Santa Clara Senior Center
NEWS
July 2013

1,000 Hour Plaque

Volunteers have always played an important role in the success of the Santa Clara Senior Center. Without the continued dedication of our volunteers, the Center would not be able to offer such a large variety of programs and services. In 2012 volunteers contributed more than 18,000 hours of their valuable time to the Santa Clara Senior Center.

The names of volunteers reaching 1,000 hours of service are engraved on the Senior Center 1,000 Hour Plaque. This plaque is located near the auditorium. Please stop by and see the names of your friends, community members, and fellow volunteers who have achieved this milestone.

Congratulations to our Senior Center Volunteers who have reached 1,000 hours of service. The following volunteers have recently been added to the Volunteer Plaque:

- Ronald Anderson
- Sue Carlton
- John Giudici
- Norma Giudici
- Beverly Gouveia
- Kimo Lai Hipp
- Raveca Noara

Thank you to all of our volunteers for your continued dedication and giving your time so generously to the Santa Clara Senior Center Volunteer Program.

Senior Shred Day is coming!

Do you have documents you don't know what to do with? Do you have confidential information in old documents and worry about getting rid of them safely? With the continued support of ARMA, the Santa Clara Senior Center will host Senior Shred Day, where local seniors can safely dispose of unwanted paper and old documents.

Come to Lunch Meet in September to learn from ARMA what you need to keep and what you don't. In October, the Senior Center will host Senior Shred Day. Stay tuned to upcoming monthly newsletters for further information.

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**
SPA Services available by appointment: 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.	**Santa Clara Parks & Recreation**	**615-3170** **www.santaclaraca.gov**
Legal Assistance Free legal assistance available by appointment. Services available to Santa Clara County seniors age 60+	**Senior Adult Legal Assistance (SALA)**	**615-3170** **www.sala.org**
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**
Notary Service Fifteen minute appointments are available on the 2nd and 4th Friday afternoons of the month from 4:00-4:45pm. This service is provided at no coast to seniors age 50+ by appointment.	**Volunteer**	**615-3170** **www.santaclaraca.gov**

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!

Mondays and Wednesdays • 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 - Library Basic Maintenance and Security #48897

Wednesday · July 24 · 1–2 p.m.
Senior Center Computer Lab, Room 231

Learn about various techniques to keep your computer software up-to-date and running smoothly. Discussion will include information on anti-virus software, internet and email browsing strategies, and computer hardware. This class will focus on information related to the Windows operating system.
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 (50 & up) and abilities are encouraged to register! Please refer to the Recreation Activities Guide for class fees and schedule.

HEALTH & WELLNESS, CARE MANAGEMENT

Summer Wellness Series

Tuesdays • 1–2:30 p.m. • Room 149

Pre-registration is required. Each class costs $10 or Santa Clara senior discount of $8. Join us for some interesting discussion and up-to-date information! *Please register early (classes will be cancelled due to low enrollment).*

Better Shut Eye #48922

Tuesday, July 9

Sleep patterns can change as we get older. The lack of good quality sleep may put you at risk for health problems. We'll learn some strategies for improving sleep quality. Instructor: Larisa Polozova, RN, MMS

Arthritis #48923

Tuesday, July 23

Understanding the challenges that arthritis brings can help reduce stress and improve ways to cope. Learn strategies for adapting every day life to your abilities. **Please wear comfortable shoes.** Instructors: Larisa Polozova, RN, MMS, and Renee Furtado, RTC, CTRS

Transitions Support Group

Mondays • 1–2:30 p.m. • Room 205 • July 1–29

Feeling lost or overwhelmed by life changes? As we move through life transition, 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.

Finding Peace in a Frantic World #49691

Mondays • 11 a.m.–12:30 p.m. • Room 149
July 1-22

Feeling stressed or worried? This Mindfulness Stress Reduction program is aimed at helping you find peace and contentment using Mindfulness-Based Cognitive Therapy (MBCT). Discover some simple practices to incorporate into your daily life to progressively free yourself from anxiety and stress.

**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.*

Brain Busters (formerly Walk a Block)

Mondays • 9–10 a.m. • Room 149 • Starts July 1st

Come join our new group which will incorporate a gentle fitness portion, latest research in how to keep our brain healthy, and fun brain teasers and puzzles to keep our minds sharp. Start your day out the right way as you exercise both mind and body! This is a drop-in group, and no registration is required-come join us anytime!

