRESIDENT'S DAY HOLIDAY	<div>19</div> Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:00-2:30 TGA Tuesday Dance RON BORELLI 7:30-10:30 PM	<div>20</div> Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30
<div>25</div> Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30	<div>26</div> ADVENTURES TO GO: RED HAWK CASINO 7:30 Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:00-2:30 TGA Tuesday Dance COLIN DICKEY 7:30-10:30 PM	<div>27</div> Let's Talk Travel! 12:30 Computer Lab CLOSED 8:15-11:30 Computer Lab CLOSED 12:30-2:30 Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30

THURSDAY	FRIDAY	SATURDAY
	<div>1</div> Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:00-2:30	<div>2</div> Snack Bar, Computer Lab, Billiards 9-11:30
<div>7</div> Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance GERI FOLEY, D.J. 7:30-10:30pm	<div>8</div> ADVENTURES TO GO: ANO NUEVO STATE PARK 8:30 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:00-2:30	<div>9</div> Snack Bar, Computer Lab, Billiards 9-11:30
<div>14</div> Clutter Masters 10:30-12:00 Computer Lab, Billiard Room 7-4:30 Snack bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30  Thursday Night Dance THE CASUALS 7:30-10:30pm	<div>15</div> Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:00-2:30	<div>16</div> Snack Bar, Computer Lab, Billiards 9-11:30
<div>21</div> Welcome Newcomers! 10:30-12 Lunch Meet 10:30-12 Computer Lab, Billiard Room 7-4:30 Snack bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance LYRATONES 7:30-10:30pm	<div>22</div> Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:00-2:30	<div>23</div> Snack Bar, Computer Lab, Billiards 9-11:30
<div>28</div> ADVENTURES TO GO: SF SYMPHONY REHEARSAL 7:15 Clutter Masters 10:30-12 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance NOB HILL SOUNDS 7:30-10:30pm		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Filipino Chicken Adobo Rice Noodles Asian Blend Vegetables Romaine Spinach Iceberg Salad Banana

Alternative Meal (Week #1): BBQ Chicken Salad or Tuna Sandwich or Vegetarian Patty Burger				
4 Turkey a la King Biscuit Peas & Carrots Romaine Tossed Salad Fortified Juice Apple Crisp	5 Chile Colorado Spanish Rice Green Beans Tossed Green w/Red Cabbage Fresh Banana	6 Roasted Chicken Hawaiian Carrots Marinated Green Bean Salad Fresh Orange	7 Roast Beef w/Gravy Whipped Potatoes Spinach Tropical Fruit Cup	8 Baked Fish w/Dill Sauce Spit Pea Soup Seasoned Brown Rice California Blend Vegetables Escalloped Tomatoes Chilled Peaches

Alternative Meal (Week #2): Chinese Chicken Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger				
11 Rotisserie Style Chicken Rotini Whole Grain Noodles Capri Blend Vegetable Tossed Green Salad Fresh Orange	12 BBQ Pork Sandwich Whole Wheat Bun Scalloped Potatoes Broccoli & Cauliflower Fortified Juice Apple Pie	13 Roast Turkey w/Gravy Candied Yams French Cut Green Beans Pineapple Mandarin Ambrosia	14 Baked Fish w/Tartar Sauce Navy Bean Soup Herbed Brown Rice Asian Blend Vegetables Country Coleslaw Valentine's Day Cherry Cobbler	15 Meatloaf w/Gravy Rye Bread Whipped Potatoes w/Gravy Spinach Fresh Fruit in Season

Alternative Meal (Week #3): Chef Salad or Vegetarian Cottage Cheese Salad or Tuna Salad Sandwich or Vegetarian Patty Burger				
18 HOLIDAY NO MEAL	19 Honey Mustard Chicken Brown Rice California Blend Vegetables Carrot Raisin Salad Fresh Fruit in Season	20 Roast Pork w/Gravy Rye Bread Oven Baked Red Potatoes Normandy Blend Vegetables Fresh Banana Peach Crisp	21 California Seafood Salad Mimestone Soup Mixed Greens & Tomato Confetti Bean Salad Fresh Orange	22 Roast Turkey w/Gravy Whipped Potatoes w/Gravy Mixed Vegetables Fruited Gelatin w/Mandarin Orange

