



Santa Clara Senior Center NEWS

March 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

Lunch Meet

Thursday, March 21, 2013

12:30-1:30 p.m. • Room 232

Who do you turn to when you have a question about where to find something, or who to call for a certain service or issue? Many seniors prefer getting their information from senior centers and from their own peers, and now there is a new program that makes this even easier.

Join us for our March Lunch Meet program to learn more about the Senior Peer Advocates (SPA) Program now available at our Senior Center. This new program, offered in partnership with The Health Trust, trains and certifies senior volunteers to help you find community services and resources. Come and learn more about our two volunteers, how they can help you find answers to your questions and assist in finding resources, and how to access SPA services.

The SPA program expands the many services offered to our seniors. SPA volunteers are supervised through the Health and Wellness Program nurses and the Senior Center Care Manager. No preregistration is required, and there is no fee. You are welcome to bring your lunch and a friend, and join us to hear about this exciting new program.

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
<p>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+.</p>	<p>Santa Clara Parks & Recreation and Council on Aging Silicon Valley</p>	<p>615-3170 www.santaclaraca.gov www.coasiliconvalley.com</p>
<p>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+.</p>	<p>Santa Clara Parks & Recreation</p>	<p>615-3170 www.santaclaraca.gov</p>
<p>Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.</p>	<p>Council on Aging Silicon Valley</p>	<p>615-3170 www.coasiliconvalley.com</p>
<p>Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+</p>	<p>Santa Clara Parks & Recreation</p>	<p>615-3170 www.santaclaraca.gov</p>
<p>Legal Assistance Free legal assistance available two Wednesdays per month, by appointment. Services available to Santa Clara County seniors age 60+</p>	<p>Senior Adult Legal Assistance (SALA)</p>	<p>615-3170 www.sala.org</p>
<p>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+.</p>	<p>Santa Clara Parks & Recreation and Santa Clara County</p>	<p>615-3174 www.santaclaraca.gov</p>
<p>Tax Assistance Offered throughout the year.</p>	<p>AARP volunteers</p>	<p>615-3170</p>

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. **S**tretch, **O**bserve & **S**trengthen 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 in a manner that challenges and 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. Willson*

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 - Free Library E-Books #47686

Wednesday March 27 • 1:00 – 2:00 p.m.

Senior Center Computer Lab, Room 231

Find out how to borrow books for reading or listening from the Library’s website. There are books for your Kindle, iPad, iPhone, iPod, Android, MP3 player or your computer. 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

The American Dietetic Association has declared March as National Nutrition Month! If you have questions about nutrition and how to eat healthy, please contact your Health and Wellness nurses for more information.

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.

Sometimes we collect more treasures than we have space to keep them, and sometimes we have trouble making choices about what to let go. If this describes you, join us for discussion and support. We focus on staying motivated to create more space in our lives for the fun stuff, and on maintaining the flow that never seems to cease. There is no fee and all are welcome to drop in. If you have questions, please call Mallory von Kugelgen, RN, Geriatric Care Manager (408-615-3170).

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.

Transitions

Mondays • 1:00p–2:30p

Rm 205 Jan 14th–March 18th

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!

Falls II: Prevention Strategies • March 5 • #46989

Although one out of every three people over the age of 65 experiences a fall in any given year, there is much that can be done to prevent those falls. This class will cover three main areas of fall prevention and will focus on some exercises and stretches to keep you “fall-free”. **Instructor – Wendy Talbert, RN, BSN**

Dementia • March 19 • #46990

Dementia affects memory, thinking, language, judgment, and behavior. 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

Senior Peer Advocates (SPA) now at the Senior Center

Mondays • 10am–12pm, Tuesdays • 1pm–3pm

SPA volunteers are trained and certified to help seniors and their families find help. They provide information and assistance to connect Santa Clara residents to a variety of community resources, services, and benefits, such as transportation, housing, food, healthcare, caregiving/family support, legal services, and social/educational activities.

Our SPAs are available through the Senior Center's Health & Wellness Program. They work alongside our team of Registered Nurses and Care Manager to support and promote graceful aging and continued independence in the Santa Clara community. SPAs are not care managers, but they are trained to listen and to talk with you about your needs.