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.

Lavendar 50+ Support Group

Mondays • 10–11 a.m. • Room 149 • Starts July 1st

This group will provide a safe forum for discussion about the LGBT Senior experience, help build community, and promote a healthy identity about being an LGBT Senior. Topics may include aging in the gay community, family relationships, or grief and loss around losing a partner. Participation is free. **This is drop-in group, no registration required.**

Clutter Free (formerly Clutter Masters)

10:30 a.m.–12 p.m. • Room 205
The First and Last Thursday of each month

This peer-led support group has been meeting for 3 years now. We have learned a lot about our belongings and how we think about all those treasures. We have refocused our goals, so we changed our name. And beginning in July, we are also using Buried in Treasures (Tolin, D., Frost, R., & Steketee, G., Oxford University Press, 2007.) for discussion and homework, because current research shows that groups using the workbook can have up to a 30% reduction in clutter. We think that sounds pretty good and it's not too late to join us. Drop in on our next meeting or, if you'd like more information, please call Mallory von Kugelgen, Geriatric Care Manager, at (408) 615-3170.

A Few Good Men

Fridays • 12:30–2 p.m. • Room 205

Share some stories and laughs, and compare notes with other men who enjoy discussing what's on their mind. This is a peer-led, drop-in social group of men who welcomes anyone willing to share their thoughts, interests, and experiences, and to just have some fun. No registration is required and participation is free. Please see the Health and Wellness Program nurses for more information, or just drop by next Friday!

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.

Santa Clara Women's League

2nd Tuesday of each month • 1 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

Lapidary

Thursdays and Fridays • 9 a.m.–1 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).

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 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. 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 • 1-3 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. Finishing products are not allowed in the Senior Center. All seniors, age 50+, are welcome. Engage your brain as well as your creativity.

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

JULY

MONDAY	TUESDAY	WEDNESDAY
1 **Brain Busters 9-10** **Lavendar 50+ Support Group 10-11** **Finding Peace in a Frantic World 11-12:30** **Transitions Support Group 1-2:30** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**2** Computer Lab 7-4:30 Snack bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **Nob Hill Sounds 7:30-10:30pm** **Theme: Red White Blue**	**3** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4
8 **Brain Busters 9-10** **Lavendar 50+ Support Group 10-11** **Finding Peace in a Frantic World 11-12:30** **Transitions Support Group 1-2:30** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**9** Computer Lab 7-4:30 Snack bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **10th Avenue Band 7:30-10:30pm**	**10** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4
15 **Brain Busters 9-10** **Lavendar 50+ Support Group 10-11** **Finding Peace in a Frantic World 11-12:30** **Transitions Support Group 1-2:30** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**16** Computer Lab 7-4:30 Snack bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **Ron Borelli 7:30-10:30pm**	**17** Computer Lab, Billiards 7-4:30 Snack Bar 8-4
22 **Brain Busters 9-10** **Lavendar 50+ Support Group 10-11** **Finding Peace in a Frantic World 11-12:30** **Transitions Support Group 1-2:30** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**23** **ADVENTURES TO GO:** **Table Mountain Casino 7:30** Computer Lab 7-4:30 Snack bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **The Casuals 7:30-10:30 PM**	**24** **COMPUTER LAB CLOSED 12:30-2:30** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4
29 **Brain Busters 9-10** **Lavendar 50+ Support Group 10-11** **Finding Peace in a Frantic World 11-12:30** **Transitions Support Group 1-2:30** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**30** Computer Lab 7-4:30 Snack bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **Tenor Band 7:30-10:30 PM**	**31** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4

THURSDAY	FRIDAY	SATURDAY
4 **CENTER CLOSED** **INDEPENDENCE DAY HOLIDAY**	**5** **A Few Good Men** **12:30-2** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	**6** Snack Bar, Computer Lab, Billiards 9-11:30
11 **ADVENTURES TO GO:** **SC County Crime Lab** **9:30** 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**	**12** **A Few Good Men** **12:30-2** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	**13** Snack Bar, Computer Lab, Billiards 9-11:30
18 **Welcome Newcomers!** **10:30** **Lunch Meet** **12:30** 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**	**19** **A Few Good Men** **12:30-2** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	**20** Snack Bar, Computer Lab, Billiards 9-11:30
25 **Clutter Free** **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**	**26** **A Few Good Men** **12:30-2** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	**27** Snack Bar, Computer Lab, Billiards 9-11:30

DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Veal Parmesan Whole Grain Pasta Glazed Carrots Garden Vegetable Salad Fresh Watermelon	**2** Ginger Pork w/ Broccoli Brown Rice Peas and Onions Romaine Iceberg Salad Fresh Honeydew Melon	**3** BBQ Chicken Vegetarian Soup Potato Salad, Whole Grain Bread Steamed Spinach Fresh Banana	**4** NO MEAL INDEPENDENCE DAY HOLIDAY	**5** Fish Sandwich w/ Tartar Sauce Whole Wheat Bun Mixed Greens and Tomato Salad Mixed Vegetables Fresh Orange
8 Chicken Marsala Whole Grain Pasta Green Peas and Carrots Zucchini and Summer Squash Tropical Fruit	**9** Beef Enchilada w/Cheese Spanish Rice, Tortilla Soup Chuckwagon Corn Garden Vegetable Salad Fresh Orange	**10** Roast Pork w/Apples Whole Grain Bread Parslied Potatoes California Blend Vegetables Fresh Watermelon	**11** Orange Glazed Chicken Imperial Brown Rice Spinach Carrot Mandarin Salad Fresh Fruit in Season	**12** Ground Turkey Burger w/Cheese Country Potato Salad Cucumber, Tomato, Onion Salad Fresh Honeydew Melon
15 Meatloaf w/Gravy Rye Bread w/ Margarine Delmonico Potatoes Tossed Salad w/ Cabbage and Tomatoes, Fresh Orange	**16** Baked Fish Herbed Brown Rice Pilaf Mixed Vegtables Confetti Coleslaw Pineapple	**17** Chicken Cacciatore Whole Grain Pasta Spinach Mixed Green Salad Strawberry Whip	**18** Stuffed Bell Peppers Lentil Soup, Whole Grain Bread Tossed Green Salad Seasoned Carrots Fresh Melon Cup	**19** Creamed Turkey and Vegtables Buttermilk Biscuit Country Trio Vegetables Romaine Iceberg Salad Tropical Fruit Cup
22 Roasted Chicken Seasoned Brown Rice Normandy Blend Vegtables Romaine Iceberg Salad Fresh Fruit in Season	**23** Spaghetti w/Meatballs Minestrone Soup & Garlic Bread Oregon Bean Medley Tossed Salad Fresh Cantaloupe	**24** BBQ Pulled Pork Sandwich Succotash Spinach Romaine Salad Tropical Fruit	**25** Home-Style Turkey w/ Gravy Whole Grain Bread California Blend Vegetables Sweet Poatoes Chilled Pears	**26** Roast Beef w/ Gravy Whole Grain Bread Fresh Cut Green Beans Whipped Potatoes Fresh Orange
29 Beef Salisbury Patty, w/Gravy Whole Grain Bread Whipped Potatoes Peas and Carrots Fresh Orange	**30** Chicken Fajita w/Cheese Flour Tortilla Fresh Pinto Beans Fiesta Slaw Pineapple	**31** Roast Turkey w/Gravy Whole Grain Bread Mixed Vegtables Romaine Iceberg Salad Citrus Fruit Cup	ALTERNATE MENUS: WEEK 1: Santa Fe Chicken Salad, Vegetarian Summer Corn Salad, Roast Pork Sandwich, Vegetarian Patty Burger WEEK 2: Chef Salad, Veg. Bean Salad, Tuna Sandwich, Vegi Burger WEEK 3: Chinese Chicken Salad, Vegetarian Nicoise Salad, Egg Salad Sandwich, Vegetarian Burger w/Pita Bread WEEK 4: Tuna Salad, Cucumber Salad, Turkey Sandwich, Vegi Burger WEEK 5: Chicken Pasta Salad, Vegetarian Cottage Cheese Salad, Tuna Salad Sandwich, Vegetarian Patty Burger	

= Higher in sodium

ALWAYS HAPPENING

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 Peer Advocate (SPA) — Help at the Senior Center

Mondays • 10 a.m.–12 p.m., Tuesdays • 1–3 p.m.