Alternative Meal (Week #4) Tuna Salad or Vegetarian Bean Salad or Roast Beef Sandwich or Vegetarian Patty Burger.				
25 Veal w/Scallopin Sauce Rotini Whole Grain Noodles California Blend Vegetables Whole Kernel Corn Chilled Peas	26 Roast Turkey w/Gravy Whipped Potatoes Mixed Vegetables Fresh Orange	27 Stuffed Green Peppers Tuscan Bean Soup Wheat Roll Italian Blend Vegetables Romaine Tossed Salad Chilled Peaches Chocolate Cookie	28 Oven Baked Chicken Brown Rice Mixed Bean Medley Pineapple Slaw Fresh Banana	= Higher in sodium
Alternative Meal (Week #4) Greek Chicken Salad OR Vegetarian Cottage Cheese Salad OR Roast Beef Sandwich OR Vegetarian Patty Burger				

DINING OUT

ALWAYS HAPPENING

Lapidary

Thursdays and Fridays • 9:00 a.m.–1:00 p.m.

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate. *(Donations accepted are used to replenish consumable lapidary supplies).*

Woodshop

Tuesdays and Thursdays • 8:00 a.m.–12:00 p.m.

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. *(Donations accepted are used to replenish consumable woodshop supplies)*

Welcome Newcomers

3rd Thurs. of each month • 10:30–11:30 a.m. • Rm 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary.

Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Dwight Collins, Arlyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecsek, Donna Marencia, and Alice Pivacek.

Meetings:

4th Mon. of each month • 10:00 a.m. • Rm 232

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at www.santaclaraca.gov.

You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

Lunch Meet

Thursday, February 21, 2013

12:30-1:30 p.m. • Room 232

Age Well Drive Smart

According to the Department of Motor Vehicles, because an older body is more fragile, the physical damage suffered in a collision is not only greater, but is also three times more likely to be fatal. Join us as we learn how to reduce vehicle collisions, pedestrian deaths, and injuries experienced by older Californians. We will explore some of the unique situations facing us as we age and retain our independence.

Formerly "Stay Vital", the California Highway Patrol's new "Age Well Drive Smart" presentation will include:

- How medications effect your driving
- Rules of the Road
- Age related physical changes, health, and flexibility
- Driving skills for older drivers
- Alternate transportation options when you need to stop driving

This program is free and open to all. Bring a friend. No pre-registration is required. Bring your lunch if you like.

Did You Know?

The State of California has a new resource for seniors, the Senior Gateway website.

Senior Gateway is a one-stop website intended to provide seniors, their families, and caregivers with the information they need to connect to helpful services and resources.

Some topics covered in this website are:

- Avoiding and Reporting Abuse & Neglect
- Preventing Fraud, Financial Abuse & Common Scams
- Health Care Information
- Care Giving Resources

Visit: <http://seniors.ca.gov>



FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

The Fitness Room and Natatorium are open Monday–Friday 7:00 a.m.–4:30 p.m.

Saturday 9:00–11:30 a.m.

(Please check the schedule for when the Natatorium is closed for classes or cleaning)

Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the “Fitness Center Orientation Video.” The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

Walkers Are Welcome!

Lane #1 is reserved for participants wishing to walk or water jog during the following days and times:

Monday: 7:00 a.m.–1:30 p.m. • Wednesday & Friday: 7:00–10:00 a.m. and 11:00 a.m.–1:30 p.m.

Tuesday & Thursday: 3:00–4:30 p.m.

Lanes #2 and #3 are always designated for swimmers only.

So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges from 81-84° F.

Warm Water Pool: Water temperature ranges from 90-94° F.

Spa: Water temperature ranges from 97-101° F.



Shower with soap before suiting up!

What you can't see on your skin ends up in the pool, such as bacteria, lotions, and body oil. This means we have to change the spa water more often than regularly scheduled. Just tiny amounts of germs that cause diarrhea can spread when other swimmers swallow contaminated water, even in well-maintained pools. Please do not swim if you have been ill within the last two weeks with diarrhea. We know it can feel like a hassle to take this extra step, but please take the time to shower with soap before you swim.