SPA appointments are available at the Senior Center free of charge. Call the Senior Center front desk (408-615-3170) or drop in to book an appointment. You bring the questions; we'll do our best to help you find the answers!

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.

Drop-In Crafts

Thursdays • 1:00-3:00 p.m.

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. All seniors, age 50+, are welcome. Engage your brain as well as your creativity.

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.

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
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

MARCH

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">4</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30</p>	<p style="text-align: right;">5</p> <p>ADVENTURES TO GO: SANTA CLARA CRIME LAB 9:30</p> <p>Computer Lab CLOSED Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:00-2:30</p> <p style="text-align: center;">TGA Tuesday Dance 10TH AVENUE BAND 7:30-10:30pm</p>	<p style="text-align: right;">6</p> <p>Computer Lab, Billiard Room 7-4:30 Computer Lab CLOSED 8:15-11:30 Snack Bar 8-4 Walk a Block 10-10:30</p>
<p style="text-align: right;">11</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30</p>	<p style="text-align: right;">12</p> <p>ADVENTURES TO GO: IRONSTONE VINEYARDS 8:00</p> <p>Computer Lab CLOSED Billiard Room 7-4:30 Snack bar 8-4 Wood Shop 8-12 Bingo 12:00-2:30</p> <p style="text-align: center;">TGA Tuesday Dance GERI FOLEY 7:30-10:30pm</p>	<p style="text-align: right;">13</p> <p>Computer Lab, Billiards 7-4:30 Computer Lab CLOSED 8:15-11:30 Snack Bar 8-4 Walk a Block 10-10:30</p>
<p style="text-align: right;">18</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30</p>	<p style="text-align: right;">19</p> <p>Computer Lab CLOSED Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:00-2:30</p> <p style="text-align: center;">TGA Tuesday Dance 10TH AVENUE BAND 7:30-10:30 PM Theme: "Green and White"</p>	<p style="text-align: right;">20</p> <p>Computer Lab, Billiard Room 7-4:30 Computer Lab CLOSED 8:15-11:30 Snack Bar 8-4 Walk a Block 10-10:30</p>
<p style="text-align: right;">25</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30</p>	<p style="text-align: right;">26</p> <p>ADVENTURES TO GO: CACHE CREEK CASINO RESORT 7:30</p> <p>Computer Lab CLOSED Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:00-2:30</p> <p style="text-align: center;">TGA Tuesday Dance NOB HILL SOUNDS 7:30-10:30 PM</p>	<p style="text-align: right;">27</p> <p>Let's Talk Travel! 12:30 Computer Lab, Billiards 7-4:30 Computer Lab CLOSED 8:15-11:30 Computer Lab CLOSED 12:30-2:30 Snack Bar 8-4 Walk a Block 10-10:30</p>

THURSDAY	FRIDAY	SATURDAY
	<p style="text-align: right;">1</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:00-2:30</p>	<p style="text-align: right;">2</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">7</p> <p>Computer Lab CLOSED Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30</p> <p style="text-align: center;">Thursday Night Dance GERI FOLEY, D.J. 7:30-10:30pm</p>	<p style="text-align: right;">8</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:00-2:30</p>	<p style="text-align: right;">9</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">14</p> <p>Clutter Masters 10:30-12:00 Computer Lab CLOSED Billiard Room 7-4:30 Snack bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30</p> <p style="text-align: center;">Thursday Night Dance TBD 7:30-10:30pm</p>	<p style="text-align: right;">15</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:00-2:30</p>	<p style="text-align: right;">16</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">21</p> <p>Welcome Newcomers! 10:30 Lunch Meet 12:30 Computer Lab CLOSED Billiard Room 7-4:30 Snack bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30</p> <p style="text-align: center;">Thursday Night Dance LYRATONES 7:30-10:30pm</p>	<p style="text-align: right;">22</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:00-2:30</p>	<p style="text-align: right;">23</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">28</p> <p>Clutter Masters 10:30-12 Computer Lab CLOSED Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30</p> <p style="text-align: center;">Thursday Night Dance NOB HILL SOUNDS 7:30-10:30pm</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">CENTER CLOSED SPRING HOLIDAY</p>	<p style="text-align: right;">30</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>

DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Baked Beef Rigatoni Garlic Bread Spinach Garden Vegetable Salad Fresh Fruit in Season
= Higher in sodium				1
Alternative Meal (Week #1): Chicken Pasta Salad or Vegetarian Cottage Cheese Salad or Egg Sandwich or Vegetarian Patty Burger				
4 Roast Pork w/Applesauce Bread Dressing Red Cabbage & Apples Green Beans Pineapple Tidbits	5 Baked Fish w/Tartar Sauce Whole Grain Bread Marinated Garbanzo Beans Salad California Blend Vegetables Fortified Juice Snicker doodle Cookie	6 Beef Mushroom Patty w/Gravy Wheat Roll Whipped Potatoes w/Gravy Cabbage & Carrots Fresh Orange	7 Stuffed Cabbage Roll Capri Blend Vegetable Romaine Iceberg Salad Fresh Fruit in Season	8 Italian Herb Chicken Beef Barley Soup Seasoned Brown Rice Brussel Sprouts Cucumber/Tomatoe/Onion Salad Fresh Fruit in Season
Alternative Meal (Week #2): Chef Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger				
11 Cheeseburger w/Lettuce & Tomatoe Chuckwagon Corn Contetti Coleslaw Fresh Fruit in Season	 12 Chicken Adobo w/Gravy Tomato Bisque Soup Asian Rice Noodles Asian Blend Vegetables Carrot Raisin Salad Fresh Orange	13 Baked Fish w/Tartar Sauce Seasoned Brown Rice Spinach Tossed Salad Succotash Banana Oatmeal Raisin Cookie	14 Chicken w/Supreme Sauce Parslied Potatoes Broccoli & Carrots Fruit Cocktail	 15 Corned Beef Lettuce & Tomato Salad Fresh Orange St. Pat's Day Cookie
Alternative Meal (Week #3): Greek Chicken Salad or Vegetarian Cottage Cheese Salad or Tuna Sandwich or Vegetarian Patty Burger				
 18 Hot Roast Beef Sandwich w/Gravy Whipped Potatoes w/Gravy Brussels Sprouts Fresh Fruit in Season	19 Pork Cutlet w/Gravy Seasoned Noodles Italian Blend Vegetable Tossed Garden Vegetable Salad Chilled Pears	 20 Ternaki Chicken Vegetable Soup Brown Rice Pilaf w/Mushrooms Capri Blend Vegetables Citrus Salad Fresh Fruit in Season Ice Cream Cup	21 Roast Turkey w/Gravy Whipped Potatoes w/Gravy Mixed Vegetables Mandarin Oranges	22 Beef Swiss Style Patty w/Gravy Corn Bread Green Beans Broccoli Slaw Fresh Fruit in Season
Alternative Meal (Week #4) Tuna Salad or Vegetarian Cottage Cheese Salad or Egg Sandwich or Vegetarian Patty Burger				
25 Turkey a la King Biscuit Peas & Carrots Romaine Tossed Salad Fortified Juice Apple Crisp	 26 Chile Colorado Spanish Rice Green Beans Tossed Green w/Red Cabbage Fresh Banana	27 Roasted Chicken Hawaiian Carrots Marinated Green Bean Salad Fresh Orange	28 Baked Ham Whipped Potatoes w/Gravy Yam Mixed Vegetables Spring Lemon Cake	 29
CENTER CLOSED				
SPRING HOLIDAY				
Alternative Meal (Week #5): Chinese Chicken Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger				

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 Kadlecek, 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.

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.

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.

The Natatorium is closed for cleaning

Monday-Friday 1:30pm–3pm

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.

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.



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.

Get clean before you get in.

Shower with soap before jumping in. What you can't see on your skin ends up in the pool, such as bacteria, lotions, or body oil. This is hard on the equipment and is not safe for your fellow swimmers. Please help us keep the pools safe and healthy for all to enjoy.

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 or online at www.santaclaraca.gov.