When we were young, our parents supported and nurtured us, and helped us solve problems and meet challenges. Now we're grown, and it's our turn to support and nurture our parents, and help them meet the challenges of growing older with dignity and grace. The Senior Center can help meet those challenges through our Senior Peer Advocate (SPA) program. SPA volunteers are trained to provide information and assistance to connect you to all sorts of community resources. SPA appointments are free and available through the Senior Center front desk. Volunteers are available to meet with you on Mondays 10am-12pm and Tuesdays 1pm-3pm. Whether you're looking for ways to get more help at home or need information about grab bars, we'll do our best to help you find solutions.

Lunch Meet

Thursday, July 18 • 12:30 – 1:30 p.m. • Room 232

Are you interested in music, history or literature? Do you want to continue learning but dread the thought of term papers and tests? This month's program will feature OLLI, the Osher Lifelong Learning Institute at Santa Clara University. OLLI is a community of learner's age 50 and better. Some OLLI classes include: Music, Psychology, History, Literature, Theatre, Art History, Film Odyssey, and Biology. Current and retired faculty members and independent scholars lead the classes. Hear about the current OLLI program and plans for the future. Lunch Meet is a free program. All are welcome. No pre-registration is required. Bring your lunch if you would like.

Notary Service for Seniors

Fifteen minute appointments are available on the 2nd and 4th Friday afternoons of the month from 4:00-4:45 pm. This service is provided at no cost to seniors age 50+ by appointment. Call 1-408-615-3170 to book your appointment.

To have a signature notarized:

- Patron must bring current picture ID. Acceptable forms of ID include current driver's license, current state issued ID, current military ID, and current passport. Temporary Driver Licenses do NOT constitute an acceptable form of identification
- All signers must be present at the appointment and speak English (no translation allowed during the notarization)
- Documents NOT able to be notarized include: all vital records (birth, marriage, and death certificates), trusts related documents, wills, loan/mortgage documents

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 Wanda Buck, Dwight Collins, ArLyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecek and Alice Pivacek.

Mtgs: 4th Mon. each month • 10 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.

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.

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.

The health and safety of our participants and staff is our number one priority.

We also want to keep the facility and equipment in good working condition. Please observe pool and spa guidelines to ensure that all may enjoy their time in the pools!

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.santaclara.ca.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

SF Giants vs. LA Dodgers..... July 7
Santa Clara County Crime Lab..... July 11
Table Mountain Casino..... July 23
Respect..... July 28
Monterey Movie Tour..... August 8
Murals of the Mission..... August 13
Golden Gate Fields..... August 22
Cache Creek..... August 29
Santa Rosalia Festa Italia..... September 7
Santa Cruz Follies..... September 12
SF Giants vs. San Diego Padres..... September 29
Southern Oregon Getaway..... October 2–6

Let's Talk Travel

August 28, 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.

Please note: The August newsletter will be available at 1:00 p.m. on July 24. Resident registration for the new trips will begin at that time; non-residents may register beginning July 29.

New Trips

New trips were released at Let's Talk Travel on June 26. Santa Clara Residents were allowed to register for the new trips at that time. Non-resident registration began on the following Monday. See the July 2013 issue of the Adventures To Go Newsletter for detailed trip information and a complete listing of 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.

Giants Spring Training — Scottsdale & Sedona

March 21–15, 2014

Are you interested?

An air trip to Scottsdale, Arizona is in the works. Registration will begin at a later date if there is enough interest in the trip. If you would like to be placed on the Interest List, please call Vickie Santos by July 19 to leave your name and number. Phone: 408-615-3170. A flyer with the proposed itinerary is available at the Senior Center.

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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.

Table Mountain Casino

No. 49705 • Tuesday, July 23 • $38 per person

Activity level: MEDIUM – approx. 3 hour drive each way; long periods of sitting.

This Central Valley gaming destination has been celebrating big FUN and big WINS for a quarter of a century! The fun is offered through personalized service, a selection of 2,000 slot machines, an array of table games, a friendly poker room, and delicious dining. Come play at Table Mountain Casino and see for yourself why the Fun Starts here! Casino Bonus: $5 per person. **Motor coach leaves promptly at 7:30 AM and returns at approximately 6:30 PM.**

Respect

No. 49700 • Sunday, July 28 • $116 per person

Activity level: MEDIUM – approx. 3 hour drive; long periods of sitting.