Open Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am	7:00am-1:30pm	7:00-10:00am	9:00–11:30am
		11:00am-1:30pm		11:00am-1:30pm	
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	

Open Warm Water Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	9:00–11:30am
12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	
3:00-4:30pm		3:00-4:30pm		3:00-4:30pm	

ADVENTURES TO GO

Adventures to Go...carefree travel for ages 50 plus

Try it! We think you'll like it. The Senior Center travel program, Adventures to Go, offers a wide variety of options for travelers 50 years and up. Embark on a day or overnight "adventure" to different locations throughout California. A monthly Adventures to Go newsletter with details for all our upcoming trips is available at the Senior Center or online at www.santaclaraca.gov. Drop by the Senior Center or call (408) 615-3170 for registration information.

Senior Center Registration Form: Travelers are required to complete a new registration form and sign a liability release each calendar year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

Adventures to Go Participation Guidelines: For Trip Registration procedures, Refund Policy, Travel Insurance recommendations, and Health and Physical Considerations, see the Santa Clara Senior Center Participation Guidelines, available at the Senior Center.

Trip Pick-Up/Drop-Off Area: Parking lot by the old police station at City Hall, located near the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Please arrive at least 15 minutes before trip departure for check-in. Motor coach will leave promptly at time specified.

Gratuities: All trip fees include a modest gratuity for the driver of the motor coach and servers at hosted meals, where applicable. When you experience exceptional service, you may choose to tip an additional amount. City of Santa Clara employees and tour escorts cannot accept gratuities.

Day/Overnight Trips

<i>Año Nuevo State Park</i>	February 6
<i>Año Nuevo State Park</i>	February 8
<i>Day at the de Young</i>	February 12
<i>Wicked</i>	February 13
<i>Red Hawk Casino</i>	February 26
<i>SF Symphony Rehearsal</i>	February 28
<i>Santa Clara County Crime Lab</i>	March 5
<i>Ironstone Vineyards</i>	March 12

New Trips

<i>Cache Creek Casino</i>	March 26
<i>Laughlin-Las Vegas Getaway</i>	April 9-12
<i>Jersey Boys</i>	April 17
<i>Hornblower Brunch Cruise</i>	April 21
<i>Golden Gate Fields</i>	April 25
<i>Ramona Pageant Getaway</i>	May 4-6
<i>Terracotta Warriors & Chinatown</i>	May 9

New trips were released at Let's Talk Travel on January 23. Santa Clara Resident Registration began at that time. Non-resident registration began on the following Monday. See the February 2013 issue of the Adventures To Go Newsletter for detailed trip information and a complete listing of all upcoming trips. You may pick up a copy at the Senior Center or view it online at: www.santaclaraca.gov under Parks & Recreation and Senior Center. For registration information, drop by the Senior Center office or call (408) 615-3170.

Let's Talk Travel

February 27, 12:30 p.m.

Presentation: Ramona Pageant

Join us and *Let's Talk Travel!* We meet on the fourth Wednesday of the month at 12:30 p.m. in the Mezzanine. Come and learn more about upcoming tours, see travel presentations, or just to talk travel. Santa Clara residents can register for newly released tours following *Let's Talk Travel*. Call 1-408-615-3170 for more information.

SENIOR CENTER APPLICATION RENEWAL IN PROGRESS

Travelers must update their applications before registering, being placed on a wait list, or traveling in 2013. Current proof of age and residency required. Update your application at the Senior Center office.

ADVENTURES TO GO

The following are just a few of the trips that were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.

Año Nuevo State Park

No. 48088 • Friday, February 8 • \$102 per person

No. 49092 • Wednesday, February 6 • \$102 per person

Activity level: MEDIUM – approx. 1 1/2 drive; long periods of walking and standing, possibly in windy, rainy conditions. Wear comfortable walking shoes and dress in layers.