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>Santa Clara County Crime Lab</i>	<i>March 5</i>
<i>Ironstone Vineyards</i>	<i>March 12</i>
<i>Cache Creek Casino</i>	<i>March 26</i>
<i>Laughlin-Las Vegas Getaway</i>	<i>April 9-12</i>
<i>Jersey Boys</i>	<i>April 17</i>
<i>Hornblower Brunch Cruise</i>	<i>April 21</i>
<i>Golden Gate Fields</i>	<i>April 25</i>
<i>Ramona Pageant Getaway</i>	<i>May 4-6</i>
<i>Terracotta Warriors & Chinatown</i>	<i>May 9</i>

New Trips

<i>Day at Pier 39</i>	<i>April 30</i>
<i>Elkhorn Slough</i>	<i>May 15</i>
<i>Carmel with Gael Gallagher</i>	<i>May 23</i>
<i>Black Oak Casino</i>	<i>May 29</i>
<i>SF Giants vs. Oakland A's</i>	<i>May 30</i>
<i>Safari West</i>	<i>June 4</i>
<i>Day in Sonoma</i>	<i>June 11</i>
<i>AT&T Park Tour</i>	<i>June 15</i>

New trips were released at Let's Talk Travel on February 27. Santa Clara Resident Registration began at that time. Non-resident registration began on the following Monday. See the March 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

March 27, 12:30 p.m.

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.

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 a 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.

Hornblower Brunch Cruise

No. 49118 • Sunday, April 21 • \$135 per person

Activity level: LOW – approx. 1 hour drive. Short periods of walking and standing; some steps. Wear comfortable walking shoes.

There's nothing like springtime in the city, especially when you are sailing through the picturesque San Francisco Bay. We'll spend some time aboard an elegant yacht, dining, listening to music, and taking in the sights surrounding us. Our vantage point will offer magnificent views of landmarks such as Coit Tower, the city skyline, the Golden Gate Bridge, and more. Hornblower Cruises presents this scenic 2-hour cruise, which features a scrumptious traditional Champagne Brunch, along with live music to serve as the perfect backdrop for this visual and culinary feast.

Motor coach leaves promptly at 9:30 AM and returns at approximately 3:00 PM.

Golden Gate Fields

No. 49119 • Thursday, April 25 • \$75 per person

Activity level: LOW – approx. 1 hour drive; moderate walking; some stairs; elevator.

Enjoy Thoroughbred horse racing at Golden Gate Fields in Berkeley. A buffet lunch at the Turf Club will include prime rib, chicken, a variety of salads, fresh fruits, desserts, and a non-alcoholic beverage. View the races from your Turf Club seats. Please remember there is a dress code of "Business Casual," meaning no jeans, shorts, tank tops, or flip flops. Men must wear collared shirts. **Motor coach leaves promptly at 10:00 AM and returns at approximately 6:00 PM.**

Ramona Pageant Getaway

No. 49120 • Saturday-Monday, May 4-6 • Per person: \$628 double occupancy and \$814 single occupancy • Half the fee is due at time of registration; balance due April 12.

Activity level: MEDIUM/HIGH – approx. 8 hour drive with a rest stop mid-way and lunch stop. A detailed itinerary will be mailed to travelers prior to the trip.

The Mission Inn Hotel & Spa has an illustrious history as a home away from home for world leaders, celebrities, and discerning travelers who seek a luxurious and classically elegant place of refuge and renewal. From its modest beginnings as a two-story adobe guest house in 1876 to its current position as an icon of breathtaking architecture, timeless beauty, and old world charm, The Mission Inn Hotel & Spa is a place where history, grandeur, and inspiration are found around every corner. Since 1923 "Ramona" has delighted audiences of all ages. Entering the Ramona Bowl Amphitheatre for a performance of "Ramona" is like taking a journey back through time. The natural landscape of the Ramona Bowl remains almost as it was during that first performance, April 13, 1923. The romance and the tragedy of Ramona & Alessandro transfixed the crowd as they watch it unfold, offering a glimpse, though fictional, of the history of southern California. Tour highlights include a 2 night stay at the luxurious Mission Inn & Spa, docent led tour of the Mission Inn Museum and Property, a Welcome Banquet Dinner and shaded upper box seats with padded seating at the Ramona Festival with waitress service and a BBQ Lunch. Round trip transportation provided by Royal Coach Tours. **Motor coach leaves promptly at 8:00 AM on Saturday and returns at approximately 5:30 PM. on Monday.**