Join us for a matinee performance at the East Sonora Theater. The international hit musical, RESPECT tells the exciting story of women through popular music and the real adventures of women realizing dreams, lost loves, relationships and careers. The song list includes "Won't You Come Home Bill Bailey," "Someone to Watch Over Me," "Boogie Woogie Bugle Boy," "Diamonds Are A Girl's Best Friend," "I Enjoy Being a Girl," "Where The Boys Are" to "I Am Woman," "Seventeen," "Boots Are Made For Walkin'," "R.E.S.P.E.C.T.," "I Will Survive" and dozens more! "It's one heck of a fun ride – a must-see and must-hear musical that you will want to see more than once!" says Broadway World. Prior to the show we'll enjoy a hosted lunch at the historic National Hotel in Jamestown. The meal will include a choice of Garlic-Rosemary Tri-Tip, Chicken Sauté Sec, or Spinach Fettuccine Alfredo, Crème Brulee' for dessert and coffee. **Motor coach leaves promptly at 8:00 AM and returns at approximately 6:30 PM.**

SF Giants vs. San Diego Padres

No. 50476 • Sunday, September 29 • $84 per person

Activity level: MEDIUM – approx. 1 hour drive each way; long walk to seats from motor coach; stairs to seats. Dress in layers; wear a hat and sunscreen. Seats are in the shade but may be in the sun for part of the day.

It's Fan Appreciation Day at AT&T Park in San Francisco – always a sell out – and we have tickets! Throughout the game there will be prizes galore given to fans sitting in the "lucky" seats. You may be the fan to win the car at the end of the game. We will arrive at the ballpark early to give you plenty of time to explore and purchase food before the game begins at 1:05 PM. We will be dropped off at the entrance near the Orlando Cepeda statue for easy access to our lower box seats that are located in a shaded area by left field. Please note: Game time is subject to change for television coverage; you will be notified if game time changes. **Motor coach leaves promptly at 10:00 AM and returns at approximately 5:30 PM.**

Southern Oregon Getaway

No. 50477 • Wednesday-Sunday, October 2–6
Per person: $992 double occupancy
and $1318 single occupancy

Half the fee is due at time of registration; balance due August 2

Activity level: MEDIUM/HIGH – approx. 9 hour drive each way that includes two extended rest stops for dining and/or shopping. A detailed itinerary will be mailed to the travelers approximately two weeks prior to the trip.

We'll travel by deluxe motor coach provided by Royal Coach Tours and spend 4 nights at the luxurious Ashland Springs Hotel located in the heart of Ashland, just steps away from the Shakespeare Festival. Amenities include baggage handling, expanded continental breakfast, late night snack, hosted welcome dinner, fitness room, restaurant, spa, non-smoking environment, feather down pillows and blankets, flat screen TV with HBO, English Garden, gift shop, and more. On Thursday, there will be plenty of time to shop, explore the galleries, take a tour, or relax before we go to an evening performance of A Streetcar Named Desire at the Angus Browner Theatre. On Friday we will tour the Harry and David Factory to see how America's favorite treats are made. There will be time to shop at the Harry and David Country Store for holiday gift packages, cooking items, home décor, and fresh produce. In the afternoon we will step back in time in Jacksonville. We will start our visit with a hosted lunch at the historic Jacksonville Inn then take a guided tour in a trolley where a costumed docent will share interesting stories and about this gold rush era town. Entrée choices include Hazelnut Chicken with Fresh Pear Sauce, Grilled Salmon Flatbread Sandwich, Classic French Dip, and Grilled Garden Vegetable Fettuccine Marinara with Kalamatta Olives. On Saturday we will enjoy a Oregon Shakespeare Backstage Tour that includes a visit to three auditoriums and the areas behind the Elizabethan Stage. We will also travel the scenic Hwy 66 with a step-on guide who will share interesting facts and points of interest along the way and enjoy a hosted lunch at the historic Pinehurst Inn. Entrée choices include Chicken Piccata, Italian Sausage Spaghetti, and Spinach Ravioli. That evening we will see a performance of Cymbeline at the Elizabethan Theatre under the stars. Please note: On our travel days to and from Ashland, we will take an extended rest stop at Granzella's in Williams and downtown Mount Shasta to break up our time on the motor coach. A trip flyer with more information is available at the Senior Center. **Motor coach leaves promptly at 8:00 AM on Wednesday and returns at approximately 4:00 PM on Sunday.**