We have arranged a very special opportunity for a small group to visit Año Nuevo State Park. A Naturalist guide will accompany the group out to the Año Nuevo State Park boardwalk via a passenger van for an up-close look at the Elephant Seals and their new pups playing in the sand and learning to swim in the tide. The guide will walk the group along the boardwalk for an up-close look at the wildlife without the strenuous walking that is usually required for this tour. Time is included to enjoy the Visitors Center offering interesting natural history exhibits and a bookstore-gift shop. Afterward, enjoy a hosted lunch at Ideal Bar & Grill at the Santa Cruz Wharf. Lunch will include choice of entrée, a cup of soup, warm sourdough rolls, a non-alcoholic beverage, and New York Cheesecake for dessert. Entrée choices are Salmon with Tropical Fruit Salsa, Chicken Breast topped with Artichoke Hearts, Capers, and Olives, and New York Steak served with French Fries. The restaurant is located just across the street from the NEW Monterey Bay National Marine Sanctuary Exploration Center. We've included time to visit the state-of-the-art interactive exhibits and watch the 15 minute film featuring magnificent underwater video. Please note: Tours at Año Nuevo go out rain or shine; umbrellas are not permitted. **Motor coach leaves promptly at 8:30 AM and returns at approximately 4:30 PM.**

Day at the de Young

No. 48089 • Tuesday, February 12 • \$66 per person

Activity level: MEDIUM – approx. 1 hour drive; long periods of walking and standing; some stairs; elevator available. Bring money to purchase lunch.

We'll start our day at the de Young Museum in San Francisco with a timed-visit to see one of the most beautiful and artistically important paintings in the world: *Girl with a Pearl Earring*, by Johannes Vermeer, known as the "Dutch Mona Lisa." The exhibition will include 34 additional masterpieces from the 17th century Dutch Golden Age that are housed at the famed Royal Picture Gallery in Hague, the Netherlands. Complementing the exhibit will be Rembrandt's *Century*, drawing largely from a world-renowned collection of works on paper from the Fine Arts Museums' Achenbach Foundation for Graphic

Arts. The collection includes a generous selection of etchings by Rembrandt van Rijn – arguably his generation's most influential artist. The de Young Museum will be the exhibition's first US venue. There will be plenty of time to enjoy a no-host lunch at the de Young Café and visit another limited engagement exhibition, *Rudolf Nureyev: A Life in Dance*. This special exhibition is dedicated to the life and work of the legendary dancer and choreographer Rudolf Nureyev and will showcase more than 80 costumes and 50 photographs from the dancer's personal collection. The Soviet-born Nureyev was recognized worldwide as the most magnificent and charismatic dancer of his time. **Motor coach leaves promptly at 8:15 AM and returns at approximately 4:30 PM.**



Ironstone Vineyards

No. 48093 • Tuesday, March 12 • \$125 per person

Activity level: MEDIUM – approx. 2 1/2 hour drive. Periods of walking, standing and steps; wear comfortable walking shoes and dress in layers.

Join us for lovely day away in beautiful Calaveras County for a private tour with a knowledgeable guide at Ironstone Vineyards. Our guide will lead us through the spectacular gardens and facility. It's Daffodil time and we hope to see the extensive gardens featuring thousands of Daffodils in full bloom! We'll browse through the gourmet deli and gift shop, Heritage Museum, and Jewelry shop. In addition, our visit will include a tasting of Ironstone Vineyards wines in the massive tasting room accompanied by canapés to compliment each varietal and a hosted private luncheon. Our lunch will include bread, mixed green salad, Roasted Tri-Tip marinated in Red Wine, Garlic, Onions, Rosemary, Soy and Worcestershire sauce with Thyme Roasted Red Potatoes and seasonal vegetables, a "Chef's Choice" dessert, and coffee. A Vegetarian option is available. **Motor coach leaves promptly at 8:00 AM and returns at approximately 5:45 PM.**

ADVENTURES TO GO

Laughlin-Las Vegas Getaway

No. 49115 • Tuesday-Friday, April 9-12 • Per person: \$298 double occupancy and \$338 single occupancy

Half the fee due at time at registration; balance due March 14

Activity level: MEDIUM/HIGH – approx. 10 hour drive with a rest stop mid-way and lunch stop. A detailed itinerary will be mailed to travelers prior to the trip.

Enjoy three nights at Don Laughlin's Riverside Resort including baggage handling, and a complimentary breakfast and dinner buffet. The city of Laughlin is on the banks of the Colorado River, across from Bullhead City and just 77 miles from the more

famous Nevada city of Las Vegas. It's all about fun in Laughlin, with casino action around the clock, live entertainment, and outdoor recreation in the river and surrounding desert. This getaway is designed to take you out of the mechanics of ordinary daily life and into a true desert escape. The third day of the stay will include a day trip to the fabulous Las Vegas strip! The day is yours to spend as you please...visit the Eiffel Tower, take the Las Vegas Trolley around town, watch the water dance at the Bellagio, or enjoy a matinee performance of a live Vegas style show. There's always something to do in Vegas! **The deluxe Preferred Charters motor coach leaves promptly at 8:00 AM on Tuesday and returns at approximately 6:00 PM on Friday.**

FREE TAX SERVICE

AARP Tax Aide volunteers will be here on Tuesdays and Thursdays starting Tuesday, February 5, through Thursday, April 11, 8:30-4:00, to help you with your Year 2012 Federal and State Income Tax Returns. Please note: the volunteers are not trained to prepare tax forms that report business, rental, or partnership income. Please bring the following with you when you come for your appointment:

- Valid photo identification and taxpayer identification number(s) (Social Security Number).
- Birth dates of all individuals to appear on the return.
- Bank routing numbers and an account number for direct deposit.
- Copies of your Tax Returns and supporting documents you filed for Year 2011.
- Your W-2 Forms from each employer for Year 2012.
- Your 1099 G Forms for unemployment.
- Your SA-1099 Forms for Social Security received in Year 2012.

- All 1099 Forms (1099 INT, 1099 DIV, 1099-R, 1099 MISC) for interest, Dividends, Pensions, Annuity, IRA Distributions, and Miscellaneous Income received in Year 2012.
- Your Cost Basis and Acquisition Date for the sale, or exchange, of Stocks, Bonds, etc., in Year 2012. Form 1099-B.
- Your record of withholding and Estimated Tax payments for Year 2012. (Forms 1040-ES and 540 ESS).
- Name and address of landlord to receive State Renter's credit.
- If you plan to Itemize Deductions, please bring a consolidated list of your Year 2012 Medical Expenses, Contributions of cash or goods, Tax Payments, Home Mortgage Interest Payments, and Miscellaneous deductions.

Call the Senior Center office at 408-615-3170 to make an appointment. Appointments are required.

VOLUNTEER CORNER

SAVE THE DATE!

April 3 • 5:00-7:00 pm

We'll celebrate, thank, and gush over our current volunteers who contribute so much to the success of the Senior Center. Invitations and additional details will be sent closer to the event.

Are you a volunteer in Lapidary or the Computer Lab?

Please register at the front desk for an ongoing teambuilding meeting:

Lapidary Lab

Wed • Feb. 6 • 2:00-3:00 pm • Rm #149 • Class #47825

Computer Lab

Wed • Feb. 20 • 2:00-3:00 pm • Rm #149 • Class #47829

COMMUNITY HAPPENINGS

Showtimes Coming Showtimes Coming!

"Doomstown Fractured Fairy Tales" or "Once Upon a Time?"

Friday, March 1 at 7:00pm

Saturday, March 2 at 2:00pm

Sunday, March 3 at 2:00pm

Santa Clara Community Recreation Center
969 Kiely Boulevard, Santa Clara, CA 95051
(Between Homestead and Benton)

Tickets are \$5 on Friday and \$7 on Saturday and Sunday
408-615-3140

Support the Health and Wellness program at the Santa Clara Senior Center by attending **Showtime 2013**. Showtime features local talent performing an old fashioned melodrama, olio acts (magician, singers, dancers and more), delicious food and drink, fantastic entertainment prizes and Opportunity Baskets to win.

Showtime is organized and run by volunteer members of the Santa Clara Women's League whose goal is to raise funds for your own Health and Wellness program.

Advanced tickets may be purchased at the CRC starting January 14 or at the Senior Center on Tuesdays 8–11pm and Fridays 10–1pm in February. Ticket order forms are available at the Senior Center during business hours.

We hope to see you in March as you enjoy a terrific show that appeals to everyone - age 4 to 94!

For more information visit www.santaclarawomensleague.org or call Emily Adorable at 408-390-9544.



Senior Center Library

We welcome your donations of books and magazines. Magazines need to be current, within three months. All subject books are enjoyed. Large print books are appreciated.